

Fresh air, sunshine, light food and cleanliness will save off doctor bills and make the baby strong and well.

# Mothers' Forum Devoted to Babies And Their Welfare

Changes in the weather make it all the more imperative that baby's diet be watched most closely.

chicken, with gravy. If no meat, a boiled or poached egg, or some fresh fish, baked. A slice of bread and butter. Some custard, tapioca or ice cream.  
3 o'clock—Eight ounces of milk, with bread and butter, and brown sugar on if desired.  
Supper at 6—Two ounces of cereal gruel, any kind, with milk or cream, and brown sugar if desired. Some stewed fruit pulp without skins or seeds. A sugar cookie, or some toast. A glass of milk.  
After supper I generally took a few rolls in the parlor with my father or helped mother dust the whatnot, until I felt sand in my eyes, and then bade everybody a fond good night.

## Labor Delegates To Tent on Top of Hotel in Spokane

Spokane, Wash., June 21.—Tents are being erected on the roof of the Cour d'Alene hotel to accommodate visiting delegates to the annual convention of the Washington State Federation of Labor next week.

Rate Hearing Is On—White Salmon, Wash., June 21.—The public service commission is meeting in White Salmon today to hear complaints relative to the proposed increase of light and power rates for this district.

Charles Lonius Dies—Seaside, June 21.—Charles Lonius, an old resident of Seaside, died Friday. He is survived by a son and two daughters.

## Advice Given by "Old Wives" Unsafe

IT SEEMS often to be taken for granted that the young mother will understand by a sort of intuition the care which her baby requires, as though it needed no more than a new born animal of some lower order of life. The fact is that a lower animal, slight though its needs are when compared to those of a baby, has a parent which by instinct is far better able to care for it than is the human mother for her child.  
That she knows nothing is both the mother's safeguard and her danger. Ready and anxious as she is to fit herself for her new duties, she is even by this anxiety rendered too ready to accept as gospel all that is told her about the care of her infant by those who assume to know, but who "darkeneth counsel by words without knowledge." She becomes thus the prey of "old wives fables" and of all sorts of gratuitous advice, the injuriousness of which is shown too late in the condition of the unhappy child.  
A well-informed obstetrical nurse can be of great assistance to a mother beginning the care of her baby. Unfortunately not all nurses are of this class, and some are full of absurd and harmful teachings and practices, while even those who are intelligent and well trained often err greatly in many points. Of all this, the mother is, of course, unable to judge, unless she herself knows what is right. The baby's grandmother, although often a kindly heart, is naturally sometimes rather rusty in matters relating to the care of children. Moreover, it is most true, in the words of the old song, that  
"Times have changed since then,  
And life is a different thing."  
And many methods which were considered entirely correct years ago have since been greatly improved or even found to have been actually wrong. The mother, therefore, is liable to find herself, after the departure of her nurse and physician, ignorant and without reliable resources, upon which to draw. Such being the case she should try to get herself up to the standard and practical books on the care of the baby.  
Baby is a very indefinite term, often applied by mothers to children who have far outgrown their right to the name as strictly used. But "baby" the child still is to its mother, unless a second child has added dignity to the first-born's position. From a strictly medical standpoint, babyhood is divided into three periods, concerning the exact limits of which physicians are not altogether agreed. Most conveniently we may speak, of first, infancy, which extends from birth to the age of 2 years; second, early childhood, from the age of 2 to 6 years; and third, later childhood, from that of 6 years to that of puberty, that is 13 to 15 years of age.

## With Love—From Mother

There's a letter in the bottom of the pin. It envelopes a faded yellow brown. It has traveled to the city many a mile. And the postmark names a little unknown town.  
But the hurried man of business pushes all the others by. And on the sawtooth characters he turns a glancing eye. He forgets the care of commerce and his anxious schemes for gain. The while he reads what Mother writes from up in Maine.  
There are quips and scratchy quavers of the pen. Where it struggled in the fingers old and bent. There are those that he has to read again. And ponder on to find what Mother meant.  
There are letters on his table that enclose some bouncing checks. There are letters giving promise of profits on his "spec." But he loses all the latter by, forgets the golden rule.  
Until he reads what Mother writes from up in Maine.  
At last he finds "With love—we are all well." And softly lays the homely letter down. And dashes at his business tasks pell mell. Once more the busy, anxious man of town.  
But whenever in his duties as the rushing moments fly. That faded little envelope smiles up to meet his eye. He turns again to labor with a stronger, truer trust. From thinking what Mother wrote from up in Maine.  
Through all the days he dictates brisk replies. To his amanuensis at his side. The curt and stern demand, and business line. The doubting man cooled and threat defied.  
And when at dusk when all are gone he drops his worldly mail. And takes his pen and lovingly performs a welcome task. For never shall the clicking type or shortened scrawled profane. The message to the dear old home up there in Maine.  
—Holman F. Day.

## Mr. Baby Tells Some of His Views

HERE is an "autobabography" that is both interestingly put together and replete with much food for thought on the part of fond parents:  
By the time I had attained the venerable age of 30 months the entrance to my esophagus, vulgarly known as the gullet or food chute, was armed with a fairly useful outfit of masticating apparatus, consisting of eight incisors or cutting machines, four canines or tearing machines for tearing apart hunks of meat and the like, and four molars or grinding machines. With these I was able, if necessary, to shift for myself, though practically all of the work, and more or less eminent baby specialists, as my dad found in cursory examination of their books, advocated considerable coddling and pampering for us older boys. I reckon, from sotto remarks occasionally emitted by dad, that these baby specialists just hate to admit a guy must eat. They prefer to teach that he must have his own way about it, would never turn the baby over to the family doctor or the other specialists until he was safely married and settled down. Pediatricists, as they are secretly called in the profession, limit their practice to the care and treatment of infants, and their comprehension of infantancy is exceedingly broad. By the time the pediatricist is reluctantly constrained to surrender the management of the case, to another very liberal and comprehensive specialist, the internist, generally as-

sumes charge for the vital period from, say, age of 2 to age 60. After that the lesser specialists are permitted to see the case in consultation.  
Father thinks that every young doctor who is too lazy to remain in general practice should be a baby specialist until the babies are pretty well grown up and then sort of metamorphose into an internist to go right on looking after the same babies. That is, he advocates this course for young doctors who do not feel impelled to get rich quick by becoming eye, ear, nose, throat, head, brain, neck, chest and shoulder specialists. The reason why specialists are so numerous in this latter branch of medicine is because the internists have cornered about everything worth mentioning below the diaphragm, save the feet, and the shoe clerks are glad to pose as specialists on the feet.  
Here is a sample menu of my diet from the age of 18 months until I was 3 years old:

Breakfast—Two ounces apple sauce or pruned pulp or orange juice. Eight ounces milk. Four ounces oatmeal, farina, rice or hominy, with a little cream or milk and a teaspoonful of brown sugar on. Or in place of the cereal sometimes I called for buttered toast.  
10 o'clock—Eight ounces of milk with plain or graham cracker.  
1 o'clock dinner—Potato, preferably baked or mashed. One other vegetable well cooked and strained through a sieve (until I was 2 years old, not strained after that.) Some fresh beef, mutton.

## Salary of Head of Union High School At Sandy Is Raised

Sandy, Or., June 21.—Miss Emmer Mixer has accepted the principalship of the union high school again, her salary having been increased to \$1500. Miss Bees Barton of Puyallup, Wash., notified the board that she has accepted its offer of \$1490 and will return as assistant principal.  
Doris Marie, 6-weeks-old daughter of Mr. and Mrs. Harold Lindburg, was buried at Sandy Ridge cemetery Saturday. Rev. F. Ebeling of Sellwood conducted the funeral.

## Refugees in American School Reported Slain

London, June 21.—(U. P.)—The Weekly Dispatch correspondent at Constantinople tonight said Kemalists had entered an American school near Iamid and murdered civilian refugees. British warships are bombarding the Nationalists, the dispatch said.

## Two Cars Go Over Bank; Official of County Is Injured

Roseburg, June 21.—Saturday proved an unlucky day for autoists. A party of Roseburg people went over a steep bank of the Looking Glass hill and were hurled down the bank for 40 feet, but no one was seriously injured. The county surveyor's car, driven by H. L. Epstein, assistant county surveyor, went over a bank three miles west of Oakland. Epstein's collar bone was broken. C. H. McHenry was badly bruised and Jack Wolford suffered a sprained knee.

## Amelia Schmitt, Pioneer of 1860, Is Laid to Final Rest

Medford, June 21.—Funeral services for one of Southern Oregon's pioneer women, Mrs. Amelia J. Schmitt of Medford, were held Sunday at Jacksonville, her former home. She was 73 years old and crossed the plains with her parents to Jacksonville in 1860. With her husband, Adam Schmitt, she operated a hotel in Jacksonville for many years and they were affectionately known as "Papa" and "Mama" Schmitt. She celebrated her golden wedding in 1914. She is survived by one son, J. A. Schmitt of Hood, Cal., and one daughter, Mrs. B. E. Haney of Medford.  
Medford's water supply has been declared pure by the state board of health after a chemical analysis made as a result of an epidemic of stomach trouble.

## Attention Visitors!

—Take advantage of the daily concerts on "Our Musical Floor," the Seventh. Come in with your friends and hear the wonderful

## Knabe-Ampico

the most remarkable invention of the age.  
Every Morning—Every Afternoon  
Sipman Wolfe & Co.  
"The Standard of the West"

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

## The Kiddie Koop

A Safe Place for Baby—Asleep or Awake  
A Dainty Bassinet, a Portable Play Pen and the Nicest Sort of a Crib.  
The Kiddie Koop has a frame of white enameled wood, sides of rustless wire screening, and rubber tired wheels so arranged that they may be swivel or stationary as desired. All sizes pass through the average door. Complete with springs, mattress and mosquito net cover, priced \$28.00, \$32.00 and \$34.00.

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## More Proof That Dennos Food Makes Babies Thrive

"My two boys—aged 7 and 3 years—were always well and healthy babies, raised on DENNOS FOOD. I think it the most wonderful food in the world, having seen its splendid results with many babies. I am about to put my third baby on DENNOS, and am writing to ask that you send me your latest book and data regarding same."  
—(Signed) MRS. CARL M. DIES, "Seattle, Wash."

Send for a sample of DENNOS and a copy of our authoritative book on the care of feeding infants. Both are free.  
**DENNOS FOOD CO.**  
PORTLAND, OREGON  
An Oregon Quality Product. Sold Throughout the U. S. A. Ask your druggist

TWO LITTLE SCOUTS FROM SEATTLE  
CARL MILO DIES JR., AGE 7  
HAROLD JAMES DIES, AGE 3  
DENNOS BOYS

Cold Meats, Salads and Luncheon Specialties—Delicatessen Shop, Fourth Floor

Headquarters for Shrine Pennants, Camp Stools, Flags, Shrine Candies, Kewpies, Etc. Make Your Selections Early!—Sale of Indian Robes on 3d Floor  
Kodaks and Cameras in All Styles and Sizes, Main Floor—Developing, Printing and Enlarging by Experts—Prompt, Courteous Service, Reasonable Prices

Shriner Emblems At \$3.50  
Main Floor—Shriner Emblems with 14K solid gold front—Rings, Lapel Buttons, Scarf Pins, Charms, Pendants, Al Kader Emblems and many other novelties are to be had at the Jewelry counter.

The Standard Store—Reliable Methods  
**Olds, Wortman & King**  
Reliable Merchandise of the Northwest

Special Notice!  
—Immediately after the Parade tomorrow Luncheon will be served in the Tea Room on the Fourth Floor and in the Basement. Cool, refreshing Summer drinks and delicious ice cream will be served at the Basement Fountain.

# Welcome Shriners!—to Portland's Best Store!

Come in and Get Acquainted. Make Use of Our Public Telephones, Retiring Rooms, Rest Rooms, Etc. Our Floor Managers Will Take Pleasure in Giving Any Information You May Desire About Portland and Vicinity

Men's Straw Hats  
Main Floor—Special showing of Men's Straw Hats—all the newest shapes in plain and fancy weaves ready for your choosing. Priced at \$4.00 to \$6.50  
—MEN'S PAJAMAS in the latest styles. Prices range from \$6.00 to \$12.00  
—SPORT CAPS at \$2.50 to \$5.00

Women's Tub Skirts Reduced!  
—Second Floor  
—A special group of Women's White Tub Skirts go out on the bargain tables tomorrow at lowered prices. This season's most attractive styles made up in the following splendid materials:  
Striped Pique  
Bedford Cord  
Cotton Venetian  
—Sport styles with patch and slot pockets—gathered and plaited effects. Also some with yokes. Wide or medium belts. All sizes from 25 up to 37. Prices range \$2.70 to \$6.75

100 Trimmed Hats Special \$12.50  
Second Floor—Many beautiful models in White Georgette Crepe in the sale. Also Sport Hats in many different styles and colors and a number of the new silk-and-straw Hats. The Georgette Hats are trimmed with flowers, ostrich fancies and novelties. You will miss a real bargain if you fail to get one of these! Choice of 100 at \$12.50  
—All Children's Hats Reduced!  
Millinery Salons  
Second Floor

Men's Shirts \$2.85  
Main Floor—Madras Shirts—the kind that give such good service. This is the quality usually sold at \$3.25 to \$3.50. Well made in every particular. Priced special \$2.85  
—Special showing of Savoy, Bates Street, Arrow and other makes in Men's Shirts. Reasonable prices.

Georgette Waists Special \$3.98  
On Sale at Center Circle, Main Floor  
Main Floor—Many women will welcome this opportunity to choose a dainty waist at a saving. Great many pretty styles in the assortment. Embroidered, beaded, braided or trimmed with laces. Flesh, white and two-tone effects. Made up in good quality Georgette Crepe. Full range of sizes to star, with, but shop early. Special at \$3.98

Grass and Reed Chairs At Reduced Prices  
—\$17.50 Reed Chairs \$15.75  
—\$13.50 Grass Chairs \$11.95  
—\$12.00 OREGON-MADE INDIAN ROBES—Specially priced at only \$9.95  
—\$14.00 Grass Chairs \$12.60  
—\$14.55 Grass Rockers \$12.95  
—\$12.00 OREGON-MADE INDIAN ROBES—Specially priced at only \$9.95

Men's \$1.50 Ties At 95c  
Main Floor—Exceptionally good values even at \$1.50. Great variety of patterns in stripes, figures, etc. Medium and wide-end styles. Excellent quality materials. Special 95c

Sale of White Sport Silks An Important Silk Offering  
—WHITE SPORT SILK of good heavy weight for skirts. Washable. Special, yd. \$3.95  
—WHITE LA JERZ—a splendid washable silk for men's and women's wear. 36 inches wide. Regular \$5 grade \$3.98  
—\$3.50 White Crepe de Chine—priced very special on sale \$2.98  
—WHITE WASH CREPE of good heavy grade for dresses and skirts. 40 inches wide. Regular \$7.00 grade—only \$5.50  
—WHITE JAPANESE Crepon, a beautiful all-silk crepe of good weight. 40 inches wide. \$5.50 grade—yd. \$4.75  
—S. & H. Trading Stamps Given.

White Silk Hose At \$1.98  
Bargain Circle, First Floor—Women's full fashioned pure Silk Hose in white only. Beautiful finish and perfect fitting. \$1.98  
—Women's Silk Hose with lisle tops, heels and toes. Black, white and colors. Priced special at the pair \$1.98

Men's Athletic Union Suits  
—Men's Kerry Kut Ath- \$1.59  
—Cooper Athletic Union Suits \$2.00  
—Shedaker Union Suits priced \$1.50

\$10.00 White Wool Suitings Special \$7.95 Yard  
Main Floor—54-inch Heavy White Diagonal Cloth and 54-inch White Basket Weave—two very desirable fabrics for Summer apparel. Sold in the regular way at \$10.00 a yard. Sale, yard \$7.95  
Heavy quality White Venetian, for wash skirts. Priced at, yard \$1.69

Bead Necklaces Special Showing  
—REAL JET BEADS in a large assortment of cuttings. Several different lengths. Prices range from \$5.00 up to \$22.50  
—PEARL BEADS—Oriental, indestructible and French wax-filled. Graduated and straight styles. Priced special \$1.25 to \$95.00  
—REAL IVORY BEADS—made from elephant tusks. Several lengths. \$12.50 to \$25.00  
—NOVELTY BEADS—Jade, coral, amethyst, red jet, blue, emerald, etc. \$1.50 to \$9.00  
—BEADED BAGS in beautiful designs. Prices range from \$7.50 up to \$125.00  
Jewelry Department  
Main Floor

Long Gloves  
—No scarcity of Long Gloves at this store! We have them in the 12 and 16-button length in real kid and lambskin. Black, white, tan and beaver colors are included. Prices range from \$5.50 to \$10.50  
—Long Suede Gloves at \$5.50 to \$10.50  
—SHOP VERY EARLY IN THE DAY!