

## Snaps Should Be Taken Frequently

**Babies Grow Rapidly So Frequent "Shots" Must Be Taken**

Life is pretty much a bowl of cherries to either boy or girl between the ages of two and four years. There is plenty of time to play, little if any responsibility and many things to be explored.

In order that the best glassware or that priceless cloisonne vase may be reasonably safe, it is wise to give the baby an equally attractive toy, and one that will stand banging around.

Bunnies, dogs and kittens, even elephants are made up in cuddly washable fabrics, comfortably padded so that they make fine sleeping companions. And what youngster doesn't have a favorite toy which he takes to bed?

Grown-ups are liable to consider their amusing off-spring as toys in the sense that their antics are entertaining. Babies change so much in so short a time. Snapshots should be taken of them at least every month and studio portraits once a year to preserve their early pictorial history.

Snaps to be most enjoyed should be mounted either in an album especially for this purpose or in the snapshot section of a baby book.

## Sun Baths Needed For All Kiddies

Sun baths are an essential for the baby. If the child does not obtain sufficient light, his food does not assimilate properly and his bones will not develop normally. His muscles will be flabby. He may have rickets.

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—the rays that prevent and cure rickets. Tanning shows that the sun's rays are reaching the skin directly, but not all babies tan, even though exposed to the

sun. Most babies tan quickly; a few tan only after many days of exposure. Some babies burn more easily than others; great care must be taken to prevent burning.

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, indoor sun baths given inside an open window for the late fall and the winter baby.

## Training of Child Can't Be Held Up

**Waiting Until 'Old Enough to Understand' Fallacy Declare Experts**

Parents cannot afford to postpone training their children until they are "old enough to understand." If they do, it will be discovered that the days have slipped by and the infant has incurred bad responses which will mar his efficiency as a happy, healthy, useful adult.

Though some habits seem to relate more closely to health and others to behavior the principles that underlie them are the same. Desirable habits must be established consciously by the efforts of the parents and undesirable habits replaced by better ones. The problems of discipline in infancy are part of the general program of habit formation. The important habits that may be established in the first year have to do with eating, sleeping, and elimination. Good habits in all these aspects of the baby's life may be built up if perfect regularity is observed in the performance of each act, if the parents are consistent and logical in their demands and absolutely honest with the baby, and if the baby can find some satisfaction in the act.

### Self Centered

Over solicitude on the part of parents for children may tend to make them self-centered.

### Colors For Babies

New ideas in baby furniture

feature such color combinations as lavender with gray, soft yellow with rust tan, and bone white with carmine. The last of the three color combinations has been chosen by several movie stars for their own nurseries.

### Let Them Learn

Do not do everything for your children yourself. You must teach them to act and do things for themselves or they will grow up too dependent upon you.

### Call Doctor

When a child does not want any food at all, the child bears watching, for he may be getting sick. It may be wise to call your physician.

# You SEE, Young Fella » » » It's This Way . . .

. . . Such ogling orbs as yours have a way of entrancing the old folks . . . makes 'em heap a lot o' glory on you. All this limelight stuff is sure ok, you think. And we say so too, as long as your mother sees that the glare doesn't strain those eyes. You've a long way to go with 'em and just now while your mother does most o' the thinkin' for you we want her to realize that your eyesight is the most precious thing you have (you don't know it, fella, but it's worth more even than your teddy bear) and if she wants sound advice on how to take care of them, tell her just to see us.



### —And Tell MOTHER:

If mother or dad wear bifocals and find it hard to see such distances as the top of a desk, the ironing board, or the dummy in the bridge hand, they should wear TRI-FOCALS. Have them come in . . . let us tell them about new glasses.

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## Tots May Be Taught Games in Days Of Rain; Development of Reliance In Self Always Proves Valuable

Though mothers welcome mild weather and the chance to keep the youngsters outdoors all day long, rainy days have their uses, too. The child that is constantly outside with other children, may forget its carefully taught ability to amuse itself.

Mothers know that rainy days often mean fretful, demanding youngsters, and may bemoan the fact without doing anything about it. Yet such need not be the case if the household is prepared for the bound-to-come bad weather.

Rainy days offer an opportunity for all those games which instill quiet self-reliance in the child. He will welcome them if they have not become too familiar by constant use. Why not a box of toys, separate from the ones played with constantly, to be known as the "rainy day box?"

**Save Toys From Winter**  
Some of the toys might be saved from winter. If they have been put away for a while, they will

have the charm of novelty when they are brought out again. Others might be collected by mother on her shopping trips, but saved for an emergency instead of being presented immediately.

The ideal rainy day box might contain a painting set, complete with pans, brushes and pictures to be colored. It might have a pipe for blowing soap bubbles, or some modeling clay.

Certainly there should be a pair of scissors, not too sharp, some paper dolls or pictures to be cut out, paste, a box of crayons, and some kindergarten paper.

The box might also contain a hammer and nail set, some beads to string or a simple type of puzzle.

Such a box would not only solve rainy day "behavior problems" but would be a blessing indeed in case of sudden illness which confined the child to the house and prevented his mother from shopping for playthings to keep him quiet and amused until his recovery.



## YOUR BABY'S HEALTH IS MOST IMPORTANT » » »

When your baby is well you are happy. When sick your first thought if of your physician.

Your next thought should be to have the prescription properly compounded by a registered pharmacist from the best of drugs.

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