

Mealtime Ought To Be Peaceful

Infant Finds it Difficult to Concentrate Upon Food, Reminder

By ALICE RICHMOND
The baby's meals came at the most bustling times of the day. He was eating lunch when the children poured in from school at the noon hour, and his supper time coincided with the return of the children from play and the father from work.

When he was very little it did not matter, for he was fed upstairs in the nursery, but now that he was three he ate downstairs in the midst of the noise and confusion. He would start his meal eagerly, but when the first sharp edge of hunger was gone, he would lose interest in his food and ask to be let down out of his high chair so that he could join the fun. He was too little to remember from day to day that he would soon be hungry again if he did not finish his meal.

To very little children, eating is one of the most serious matters of life. It requires concentration and special thought, for the eating conventions of civilized man are far from those of natural man. Little children are faced with the problem, not only of eating, but of eating in an artificial way. No one can concentrate in the midst of distractions which necessarily divert in-

Stiff Soles in Shoes Not Advised Until Baby Has Worn Out Several Pairs, Soft-Soled Foot Coverings

Baby's first step is a moment of breathless excitement for the entire household. But suppose he is backward about learning to walk?

The wrong shoes may retard him. The right ones will give him confidence.

The very soft soles which are ideal for the small baby just learning to stand are not correct for the walking stage. A somewhat firmer shoe is required, one with a sole sufficiently heavy to protect the foot yet so very flexible that even undeveloped muscles can bend it.

Sometimes mothers try to speed the walking process by choosing a shoe with too stiff a sole, but this is a very danger-

ous thing to do, as it causes the child to walk with his whole foot without bending the toes.

Shoe Retards Growth
Such a shoe will retard foot growth. Often it will discourage walking altogether. If the child will walk in his stocking feet, but not in his shoes, it frequent-

terest into different channels. Utter solitude at meal time may bore a child to such an extent that he refuses to eat, but a room full of talk and commotion is equally harmful.

A child eats best if he has one quiet person to talk to, or listen to. The mother sitting near him with her sewing or knitting, not correcting him nor encouraging him to eat, but simply giving him companionship, is a very satisfactory accompaniment to a good meal.

Whoever is in the room should be relaxed and give the atmosphere of peace and quiet so necessary for good digestion.

ly means that the sole is too heavy for him.

At this stage, the shoe has only a slight lift. A heel—even the lowest kind of heel makes the baby likely to fall forward or it may catch in a rug and trip him. The very slight lift makes it easier for him to keep his balance.

Most mothers know that a baby shoe should be slightly large to allow for free use of muscles, but sometimes they do not realize the importance of a heel that fits properly. Unless the shoe grips the heel slightly, the foot will rotate or bend inside the

shoe and cause weak ankles. The slight gripping at the heel gives a child a sense of security in his shoe.

At the same time, too hard a counter should be avoided as likely to chafe or blister the child's foot.

No Excitement

A child's night of rest depends large upon how the day has been spent. Therefore it is advised that the end of the day for the child be as free from excitement as possible.



Worrying... About Shoes?

» » I Should Say Not!

... But this tot's Mother is! She realizes it won't be long until he's going places... taking hundreds and hundreds of little steps daily. And she knows it's not only necessary but VITAL that his shoes be CORRECTLY FITTED to insure Foot Health! That's why she'll bring him to Buster Brown's for the first pair for proper fitting means healthy feet in later years!

MOTHERS!

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... that they have toys with which to amuse the kiddies while their shoes are being fitted?



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