

## County Health Department

ACTIVITIES  
By Dr. B. C. Wilson

NEWS  
Health Officer

### INFANT CARE

No doubt you people have had a great deal of advise from neighbors, grandmothers and many other lay persons as to how to raise your child and what to feed it, in this article I wish to give you some well proven and sound advice as to how to make your child grow normally, and be healthy.

First, never under any circumstances unless by absolute necessity take the baby off the breast and put it on the bottle. If there isn't sufficient milk for the child on the breast, then seek your physician's advice as to various procedures as to methods to follow to increase the milk supply because it is a known fact that nine out of ten cases by following certain procedures can increase their milk supply, because it is a known fact that nine out of ten cases by following certain procedures can increase their milk supply to normal quantity and quality. Even though your previous children or your neighbors children were raised on a bottle, breast fed babies have four times the better chance of being free from illness and attaining normal childhood than bottle fed children and believe me, it isn't worth the chance you take. But—if it absolutely necessary to take that child off the breast and put it on artificial feeding, do not take the advice of most anyone and put it on Eagle Brand, Horlick's, Borden's or in fact any kind of mixture because, it is most important that you go to your physician, let him judge your child's condition and then let him give you the formula you should use. I have seen many sad mistakes occur because mothers did not do this.

Next, your baby should start Cod Liver Oil by the time it is one month of age, especially during the fall or winter month. Here, I wish to state that there has never been any products put on the market to date which equals or is better than pure cod liver oil. Do not send money on patent preparations which are boosted sky high by pharmaceutical houses but which do not compare with the pure cod liver oil. Some of these products advertised are Viosterol, Aceterol, Irradiated Egosterol and many others.

Orange juice should be stated by the end of the first month of life. If orange juice is not available, tomato juice will answer this purpose.

A baby whether on the breast or the bottle should be fed with absolute regularity, that is, every three or four hours, four preferably, if the baby is normal and this feeding be done regularly by the clock. Regular feedings are much better for the baby and much better for the mother and above all, gives the coming child the beginning of habit formation and regularity which is an essential thing in a child's life.

A baby should always be fed in the semi upright position and if a bottle is used the bottle should be held so that the nipple is full of milk during the feeding period. After feeding, the baby should be raised carefully and laid with its abdomen down on the mother's left shoulder and patted gently on the back with the flat of the hand for two or three minutes. This will get rid of the air the baby has swallowed, and prevent some of the spitting up of food and colic.

One of the worst things used in the bringing up of a baby is a pacifier.

Boil all milk that is fed to a child from a bottle and you will eliminate that dreaded summer complaint.

Ask your family physician for advice on how to raise your child. It is the cheapest insurance known and pays the biggest dividends because the life and health of this coming citizen is worth many times the expense of getting advice.

### Ill Health Defined

The long bad time for which you traded a short good time.—Los Angeles Times.

### Had Right to Be Proud

A youth, who had the reputation of being a ne'er-do-well, obtained a job as an errand boy in an architect's office. His mother was very proud of the fact, and went about the neighborhood boasting about her son in an effort to erase the general impression of him. "John's got a very good position," she said proudly to a neighbor. "He draws plans for houses. He's an artichoke, you know."

## IN THE RADIO STUDIOS

with ALBERT ZUGSMITH, Jr.

### DID YOU KNOW—

That the young Long Island flapper, who was struck on the wrist by Rudy Vallee's golf ball, taps the wound each day with a hammer? She wants to keep the scar fresh, so as to be able to brag about it.

That Bert Lown, the CBS Blue Ribbon Orchestra director, is never broke because whenever he gets a new suit he sews a penny into the lining.

That over 8,400 artists broadcast each month from the New York studios of the National Broadcasting Company?

AMOS: How yo an' Madame Queen contin' long, Andy?

ANDY: Amos, ah's done put love out of my heart fo good. Ah'm cured. You know ah tuk de madame to de phonographer dis mawmin'. When she see de pitchers she git sore an'tell de phonographer dat dey didn't do her justice. He tell her: "Justice, lady? Wat yo' want am mercy. Ah bust out laffin' an' de Queen git sore. She got no sense of humor, Amos. Ah's regusted!

Jesse Crawford, the Poet of the Organ, broadcasting over the Columbia chain, quit a \$25 a week job in a Spokane, Washington, movie house for a \$10 week job in a neighboring cinema emporium. And all because the lower paid job called for playing an organ instead of a piano!

Cadillac and La-Salle automobiles are now sold with radios installed in the cars. This is due to the recent tie-up with General Motors and Cadillac. Cadillac Corporation of America, and what more could one wish than to zoom along the highways listening to the gay strains of far-away orchestras?

Those of you that would like a job as a radio announcer that makes such a soft snap, had better take a look at this sample test that the Columbia Broadcasting System gives to applicants. Try to pronounce these sentences correctly: "Among the other prominent musical composers you will hear are—the fiery Russian, Peter Iivitch Tschai-kovsky, with selections from the 'Oiseau de Feu' and the 'Symphony' will be heard. Ippolitov Ivanov will afford the delightful composition—the 'March of the Sirdar' from the 'Caucasian Sketches.' Modest Mossou-rsky will be selected as one of the composers, with 'Khovantchina, as his contribution to the program."

## Very Latests

By Mary Marshall

Will pleated skirts be worn this summer? is a question that readers often ask, and it is a question that we ask ourselves when we take inventory of the clothes we have on hand. The answer to the question is that pleated skirts will be worn, but there is a decided difference between the pleated skirts of last season and the season before and those of to-



day. The side pleated skirt set on a deep yoke to be worn with long overblouses has little place in an up-to-date wardrobe because blouses of the new sort are either worn tucked in or else they are so short as to extend only a little below a normal waistline.

The new pleated skirts are usually made with a smooth yoke and the pleating is wide and flaring. Some times the material of the skirt is set in fairly wide pleats which are

## How to Raise Poultry

By Dr. L. D. LeGear, V.S., St. Louis, Mo.  
Dr. LeGear is a graduate of the Ontario Veterinary College, 1892. Thirty-six years of veterinary practice on diseases of live stock and poultry. Eminent authority on poultry and stock raising. Nationally known poultry breeder. Noted author and lecturer.



### DON'T LAUNDRY YOUR EGGS

There is a Better and an Easier Way to Have Clean Eggs for Market.

Old Mother Jones was a character of the type once common enough, but now almost extinct—a genuine "befo' the wab" reactionary to whom all new fangled ideas were works of the devil designed solely to corrupt God's children on earth. She eked out a slender existence with all sorts of odd jobs but derived her principal income from a flock of nondescript fowls that certainly did lay eggs whatever else might be said of them.

So long as the old order persisted in Northville, she got along famously. Then the antiquated general store gave way to a shiny, spic and span chain store, the old barter and trade system became a thing of the past, and a "creamery" of the new era became her outlet for the chief product of her little establishment.

Imagine, if you can, her dismay the white-aproned young man behind the counter appraised her first offering of eggs at several cents below the current market price. The impertinent young pup actually had the temerity to suggest that if her eggs were not soiled they would command as good price as anyone else's.

After much vain argument and no little show of resentment, she finally accepted the proffered sum and departed sincerely convinced that there was some sort of vile plot in operation against her. A few days later she returned with another batch of eggs. This time all were as immaculately clean as a school boys face the first time he goes out with a girl—and quite as obviously scrubbed. She gave the basket a vindictive shove across the counter. "There, young man," she challenged beligerently. "I reckon them eggs is clean enough to suit you."

"Yes, Mrs. Jones," he replied soothingly. They certainly are nice and clean, but I'm sorry to say I can't give you the full market price for them."

Her suspicions were confirmed. It was a plot, nothing less. She determined to get to the bottom of it. "Why not," she demanded explosively, literally trembling with indignation.

"Well, you see," patiently explained her voluntary tormentor, "they have been washed."

"Washed? Yes of course they have. I spent hours tidyin' 'em up because you didn't want 'em dirty and now you don't want 'em clean.

stitched down to form a deep hip yoke, and the doubling of the material beneath the wide pleats is cut out at the under side so as to eliminate unnecessary bulkiness.

Some of the new box pleats are pressed in such a way that they stand out in a truly box-like manner.

An advantage of the wide box pleat over the narrow side pleat is that it may easily be re-pressed at home or by the tailor, without being sent to a professional pleater.

What in tarnation do you want.

It would take too long to continue the dialogue any further. So let it suffice to say that only after a long and impassioned debate was Mother Jones finally made to understand that washing eggs reduces their keeping qualities to an almost unbelievable extent. It is an actual fact that washed eggs come out of even a brief stay in cold storage as much as 50 per cent inferior to unwashed eggs. That puts the owner of soiled eggs between 'the devil and the deep blue sea' to be sure, but there is really no excuse for having dirty eggs in any great numbers.

The solution is a simple one and really much easier of accomplishment than the washing of eggs. First of all, nests should be placed in a dark place so that hens will only go to them when they wish to lay, and they should be protected from above so that they cannot be befouled by droppings. Two-inch mesh wire netting should be tacked onto the lower side of the roosts to keep the hens off the droppings board which will prevent soiling of the eggs with their dirty feet. Eggs should be gathered once or

twice each day and all dirty or soiled eggs should be used at home.

Furthermore, the nests should be thoroughly cleaned out frequently and all soiled straw or whatever is used replaced with new material that is fresh and clean. If these simple precautions are observed and hens are kept confined during muddy weather there will be little necessity either for washing eggs or for accepting a lower price for dirty ones.

Washing destroys the gelatinous coating which nature puts around an egg to protect the contents. When it is washed off or otherwise removed the spores of mould and the bacteria of decay enter easily through the porous shell and evaporation is appreciably accelerated. Storing for any length thereafter, so it is no wonder that the up-to-the minute dealer is willing to accept washed eggs only at a discount which will protect him against loss if he cannot turn his stock quickly.

It is the old, old story—"an ounce of prevention is worth a pound of cure"—only in this case washing can hardly be accurately called a cure. Cleanliness is still next to godliness, but so far as eggs are concerned, a lot depends on how the cleanliness is brought about.

### High on Roll of Fame

According to Dr. Charles W. Elliot, a list of men prominent in educational history in the last 200 years would include Adam Smith, Michael Faraday, John Stuart Mill, William Ellery Channing, Horace Mann, Herbert Spencer, Ernest Renan, Charles Darwin, Ralph Waldo Emerson and Louis Pasteur.

## The Golden Rule Says---

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## "Safety First"

3 Act Comedy

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Tuesday, May 20

8:00 P. M.

15c and 35c

Matinee Monday Afternoon 1:30 p. m.

Admission 10c and 25c