

## Careful Diets of Food Urgent Need

Fewer Illness and Less Disease Come From Proper Balance of Meals

More attention than ever before is being given to the foods which a baby eats. As a result infants today are less fretful than in yesteryear. They have fewer illnesses and are less prey to disease. Their diets are balanced and the growth of the child is steady and normal. Teeth are better cared for in the early stages of the baby's life through proper feeding.

In addition to proper milk, foods which the baby should have during his first year in life are:

Orange juice or tomato juice, which are given chiefly because they supply vitamin C, the factor that prevents scurvy. They also supply vitamins A and B and certain minerals.

### Cod-Liver Oil Essential

Cod-liver oil, which is given chiefly because it supplies vitamin D, the factor that prevents rickets. It also supplies vitamin

A. Egg yolk, which is given chiefly because it supplies iron; it also supplies vitamins A and D.

Cereals and bread, which are given because they supply starch, protein, and minerals. Dark wheat cereals and bread are especially valuable for minerals, vitamin B, and roughage.

Dark-green leafy vegetables and also carrots, which are given chiefly because they supply iron. They also supply other minerals, and also vitamins A and B.

Stewed fruits, such as prunes and apples, which are given chiefly because they help to regulate the bowels. These fruits also supply iron and other minerals and vitamins A and B and roughage.

Potatoes, which are given because they supply starch, minerals, and vitamin B.

## Crawling on Floor Is Vital For Baby

Crawling on the floor for exercise is necessary for the baby.

So is exploring his surroundings and learning to recognize by sight and feel all the furnishings which are a part of the grown-up world.

And at this stage, the mother who has been so conscientious about sterile feeding bottles, clean club sheets and hygienically laundered baby clothes should ask herself: "Is my living room really clean enough for the baby?"

The neat dusting and surface cleaning good enough for grown-ups may not be enough for the baby at all.

Dust and germs lurk in upholstered furniture and apparently in rugs on which the baby plays.

Naturally these can not be constantly washed and made sterile as can the baby's own equipment, but they need and should get plenty of brushing, air, and thorough treatment with a vacuum cleaner to draw out lurking dirt.

Vacuum cleaners with extra attachments, therefore, become an almost indispensable appliance in the home where there is a small child or a baby.

### "Skyline" Chairs

A nationally known manufacturer of high chairs has designed a new "Skyline" series designed with straight skyscraper lines. There are three different types. One is a regulation chair with wide base and removable tray. One is a two-purpose chair (play table and high chair). The third is a three-purpose nursery chair. All come in maple finish.

### Soap For Baby Clothes

Baby's clothing needs a different kind of soap from that used for the rest of the family laundry. Only the very mildest of white soap should be used for baby things. Frequently the rashes and skin irritations that are so painful to a small baby can be traced to the use of the wrong kind of soap.

## Here Are Some Attractive Twosomes From Family Circle



MARION, 7 months, and DULCE, 3 years, daughters of Mr. and Mrs. A. H. Smith of Salem.



ALICE, 2 1/2 years, and DORIS, 4 years, daughters of Mr. and Mrs. Harold Lane of Salem.



VERA and VERDA, 3 years old, daughters of Mr. and Mrs. Sam Baller of Silverton.



ROBERT, 1 year, and PATRICIA, 4 years, children of Mr. and Mrs. O. L. Withers of Silverton.



NANCY, 15 months, and BRUCE PHILLIPS, 2 years, children of Mr. and Mrs. Herbert Noble of Skyline Orchards.



BOBBY and BILLIE, 2 years, sons of Mr. and Mrs. Robert Harris of Airtie.

## What to Do When Baby Will Not Eat Vexing Problem; Too Much Attention By Nurse or Parent Is Not Desired

It has the high-sounding name makes the child refuse them. Children are imitative by nature. But at least a good part of the doctor's list is a reflection on the parents' attitude toward this whole business of meals and eating.

What does it mean? Lack of appetite! It's what happens when little Billy or Betty dwaddles over a meal—won't eat the nice spinach, won't drink the lovely milk, has to be coaxed and cajoled through every bit of the meal.

It's grown to be such a problem that a doctor has drawn up quite a list of the various reasons which may cause it in individual cases.

Some of these causes are really physical. Some are hygienic (an insufficiency of fresh air, exercise, sleep or sunlight), and some are dietary.

### Diet May Be Wrong

Dietary causes may be overfeeding in general or overfeeding of some one type of food. There may be a lack of vitamins. There may be too much eating between meals. The diet may be wrong for the child.

But the longest list of possible reasons has to do with psychology—with the mental attitude of the child or his parents.

Maybe the child simply likes to be coaxed! That's one way of getting the attention children love. Maybe it's the parents' own dislike of spinach or milk that

Causes Are Listed He gives all the following as possible causes of anorexia:

Forced feeding. Over-solicitous, hovering attention. Too much talk about eating habits.

Too much discipline—especially stressing of manners. Emotional strain before eating, or at the table. Rewards for eating.

Unpleasant surroundings at meals. Too much time at meals.

In other words, the mother who has "tried everything" in an effort to make her child eat has worked so hard at it that she may be encouraging the difficulty she seeks to overcome.

If there is no real physical or dietary reason why the child should refuse food or eat it reluctantly, try making the family mealtime jollier, with more conversation about other things and less about food and eating.

Parents might try displaying a bit of zesty appreciation for the same foods they want their children to eat.

Make mealtimes shorter, if

they have been too long. And if the child still shows a lack of appetite, authorities agree that the best thing to do is not to coax, but to let him go hungry until the next regular mealtime.

## Pet Should Be Had By All Youngsters

The child is to be pitied who has grown up without ever knowing the joys of owning a pet.

Birds and fish and turtles are fun to watch, and an education in themselves. Puppies, kittens and bunnies are more than mere live playthings to be toddled.

As soon as a little child is old enough not to commit acts of unconscious cruelty, a pet may serve to instill valuable lessons in kindness. He will learn to be gentle and self-controlled in order to win his pet's trust.

The youngster who is an only child, and runs the danger of being self-centered, is in particular need of such companionship.

No pet need be a nuisance to the rest of the household if the children are taught that the responsibilities, as well as the pleasure, of owning a pet are to be their very own.

## New Frocks Have Charming Colors

Little Miss Almost as Conscious of Clothes as Her Elders

The very young miss, ranging from two to four years old, is almost as clothes conscious as her older sister or her smartly gowned mother. She adores new frocks and like a grown-up, the stimulus provided by a becoming ensemble will encourage her to be her most charming self.

A brief tour of Salem shops reveals a stunning array of spring apparel for the baby-deb. (She is a debutante, in the sense that this may be her first season of stepping out in society and meeting the world. Perhaps she has just mastered the art of walking and the social grace of talking).

When mother takes her downtown, she would look adorable in one of the new washable ensembles which have just been designed this year. The frocks are made of ribbed dimity or shantung and are plain or frilly, according to your taste. One model was of turquoise blue ribbed dimity with a ruffled collar which fitted over the outside of the loose coat fashioned of beige crash. The coat pockets were bound in turquoise to accent the dress.

Another shantung frock was of brown and blue polka dot print which was matched with a plain brown pique coat fastening with two buttons at the throat. For spectator sports, which will have to satisfy this young miss for a few years yet, she would make a picture in a white shantung dress with red stars sprinkled down the front and the sailor collar trimmed with red braid. This number also comes in navy blue.

If the baby-deb is assisting her mother at tea or carrying in the shower gifts at a party, a dimity or lawn pastel frock with a touch of handwork on the collar and yoke would enhance her femininity. Cottons are much more sensible and appropriate than silks for the very young miss. They wash beautifully.

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