

Mothers' Forum Devoted to Babies And Their Welfare

A babe is a mother's anchor.—Becher.

High Mortality in Summer Is Due to Food

It is well established that the high mortality among young children is caused chiefly by improper feeding, especially during hot weather. Many otherwise well informed mothers are desparately ignorant on this vital subject.

The first 12 months, bottle fed babies should have fresh milk prepared so as to be free from heavy curds. For a child 12 to 18 months old, the following schedule is suggested:

6:30 a. m.—Prepared milk.
8 a. m.—Strained and sweetened orange juice, one to two ounces.
9 a. m.—Some finely grained wheat cereal, well cooked, served with baby's prepared milk poured over it, and some sugar.

12 p. m.—Milk, mutton, beef or chicken broth, milk, egg-nog, poached or cod-died egg, swissback or toast thinly buttered and softened with boiling water and served with two ounces of cream. (Use no liquor in egg-nog).

3 p. m.—Prepared milk.
5 p. m.—Wheat cereal as before served.

Bedtime.—Prepared milk.
Raw fruit juices should be given at least half an hour before or after milk, not at the same time.

The fine wheat cereals give best results at first, though gruel of oatmeal, hominy, barley or rice is good, if cooked three hours or more in a double boiler. In making broth, skim away all grease. The broth should be like jelly when cold.

At 18 months a child may have apple sauce, or baked apples strained through a wire sieve, or stewed prunes strained also. Prunes are more laxative if sweetened with brown sugar. For dessert he may have plain rice, bread or tapioca, pudding, blanc mange, junket or baked custard. From two to three years it is usually safe to begin baked potatoes (which are much better than mashed potatoes), and a very little green vegetables if cooked a long time. Cabbages, lima beans and corn should not be given at all, and no uncooked vegetable or fruit should be permitted till the child is five years old, though the juices of raw fruits free from seeds, pulp and skin are beneficial. Raw apple if perfect and ripe, may be given grated to strong children.

Avoid giving orange pulp, pears, cherries, berries containing seeds, nuts, bananas and green apple sauce. Do not think it cruelty to deny a child injurious food. The cruelty comes in ever permitting the first taste.

Memories
I was looking in the attic for the children's winter clothes. For their overcoats and mittens and their little woolen hats. When, moved by tender memories of one for years at rest, I lifted up the cover of an old black chest.

It was there I kept memories of the time of my age. When I, a child, was shielded from wintry wind and snow. And, taking out the treasure I prized above all, I laid my hand on a brown plaid shawl. I understood the recompense that's coming from above.

If I shall go surrounded my own with all a mother's love, That just to look at what I've worn will quickly When years have rolled between us since the last good-bye.

Children's Teeth Alarm Doctors
London, June 7.—(L. N. S.)—London medical authorities, alarmed at the rapidly increasing number of children with bad teeth, have just conducted investigations at Croydon, near London. They found that of 485 children examined, only 73 had good teeth. A country-wide campaign for the improvement of teeth is now planned.

Nailless detachable heels have been invented that can be shifted from one to the other of a pair of shoes to prevent uneven wear and heels of different styles can be worn on a single pair.

Don't Forget—
It is easier, better and cheaper to prevent than to cure disease.

Everything that protects the mother before her baby is born improves the health of the baby after its birth.

Many of the diseases observed in older children and adults begin in infancy.

Healthy babies make strong men and women.

The baby's food, home and surroundings play an important part in keeping it well or making it sick.

The mother's milk is the best food, but if for any reason it is not possible for the mother to nurse the baby, modified cow's milk is recommended. Information on how to properly modify milk will be given at the Parents' Educational bureau. It is a significant fact that in suburban districts but one mother in 50 fails to nurse her child, the result being a greatly decreased mortality.

Mothers' Lack of Knowledge of Right Feeding Is Amazing

Lack of information on the part of mothers concerning the care and feeding of their little ones is amazing, the statistics of the Parents' Educational bureau show. A 2-year-old child was brought to the bureau recently with its abdomen abnormally distended. Inquiry developed the child had never been given a mouthful of solid food, which accounted for the bloated condition. A 1-year-old child had never spoken so he could be understood. Examination revealed a cleft palate. A 3-year-old had a sunken hip. Eruptions on one baby's skin were found to have resulted from the child's sucking bacon rind. A child of one year had three vertebral out of position and the mother did not know it. A 18-month-old baby had a weak left arm, due to his always sleeping on his left side. An 18-month-old child had never stood alone, having developed rickets. This was traceable to feeding him undiluted condensed milk.

Liquid Food Is Proper Kind for Infants

In addition to milk, the average baby under one year may have:

Orange juice.—Commence with caution at the fifth or sixth month, one teaspoon daily. Strain, sweeten, dilute with equal quantity of water. Never give during diarrhoea. If buttocks are scalded or bowels are loose, give less, or discontinue till baby is a little older. Always choose a sweet ripe orange.

Beef juice.—At 10 months give one teaspoon daily, near noon feeding. Work up to not more than three tablespoonsful at 1 year.

White of codliver egg.—Give same amount as beef juice, on alternate days, if baby likes it. Beef juice and white of egg may be begun to give at six months if the baby is pale and bloodless.

Swissback.—Babies may have a little swissback at 10 or 11 months. Give no other solid food till about the eighteenth month. To make swissback, cut bread (not new bread) into strips about one inch thick, and bake slowly, preferably with oven door partly open, till light brown and absolutely dry. Whole wheat bread is more nourishing than white bread.

Boys Summer School
June 14—August 1
H. M. BARR, Principal of Irvington School, is serving as Principal of Summer School.

Teachers are men who during the year are Principals of Portland Schools.

4TH to 8TH GRADES
Each boy's special need analyzed and provided for by class work—supervised study, or private tutoring. Physical development cared for by gymnasium training under expert supervision.

ALL UNDER AUSPICES OF
Oregon Institute of Technology
Y. M. C. A.
Call or write Hugh Miller, Dept. A, Office 416

Enemas Are Useful But Should Not Be Used Frequently

Enemas are useful in emergencies, when the bowels should be emptied at once. They should not be used too often, as the bowels lose tone and refuse to contract normally if relieved of their natural work.

Use an infant syringe, which is a bulb with a nozzle. Have water heated to 88 degrees and give babies over six months old a pint of water with a teaspoonful of salt added. Younger babies need half the quantity of water. Be sure the syringe is entirely full of water. Grease nozzle with vaseline. Insert slowly and gently into the anus and inject the water slowly by squeezing the bulb. The baby should be lying on its back with the hips slightly elevated. The mother's lap should be protected as water is likely to gush out when nozzle is removed. Press a towel quickly to anus and set baby over a chamber. If a fountain syringe must be used, hold the bag scarcely higher than the baby's level, so that the water will run in very slowly. Too much pressure may cause violent vomiting. Do not give an enema while baby's stomach is full. Wait till an hour or more after feeding.

Bureau Open to Mothers of Babies

A TOTAL of 12,000 babies have been examined for mental and physical defects since the Oregon Parent-Teacher association opened the Parents' Educational bureau in the courthouse nearly seven years ago.

"Although our publicity comes through the perfect and nearly perfect babies, our real reason for existence is to bring to light the defects and direct the way to their correction," said Mrs. A. Bayless, secretary of the bureau.

"Our tests are given on Wednesday and Thursday afternoons by a corps of physicians. Registration in advance must be made for the examination of children and the parents will be notified when to bring their children in. Registration may be made by calling Marshall 335. Young mothers and expectant mothers may call at any time for advice or literature. We also have a layette for display purposes. In addition to our test work, lectures by doctors, nurses and social workers are given occasionally at the bureau. If it is found that a child is in need of hospital care and

the parents are unable to provide such care, the bureau sees that the need is met.

"The mission of the bureau is to be of every possible practical use in serving the mothers and babies of the community."

Local High School Graduates Attend Church in Body

Baccalaureate services were held Sunday for the graduates of Portland's eight high schools, who will receive diplomas Thursday and Friday of this week.

Washington high school graduates were addressed by Dr. W. T. McElveen at the First Congregational church in the morning on "Getting Ready," in which he showed the necessity for a preparation of the most complete kind. Dr. Edward H. Pence addressed the Jefferson high school students at Westminster Presbyterian on "When Future Becomes Present." The Franklin high school seniors heard Dr. John H. Boyd at the First Presbyterian church in the evening.

Commencement exercises will be held Friday night for all the high schools except the School of Commerce, which will have exercises a day earlier.

Six-Year-Old Is Signed for College

Oakland, Cal., June 7.—The youngest college entrant in the United States has just signed for admission to Mills college. Beatrice Ruth Youngberg, 6 years of age, has enrolled for the class of 1921. She is the first child to be enrolled under the new system of advance enrollment. The freshman enrollment for the next semester closed two months ago with 150 students turned away because of lack of accommodation, and the parents of Beatrice are taking no chances.

Applicable From June
"Does your wife do fancy work?"
"I'll say so. She does some mighty fancy work to get my week's salary from me."

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

CHILDREN'S SHOES
FOR BRIGHT SUMMER DAYS

are shown in white buck, white linen, white poplin, soft brown kid, soft black kid and patent leather with ankle straps. Our Kiddies' ankle straps have a style of their own—they will like them and you parents will, too. Complete stocks to choose from, assuring a perfect fit.

Largest and most complete Children's Department in the Northwest.

Knight Shoe Co.
MORRISON NEAR BROADWAY

Baby's first clothes
The Exclusive Cut Ready to Make method that was originated and has been perfected by the

Baby's Boudoir
gives to the expectant mother the ideal combination of her very own work, made easy and simple on the layette of her baby.

Baby's Boudoir Layettes
Range in Price From \$26.50 Up

Baby Layettes planned at this shop are the loving work of the mother, for it is she who makes up the list of the things that she wants for her baby.

Expert Maternity Corset Fitting
288 Morrison St., Below Tenth.

The Out-of-Doors Baby
The Healthy, Happy Baby

A comfortable buggy is almost indispensable in the care of a baby. Affords a safe place for the baby as well as easy and convenient for Mother to handle whether out-of-doors or in the house.

A splendid assortment at Powers from which to choose. Beautifully upholstered and finished in White Enamel, Blues, French Gray, Coral and Ivory.

Price range is such that every Mother may suit her taste and pocketbook.

To be had for \$28.50, \$33.50, \$45, \$55, \$62 and up to \$125.

USE YOUR CREDIT

POWERS
QUALITY FIRST
USE YOUR CREDIT
THIRD & YAMHILL

Decco's Food
Makes Babies Thrive
SOLD BY YOUR DRUGGIST

The Weak Fall by the Wayside

IT IS a struggle to save. Whoever said it was easy didn't reckon the temptations which beset one.

And as the few only have the strength to keep plodding along the road to ambition, so it is the minority who ever reach the land of accumulation.

To save without a purpose is hard, and to save without the encouraging influence of an interest-bearing Savings Account is harder still.

We invite new Savings Accounts at the United States National Bank, but are even more interested in seeing the old ones grow up.

"One of the Northwest's Great Banks"

The United States National Bank
Sixth and Stark.

Grape-Nuts
is rich in the solid meaty values of wheat and malted barley, and has a substantial amount of sugar.

This sugar is not added in making but is developed from these grains by processing and long baking.

This decreases your sugar requirements, for the average cereal needs sugar for greatest palatability. Grape-Nuts needs none.

Bear this in mind when you order your cereal and ask for Grape-Nuts.

"There's a Reason"
Made by Postum Cereal Co. Inc. Battle Creek, Mich.

Boys Summer School
June 14—August 1
H. M. BARR, Principal of Irvington School, is serving as Principal of Summer School.

Teachers are men who during the year are Principals of Portland Schools.

4TH to 8TH GRADES
Each boy's special need analyzed and provided for by class work—supervised study, or private tutoring. Physical development cared for by gymnasium training under expert supervision.

ALL UNDER AUSPICES OF
Oregon Institute of Technology
Y. M. C. A.
Call or write Hugh Miller, Dept. A, Office 416

Enemas Are Useful But Should Not Be Used Frequently

Enemas are useful in emergencies, when the bowels should be emptied at once. They should not be used too often, as the bowels lose tone and refuse to contract normally if relieved of their natural work.

Use an infant syringe, which is a bulb with a nozzle. Have water heated to 88 degrees and give babies over six months old a pint of water with a teaspoonful of salt added. Younger babies need half the quantity of water. Be sure the syringe is entirely full of water. Grease nozzle with vaseline. Insert slowly and gently into the anus and inject the water slowly by squeezing the bulb. The baby should be lying on its back with the hips slightly elevated. The mother's lap should be protected as water is likely to gush out when nozzle is removed. Press a towel quickly to anus and set baby over a chamber. If a fountain syringe must be used, hold the bag scarcely higher than the baby's level, so that the water will run in very slowly. Too much pressure may cause violent vomiting. Do not give an enema while baby's stomach is full. Wait till an hour or more after feeding.

Bureau Open to Mothers of Babies

A TOTAL of 12,000 babies have been examined for mental and physical defects since the Oregon Parent-Teacher association opened the Parents' Educational bureau in the courthouse nearly seven years ago.

"Although our publicity comes through the perfect and nearly perfect babies, our real reason for existence is to bring to light the defects and direct the way to their correction," said Mrs. A. Bayless, secretary of the bureau.

"Our tests are given on Wednesday and Thursday afternoons by a corps of physicians. Registration in advance must be made for the examination of children and the parents will be notified when to bring their children in. Registration may be made by calling Marshall 335. Young mothers and expectant mothers may call at any time for advice or literature. We also have a layette for display purposes. In addition to our test work, lectures by doctors, nurses and social workers are given occasionally at the bureau. If it is found that a child is in need of hospital care and

the parents are unable to provide such care, the bureau sees that the need is met.

"The mission of the bureau is to be of every possible practical use in serving the mothers and babies of the community."

Local High School Graduates Attend Church in Body

Baccalaureate services were held Sunday for the graduates of Portland's eight high schools, who will receive diplomas Thursday and Friday of this week.

Washington high school graduates were addressed by Dr. W. T. McElveen at the First Congregational church in the morning on "Getting Ready," in which he showed the necessity for a preparation of the most complete kind. Dr. Edward H. Pence addressed the Jefferson high school students at Westminster Presbyterian on "When Future Becomes Present." The Franklin high school seniors heard Dr. John H. Boyd at the First Presbyterian church in the evening.

Commencement exercises will be held Friday night for all the high schools except the School of Commerce, which will have exercises a day earlier.

Six-Year-Old Is Signed for College

Oakland, Cal., June 7.—The youngest college entrant in the United States has just signed for admission to Mills college. Beatrice Ruth Youngberg, 6 years of age, has enrolled for the class of 1921. She is the first child to be enrolled under the new system of advance enrollment. The freshman enrollment for the next semester closed two months ago with 150 students turned away because of lack of accommodation, and the parents of Beatrice are taking no chances.

Applicable From June
"Does your wife do fancy work?"
"I'll say so. She does some mighty fancy work to get my week's salary from me."

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

CHILDREN'S SHOES
FOR BRIGHT SUMMER DAYS

are shown in white buck, white linen, white poplin, soft brown kid, soft black kid and patent leather with ankle straps. Our Kiddies' ankle straps have a style of their own—they will like them and you parents will, too. Complete stocks to choose from, assuring a perfect fit.

Largest and most complete Children's Department in the Northwest.

Knight Shoe Co.
MORRISON NEAR BROADWAY

Baby's first clothes
The Exclusive Cut Ready to Make method that was originated and has been perfected by the

Baby's Boudoir
gives to the expectant mother the ideal combination of her very own work, made easy and simple on the layette of her baby.

Baby's Boudoir Layettes
Range in Price From \$26.50 Up

Baby Layettes planned at this shop are the loving work of the mother, for it is she who makes up the list of the things that she wants for her baby.

Expert Maternity Corset Fitting
288 Morrison St., Below Tenth.

The Out-of-Doors Baby
The Healthy, Happy Baby

A comfortable buggy is almost indispensable in the care of a baby. Affords a safe place for the baby as well as easy and convenient for Mother to handle whether out-of-doors or in the house.

A splendid assortment at Powers from which to choose. Beautifully upholstered and finished in White Enamel, Blues, French Gray, Coral and Ivory.

Price range is such that every Mother may suit her taste and pocketbook.

To be had for \$28.50, \$33.50, \$45, \$55, \$62 and up to \$125.

USE YOUR CREDIT

POWERS
QUALITY FIRST
USE YOUR CREDIT
THIRD & YAMHILL

Decco's Food
Makes Babies Thrive
SOLD BY YOUR DRUGGIST

The Weak Fall by the Wayside

IT IS a struggle to save. Whoever said it was easy didn't reckon the temptations which beset one.

And as the few only have the strength to keep plodding along the road to ambition, so it is the minority who ever reach the land of accumulation.

To save without a purpose is hard, and to save without the encouraging influence of an interest-bearing Savings Account is harder still.

We invite new Savings Accounts at the United States National Bank, but are even more interested in seeing the old ones grow up.

"One of the Northwest's Great Banks"

The United States National Bank
Sixth and Stark.

Grape-Nuts
is rich in the solid meaty values of wheat and malted barley, and has a substantial amount of sugar.

This sugar is not added in making but is developed from these grains by processing and long baking.

This decreases your sugar requirements, for the average cereal needs sugar for greatest palatability. Grape-Nuts needs none.

Bear this in mind when you order your cereal and ask for Grape-Nuts.

"There's a Reason"
Made by Postum Cereal Co. Inc. Battle Creek, Mich.

Boys Summer School
June 14—August 1
H. M. BARR, Principal of Irvington School, is serving as Principal of Summer School.

Teachers are men who during the year are Principals of Portland Schools.

4TH to 8TH GRADES
Each boy's special need analyzed and provided for by class work—supervised study, or private tutoring. Physical development cared for by gymnasium training under expert supervision.

ALL UNDER AUSPICES OF
Oregon Institute of Technology
Y. M. C. A.
Call or write Hugh Miller, Dept. A, Office 416

Enemas Are Useful But Should Not Be Used Frequently

Enemas are useful in emergencies, when the bowels should be emptied at once. They should not be used too often, as the bowels lose tone and refuse to contract normally if relieved of their natural work.

Use an infant syringe, which is a bulb with a nozzle. Have water heated to 88 degrees and give babies over six months old a pint of water with a teaspoonful of salt added. Younger babies need half the quantity of water. Be sure the syringe is entirely full of water. Grease nozzle with vaseline. Insert slowly and gently into the anus and inject the water slowly by squeezing the bulb. The baby should be lying on its back with the hips slightly elevated. The mother's lap should be protected as water is likely to gush out when nozzle is removed. Press a towel quickly to anus and set baby over a chamber. If a fountain syringe must be used, hold the bag scarcely higher than the baby's level, so that the water will run in very slowly. Too much pressure may cause violent vomiting. Do not give an enema while baby's stomach is full. Wait till an hour or more after feeding.

Bureau Open to Mothers of Babies

A TOTAL of 12,000 babies have been examined for mental and physical defects since the Oregon Parent-Teacher association opened the Parents' Educational bureau in the courthouse nearly seven years ago.

"Although our publicity comes through the perfect and nearly perfect babies, our real reason for existence is to bring to light the defects and direct the way to their correction," said Mrs. A. Bayless, secretary of the bureau.

"Our tests are given on Wednesday and Thursday afternoons by a corps of physicians. Registration in advance must be made for the examination of children and the parents will be notified when to bring their children in. Registration may be made by calling Marshall 335. Young mothers and expectant mothers may call at any time for advice or literature. We also have a layette for display purposes. In addition to our test work, lectures by doctors, nurses and social workers are given occasionally at the bureau. If it is found that a child is in need of hospital care and

the parents are unable to provide such care, the bureau sees that the need is met.

"The mission of the bureau is to be of every possible practical use in serving the mothers and babies of the community."

Local High School Graduates Attend Church in Body

Baccalaureate services were held Sunday for the graduates of Portland's eight high schools, who will receive diplomas Thursday and Friday of this week.

Washington high school graduates were addressed by Dr. W. T. McElveen at the First Congregational church in the morning on "Getting Ready," in which he showed the necessity for a preparation of the most complete kind. Dr. Edward H. Pence addressed the Jefferson high school students at Westminster Presbyterian on "When Future Becomes Present." The Franklin high school seniors heard Dr. John H. Boyd at the First Presbyterian church in the evening.

Commencement exercises will be held Friday night for all the high schools except the School of Commerce, which will have exercises a day earlier.

Six-Year-Old Is Signed for College

Oakland, Cal., June 7.—The youngest college entrant in the United States has just signed for admission to Mills college. Beatrice Ruth Youngberg, 6 years of age, has enrolled for the class of 1921. She is the first child to be enrolled under the new system of advance enrollment. The freshman enrollment for the next semester closed two months ago with 150 students turned away because of lack of accommodation, and the parents of Beatrice are taking no chances.

Applicable From June
"Does your wife do fancy work?"
"I'll say so. She does some mighty fancy work to get my week's salary from me."

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

CHILDREN'S SHOES
FOR BRIGHT SUMMER DAYS

are shown in white buck, white linen, white poplin, soft brown kid, soft black kid and patent leather with ankle straps. Our Kiddies' ankle straps have a style of their own—they will like them and you parents will, too. Complete stocks to choose from, assuring a perfect fit.

Largest and most complete Children's Department in the Northwest.

Knight Shoe Co.
MORRISON NEAR BROADWAY

Baby's first clothes
The Exclusive Cut Ready to Make method that was originated and has been perfected by the

Baby's Boudoir
gives to the expectant mother the ideal combination of her very own work, made easy and simple on the layette of her baby.

Baby's Boudoir Layettes
Range in Price From \$26.50 Up

Baby Layettes planned at this shop are the loving work of the mother, for it is she who makes up the list of the things that she wants for her baby.

Expert Maternity Corset Fitting
288 Morrison St., Below Tenth.

The Out-of-Doors Baby
The Healthy, Happy Baby

A comfortable buggy is almost indispensable in the care of a baby. Affords a safe place for the baby as well as easy and convenient for Mother to handle whether out-of-doors or in the house.

A splendid assortment at Powers from which to choose. Beautifully upholstered and finished in White Enamel, Blues, French Gray, Coral and Ivory.

Price range is such that every Mother may suit her taste and pocketbook.