

LOOSE CLOTHING IS BEST FOR KIDDIES

Frequent Changing of Position of Babe Good; Play Pen is Suggested

The normal baby exercises constantly when awake. At a very early age he throws his arms and legs about aimlessly; he closes and uncloses his hands, stretches himself, and twists his neck. He gets a good deal of his exercise by crying; some crying every day does not hurt a baby but is good for him, as it expands his lungs thoroughly and stimulates vigorous use of his arms and legs. As he grows he is in almost constant motion during his waking hours if he is healthy, thus giving every part of his body the exercise it needs for growth. A baby should not be so swaddled or wrapped about with clothing, shawls, and blankets that he can not move every part of the body freely, for this wrapping hampers him in getting his natural exercise. For this reason, also, the baby should not be left in his chair or carriage for any length of time, nor be fastened by his clothing or bed-covers in such a way that he can not turn his body nor throw his arms and legs about as he wishes.

Change Position Often
The position of a little baby should be changed frequently. Twice a day (at bathing time and at bedtime) every baby should be allowed to exercise for 10 minutes in a safe, warm place, such as on a large bed, with the mother watching him, or on a blanket in a play pen with almost all his clothes removed. He should be encouraged to kick and turn, and as he grows older to crawl and pull himself about (but not to stand until he shows that he is ready).

By the time a baby is nine or 10 months old it is very desirable to have a play pen, either bought ready-made or built at home, so that he may learn to creep and stand and pull himself up while his feet are on a firm surface. Such a pen gives the baby room for exercise and keeps him from creeping into dangerous places, such as that near a heater or the kitchen stove. It consists of a fence made in four sections, each 18 to 24 inches high and four feet long, hinged at three corners and latched at the fourth corner or at the center of one side, surrounding a wooden floor raised about two inches from the room floor. Ready-made pens have spindles, so that the baby may have something to take hold of when he tries to climb to his feet. These pens fold together, and then can be moved about readily. The floor of the pen should have a cover of washable goods, such as denim or ticking, tied to the corners by strong tapes.

Outdoor Period is Great Developer of Child's Strength

When the baby is two weeks old put him out of doors for a short time—a half hour to an hour, every day that the weather is pleasant—increasing the time gradually until he is staying out most of the day. Hardly anything will do more to insure a healthy babyhood than outdoor life, and the result will repay whatever trouble is necessary to give the baby this advantage.

On sunny days he may be put out for several hours in the middle of the day in a sunny corner of the porch or yard, protected from the wind. The temperature in such a protected sunny corner will be found to be 40° or 50° higher than in the shade; and if properly wrapped even a very small baby can go out of doors on every sunny day in winter. In summer the baby should be kept in the shade during the hottest part of the day.

If no porch or yard is available the baby should be placed in a wide-open sunny window for several hours every day in the middle of the day. The room should be well heated and the doors kept closed.

PLAN SPECIAL DAY
HUBBARD, April 29—Achievement day for the 4-H clubs under the direction of Doris Silke will be held at the school house Tuesday afternoon, May 3.

Bits for Breakfast
(Continued from Page 4)
license, over the veto, by a vote of 11 to five.

It may be gleaned from what has gone before that the prohibitory law enacted by the 1844 legislature was in force until the enactment of the license law just mentioned.

The reader should know, also, that in 1845 there was no printing press in Oregon available to print the proposed new code—no press at all then, excepting the crude little one at the Lapwai mission of the Whitmans and Spaldings.

So copies were transcribed, of course in long hand, for the typewriter had not been invented—and it was ordered that at each of the polling places the election judges should read from their copy to the voters the transcript.

Then the voting was viva voce; by word of mouth, not by printed or written ballots.

There was in 1845 a Washington hand press in Oregon. This printing press was used in the publication of the Oregon Spectator at Oregon City, the first number being issued February 5, 1846—the first newspaper west of the Missouri river. So that Governor Abernethy could, in December of that year, properly speak of "the ballot box" in addressing the legislature.

(Continued on Tuesday.)

SALEM IS PROUD OF HER BABIES; LOOK AT THEM!



Top row, right to left: Howard Frazier, son of Mr. and Mrs. W. F. Frazier; Marion Carson, daughter of Mr. and Mrs. Alan Carson; Richard Hockett, son of Dr. and Mrs. Verden Hockett; Patricia Wilson, daughter of Kenneth Wilson. Second row—Donald Pritchett, son of Mr. and Mrs. Donald Pritchett; Tommy McDonald, son of Mr. and Mrs. Palmer McDonald; Josephine Caughell, daughter of Mr. and Mrs. John Caughell; Danny Callaghan, son of Mr. and Mrs. J. H. Callaghan. Third row—Dwight Quisenberry, son of Mr. and Mrs. P. D. Quisenberry; Joan Adolph, daughter of Mr. and Mrs. Rex Adolph; Caroline and Charles, children of Dr. and Mrs. C. G. Robertson. Fourth row—George and Marienne Croisan, children of Mr. and Mrs. George Croisan; Marilyn Powers, daughter of Dr. and Mrs. Kenneth Powers; Sue Adele McElhinney, daughter of Mr. and Mrs. C. S. McElhinney; Bob and Joan Johnson, children of Dr. and Mrs. W. A. Johnson.—Photos by Kennell-Ellis, artist photographers.

3 CLUBS PLAN TO HOLD MAY PICNIC

WALDO HILLS, April 29—The Achievement day at Evergreen school, planned for April 28, has been postponed until Mrs. Mary Pulkerson and Wayne Harding are able to be present. The three 4-H clubs are now planning a joint picnic to be held early in May. Those taking part will be the cooking club, Mrs. Harold Rupp, leader; Busy Bee sewing group, Ethel Knight, leader; Camp Cookery, Mardon Overoas, leader.

Mr. and Mrs. Karl Haberly and children, George and Phyllis Jean, attended a party at the Jay Morley home in the Abiqua district Thursday night. This was a family affair to honor the newlyweds, Mr. and Mrs. Robert Frank, (Irene Morley) whose marriage occurred Saturday. Mrs. Frank is a niece of Mrs. Haberly.

Bird House Contest Put on by Kiddies In Valsetz School

VALSETZ, April 29—Valsetz school children have organized a bird house contest which was held at the school Wednesday, D. A. Grout and M. E. Raymond were the judges. Blue ribbons were given to Raymond Dodson, Donald Dennis, Carl Berg, Betty Bobb, Martin Rudy, first decision. Pat March received the red ribbon for second.

All contestants made the houses without help, except Betty Bobb, the only girl entering.

LEAVE FOR NORWAY

SILVERTON, April 29—Mr. and Mrs. Oscar L. Olson left Friday for New York City where they will embark on the S. S. Frederick VIII for Norway on an extended visit. They will leave from New York on May 5 and will visit Mrs. Olson's mother, Mrs. Gundahil Hasvold, who has been ill at her home at Golhalingdal, Norway. Mr. and Mrs. W. A. Stone will live at the Olson home during their absence.

Oust Goetz Urge Group At Silverton

SILVERTON, April 29—The petitions circulating in the Silverton school district for the past week, recommending Superintendent Robert Goetz be released next year and that the band and orchestra work in the public schools be retained under the direction of Hal L. Campbell, will be presented at the school board meeting May 3. No charges are being brought in the petitions against the superintendent.

The superintendent was recently rehired by the school board at \$2700 a year, a 25% reduction over the \$3800 he now receives.

The school band and its leader, Mr. Campbell were recently eliminated for economy. Sentiment is high in favor of retaining the band, not only because of what honors have come to it but because of the amount of money the parents of the members of the organization have spent for instruments.

Snow Melting Fast In Timber District

SILVERTON, April 29—Snow in the Silver Falls Timber company Camp No. 15 is reported as melting at the rate of about five inches a day. It is said to be close to four feet deep in drifts and about a foot on the level. People leaving going up to the scene of the accident in which Gordon Lay was accidentally shot and killed by Alloysius Godin, reported that they went through snow in the canyon of the headwaters of Cedar creek.

Old Fashioned Meets On to Save Sinners

FALLS CITY, April 29—Old fashioned evangelistic interdenominational meetings are being held in the building formerly occupied by Helms Furity Store each evening, except Monday. There is special music for each service.

DEAN THOMPSON IS SEVERELY INJURED

WEST SALEM, April 29—Dean Thompson, 14-year old son of Mr. and Mrs. Theo Laehr of the Riverside grocery, while driving with Mr. Laehr in Salem Thursday afternoon, was seriously injured when the car was struck by a car driven by Robert Greene of Salem. Dean is in a Salem hospital with a fractured back and severe body injuries. He graduated last June from the West Salem school.

The regular monthly meeting of the city council will be held in the city hall Monday evening.

The L. S. Thompson family have taken an option on the Charles. Batt residence, 1225 Edgewater street, leasing it with the privilege of buying later.

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FINAL EXHIBIT IS PUT ON AT SWEGLE

Calf Club Shows Products; Students Granted Good Prizes for Work

SWEGLE, April 29—The 4-H club held its final demonstration Friday afternoon at 2 o'clock. The Nimble Thimblers were first on the program and outlined what they have accomplished in the past year.

First prize was awarded Ruby West for first year work, second prize, clay Swingle; third, Lorraine Meyers. Carol Shaffer won first prize on dressmaking, Millicent Kanfer second, Evelyn Soland, third. Six-year old outfit, Millicent Kanfer, first; made-over dress, first, Millicent Kanfer; embroidery, Evelyn Soland first.

Calf club members were the next to demonstrate. Then the Merry Mixers exhibited and demonstrated their work.

Charlotte Knight received first prize, Howard Whitehead second, and Lester Meyers third. Best team work was awarded to Lester Meyers and Kenneth Swingle. Mrs. J. S. Marshall, Mrs. Biggorstaff and Mrs. Martha Blovenworth were judges.

DISPLAY OF SCHOOL PROJECTS FOR P-T

INDEPENDENCE, April 29.—The Parent-Teacher association met Wednesday in the Independence high school auditorium. After the business meeting the parents visited the display in the sewing laboratory, made by the first and second-year students in home economics.

The Girls league of the high school presented the program: Song, Helen and Gladys Newton; pantomime, Myrtle Fox, Nellie Sneed and Marjorie Charbonneau; piano solo, Audrey Baker; home economics skit, Joyce Johnson, Helen Mallard, Frances Hanna, Frances Haley, Marjorie Bostwick and Verla Becken; chorus song, Ruth Cuthbert, Maxine Foster, Joan Dickson, Verla Becken, Lorene Millhouser and Dolly Howe; with "babies," June Charbonneau, Lora Arrall, Frances Knott, Kathryn Hartman and Marjorie Bostwick.

1 to 4 Feet of Snow Still Blocks Road To Valsetz Country

VALSETZ, April 29—The mountain road is still blocked for two miles by snow, near Cold Springs. The snow has melted some but is on one four feet deep in many places.

Many fishermen drive to the snow with their cars and a car driven by J. Dodson will meet them, to bring them on into camp.

Business Men Get \$5000 for Berry Growers by Pool

SILVERTON, April 29—The entire lot of cold-peak strawberries financed at the Silverton Food Products company last summer by Silverton business men has been sold at approximately \$5000. Had not the business men volunteered their aid the berries would have been lost in the fields. The George W. Hubbs company will have charge of refunds in the business community while M. C. Storruste, manager of the cannery, will repay the growers.

Now the Job is to Get Money in Till!

MT. ANGEL, April 29—Joe Frank, local inventor, has invented a new type of daylight burglar alarm system that has received the approval of the Portland police department. The alarm is attached to a cash register and is shut off by the clerk in charge by a secret device. When anyone else opens the register the alarm is sounded.

SCRIP WORKS WELL

SILVERTON, April 29—The American Legion scrip committee reports that there is \$2700 worth of the Marion county school-warrant scrip in circulation at Silverton at the present time.

MT. ANGEL WILL BE PROMINENT AT FAIR

MT. ANGEL, April 29—Mt. Angel will be well represented at the Marion county 4-H club fair to be held at Salem May 4, 5 and 6. The 25 prize winners at the local exhibit will exhibit their work. Four demonstration teams will also attend the fair. The sewing demonstration will be given by Virginia Kehoe and Thrasilla Barr and the cooking by Dolores Annen and Dolores Ullman. Laura Bartnik and Irene Berman will form a judging team for home economics and Thrasilla Barr, Virginia Kehoe and Margaret Gilles will take part in the style revue.

Grades five to eight of St. Mary's school will have 22 entries for boys and 18 for girls in the track meet to take place Friday morning at Willamette athletic field. The folks from the lower grades will send 16 contestants for the various boys' events and 13 for the girls.

MANY ATTEND PLAY
SHELBURN, April 29—A large crowd from Shelburn attended the senior play, "The Empty House," on in Selo Friday night. High-school seniors were in the cast, including Helen Miller, Veneta McClain, Leland Miller and Emmet Maine from Shelburn.

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