

Salem, Oregon, Sunday Morning, April 30, 1933

BABY REQUIRES MUCH SUNLIGHT

Sun Baths Should Start When Child is Very Young and Increase in Length

Sunlight is necessary for proper growth of a baby. The growth of a child's bones is dependent not only upon the food that he eats but also upon the direct sunlight that he receives...

The beneficial effect of sunlight is best obtained when the rays reach the skin directly. Clothing or ordinary window glass keeps out the ultra-violet rays...

Sun baths may be begun when the baby is about three or four weeks old—outdoor sun baths for the spring and the summer baby...

A baby's eyes will not be injured by sunlight unless the rays enter the eyes directly. This occurs only when the eyes are turned directly to the sun and are open.

On the first sunny day in early spring the baby may be given an outdoor sun bath for 10 or 15 minutes with the hood of the carriage pushed well back so that the sun will shine directly on his cheeks...

Care Essential On this first day the baby's hands also should be exposed to the direct sun for 10 or 15 minutes. The sun bath may be repeated later in the day.

Each day thereafter the time of the sun bath should be increased by three minutes for a fair-skinned baby and five minutes for a dark-skinned baby. Every few days the amount of body surface exposed should be increased...

After the face and hands are used to exposure, the arms may be bared—at first one at a time, later both together. They should be bared for only 15 minutes at first...

Davenport's Catch Starts Exodus of Silverton Waltons SILVERTON, April 29—Mr. and Mrs. Roy Davenport have been the envy of sports lovers at Silverton since they returned Thursday afternoon from a trip to Alesha with a beautiful string of trout.

Mr. Davenport reported that they were "biting grand" and that it took no time at all to get a catch. Silverton fishermen were all planning to pull out for Alesha Thursday night.

Hail, Cherubs of 1933!



A Proclamation by the President of the United States of America

WHEREAS, the Congress by joint resolution has authorized and requested the President of the United States of America to proclaim annually that May Day is Child Health Day;

and WHEREAS, the health and welfare of our children concern not only their parents, but also the nation at large; and WHEREAS, the observance of such a day gives us opportunity to unite in furthering the health and protection of our children;

now, THEREFORE, I, FRANKLIN D. ROOSEVELT, President of the United States of America, do hereby designate May first of this year as Child Health Day, and call upon all agencies, public and private, and all individuals having the interest of children at heart, to set aside that day for earnest consideration of the needs of the children in their communities and in their homes...

IN WITNESS WHEREOF, I have hereunto set my hand and cause the seal of the United States to be affixed. Done at the City of Washington this 31st day of March, in the year of our Lord 1933, and of the United States of America the 157th.

FRANKLIN D. ROOSEVELT. By the President: Cordell Hull, Secretary of State.

Child Health Day, May 1; Need of Care Stressed

In every section of the country arrangements are ready for the celebration May 1 as child health day. Oregon will join with other states in the nation-wide observance of the day.

May day serves as a model play day and a day moreover when parents are made to realize their grave responsibilities. Parents, teachers and people at large not only know but should teach the important things that count in good health.

Soldiers' Home Transfer to be May 8, is Word

ROSEBURG, Ore., April 29.—(AP)—Transfer of the Oregon state soldiers' home to the federal government has been authorized for May 8, it was indicated in

UNBROKEN PERIODS FOR SLEEP NEEDED

Child Should Have Separate Room; Naps to be Shorter as Age Increases

A very young baby should sleep from 20 to 22 hours out of the 24; during the second and third months about 18 to 20 hours. When the baby is six months old he should sleep about 16 to 18 hours—12 hours at night with only one interruption for a feeding and two or three hours in the morning and one or two hours in the afternoon.

At six months of age the afternoon nap should not last later than 3 or 3:30, lest it keep the baby from sleeping at night. At one year of age the baby may require one long nap and one short one during the day, but the short nap may be given up soon after.

The baby should have the best possible sleeping conditions so that the hours of sleep may be of the greatest value. He should always sleep in a bed by himself and whenever possible a room by himself.

The baby should be taught to sleep through the ordinary household noises. It should not be necessary to walk on tiptoes and talk in whispers while he sleeps, but he should have a reasonably quiet place for his daytime naps as well as for his long night sleep.

Dorothy Moore Heads Group to Honor Mothers

OREGON STATE COLLEGE, Corvallis.—Dorothy Moore of Salem, a junior in home economics at Oregon State college, has recruited 100 mothers to attend the committee in charge of the honor convocation for Mother's week end.

A full program of entertainment has been arranged for the hundreds of mothers expected here. Special events will include dramatic productions, an art exhibit, a dance recital, sorority song contest, honor convocation, banquet and numerous breakfasts and dinners in different living groups.

BIG DANCE WEDNESDAY MT. ANGEL, April 29.—A "jolly good" time is advertised for people who attend the semi-annual dance of the Mt. Angel Fire department to be held here Thursday, May 4.

BRUSH CREEK, April 29—John Moe had had workers in his hop fields this week fighting the downy mildew. Mr. Moe's yards are not badly infected but Mr. Moe is endeavoring to check the disease at once.

PRIZE WINNERS IN RECENT CONTEST



Reading from left to right, top row: Sally Louise, first prize, daughter of Mr. and Mrs. James McClelland, 205 N. 31st St.; baby daughter of Mr. and Mrs. Alford Flickinger, Monmouth, Rt. 2, second prize; Asa Baldwin, son of Mr. and Mrs. G. C. Robinson, 745 Center St., third prize. Lower row: Shirley Jane, daughter of Mr. and Mrs. H. S. Humphrey, 860 Jefferson St.; Bob, son of Mr. and Mrs. E. C. Van Slyke, 945 Garnet; Sharon, daughter of Mr. and Mrs. A. L. Sprout, 1091 Second St.—winners of fourth prizes.

The children pictured above take prize winning photographs it was decided following a contest conducted for four weeks by Miller's studio. More than 300 families were represented in the contest and, needless to say, the judging was a task.

First prize in the contest was \$20; second prize, \$10; third, five dollars; while winners of fourth, fifth, and sixth prizes were awarded a half dozen portraits each. Photographs of all the contestants will be shown in a special window display at Miller's next week.—Photos by Miller's Studio.

GRANGE OFFICERS' SCHOOLS IS MAY 3

CHEMUNAWA, April 29.—At the last regular meeting of the grange a sales tax debate, which was more in the nature of a discussion by grangers among grangers, was held. Earl Fisher of the tax office and one of the writers of the bill, gave a very thorough exposition of the workings of the bill, for the affirmative and Seymour Jones tore it apart and showed how, as usual, the little fellow is going to have to foot the bill.

Deputy State Master Brown paid an official visit and announced that a meeting of the officers training school will be held at Red Hills Wednesday night, May 3. The next meeting of the home economics club will be held at the home of Mrs. D. B. Klehge on the afternoon of Wednesday, May 3.

FIGHTING MILDEW BRUSH CREEK, April 29—John Moe had had workers in his hop fields this week fighting the downy mildew. Mr. Moe's yards are not badly infected but Mr. Moe is endeavoring to check the disease at once.

MORNING BEST TIME FOR KIDDIES' PLAY

Care Must be Taken not to Excite Baby Unduly; Moderation in Romp, Need

If the baby is to grow up with a happy and cheerful disposition, those about him must be happy and cheerful. A few minutes of gentle play now and then is good for the baby. However, all babies need a great deal of rest and quiet, and much of the play that is commonly indulged in is too exciting.

The morning is the best time for play. Play in the late afternoon must be quiet and gentle; otherwise the baby will be over-excited and his night rest may be disturbed. He will learn to play at the right time if a special time is set aside two or three times a day for this purpose. Play periods should be very short when the baby is little. He should learn early that feeding and sleeping times are pleasant but serious occasions, not meant for play.

The older baby should learn to play for half an hour to an hour without interruption by the mother. He should be put in his pen or crib and given one or two toys, tied by long tapes to the crib, and then left alone. As he grows older this becomes more and more important. It is not good for a baby to be entertained or amused or waited on all the time. He must learn to do things for himself. A hole in the nursery door through which his mother can watch him without opening the door will thus reassure herself without letting the baby know that he is being watched.

TAKES SECOND PLACE LADYBUSH CENTER, April 29.—Mrs. W. R. Daugherty who represented the local Community club in the public speaking contest at Salem high school Wednesday night, received second place.

Miller Family Now On Big Dairy Ranch

SUVER, April 29.—Mr. and Mrs. John Miller and family who have been living in a house on the Stump place moved to Wren to a large dairy ranch belonging to Dr. Anderson of Corvallis.

James Thurston is quit ill and has been removed from his home to a hospital in Salem. He is reported to be quite low.

Young People Form Temperance Legion

TURNER, April 29.—A Local Temperance Legion is a new organization here, with 20 young children enrolled. Miss Lillian Peterson, the leader, reports much interest in meetings which are held bi-monthly at the M. E. church.

Students Learn How Food Grows Abroad

VALSETZ, April 29.—The third grade is studying "The Foods We Eat" and many interesting things are on display at school: A coconut in its husk, brazil nuts in original shells, alligator pears and California pine cones. Many children and several groups had never seen these foods.

National Baby Week advertisement for Miller's clothing store. Includes illustrations of babies in various outfits and text describing the quality and variety of baby clothes available.

Advertisement for LADD & BUSH, Bankers, featuring an illustration of a building and text describing their services and history.

Advertisement for Capital Drug Store, featuring an illustration of a woman holding a baby and text promoting their services for sick babies.