

Every mother takes pride in having a bright baby and her pride should be no less in seeing to it that it has a strong body.

Infant's Airing Must Be Done Carefully

A VERY young baby soon begins to kick and move his arms about, which gives him all the exercise he needs for the time being, and his coverings should be loose enough to allow him to do this. When the baby is two or three weeks old he may be taken from his crib two or three times a day, laid on a pillow and carried about for 10 or 15 minutes. A couple of weeks later the pillow may be discarded and longer walks taken, the infant being held in a reclining position, with the head and body carefully supported.

By the time the baby is four or five months old he will probably be strong enough to sit up for a short time with a pillow back of his head and shoulders. A few months later he will begin to sit up and not require the support of a pillow, but it is very important not to urge him to do this. When he is nine or 10 months old he will as a general thing begin to creep, and this exercise should be encouraged. A thick blanket or rug may be spread upon the floor, care being taken that the room is of the proper temperature. It is always well to remember that the air next to the floor is usually colder than the rest of the room.

A baby usually begins to stand up and try to walk when a little over a year old, but children differ in this respect as well as in others. A baby should not be encouraged to stand or walk more than he wants to of his own accord.

Plenty of fresh air is requisite for the maintenance of a baby's health. As soon as the baby is old enough—usually by the time he is a month old—he should be taken outdoors every day, unless the weather is unfavorable or he is not well. He should be carried in the arms for the first two or three months, being kept out for 10 to 15 minutes at first and afterward a longer time. If it is cold or very windy or damp it is better to keep the baby indoors. At such times it is a good plan to open the window in one of the rooms and wrapping the baby up thoroughly, walk with him as if outdoors. In cold weather especially the baby should be properly clothed when taken out, being particularly careful to see that his feet and hands are kept warm. He should not be kept out too long; the least sign of chilliness is a warning to go indoors.

During the hot summer months the baby should never be taken out in the middle of the day. The sun should never be allowed to shine directly in the baby's face, whether he is asleep or awake. Neither should he be allowed to blow in his face. In both cases the eyes particularly should be carefully protected.

After the baby is two or three months old he may be given his daily airing in a baby carriage. The carriage should have easy springs and run smoothly. It should have a sunshade or, better still, an adjustable hood, lined with some dark color, so that the glare of the sun-shine from the sidewalk or roadway will not be reflected into the baby's eyes.

The carriage should be provided with a pillow at first, or some other warm, soft bed for the baby to lie upon. Plenty of blankets or other covering should also be provided to put under the baby as well as over him while in his carriage. When the baby is old enough to sit up in the carriage a soft pillow should be placed behind him to support his shoulders and head.

The carriage should be provided with a strap to keep the baby in, and also with a brake which should always be put on when the carriage is left with the baby in it.

On lifting the baby the mother should place her hands on either side of his chest below his armpits and gently raise him to the required position. Never lift a baby by his hands or arms, as this may strain the delicate muscles. A baby ought to be kept quiet most of the time and should not be excited by too much talking or playing. He should not be trotted on the knee, or "jounced" in any other way, especially after feeding, as this may cause indigestion and vomiting.

Mother's Face

Three little boys together talked
One sunny summer day;
And I "way out the window leaned
To hear what they would say.

"The prettiest thing I ever saw,"
One of the small boys said,
"Was a bird in grandma's garden plot,
All black and white and red."

"The prettiest thing I ever saw,"
Said the second little lad,
"Was a pony at a circus once
I wanted awful bad."

"I think," the third was younger said,
With grave and serious air,
"The prettiest thing in all the world
Is just my mother's face."

Mothers' Forum Devoted to Babies And Their Welfare

100 Per Cent Babies Recently Examined by the Parents' Educational Bureau



1—Marjorie Evelyn Culver, daughter of Mr. and Mrs. Floyd E. Culver. 2—Walter Myers Hilden, 11 months old son of Mr. and Mrs. E. M. Hilden. 3—Horace Crooks Oliver Jr., 15 months old son of Mr. and Mrs. Horace C. Oliver. 4—Jack Marvin Looney, 8 months old son of Mr. and Mrs. T. Y. Looney.

Good Spirits Prescribed

From London Blighty
"The doctor says he'll let me know in a week whether I'm going to live or not."

"And what are you to do in the meantime?"
"He told me to take complete rest."



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Thumb-Sucking And Pacifiers Are Harmful

IN THESE days of interest in raising babies, when more attention is given to the correction of physical defects early in life, which are so often unsuspected by the parents, a word of warning as to the evils of thumb-sucking and pacifiers, with which babies are allowed to amuse themselves, may be timely.

Self-preservation is the first law of nature, and as the baby cannot know the reason for eating food, hunger produces the instinct to satisfy the hunger by sucking. This process is aided by organs or masses of fatty tissue in each cheek, known as sucking pads, which atrophy after the baby begins to chew foods. These sucking pads, aided by the muscles of the cheek, tongue and throat, enable the baby to exert considerable suction force.

The tissues, both bony and soft, in a young child, are easily molded properly, if bad habits or exercises are not formed, but very improperly if undue pressure is brought on any part. When the baby is allowed to use a pacifier, or even to suck the thumb or fingers, the muscles and sucking pads are pressed inward from the sides and the pacifiers or fingers hold the front of the mouth forward so that gradually the arches of the jaws are extended forward and contracted from the sides, causing in many cases serious deformity. The contraction, or narrowing from the two sides, not only narrows the arches of the jaws, but also the nasal passages for air, and the child's breathing is affected, interfering with his ability to secure sufficient air into the lungs. This also causes or aggravates enlarged tonsils and adenoids, deforms the face and injures the health of the child in many ways.

What shall the mother do, as the baby does this instinctively?

There have been many suggestions, such as aluminum mitts, yarn mittens, tape, bitter drugs, etc., but probably a better suggestion would be to make cuffs of stiff paper or cardboard, sufficiently long to pass from the wrist to above the elbows, so that the child while retaining freedom of the hands in playing or comfort in sleeping, is still unable to bend the elbows sufficiently to reach the mouth. This applies to the sucking of the fingers. Don't give the baby a pacifier under any circumstances.

and, above all, not to worry about anything.

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Better Parenthood Objects Outlined By Associations

The National Congress of Mothers and Parent-Teacher associations sets forth its aims and purposes as follows:

To raise the standards of home life. To develop wiser, better-trained parenthood. To give young people, ignorant of the proper care and training of children, opportunities to learn this, that they may better perform the duties of parenthood. To bring into closer relations the home and the school, that parent and teacher may cooperate intelligently in the education of the child.

To surround the child of the whole world with that loving, wise care in the impressionable years of life, that will develop good citizens, instead of law-breakers and criminals.



He's Worth It All

It is hard to sacrifice little pleasures, to put the price of them into a savings account, but after all, your boy is worth it, and his success in life will more than compensate.

Have you a savings account for that baby that represents his education fund? If not, start one today, and let it grow with the baby.

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A glass of HOT MILK taken just before retiring will soothe your nerves

Do you suffer from nervous insomnia because of long hours spent at business or with household duties? It is a recognized fact that a glass or two of milk, heated but not brought to boiling point, will soothe the nerves and induce quiet, restful sleep.

MILK will revive the muscles' fatigue.

MILK has the ingredients to mend worn out nerves.

MILK will keep the blood built up to normal.

MILK has the materials necessary for the repair of all the organs of the body.

The value of milk as a tonic and a food is just being brought to the attention of the public. Some milk in the daily diet is absolutely necessary to keep the body in a disease-resisting condition.

"DRINK A QUART A DAY"



rich the bread should be spread with butter. Use well baked bread, at least a day old, twice baked bread or toast, or occasional crackers. (Toast should be served dry with butter). These breads offer resistance to the teeth and to the jaws, and so are more easily digested than the soft breads.

In addition to potatoes a cooked vegetable should be given every day. Any vegetable may be used. Potatoes should be mealy and may be either baked or boiled. Fried potatoes should not be used in the diet.

Warm, cooked cereals should be a staple breakfast food. Oatmeal and cornmeal are two of the best. They are good only when well cooked. Many people use too little salt and do not cook them long enough.

A whole egg, some meat or fish should be given every day, but if a whole egg is given there is no occasion for meat in the diet of a child under 7 years. Perfectly ripe raw fruit may be introduced into the diet. Stewed fruits are valuable—dates, prunes, figs, apricots and apples.

Was Worth It

Sam and Masie were on their honeymoon trip. After passing through a long tunnel Sam said:

"Do you know, dearest, that tunnel we just passed through cost over a million dollars?"

"Did it, darling?" said Masie. "I don't care if it did—it was worth every penny of it."



SAVE MONEY Buy Baby Furniture

Powers' Emergency Sale Prices

Baby Furniture strongly featured for the final week of Powers Great Emergency Sale. These prices are effective this week only—do not delay making selections.

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\$11.50 values at **\$ 9.85**
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\$19.50 values at **\$16.45**
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