

It has been known to develop often that the reason for a baby's cry, apparently a natural pain, is nothing more than an upset stomach.

Whole Wheat Is Best Bread for Body

As a bone building cereal, doctors consider whole wheat the best, because its bran contains almost every one of the mineral salts found in the human body. At no time is nourishment for the bones more needed than during infancy and early childhood, when the skeleton is enlarging and hardening and the teeth forming. Rickets and spinal curvature result when the bones remain soft and under-nourished too long. If the baby teeth rot, or the second teeth show early decay, it frequently means that the child has been deprived of proper food for the teeth and bones. In pioneer times teeth frequently remained perfect a lifetime, and this was doubtless because the children were given fresh milk and whole wheat bread, rich with bran. The wise mother will build up her children's bones by a wholesome, natural diet of food rich in the mineral salts and vitamins. As soon as the baby goes on the bottle is not too early to think of this highly important point. Barley water, oat meal gruel or specially prepared whole wheat are favored by many physicians in connection with milk boiled two to five minutes. Boiling cow's milk makes the large, tough curds smaller and easier to digest, and the heat kills any germs that may be in the milk. It formerly was believed that boiling the milk caused scurvy. New bottle-fed babies are given orange juice before the sixth month, and with the use of the orange juice, scurvy seldom appears.

Mothers are often perplexed to know whether to give boiled milk or raw. Boiling kills germs in milk, thus making it safer. Barley water, oat meal gruel, or a preparation of whole wheat are favored by many physicians in connection with boiled milk. But, say some neighbors to the mother, "Aren't you afraid boiled milk will constipate your baby or cause rickets or scurvy?" "Doctors see it that bottle-fed babies have orange juice after the third or fourth month, and this may account for the fact," writes Dr. Brenneman, "that we have no scurvy in our patients fed with boiled milk."

The famous baby specialist, Dr. Jacob of New York, has used boiled milk with cereal waters as diluents for almost 50 years. Dr. Brenneman emphasizes the importance of boiling the milk in the home. Pasteurized milk, as far as curds are concerned, is essentially like raw milk. "Aren't you afraid of milk—not to kill germs, because certified milk is so clean it is held to be safe from dangerous germs—but to make the curds finer for the infant's weak stomach?"

Consult your physician if you are in the least doubt about what food to give the baby. Many a healthy, happy, breast-fed baby has become puny and miserable because the mother did not take pains at first to find out if the first bottle food had anything more to recommend it than that "it was no trouble to prepare." If the baby has good fresh milk, properly prepared, it stands every chance of keeping strong and vigorous after it is necessary to wean from the breast.

Mothers' Forum Devoted to Babies And Their Welfare

MADELINE LEONE DAVIS, daughter of Mr. and Mrs. W. Worth Davis, who scored 99½ per cent at 18 months. Kenneth Reynolds, son of Mr. and Mrs. Arthur Reynolds, who scored 99½ per cent at seven months. Below, left to right—Daniel Lucas, son of Mr. and Mrs. B. E. Lucas, who scored 99½ per cent at 1 year. Hal Lacey, son of Mr. and Mrs. Edward R. Lacey, who scored 99 per cent at nine months.



Old Mothers

I love old mothers—mothers with white hair, and kindly eyes, and lips grown softly sweet. With murmured blessings over sleeping babes. There is a something in their quiet grace That speaks the calm of Sabbath afternoons; A knowledge in their deep, unflinching eyes That far outreaches all philosophy. Time, with caressing touch, about them weaves The silvery-dreamed fairy-tale of age; While all the echoes of forgotten songs Seem joined to lend a sweetness to their speech. Old mothers—as they pass with slow-timed step, Their trembling hands cling gently to youth's strength.

Sweet mothers—as they pass, one sees again Old garden-walks, old roses and old loves.—Charles B. Ross.

In 1916 more children died from faulty conditions related to the health and care of the mother than from bad care, bad feeding or infectious diseases.

Mortality Ratio of Mothers Can Be Reduced

EVERY year in our country 16,000 mothers lose their lives from conditions caused by childbirth. The United States stands fourteenth respecting maternal mortality, in a list of 16 countries. Not only the intelligence and the conscience of our people are challenged by this high rate, but probably it is also sound to say that our national safety and progress depend on reducing it to the lowest possible degree.

The United States permits many thousands of mothers to die from preventable causes every year. Out of the 16,000 women who die, about 7,500 die from childbirth fever, a disease almost entirely preventable; the remaining 8,500 die from diseases which are now to a great extent preventable or curable.

In 1912 childbirth caused more deaths among women 15 to 44 years old than any other disease except tuberculosis. It caused in the same year among the same age group between three and four times as many deaths as typhoid fever. During the 13 years from 1890 to 1913 the typhoid rate has been cut in half, the tuberculosis rate has been markedly reduced, the diphtheria rate reduced more than one-half. In other countries there has been a decrease in the death rate from childbirth, but in the United States, as shown by the children's bureau—

The new figures now published by the census bureau for the year 1914 (43.3 per 100,000 population) indicate that since 1900 no decrease in maternal deaths had yet taken place. And physicians remind us that the women who die in childbirth are few beside those who suffer preventable illness or a lifelong impairment of health.

The loss involved is immeasurable. It does not stop with the loss of vigor and efficiency to the mother. It extends, in general, to the well being of her home and her children; and, in particular, to the motherless infant who faces a peculiarly hazardous existence. For example, in two of the cities included by the children's bureau in its study of infant mortality, the mortality rate among babies whose mother died during the year following birth is compared with the rate for all babies in the city. In Waterbury the rate among the motherless babies is three times the average for the city; in Baltimore, five times the average for the city.

Our enemies are chiefly ignorance and poverty—from a community point of view perhaps mostly ignorance. "Public health is purchasable," and a community can, to a large extent, determine its own death rate. Individuals should be educated to demand, and communities to supply, as a minimum protection, public health nurses; parental centers; clinics, such as dental and venereal clinics; maternity hospitals or wards in general hospitals; training, registration, and supervision of midwives; training, registration and supervision of household attendants; education of the general public in the significance of and necessity for maternal and infant health.

Oregon Presbyterial Society Has Annual Meeting at Albany

Albany, Or., April 5.—The annual two day meeting of the Oregon Presbyterial society of the United Presbyterian church will open in Albany, the home of the mother church of United Presbyterianism, beginning Tuesday evening with devotions led by Mrs. G. G. Wilson of Willamette. Mrs. F. W. Neal, Presbyterian missionary to the Kamerun, Africa, will speak.

Reports of Presbyterial societies, nominating committees and officers will be made Wednesday, followed by elections. Mrs. Margaret Tinkham, formerly a teacher in Egypt, and Mrs. S. E. DuBois of Portland will speak.

One-fifth of all the deaths of children under 2 years of age are caused by digestive disorders which are largely preventable.

Laxation Diet Is of Great Importance

A FREQUENT saying is that the prospective mother must "eat for two." But since it is an established fact that the child gains nine-tenths of its weight and substance after the fifth month, it is manifest that before that time there can be little need for any addition to the mother's dietary, if that has been sufficiently nourishing for her individual needs. Since it is also true that the child gains half its weight in the last eight weeks, there will be an increased demand for the heat and energy giving foods toward the end of the period, which may be supplied by the addition of milk to the usual diet, taking a glass between meals and at bedtime in order not to overload the stomach at the regular meals, with consequent distress. If milk is not always acceptable, some other light food may be eaten, such as cocoa or broth or soup with blacuit. The habit of eating thus lightly several times a day may do much to relieve the nausea which so often accompanies the earlier weeks of development.

Many women, perhaps most women, suffer from a more or less persistent constipation during this period. However, it is most important that the bowels should move freely at least once a day. This should be accomplished, whenever possible, by the use of laxative food. A properly laxative diet will include fresh fruits, such as apples, peaches, apricots, pears, oranges, figs, cherries, pineapples, grapes, plums, strawberries, raspberries or grapefruit. One or more of these is available at all times of the year in most parts of the country. Cooked fruit, such as prunes, figs, apples, peaches and apricots are less effective, but may be freely eaten. Graham and whole wheat bread, corn meal and the bran foods, as well as other coarse cereals, such as oatmeal and grits, stimulate the intestines and increase their activity. Ordinary baby food, with whole wheat cream is often exceedingly beneficial when other dietary preparations have not produced the desired effect.

Bran bread is made as follows: One cup of cooking molasses, one teaspoonful of soda, one small teaspoonful of salt, one pint of sour milk or buttermilk, one quart of bran, one pint of flour. Stir well and bake for one hour in a moderate oven. It may be baked in a loaf or in gem pans as preferred. The bread should be moist and tender, and may be eaten freely, day after day, and is quite sure to have a salutary effect if used persistently.

Fresh vegetables, especially the green ones, eaten with olive oil, also have a laxative effect. Onions, asparagus, tomatoes, peas, potatoes, lima beans, carrots, string beans, spinach, celery, cress and lettuce, as well as others, may be eaten in most cases. Cabbage, cauliflower, turnips, baked beans, radishes

are not always readily digested. When this is the case they should, of course, not be eaten. If constipation persists in spite of dietary measures, senna, which is a well known remedy, may be tried. Two recipes for senna mixtures follow:

Senna Prunes—Place an ounce of senna leaves in a jar and pour over them a quart of boiling water. After allowing them to stand for two hours, strain and to the clear liquid add a pound of well washed prunes. Let them soak overnight. In the morning cook until tender in the same water, sweetening with two tablespoonfuls of brown sugar. Both fruit and the syrup are laxative. Begin by eating half a dozen of the prunes with syrup at night, and increase or decrease the amount as may be needed.

Senna With Prunes and Figs—This recipe does not call for cooking. Take a pound of dried figs and a pound of dried prunes, wash well. Remove the stones from the prunes, and if very dry soak for an hour. Then put both fruits through the meat chopper, adding two ounces of finely powdered senna leaves. Stir into this mixture two tablespoonfuls of molasses to bind it together, the result being a thick paste. Begin by eating at bedtime an amount equal to the size of an egg and increase or decrease as may be necessary. Keep the paste tightly covered in a jar in a cool place. If the senna is distasteful a smaller quantity may be used at first.

Parent-Teachers May Have Use of Papers

THE following loan papers may be borrowed by any Parent-Teacher association throughout the state for reading and discussion at meetings, by applying either in person or in letter to the Parents' Educational bureau, 651 Commercial, or to the following: Mrs. Chase; Emotional Outbursts, Mrs. A. D. Sopher; Your Child—Today and Tomorrow; Modern Tendencies in Education, Mrs. A. N. Felt; Children, the Hope of the Nation, Mrs. Rose W. Chapman; Parental Care and Early Hygiene of Children, Dr. Mae Cardwell; How Shall We Give Our Children the Best Opportunity? The Dental Problem of Childhood; Suitable Dress for School Girls, Mrs. J. C. Elliott King; Nobles Oblige, Dean Mary E. Fawcett, O. A. C.; The School Lunch, Miss Milam, O. A. C.; Practical Methods of Securing Play Supervision in Towns and Villages, L. H. Weir; Developing Responsibility in Our Young People; The Bible and the Public School; Spiritual Development of the Child in the Home, Mrs. D. Allen Gilbert; For the Boy Who Would Succeed, Andrew McLeish; The Child's Musical Education, Miss Sue Kenny; Violin for Children; Practical Clothing for Children, Mrs. T. L. Newton; Cultivating Punctuality, Dr. R. W. Wilson; Mothers and Schools, Miss Ella Mc-

Bride; Milk, Necessary Diet, Edith Knight Hill; Infant Feeding, Dr. Emmett Holt; Americanization, L. D. Marrett; Value of the Thrift Movement in Our Schools, J. A. Churchill, state school superintendent; Mutual Problems of Parents and Teachers, Miss Grace Henderson; Child Labor Laws, Mrs. Millie R. Trumbull; Is the Tobacco Habit Injurious? Irving Fisher; The True Christmas Spirit, Helen Ekin Starrett; The Stories All Children Should Know, Jessie A. Millard; Teaching of Thrift in the Home, Professor Grace Johnson, O. A. C.; School Legislation, Mrs. Alexander Thompson; The Message of the Flag—A Patriotic Exercise for Children, Mrs. M. P. Higgins; Progress in Rural Work for Infant and Maternal Welfare, Grace L. Meigs, M. D., Washington, D. C.; The Public Health Nurse, C. E. A. Winslow, D. P. H., Yale University; Child Welfare, Dean Alma Milam, O. A. C.; National Education Problems, Hugh S. Magill, N. E. A.; Thrift, B. F. Irvine, Thrift, Mrs. A. Bonham; Educational Aspects of Social Hygiene, H. N. Grant; Dietetic Care of Infants, C. U. Moore, M. D., M. S.



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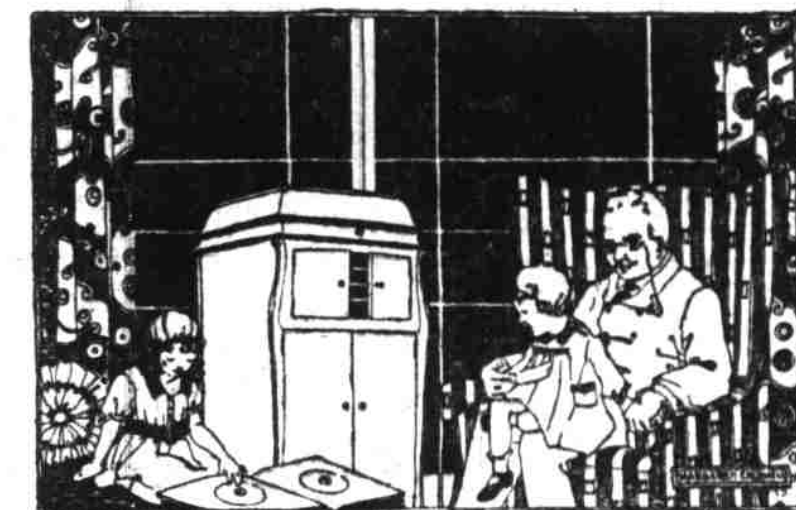
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