

Back Yard Place For Playground

Children to Find Health, Happiness Together With Security

Why not plan to make the back yard a real playground for the children? In addition to the enjoyment they'd get out of it, you as a parent would experience a new sense of safety and security. In a back yard there's no automobile traffic to endanger the tot who doesn't look where he's going. If your back yard is the most attractive one in the neighborhood, small playmates will congregate there, enabling you to know at all times just what your children are doing—and with whom.

Even a small space will be quite large enough if it is made sufficiently exciting in the younger set. You may feel even safer if you fence it in so that the small child is less apt to be frightened by inquisitive neighborhood dogs.

Sand Box First

For a little tot, you'll want a sand box first of all. It should be equipped with clean white sand, a pail or two, little scoops and a set of tin dishes for making pies. If the child is going to play there in the heat of the sun, the sand box should be equipped with a sheltering awning.

The moderate prices of this play equipment will bring big returns in healthful activity and enjoyment for the baby.

Slightly older children need playthings adapted to their needs, of course. It's good for their small bodies to have outdoor "teeters" and other simple toys.

If there's a tree with a strong branch, a swing will prove a source of enjoyment all summer long. Or you might choose one of those outdoor gymnasium pieces which comes with its own supports.

A slide is always a source of excitement for younger children and older ones alike. Incidentally, the climbing involved helps the youngster to develop several groups of muscles.

In purchasing a slide, choose the right size for the child's age, for these come in many sizes, and then set your mind at rest. The play is wholesome for your child and he will come to no grief—manufacturers are making these slides so smooth and well balanced that the youngster is safe on one of them.

Back Yard Swimming

During extremely hot days, you might try putting bathing suits on the children and a good size wash tub filled with water at the bottom of the slide. The ecstatic shrieks from happy youngsters will assure that the idea is a tremendous success!

If there is room in the yard, you might try setting aside a tiny space, circled with pretty stone, for the child's own garden. Even in summer some quiet occupation will be needed if the child is not to over-exert himself. And the garden will help to teach the child the wonders of growing things.

Don't help the child too much with his garden. It should be his very own, with just a few suggestions from you.

Ask your seed dealer to give you flowers or vegetables which can stand a bit of neglect, for the child will frequently forget to take care of them.

First Triumph

Show the child how to prepare the earth and sow his seeds. Give him a little sprinkling can and a set of little gardening tools. His first blossom and his first radish will be triumphs for the entire family!

City children especially can benefit from this contact with the earth and the things it grows. After the child has passed the age of five it is not too young to enjoy having its own little garden plot.

Two to Three Glasses Of Water Needed Daily

Most children will take a sufficient quantity of water for their needs, if they have been given water regularly from the time they were babies. At three years of age, a child should be drinking from two to three glasses of water a day and more than that quantity in the summer time. It is best not to give ice water to children.

Great Variations in Children as Far as Mental Development Goes; Precocity Not Necessarily Good

In describing the mental development of a child it is important to remember that there are wide variations in different children which are still considered normal. It is most unwise for mothers to compare each others' infants in this respect. Precocious children sometimes speak before they are a year old, but such ability is no cause for the parents to boast.

It is interesting to describe the average age at which babies acquire mental accomplishments. At birth an infant is afraid of falling, and loud noises, and that is about all. At birth a child can not see, and it is not until about the fourth week that the eyes appear to follow objects. Neither can a baby smell at birth. One might say that at birth a child is in a vegetative state.

Laughs at Six Months

We hope, however, its sensations are pleasurable during the period of learning to express itself. At two months a child usually smiles to express pleasure, and at six months can laugh. At the third month we see evidence of memory, the baby recognizing its mother and smiling when the bottle of milk is produced. At nine months a baby will stretch out both hands intelligently, and can be taught to play "peep-bo."

It clearly understands many things spoken to it long before it is able to speak any words. At the end of the first year the baby has learned distinctly to indicate by expression of face and gestures its likes and dislikes. It is important to realize that during infancy and early childhood the sensations of anger and fear and pain are extremely transient and completely forgotten in a few minutes.

When sometime after the first year the baby starts off under his own steam and walks there is great joy, usually followed by much grief over broken lamps and ash-trays and falls and tumbles and bumps. We now see developing the individual wanting and demanding his place in the household.

Too Much Freedom Bad

Much is written and said nowadays among modern mothers

about self expression in the child, and there are many who believe the ideal way to bring up a child is to exercise the least possible restraint in all regards. If Johnnie wants to bring the garden hose through the window and squirt the grand piano, exercise your sense of humor and don't restrain him. He is expressing himself. And at the other extreme are the so-called old-fashioned parents whose sharp commands and severe punishment govern every move of the growing child. And in the middle, between these two extremes, is the child specialist's idea of the best attitude. Remember a child of two to four years of age can be well compared to a savage. He doesn't care to be clean, he wants to move and jump and yell, and insofar as his elders can bear it with calmness and placidity, he should be allowed to be dirty and noisy. But we see many cases of adult jitters caused by too much self expression to the children. This price is too great to pay.

"Should married life be monotonous?" was recently asked, and the answer is "yes, it should," for the good of the children. Probably there is nothing more important for normal mental development than regularity and sameness from day to day of a child's environment. Our modern city life is not ideal for good mental development of children and of course for this we have ourselves entirely to blame.

Between-Meal Feeding Is Always to Be Avoided

As a general rule, feeding children between meals is to be avoided. Exceptions may be made where the child has a ravenous appetite. It can be given a one-half slice of bread and butter, half an apple or one-half a banana. Avoid giving milk to children between meals as it takes longer to leave the stomach and may interfere with the appetite before the next meal.

Milk Forms Ideal Food For Growth

Proper Materials Are in it to Build up Body and to Maintain Health

Milk forms the so-called "perfect food" because of the essential elements it contains for normal human growth and development. Its adequacy as a diet depends on the following facts:

1. Enough of the right sort of material to build up and repair the living tissues of the body. These body-building substances in the food are called proteins, and are found especially in milk, meat, fish, eggs, and in certain vegetables, especially beans and peas.

2. Enough substances to furnish the required energy of the body. Fats, starches, and sugars are the chief energy foods and are transformed in the body into

energy for work and into body heat.

3. A variety of mineral substances, which are needed in the growth and functioning of the parts of the body, such as the skeleton, the brain, the blood, etc.

4. An adequate amount of certain substances whose nature is not yet fully known but whose presence in the diet has been demonstrated to affect body growth in animals or man. These substances, known as vitamins, growth-determinants, or the unknown dietary factors, are therefore essential elements of our food.

5. No substance poisonous to the average individual nor which will not allow of normal digestive processes.

In addition, to be properly digested and of the most nutritive value, articles of diet must also be of pleasing taste, palatable, and preferably of a consistency and appearance similar to the foods in customary use by the race.

MOTHERS!

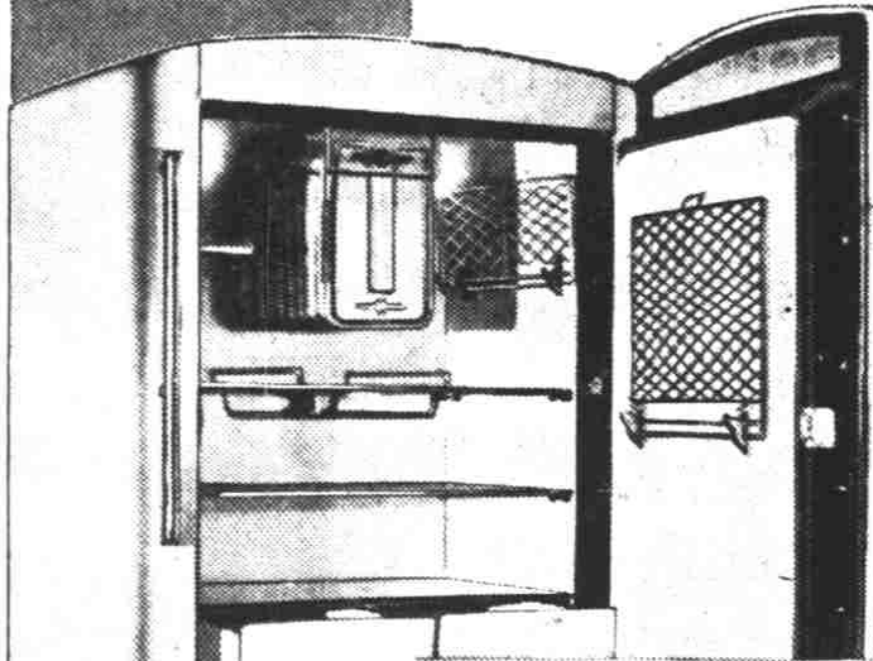
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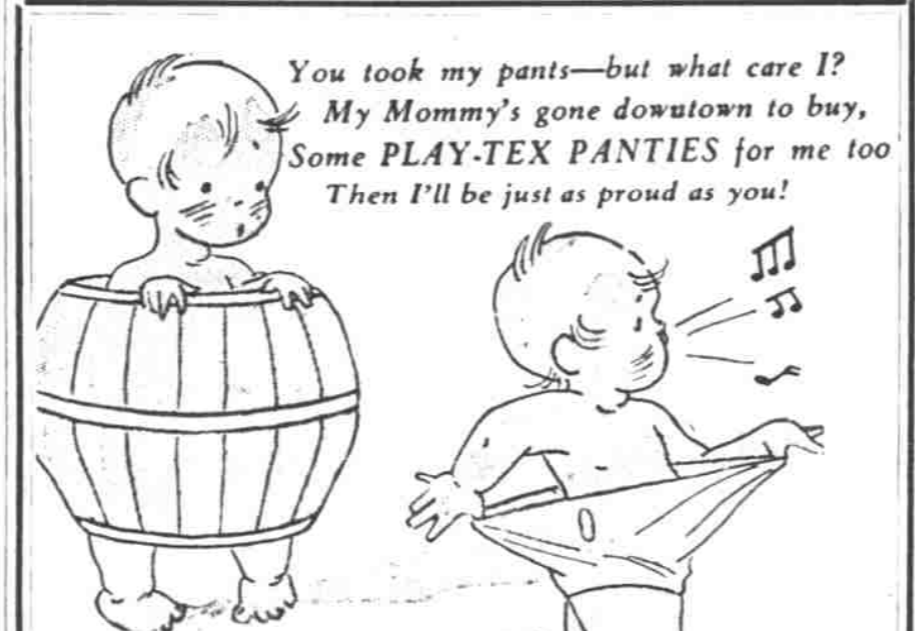
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