

A baby is the most helpless of all little animals. He must be handled with care and caution.

Uniform Health Is Best Sign of Safety

AS THE foetal child grows there is constantly being sent back into the mother's blood an increasing amount of waste matter. In addition, the mother's own nutritional processes are imperfect and there is difficulty in eliminating all these waste products, a condition may result that will be more or less serious for both the mother and the child. The condition is called toxemia. Some of the common symptoms of toxemia are:

Serious or persistent vomiting.
Repeated headaches.
Dizziness.
Puffiness about the face and hands.
Blurring of the vision or spots before the eyes.
Neuralgic pains, especially about the pit of the stomach.
Muscular twitching.

It must be understood that one or more of these symptoms does not necessarily indicate that toxemia is present, for in many cases the cause of these disturbances may be very easily removed and result in nothing of any consequence. But when such symptoms appear they should be brought to the attention of the doctor and it will be well to send a specimen of the urine to him immediately. Prevention of the serious results of toxemia, by observing and reporting to the doctors the symptoms which precede it, is of great moment to all expectant mothers. There is a tendency among women to regard some of these disturbances as the necessary accompaniment to the condition. There is no truth in the old saying that a "sick period of expectancy is a safe one," and it should be entirely disregarded. There is no possible virtue in enduring any pain or distress that can be prevented by proper means, and much harm may result from such neglect. Every expectant mother should strive to keep in mind the plain and simple rules for health, the most important of which it may not be amiss to bring together here:

Guard scrupulously against continued constipation.
Avoid an excessive quantity of meat.
Drink a liberal amount of water.
Take plenty of outdoor exercise and keep all rooms of the house well ventilated at night.

Bathe every day.
Wear light but suitably warm and comfortable clothing.
Sleep at least eight hours out of the 24, and do not become over tired at any time.
Have the urine examined at stated intervals.
Strive to be happy, seek self control, and do not worry.
Consult the doctor when symptoms of illness persist.

The Cooperative Infant Welfare society recently organized by prominent social workers representing the various organizations of the city engaged in welfare work, has received from the Junior Red Cross its first cash donation for carrying on its work. The contribution is of \$500 and will be used in the conduct of a clinic for well babies which the society proposes to establish in the near future with a view to decreasing infant mortality.

Hot Lake Arrivals
Hot Lake, June 28.—Arrivals at Hot Lake sanatorium Friday were: Mr. and Mrs. E. F. Trombley, Pendleton; Sigma E. Olsen, Walla Walla; F. A. Jones, Wallburg, Wash.; B. Oklyoushi, La Grande; Jack F. Boffa, Chicago.

Mrs. Clara Bono Dies
Freewater, Or., June 28.—The funeral of Mrs. Clara Bono was held Saturday. She is survived by her husband, two sons and a daughter.

There is more than just neat appearance to OUR

Shoes for Children

Even the youngest "youngster" desires snappy styles—but aside from that the consideration of the parent lies mostly in the wear the shoes will give. That's why our Shoes for juveniles are so popular.

A present with each pair.

Largest and most complete exclusive children's department in the Northwest.

OUT-OF-TOWN ORDERS Receive Prompt and Careful Attention

Knight Shoe Co.

MORRISON NEAR BROADWAY

FOOD Makes Babies Thrive
SOLD BY YOUR DRUGGIST

Mothers' Forum Devoted to Babies And Their Welfare

1—VERNON DALE MOE, age 8 months, score 99½ per cent, son of Mr. and Mrs. Frank Moe. 2—Robert Wallace Schalkee, age 7 months, score 98½ per cent, son of Mr. and Mrs. Ervin S. Schalkee. 3—Robert William Turner, age 5 months, son of Mr. and Mrs. J. S. Turner of Buxton, Or. 4—Margaret Mullen, age 2 years, score 100 per cent.



Patience With Love

They are such little feet: They have gone such a tiny way to meet Their steps to venues, and make Them go More sure and slow.

They are such little hands: He kind. Things are so new and Life but stands A step beyond the doorway. All around New day has found Such tempting things to shine upon, and so The hands are tempted hard, you know.

They are such new, young lives: Surely their newness shines. Then well of many sins. They see so much. That, being immortal, they would touch: If they would reach We must get child, but teach.

They are such fond, dear eyes: That widen to surprise. At every turn; they are so often held To sun or shower—showers soon dissolved By looking in our face—Love asks for much, much grace.

They are such fair, full gifts: Of light that lie along the sky— They may not be here by and by— Give them not love, but more above And harder—patience with the love—
—George Klingsiepe

For those who can afford it, a small electric fan may prove a life saver for baby.

Avoid overfeeding the baby, and remember to give water for thirst.

Swollen Veins And Remedy Suggested

SWELLING of the surface veins of the legs is called varicose veins. It is a pressure on the blood vessels and is a somewhat common accompaniment of pregnancy. The patient suffering from this trouble should sit or lie down very often, and when sitting should rest the feet on a stool or chair in order to relieve the pressure. Relief in severe cases may be obtained by wearing a thin flannel bandage about the calves of the legs. Bias strips of flannel, three inches wide, are sewed together flat until the strip measures eight yards in length. It is best to bandage the legs before rising. Begin to wind at the toes, leaving the heel uncovered, carrying the bandage round and round the leg and well over the knees, or higher if the veins of the thigh are distended. The doctor or nurse will demonstrate the method of bandaging if the patient finds it difficult. If in spite of these measures the trouble persists, the doctor will direct the treatment.

Hemorrhoids or piles differ from varicose veins only in the location. Constipation exaggerates the trouble, and straining to defecate always to be avoided. If the bowels do not move readily some simple laxative, such as licorice powder, should be employed. The constant use of a laxative diet is the best preventive measure. The patient should lie down frequently while the attack persists. A pillow under the hips often relieves the pain.

In the later months the pressure on the nerves of the legs sometimes gives rise to cramps in the leg muscles. They may attack the patient during sleep or when the legs are suddenly stretched, upon waking. The pain is relieved by rubbing, applying hot cloths, or by elevating the feet.

A whitish discharge due commonly to the pressure on the blood vessels is often annoying, but is usually serious. Douches should not be taken for relief save under medical direction.

Keep baby in a cool, shady place. In very hot weather baby can often be made more comfortable indoors in a room with blinds closed than anywhere outdoors.

Don't smother baby with clothes; in hot weather the less clothing the better.

Modern Health Rules Proven By Baby

EACH mother is supposed to know the best how to care for her own child, so they say, although this idea has been flouted by many critics. But here is one mother who has reason to be believed when she talks of her own baby and how to rear children in general.

Mrs. Joseph W. Cornelle of East One Hundred and Forty-third street, New York, is the mother of Mary Cornelle, Cornelle has received two medals in a borough and city contest for being the nearest perfect baby between the ages of 2 and 6 years.

Mary, who is breathless with wonder at the two shiny medals on her sturdy breast, is 2 years and 6 months old and is a conspicuous credit to the wisdom of her mother's training. "I have always believed in quantities of fresh air for children and have had Mary out in her little carriage whenever possible."

"I nursed her till she was 14 months old and then followed the rules of the department of health governing the bringing up of children," says Mrs. Cornelle. "I believe in play and exercise for children. We have a nice yard, where our little girl has always been able to romp and play to her heart's content. 'Feeding and bathing are very important, and in these things we have followed the advice of Miss Effie Watkins, who is a nurse in the board of health station at One Hundred and Thirty-third street and Willis avenue. We always obeyed her instructions since Mary has been in her care—after the age of 14 months. Whatever she advised we followed."

Recently at the board of health station, Webster avenue and Kinderman place, the Bronx, Henry Bruckner, president of the borough, awarded Mary her first medal. Then, at the Grand Central Palace, Mayor John F. Hylan, after baby Mary had been examined by 10 of the city's most eminent doctors, pinned another medal on Mary's breast, which proclaimed her the most perfect of perfect babies in the city of New York.

Joseph Cornelle, the baby's father, is very active as an athlete, being a member of the Mohawk Athletic club of the Bronx. He had had success as a runner and is also a handball expert.

Milk and Its Use Is Topic for Essay Contest in Medford

"Why We Should All Use Milk," was the topic for an essay contest recently held in the fourth grades of the Medford public schools, in which Mary Elisabeth James took the first prize for the following essay:

"Milk is a wonderful food. Lime, sugar and iron are found in milk. A glass of milk, some leafy vegetables and some bread and jelly will make a very good meal. Cream, butter, cheese and buttermilk are made from milk. The bones of your body are built up by milk. Milk makes good blood, strong muscles, white teeth, bright eyes and beautiful hair. 'Every child should drink at least a quart of milk a day, and each grown person should drink a pint of milk a day.'"

In their milk campaign, planned by Miss Florence Pool, home demonstration agent, the children also drew and made milk posters, for which they received prizes. The prizes in both the essay and the poster contest were given by the Chamber of Commerce.

Pictures on Walls Influence Children

It is not the grownup folks alone that help to mold the character and life of the children in the home. The general atmosphere, the things they see and live with, the pictures on the wall, there was a widow living in an inland city. She had four sons. They all became sailors, and it was a great sorrow to the mother to have them all drift away so far. She had frequently said to her pastor she could not understand why it was her boys should all choose such a life. The pastor one day was calling at the home, and in the living room was a large picture, a water scene, great waves rolling, white capped; riding on the crest was an immense ship, a thing of power and beauty. The minister, pointing to the picture said, there is the answer. Your boys have grown to love the sea through that picture. Too much thought and care cannot be spent on the interior of the home, not only from a money standpoint, but from an educational view.

Bathe baby several times a day, using tepid water.

Winlock Mill Is to Close for 3 Weeks

Winlock, Wash., June 28.—The Black Diamond mill of the Menefee Lumber

company will close on Tuesday for three weeks, due to the off lumber market and uncertainty of transportation, occasioned by eastern labor conditions. About 70 per cent of all lumber manufactured at this mill for some time has been piled in the yards.



Baby's first clothes

This Is Our Baby's Boudoir

76-Piece Complete Layette \$43.45

62 pieces, ready for use, include:
3 Vanta Knit Blinders
3 Vanta Shirts
3 Pairs Stockings
1 Receiving Blanket
1 Double Blanket

12 Daisy Cloth Diapers
24 Bird's Eye Diapers
1 Quilted Pad
1 Rubber Sheetling
1 Lap Towel
2 Small Towels
2 Wash Cloths
14 pieces cut or stamped ready to make:
4 Nainsook Slips
4 Nainsook Dresses
2 Daisy Cloth Wrappers

2 Cards Safety Pins
1 Cake Soap
1 Pkg. Boric Acid
1 Pkg. Absorbent Cotton
1 Bottle Vaseline
1 Bottle Sweet Oil
1 Can. Talcum Powder
2 Nainsook Gertrudes
2 Flannel Gertrudes
3 Daisy Cloth Nighties

This Layette Will Be Held at This Price Upon Receipt of a Small Deposit.



388 Morrison, Below Tenth

ALL CHARGE PURCHASES MADE TOMORROW GO ON JULY ACCOUNTS, PAYABLE AUGUST 1

We Give S. & H. Green Trading Stamps With Purchases Amounting to 10c or More—Filled Stamp Books Redeemed at S. & H. Office on the Third Floor
Portland Agency for Home Journal Patterns—Gossard, Nemo and Bien Jolie Corsets—Richardson's Linens—Carter's Underwear—Dutchess Trousers

Take Lunch In Our Tea Room

—All foods are prepared in our own spotless kitchens and only the very best of everything is used. Service from 11:30 a. m. to 2:30 p. m.

The Standard Store—Reliable Methods

Olds, Wortman & King

Reliable Merchandise of the Northwest

Headquarters for Outing and Sport Apparel—2d Floor

Women's Silk Dresses Greatly Reduced



—Hundreds of Women's Silk Dresses have been reduced in price for the mid-season clearance. Now is the best time of the year to buy, for profits will be sacrificed in order to clear up the stocks. Tuesday we shall feature two special groups of high-class dresses at big savings.

Silk Dresses \$33.89

Second Floor—Beautiful Dresses of Taffeta, Georgette, Crepe, Paulette and Messaline. Also a number of smart styles made up in Tricoline and Serge. Blouse, straight line, surplice and coat effects. Embroidered, beaded or trimmed with ruffles, plaitings, braids and buttons. \$33.89 Short or long sleeves. Leading colors.

Silk Dresses \$39.85

Second Floor—Taffeta Silk, Georgette Crepe, Tricoline, Satin, Crepe de Chine and Serge Dresses in a large assortment of the season's best styles including many ruffled, plaited, shirred and surplice effects. Some have dainty vestee fronts with short sleeves and puff skirts. Delightful frocks for all occasions. Shown in the best colors. \$39.85 Nearly all sizes. Priced very special.

Women's Outing Apparel

Women's Khaki Coats in flare, Norfolk and fitted styles. The prices range from \$3.95 to \$7.50. Khaki Skirts—habit back or divided—full range of all sizes. Prices range from \$3.95 to \$6.00. Outing Suits of khaki, corduroy and checked materials. Prices range from \$15.70 to \$32.50. Blouses—full per top—at \$2.50 to \$10.95. Khaki Middy Blouses priced \$3.25 to \$7.95. Khaki Leggings priced at \$1.75, \$2.50 pair.

Sale of Home Needs

—HUCK TOWELS of good heavy quality and large size. Blue borders. \$4.50 dozen, each 40c
—MERCERIZED Table Cloths, size 2x2½ yards, Round pattern. Special on sale at \$4.98

—BLEACHED Muslin, 36 inches wide. Good quality. Priced special on sale Tuesday at yard only 34c
—PILLOW CASES—linen finish. 45x36-inch—special at 45c
—Mill ends of bleached and brown sheeting offered at special prices.

Trimmed Hats at \$3.98



—Hats selling heretofore at \$4.98, \$5.98, \$6.98 and \$7.98. Many women will welcome this opportunity to choose an extra hat for the vacation season—especially when the saving is so pronounced. Black hats in many attractive shapes—also other colors, such as rose, red, and white. Trimmed with flowers, sprays, ribbons and fancies. A few banded styles. Values up to \$9.00. \$7.98 in this offering. Special at \$3.98

Sport Hats \$1

—Imitation Panama hats, Rough Straw Sailors and several other kinds. Just the thing for use at the beach. Priced special for sale at \$1.00

Groceries

—Fourth Floor

—Experienced telephone clerks at your service from 8 a. m. to 5:45 p. m. Call Marshall 4800 or A-6231 if you cannot do your shopping in person.

Bulk Coconut 40c Pound

—Paris brand Corn at \$2.35 20c a dozen. Or single cans at 25c
—Gold Dust Washing Powder—special package priced at 22c
—Seed Raisins of a well-known brand. Special at the package 20c
—Monopoly Cut String Beans—specially priced, a can at 25c
—Famous Brand Peas priced at \$2.75 a dozen—per can 25c
—Delicious Cold Meats, Salads, Cheese, etc., on sale in the Delicatessen Shop.

We Give S. & H. Green Trading Stamps

Cedar Chests, Reduced

50 Styles and Sizes to Select From



Drapery Dept. 3d Floor

—Regular \$30 Cedar Chests priced special at \$25.00
—Regular \$36.50 Cedar Chests priced special at \$30.00

Third Floor—A full carload of Tennessee Red Cedar Chests on sale this week at great reductions. These make very acceptable gifts for any woman. Guaranteed by manufacturer to be moth-proof.

Sale Prices

—Regular \$22.50 Cedar Chests special at \$17.90
—Regular \$25 Cedar Chests priced special at \$19.50
—Regular \$35 Cedar Chests priced special at \$27.50
—Regular \$40 Cedar Chests priced special at \$30.00

Other Cedar Chests Priced \$37.50 to \$60.00
Cretonne Covered Cedar Chests Now ¼ Off

Lace Curtain Samples 48c, 79c, \$1.48—Bargain Circle, Main Floor