

Innocent child and snow-white flower. Wall are as faded in your opening hour. Thus should the pure and the lovely meet. Stainless with stainless, and sweet with sweet.

Mothers' Forum Devoted to Babies And Their Welfare

White as those leaves, just blown apart. Are the folds of thy own young heart; Gully passion and carking care Never have left their traces there. —Bryant.

Milk Is Essential In Feeding Young

MILK is the best food we have. Every child should have milk and adults also should use milk; a quart a day for every child, if possible, a pint without fail; a third of a quart for each adult. Plenty of milk will help give all children, big and little, the chance for health they ought to have. Buy more milk and your family will be better fed. Milk helps your children to grow. Besides being a good all around food, milk has something special, not found in many other foods, which children must have for their growth—they cannot grow without it. Give your boys and girls milk for their chance to grow. Milk helps your children to keep well. It will help you to keep well too. Look at children who do not get milk but get tea and coffee instead. Aren't most of them pale and sickly? There are always very many sick children in cities and in countries where milk is scarce. When milk prices go up and mothers begin to economize on milk more children become sick. Do not let your children run this risk. Give them clean, pure milk and help them to grow up strong and well and win in their fight against disease. Save on other things if you must, but not on milk, your child's best food.

ABOVE, Robert Woodrow Colquitt, son of Mr. and Mrs. J. E. Colquitt, formerly of this city but now of Monrovia, Cal., who scored 100 per cent in a eugenics test at the age of eight months. Below, left to right, James DeForest Bennett, son of Mr. and Mrs. C. J. Bennett, who scored 99 1/2 per cent; Dorothy May Bliss, daughter of Mr. and Mrs. C. H. Bliss, who scored 99 1/2 per cent at 14 months.



—Photo by Van Dyck Studio.

Warmth Aids in Curing of Colic

COLIC is pain, caused by the pressure of gas in stomach or abdomen. The symptoms are a sharp, loud cry, soon repeated. The legs draw up, the abdomen feels tense. If the baby is prone to colic, observe the following precautions: Keep the bowels open. A colicky baby should have two bowel movements a day. Keep hands and feet warm, and the abdomen covered with a knitted wool band. Woolen stockings worn day and night are a great protection.

Do not let the baby nurse too fast or too often, or suck an empty bottle. Leave a little milk in each time, as the last always contains bubbles of air. During an attack of the colic, warm the baby's stomach with a hot-water bottle. Do not offer food. Instead, give the baby four or five ounces of salt water heated to 100 degrees, then lift to an upright position against your shoulder and pat its back gently until gas is belched. For abdominal colic, a warm salt enema may be necessary. Gentle massage of the bowels with warm oil may start the gas. Colic need not alarm the mother if the baby is thriving otherwise. It is common with both breast-fed and bottle-fed babies, but usually disappears between the second and fourth month.

Girl Has Needle in Foot Three Years

St. Louis, Mo.—An X-ray disclosed one half of a needle in the foot of Yvonne Gillis, 9 years old, daughter of Mr. and Mrs. Thomas Gillis of St. Charles. Mrs. Gillis recalled that three years ago her daughter stepped on a needle, but physicians at that time believed they had removed it. Physicians now say that an operation for its removal would likely permanently affect the child's foot and advise that it be permitted to remain in the foot in the hope that it would work to another portion, when an operation could be more successfully performed.



Tested Suggestions For Feeding Young Children Are Given

Following are tested suggestions for feeding young children: For ages 12 to 24 months—Fruit juices, best milk, milk gruel, custard, rice, zwieback, graham crackers, apple sauce, scraped beef, beef, chicken or mutton broth, small amount baked potato, soft boiled egg. Always plenty of water. For ages 24 to 36 months—Scraped apple, vegetable soup, milk, poached egg, minced steak, spinach, fruit gelatine, mashed or baked potato, beef, mutton or chicken broth, asparagus tips, bread one day old, well cooked cereals, cooked prunes, without skins; light puddings, baked or scraped apple, minced steak or chicken. Plenty of water. Not to be given before 36 months—Cherries, bananas, corn, grapes, watermelon, cucumbers, popcorn, fried potatoes, pork, beans, cheese, raisins, peanuts, nuts, candy, pie, rich cake, fried meats, hot bread, doughnuts, ham, chipped beef, pease, pickles, cabbage, rich pudding, over-ripe fruits.

Her Birthday
There came a birthday, and she was not there. Completed, too, the loving industry That tied with death to give us each a share Of handiwork that was her daily care. But still is left the precious memory Of an all loving, steady industry. A tact that soothed and softened everywhere. She was not there, but Love and Life instead Drew closer each mysterious, binding thread Around our hearts, and answered so the prayer. For loving harmony of our dear dead, Her benediction's doubly dear when ere Our mother's birthday comes—though she's not here. —Charlotte Brewster Jordan.

Yeats, Irish Poet And Playwright, to Lecture Friday Eve

William Butler Yeats, Irish poet and playwright, will lecture at the Masonic Temple next Friday evening, under the auspices of the Drama League. Yeats has written that the Sinn Fein is taking a leading part in the Gaelic revival, and that under its influence multitudes are studying the Irish language and a pronounced movement toward revival of old customs is noted. Yeats and Lady Gregory founded the Abbey theatre in Dublin, where they are producing plays interpretative of true Irish life, and Yeats himself is now the leader of the Irish theatre movement. This is his first visit to America since 1914. The subject of his lecture will be "A Theatre of the People." Tickets may be obtained from Sherman, Clay & Co., or Meier & Frank's bookshop.

Knights Templar to Give Easter Party

Washington commandery, Knights Templar, will give a grand Easter ball and party on April 10 at Multnomah hotel, having as its guests officers and members of Oregon commandery. This will be one of the leading Masonic parties of the season, and will be a formal, either in full uniform or dress suit.



It's Up To You

What chance your youngsters have for success in life. If you don't give them a good start, it may mean mediocrity or failure all their lives. That being so, keep their bank accounts growing. Let this home savings bank assist you, or if you prefer, get one of our dime banks. **But the important thing is to keep the kiddies' bank accounts always increasing.**

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Cleanliness Important

TWO essential attributes of clothing for school children are comfort and cleanliness; a third, and often over-estimated quality, is attractive appearance. Because clothing for boys is already standardized and because no natural boy will submit to discomfort for looks' sake, a boy's clothing needs only to be chosen so that it is adapted to weather conditions and can be kept in good condition in spite of rough usage. Boys scorn rubbers, so that shoes should be chosen with good soles and, if faced, with a tongue so sewed in that water can not enter over the top of the foot. The shoes should be as nearly waterproof as can be purchased, and should be carefully fitted, always long enough, never too wide. If rubber boots are worn, a pair of silk shoes should be kept at school, for, under no circumstances, should a child keep boots on while in the house. For snowy weather rubber boots should be large enough to permit of the wearing of a doe-skin inner shoe. Tight shoes mean cold feet, and should not be endured by either boys or girls. Girls should be put into low-heeled, comfortable shoes with adequate provision for varying conditions of weather. Woolen stockings and socks are not recommended because, in them, the feet become sweated and later cold. Any needed extra warmth should be supplied by added warm outer foot and leg coverings. Excessively warm clothing is quite as injurious as insufficient clothing. In extreme cold weather several layers of woolen garments of medium weight are a greater protection than one very heavy garment and also permit of variations of coverings to suit changing weather conditions. Ideal clothing consists of about the same amount of protection over every part of the body—not heavy overcoats with but two layers of cloth over the lower limbs, not many skirts and a thin shirt waist. Supply the children light-weight woolen or wool and cotton underwear for early cool days or fall, medium weight



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wool for winter. Keep the girls in wash dresses, simple, neat, and clean, as long as possible in the fall. Supply every child with a good sweater that may be slipped on or off at need, and a waterproof coat that will permit them to enjoy rainy days. Train the children to wear enough warm clothing that they do not fear a cool, well ventilated school room, and not so much clothing that the skin is kept moist with perspiration and a susceptibility to cold produced. Learning to "Wife" Eighteen engaged girls in Denton, Texas, are studying "How to be Married." The special class occupies two cottages leased by the College of Industrial Arts, where by hard knocks and benevolent instruction they are learning first hand the duties of a glorified "kitchen police." They peel the spuds, scrub the floor, keep accounts, wrangle with the ice man, mend worn socks—everything. "Practice" is the watchword, and president Bralley promised if they defer their marriages until the end of the wifeology course, they would split their husbands' salary checks until they were called "Grandmother." C. I. A. is the second largest school of its kind in the world. Its class for engaged girls is unique, attracting wide attention. Michigan is the leading state in the manufacture of sand lime brick, followed by Minnesota and New York.

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