

## Pint and Half of Milk Daily Need

### No Other Food Can Take Its Place in Diet of Healthy Infant

If a child "won't" drink his milk, the parents may be to blame. Parents should drink milk, too, to set a good example.

Milk should be the foundation of every child's diet. No other food can take its place. It contains fats and sugars which are needed to supply warmth and energy, special proteins for body building, and vitamins for health and growth. It is especially rich in Vitamin A, which builds up resistance to infections.

The growing child needs plenty of calcium to build bones and teeth. Milk is the best source of calcium, one quart furnishing about as much as would thirteen large oranges.

Milk also provides other minerals, such as phosphorus to build bones, teeth and nerve tissue.

#### Products Valuable

The average child needs about a pint and a half of milk every day. Part of this may be given with cereal, in soups and custards, and in other simple foods.

Milk products, such as ice cream, butter and cottage cheese are also valuable in the diet. In most cities there are several grades of milk on the market. The names given describe the conditions under which the milk was produced and its treatment after production.

"Certified" milk has been produced under such good conditions that it meets the requirements of a medical board. These requirements include absolute cleanliness of cows, barns, dairy and milk handlers, certain standards of washing and sanitary facilities, medical inspection of milk handlers, veterinary inspection of cows including tuberculin testing every six months.

"Pasteurized" milk is milk that has been heated for thirty minutes at a temperature that kills disease germs.

#### Perishable Foods

"Grade A" milk is from tuberculin-tested cows and has been produced under good conditions.

Certified and Grade A milks which have been pasteurized are the best for children.

But milk is a very perishable food and it must be properly handled in the home. All milk to be given to a child under two years of age should be used within 36 hours after it has been pasteurized. To prevent the growth of germs it should be kept in a refrigerator with a temperature below fifty degrees. It should always be boiled before using (three minutes over a direct fire, or 10 to 20 minutes in the double boiler).

#### When Unnecessary

For children over two years it is necessary to boil milk only when there is some doubt as to whether it has been thoroughly pasteurized.

Milk for the very young baby should be boiled as soon as delivered, put into the nursing bottles, and stored in the refrigerator. This not only guards against germs and spoilage but makes it easier for the baby to digest.

## Use of Hospitals For Births Gains

Salem may be the center of Marion county's population, but health records show that more babies are being born to parents living outside than inside the city. The number being born in hospitals, however, is increasing.

Last month of the 84 babies born in the county, 33 were born to parents living in Salem and 46 to county residents living in other communities. Between January 1 and March 31, 80 of the 239 births reported were to Salem and 239 to rural homes.

One hundred ten of the 239 babies born in the county this year sounded their first cries in hospitals. While 263 babies were born in the same period in 1935, only 105 of them were born in hospitals.

## Simple Toys Usually Best Liked by Child; Many Lessons Learned From Play; Guidance Is Aim For Parents

Parents providing children with toys should remember that the simple toys are the best liked. Frequently a child will turn from an expensive toy to a box of pebbles with which he can have more fun. The everyday things about him provide more chance for experimentation and discovery than the more elaborate, mechanical things which a person can buy.

When too many toys are heaped upon a child, he becomes bored with them and it is no wonder that he soon demands the moon. Better for a child to have a few simple playthings which he learns to use and to appreciate than to be heaped with expensive gifts which grow useless in his possession.

From his experimentation with toys the child learns many things: he learns to judge weight, to evaluate shapes and form, to discriminate in colors, although in the latter case he learns colors long before he can tell the different names of them.

#### Should Learn Initiative

In the handling of a child and his toys the parent will remember that wisdom calls for some suggestions in the use of toys but the child should be left free to develop his own initiative and self-reliance at an early date. The more the child can use play material without direct supervision, the better. Guidance rather than management should be the parents' aim.

Of first importance in choosing a child's toys is provision for materials which will not be injurious to him and which rough handling will not break. A child's playthings should permit him to exercise; to develop vigorous muscles; to learn to coordinate his physical senses.

Strings of beads and strings of spoons are sources of never-ending delight for a baby. The baby will play for hours with these toys from the time he is a tiny youngster up to the two-year period. Wooden spoons are things for banging and for digging. A pan and a wooden spoon can afford no end of fun to a nine or ten-months-old baby.

From earliest days, all people have enjoyed playing with balls. Care should be exercised in purchasing balls for the baby's playthings that the toys acquired should not be too soft, too easily destroyed or of a porous nature permitting dirt to accumulate therein.

#### Small Articles Amuse

Locomotion for the child begins around the first year period. At first the baby gets great pleasure in going from room to room as fast as his legs can pull him.

In a short time he is eager to pull something along; blocks on the end of a string, a little car, a coffee can tied to a string—these little articles provide the baby with a never ending source of amusement.

One of the early sources of amusement for a child is a sand box. Almost any child can have a sand box provided for him. With some spoons and shovels and a bucket or two, the way is opened for all sorts of interesting experiments. The tiny child pats the sand and lets it trickle through his fingers. If he is fortunate enough to be barefooted, he digs his feet into the sand, curls his toes under and provides himself with excellent exercise. He fills pan after pan, only to top them over and to start all over again. As the child gets older he begins to have fun in fashioning objects from the sand; by the time he is five years old, if he is an active boy, he will be making tunnels and bridges.

#### Children Like Blocks

All children like blocks. They should be provided in varying sizes so the baby can learn to evaluate their weight and to experiment with them in forming different patterns of playhouses and of toys. The child at youthful age does not long keep his attention on a matter. He will scatter his blocks over the house as some new matter claims his interest. In time he will learn experiments with blocks; will pick up first one and then another and will build with them fanciful objects.

In using dolls, the child slowly awakens to the adult idea that dolls are miniature people. A two-year old child cares nothing for clothes on a doll; given a dressed doll for a Christmas present, one of his acts will be to remove the clothes and to throw them about carelessly. If an adult says: "You'll hurt dolly" when the "baby" is being carried around by an arm or leg, the child looks in puzzled ignorance.

#### Think It Over

Does your child hate to go to bed? Perhaps you have put him to bed as a punishment for being naughty. If so, you have made him feel that there is something unpleasant about going to bed.

#### Don't Understand

Little children of two and three years will not always obey. This is not because they do not want to, but usually because they do not always understand.

## Boys Want Frills Left Off Clothes

### Suspenders Can Be Used to Decorate Suits For Little Chaps

Boys want to be "regular fellows" after they get their first hair cut and pass the romper stage. None of the sissy frills and flowery frocks that sister goes for. They crave rugged masculinity.

How to adapt the sombre colors and heavy materials of men's wear to the chubby little body of a lad of three is a problem but it has been solved by children's dress designers.

Suspenders hold up a young

man's pants very satisfactorily and decorate the front and back of his shirt as well. Of course, at this early age they match the material and color of the rest of his suit. Cotton mesh is a popular fabric for these suspender suits although they also come in cotton jersey, some with plain dark short pants and sporting striped polo shirts.

#### Nautical Motif Good

"Follow the Fleet" might well be the slogan of the very young men this spring, for nautical designs galore appear in their clothing. Their polo shirts are laced up at the neck with fine white roping and an anchor or two is sure to be found over the heart or on the collar or sleeve of the suit.

A spanking (the harmless, cooling kind) breeze fills the sails of the clipper ship appliqued across the chest of one toddler suit. Waves, clouds and other background are embroidered around the boat.

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