

Regular Habits For Meals Need

7 Rules Outlined to Tell Parents How to Avoid Bad Discipline

Fathers and mothers have a duty to perform in teaching the child to eat regularly, to eat all the food set before him and to eat and diet which the doctor, not the child's likes, prescribe. The well-fed child never results from hit-or-miss methods. He is an accomplishment of parental discipline and his well-being is dependent on the start he receives in handling his food.

Seven reasonable rules for feeding the child are:

1. He should be taught to eat slowly, and to drink but little water with meals; plenty between meals.
2. Teach him to eat what is put before him, or go hungry.
3. Give him no fried food, tea or coffee.
4. As a rule, he should be allowed no food between meals unless so ordered by a physician.
5. He should be taught to brush his teeth after each meal and before going to bed.
6. Give him milk that is safe. Pasteurized, certified, evaporated or dried are all free from disease germs. Milk should always be kept covered and cool.
7. The child should receive cod-liver oil regularly. Sun baths may be substituted for this under the physician's orders.

Calmness Needed

When a child is sick, his mother should behave as much as possible like a trained nurse. Her attitude should be calm and restful. Avoid letting the child know you are worried.

New Types of Clothing Available For Mother's Use in Handling Her Child; Knitted Diapers Are Used

There will be many a hot summer day when the small baby will need no clothing except his sleeveless band and a diaper. Yet even these two familiar objects have undergone a good many changes.

Progressive doctors and educators have discovered that seemingly unimportant trifles may make a great difference in a baby's health and welfare. Manufacturers have been quick to follow.

And modern mothers who find these new garments in their favorite stores recognize that, in many instances, the new things are not only good for baby, but mean less work as well.

The old stand-by diapers—the flannelette and the birdseye—are not the only ones that the well dressed baby may wear! His mother may choose other types, each with its own advantages.

Shaped to Baby's Waist
Knitted diapers were the first to appear. They are made of soft cotton in such a way as to be shaped to the baby's body, eliminating bulk around the waist and thighs. Thickness comes only in the middle, where it is most needed. These diapers have especially good powers of absorption, can not chafe, and are easily laundered.

Another new diaper is made of layette cloth, which is lightweight, airy and porous. This type is also very soft and absorbent. A unique feature is the hemless edge which means extra comfort. Not only are these easy to launder, but the thinner material is very quick to dry as well.

Hospitals, doctors and nurses have been quick to praise both the knitted diaper and the one made of layette cloth, especially

when the baby has a tender and easily irritated skin.

Paper Pads Used
With an eye to making diaper laundering less of a chore, one manufacturer has put out pads, soft as mother's own facial tissues. When these are laid on the folded diaper as a lining, it is the pad rather than the diaper which becomes soiled and is quickly discarded. The price of these makes them as practical as the idea sounds.

And now comes a new idea in outer clothing, too. One manufacturer of flannelette gertrudes and gowns is treating them with a new process which resists moisture entirely (unless they're being laundered, of course) and so keeps them clean longer.

Bands continue to be made of cottons, rayons and silks with or without a mixture of wool.

One well known line includes a band that is especially popular for summer. The top is of soft, cool mercerized lisle without any wool to chafe sensitive chests and backs. But across the abdomen, which is apt to need more protection, the fabric is 20 per cent wool.

Shirt, Band Combined
Another manufacturer steps forward with a shirt and band combined in one garment. The wide band at the bottom eliminates the tearing of shirt and tabs caused by pins. This garment has not buttons, pins, or tapes, and has an elastic neckband which

Toys Very Vital In Child Program

Careful Choice Needed by Mother; Ingenuity of Child to Be Tried

The little child's toys are more than playthings. They are his schoolbooks. They teach him countless things which he will need to know.

The thoughtful mother will see to it that her baby has the right toys at each different stage of his development, and these toys should be selected with care.

The casual gifts of relatives or the bright object that caught mother's eye on a downtown shopping trip are not enough.

During the first few months of a baby's life, safety should be the chief consideration in choosing toys. Stuffed dolls and animals should have no fuzz or fur to come off in the baby's mouth or eyes. Painted finishes must be non-poisonous. There should be no small parts which are likely to come loose and be swallowed.

makes it easy to slip on over baby's head.

Still a third line features shirts and bands which can be slipped on in a twinkling. Band straps that can't slip off to press on a delicate shoulder bone and shirt sleeves that can not bind or chafe are points which the manufacturer stresses. These, too, do away with the need of pins, buttons or tapes.

From the very first toys, the baby learns how to grasp an object and hold on to it. He learns the "feel" of different kinds of objects. His eyes become accustomed to differences in color.

Rattles, bath toys, soft stuffed animals and rubber dolls are all good choices for baby's first toys. Strings of large colored wooden beads or empty spoons which will teach him how to grasp.

When the baby starts to walk, pull toys are an aid in learning to balance. Simple books with large pictures will teach the child to recognize many objects with which he should be familiar. Building blocks will teach the coordination of eyes and muscles.

As the child grows, there are many things he needs to learn, all of them equally important. The family should see to it that there are toys to develop each side of the child's nature.

Needs to Make Things
In order to learn self-reliance and ingenuity, he must have toys with which he can make things. Building toys are excellent for this. Children also need toys which help them to imitate a grown up world, its ways and its responsibilities.

Telephones, doll furniture, dolls that can be dressed and undressed, toy housekeeping equipment, tools, etc., each make the child familiar with some phase of the adult world.

There should be toys which teach a child to play quietly and happy by itself, without being a nuisance to anyone and without becoming restless. Drawing sets, beads to string, scissors games and similar toys will help to develop this trait.

FOR
BABY'S
SAKE..



Watch Your Drugs

Hot summer months—trying for both mother and baby—are just around the corner. . . . Why not check the medicine cabinet NOW? Be prepared for the numerous small hurts and scratches the youngsters are sure to acquire!

CHECK THESE BABY NEEDS!

- Mennen's Antiseptic Oil
- Baby Talcum, Borated
- Baby's Pure Castile Soap
- Dennison's Diaper Pads
- Pyrex Bottles and Nipples
- Clapp's Canned Vegetables
- Sterile Surgical Dressings

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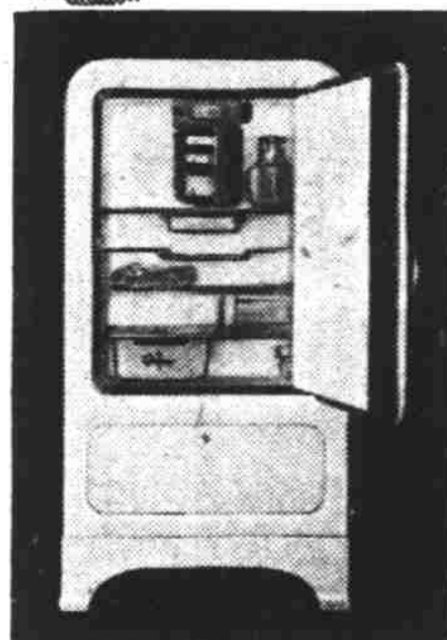
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