

Watch the changes in the weather and covers the clothing of the baby accordingly. Remember always that a baby is human just like yourself.

Milk Food and Drink for Everyone

USE MILK. Use it freely. It is food and drink for young and old. Babies cannot live without it; and for health, strength and rapid growth, all children must have milk. It adds to the power of youth, supplies energy to those in middle life, and even renews the vitality of those who are well past their three-score years and ten. Its high food value maintains the strength of children, makes them well, and because milk is easily digested, it assists in bringing invalids back to robust health.

Use milk for strong, straight bones and teeth. Milk is the most important source of lime for body growth. The bones and teeth are made mostly of lime. The bones and teeth of children cannot grow strong without an abundant supply. Adults also must have lime, because there is a constant wearing or waste of the bony structure. A mother with the responsibility of bearing or nursing a healthy child should consume at least a quart of milk a day, that the bony framework of her dependent baby may have sufficient lime for its full development, and that her own bones and teeth may not suffer from the lack of it.

The average family eats meat, potatoes and white bread and drinks coffee. All these are low in lime. On such a diet there is little wonder that dental clinics are increasingly necessary in our public schools.

A quart of milk contains as much lime as 28 pounds of beef, 23 pounds of potato or nine pounds of white bread.

Use milk for muscle building. Milk contains muscle-building materials. These are the casein and albumen of milk. Everybody is familiar with milk casein (curd) and also with milk albumen, which rises in a thin wrinkly skin when milk is boiled. Casein and albumen are found both in whole milk and in skimmed milk. In food value they are the most efficient of all proteins.

Milk furnishes energy and power. Milk is an efficient source of energy or working power. Milk contains butterfat (cream) and milk sugar (lactose). These keep the body warm, and give energy for work or play. They are fuels because they contain so much carbon. Whole milk contains butterfat in varying amounts. Both whole milk and skimmed milk contain milk sugar. The milk sugar in a quart of milk would fill three tablespoons.

In some respects the body is like a steam engine. It requires food fuel for energy, or working power. Foods of different kinds do not furnish the same amount of heat for a dollar, any more than a dollar's worth of wood, coal, gas, or electricity.

Constipation Is Often Only Habit

CONSTIPATION is many times simply a habit. Be sure the food is suitable for the baby's age and needs, then encourage the bowels to become regular as follows:

- A—Teach bowels to evacuate at a regular time each day.
- B—Give even very young babies boiled water to drink—say eight teaspoonfuls in the morning and more during the day.
- C—Give fruit juice.
- D—Give milk of magnesia.
- E—Give plenty of food.

Though most laxative medicines have a bad effect on the bowels if used too often, milk of magnesia is mild and alkaline (like lime water) and may be used daily as long as necessary in overcoming habitual constipation. The following is a good method:

At 8 a. m. give one teaspoonful of milk of magnesia. In two hours give another teaspoonful. This is for the purpose of clearing out the bowels well to start with. Next day to each feeding of milk add from four to six drops of milk of magnesia, and let the baby take it right in the food. Keep this up for three or four weeks or until the baby appears to be regular. Gradually leave it out drop by drop, till you are giving none at all. When less than 30 drops a day are being given, milk of magnesia is not a habit, but is useful in making cow's milk less acid, and more like mother's milk.

After acute diarrhoea, or after purging with castor oil, there is almost sure to be constipation. Milk of magnesia will help the bowels become normal again better than a stronger laxative; or use a suppository; or better at night inject two ounces of warm sweet oil so that the passage next day will not be hard and dry. An enema is useful if the bowels will not move otherwise.

Too Much Food One Cause of Vomiting

VOMITING immediately after feeding usually indicates that the baby has taken too much; if later, indigestion is indicated. However, all young infants spit up small portions of their food without its meaning anything more serious than a little gas or pressure on the stomach. As soon as advisable use thin knitted bands that will yield. Habitual vomiting brought about by indigestion is very obstinate and we must deal with both disease and habit. It takes time to bring the sick stomach to its normal condition. A child that has been vomiting only a month is easier to cure than one who has been vomiting longer, and the older the child the harder the disorder to overcome. No mother could reasonably expect the worn out, irritated and diseased stomach to recover instantly when it is at last offered the food it needs. In this disease the whole wheat milk modifier gives specially fine results.

Although baby may continue the habit of vomiting for a time after this food is begun, what is kept down is easy to assimilate that nature is helped from the first feedings. Vitality is gained by the stomach in spite of vomiting, which soon becomes less serious in character and finally ceases.

ASK FOR and GET
Horlick's
The Original
Malted Milk
For Infants and Invalids
Avoid Imitations and Substitutes

Mothers' Forum Devoted to Babies And Their Welfare

Skin Should Be Kept in Good Condition

THE skin should be kept in good condition at all times, but more than ever during the expectant period, when the work of the excretory organs, of which the skin is an important one, is increased. The skin is furnished with millions of tiny mouths, called pores, which provide an outlet for the waste material thrown off by the sweat glands. It is estimated that about a pint of water is eliminated each day through the pores of a healthy skin. If they become clogged the waste products are retained in the blood until they can be disposed of by the lungs, bowels and kidneys. Therefore, in order to keep the pores open and the skin in a condition of normal health it is well to wash the entire body every day.

This bath may be a shower, tub or sponge bath. The main object is to stimulate the circulation, and this object is gained when the entire surface of the body is wet and afterwards rubbed briskly with a rough towel. A morning bath more effective, and there is less danger of taking cold afterward if the water is at least cool.

If the woman has been accustomed to the cold bath, there is no reason why it should be given up at this time, provided she gets a health glow afterward and the shock is not too great, although at this time. While the cold bath is invigorating and stimulating as well as refreshing, the warm bath is necessary for the thorough cleansing of the skin. Warm baths, with soap, should be taken at night two or three times a week.

The Mother's Voice

Never a song that the breezes whisper low,
Never a measure the bugles may blow,
Like the lilt and the croon
Of the old-fashioned tune,
That babes in the arms of their glad mothers know.

Never an anthem that goes to the throne
Where angel hosts sing and trumpets are blown,
Like the low note and clear
That falls on the ear
Of the baby in arms—like the dear mother-tone.
—Judd Mortimer Lewis.

Oregon City Will Have New Theatre

Oregon City, May 17.—Construction of the Liberty motion picture house, which will rise on the Long property on Main street north of the courthouse, will begin next month, according to W. A. Long, who will operate the new theatre in addition to his present picture show, the Star. The new theatre will seat from 750 to 1000 people. It will have a 86-foot frontage on Main street, and extend back 108 feet. The structure will be of concrete with a brick front, and modern equipment will be installed. W. A. White is architect. The dwelling now standing on the property is to be moved. Long expects to have the house ready to open by October 1.

And the hand that rocks the cradle
Is the hand that rules the world.
—William Rose Wallace.

Mortality and Poverty Run Together

THE GREATEST proportion of baby deaths occurs in families with the smallest income. The poorer the family, the greater the hardship of the mother and the greater the menace to the child. Income plays a chief part in determining the location of the home as well as the kind of home. Unfavorable location and overcrowding are bad housing conditions that accompany low income. In the study of infant mortality made in Waterbury, Conn., by the Children's Bureau, the mortality rate for children born in rear houses or houses on alleys was 172, while the rate for children born in houses located on the street was 120.6. The study in Manchester, N. H., showed the infant mortality rate to be 123.3 where the persons in a room averaged less than one, and 261.7 where they averaged two but less than three.

Low income often drives the mother to work to add to the family budget. Many times this entails less care for the baby, the substitution of bottle feeding for breast feeding, and other untoward conditions. In Manchester, N. H., it was found that the mortality rate for babies whose mothers were employed outside the home was 312.9, while the rate for babies whose mothers had no employment save to care for their own households was 122.

Poverty may be accompanied by ignorance. It is important to remember that poverty lacks the defense against ignorance which is at the disposal of the well-to-do mother. Sir Arthur Newsholme says that the designation of material ignorance as the chief factor in child mortality is "a comfortable doc-

trine for the well-to-do person to adopt"; but he states that we have little reason for thinking that the ignorance of the working-class mother is much greater than of mothers in other classes of society. The ignorance of the working-class mother is a menace because she is socially helpless unless the community will take the responsibility of providing adequate medical and nursing care, adequate teaching of maternity and infant hygiene, adequate provision for decent housing and sanitation, and adequate income for the father.

The fathers of 88 per cent of the babies included in the Children's Bureau studies earned less than \$1500 a year; 27 per cent earned less than \$500. As the income doubled the mortality rate was more than halved. Which is the more safe and sane conclusion to take, that 88

per cent of all these hundreds of fathers were incorrigibly indolent or below normal mentality, or that a wage based on accepted standards of living must be secured?

A partnership with God is motherhood: What strength, what purity, what self-control, What love, what wisdom should belong to her Who helps God fashion an immortal soul!

A mother is a mother still,
The holiest thing alive.
—Coleridge.

No work in the world pays like mother-work.

99 1/2% Perfect Portland Baby

Raised on

Dennos Food

The Whole Wheat Milk Modifier

Try DENNOS

For Sale by All Druggists

Sample of this Oregon Product mailed free upon request

DENNOS FOOD CO. Portland



Children's Shoes

Our exclusive children's department is by far the most popular and likeable department in the house.

Expert fitting, attractive surroundings and experienced knowledge of juvenile footwear makes it doubly attractive for mothers.

Out-of-town orders receive prompt and careful attention.

Knight Shoe Co.

Morrison at Broadway

"3 for 1" Week

MAY 17 to 22

—Triple Trading Stamps will be given with all cash purchases made throughout the store this week. Thrifty shoppers will take advantage of this offer.

Reliable Merchandise—Reliable Methods

Olds, Wortman & King

The Standard Store of the Northwest

"3 for 1" Week

MAY 17 to 22

—If you are not saving stamps start a book at once and reap the benefit of this special offer. Triple Trading Stamps given all this week with cash purchases.

Helping Everybody to Bring Down Living Costs!

TRADING STAMP



MAY 17 to 22, Inclusive

Hundreds of Thousands of Trading Stamps Given Away During This Event!

—Every Man, Woman and Child in Portland can help in Bringing Down Living Costs by doing their Shopping at this Store during Jubilee Week. We are doing Our Part by giving away Hundreds of Thousands of Trading Stamps and offering Extraordinary Bargains throughout the Various Departments of the Store. Every day this week we will give

3
FOR
1

TRIPLE TRADING STAMPS ARE GIVEN ON ALL CASH PURCHASES

3
FOR
1

—Triple Trading Stamps mean that you will receive three Stamps in place of one with every cash purchase amounting to 10c or more. Trading Stamps represent a direct cash saving on the money you spend, and they cost you absolutely nothing, therefore everything you buy at this store adds to your income.

—Out-of-Town Customers ordering by mail will receive Triple Stamps on cash purchases the same as though shopping in person. 10 days will be allowed in which to return C. O. D. checks for stamps. All other cash saleschecks must be presented at Stamp Booth on day purchase is made in order to get stamps.

FILLED STAMP BOOKS REDEEMED IN CASH—THIRD FLOOR

Single Stamps Given to Charge Customers if Accounts (No Matter How Long Standing) Are Paid in Full by May 22

See Special Attraction in One of Our Large Morrison Street Windows