

Toddlers Need Lots Of Exercise

By DOROTHY WHIPPLE, M.D.
AP Newst Features

At about one year, your baby will master his legs and make the marvelous discovery that they will take him places. Then he wants to walk. He is likely to drop all previous activity.

He wants to walk, walk, walk. He still needs your finger to hang onto before he will venture into the open spaces of the center of the room. A baby can wear you out with his demands for your supporting finger. But walking is very good for him. Not only is he practicing how one foot goes in front of the other foot, but he is exercising all the muscles used to keep his body erect and move it about.

Finally the day comes when your baby becomes a true toddler and can go off on his own. For a while he will still like to walk just for walking's sake, but eventually he masters the art sufficiently so that the pure joy of putting one foot in front of the other has lost a little of its charm.

Now your little fellow wants to run and skip, go sideways and backward. He wants to pull something after him. If he spies a wall he must walk on top of it, or a big piece of pipe must be crawled through. These are all variations of the art of walking. Each brings in a few extra sets of muscles all of which need use to develop their full capacities.

Go on walks with your toddler. When you start, make the distance short so that he can make the round trip on his own legs. When your toddler is in the house he still needs to be doing things. He will run, jump, pull things around after him. He will climb over the furniture and drive you crazy.

It's a good idea to provide some spot indoors where strenuous physical activity can go on without harm to the child or to your possessions.

This is the time to get an exercise mat. A discarded mattress is fine if you can find a large enough floor area to lay it.

Help your child to learn to somersault. Let him put his head and hands on the mat, rear stuck up in the air—a gentle push from you will send him over. He will chortle with glee and soon learn to do it without your push. It's an excellent exercise.

In the toddler years do not slip into the easy way of turning on the TV whenever you want a little peace and quiet. TV has many good things to recommend it but it can be greatly abused. If we are not careful our children become watchers, not actors. If we let them slide through childhood without vigorous physical exercises they will wake up in adolescence to discover that their bodies are more of a liability than a source of strength and pleasure.



HONORED on her 80th birthday March 15 was Mrs. Mary Lemos of Montague. Relatives arranged an open house in St. Joseph's Parish Hall in Yreka where approximately 80 friends greeted Mrs. Lemos.
— Photo by Betty Dow

Flower Hats Budding For Spring

Flowers, from tiny forget-me-nots to huge size roses, are budding now in hat departments. You will enjoy making your hat selection because this spring's crop of flower-blooming chapeaux is the prettiest in many seasons.

Most of the milliners go in decidedly for hat height in upswipe, and back-of-the-head berets, the newest called halo berets. Crowns of their new cloches, turbans and pillboxes are high enough to conceal your chignon or upswipe beehive hairdo. Designers say they like the look of hat height above the top width of spring ready-to-wear silhouettes.



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American Beauty Meets New Decade

By VIVIAN BROWN
AP Newst Features Writer

Let the scientists worry about things out of this world, the 1960 girl is going to be down to earth. She will not be the messy, teased type that characterized last year's beauty, says Miss Helena Rubinstein, who has been a prognosticator and trendsetter of the beauty industry for many a year. She'll be wholesome and natural, with a sweet, feminine, ladylike appearance. Her hair will be neat, styled to emphasize her delicate features and heart-shaped lips. Her hair may have a slightly Oriental flair, up in the back, but smooth, combed at the sides, but sleek, she'll like her hair to look sunken. Rubinstein had hair styled in a fashion that proclaimed, "It's me, and he tied a bow-knot of hair at the crown. He tried to set this style for women

American beauties have gone through many glamor phases. The newly-emancipated woman of the 20's showed defiance in her attitude as well as her looks with her "I'm so surprised by it all" expression. Her pointy, pouched mouth and spit curl were trademarks of her generation.

The girl of the 30's wore her hair long, almost straight to the shoulders and her over-lined eyes had a heavy-lidded look that men liked. But in the 40's she evolved as an omphig girl in a sweater and made a good pin-up in Army barracks and war plant locker rooms. The 50's were characterized by the girl who enjoyed looking immaculate, gaunt and sulky-mouthed. She liked her eyes to look sunken in a fashion that proclaimed, "It's me, and he tied a bow-knot of hair at the crown. He tried to set this style for women

over the country. Her carefully caressed hair with every straggly wisp deliberately set into place couldn't stem caught on like wildfire in a tide that even high-style hairdressers couldn't stem.



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MRS. MARCELLE MASSON of Dunsmuir enjoys as a hobby weaving cane backs and seats for lovely old chairs. She is pictured with two chairs recently finished and one yet to be recaned. The largest chair was the property of Mrs. Ross McCloud, who came to Upper Soda Springs in 1855. Her daughter, the late Mrs. Edda McCloud Masson, mother-in-law of Marcelle Masson, owned the small refinished chair.
— Photo by J. O. McKinney



Dunsmuir Woman Has Unusual Hobby

MOUNT SHASTA—Mrs. Marcelle Masson, Dunsmuir housewife, enjoys an engrossing pastime, weaving cane seats and back rests for chairs whose vulnerable portions have been worn away.

Her supply of such chairs is large. All are valuable because of their association with Northern California pioneers for a hundred years, and are tucked away in the attic of a guest house at Upper Soda Springs, a Masson family holding for a century.

The desire to rebuild these chairs stems from Mrs. Masson's love for antiques, and things historical. A member of Southern Siskiyou County Heirlooms Group, and Siskiyou County Historical Society, she is an avid worker in collecting historical objects.

When the old historical chairs are all again complete, this energetic lady has several other chairs to renew. With a bundle of cane strips, a few pegs for anchoring them in place, and a book of instructions that now rarely is needed, she intends to work them all over to where they can again be used.

BRETT is the 6-month-old son of Mr. and Mrs. David Moran of this city. His grandparents are Mr. and Mrs. Jack Sheehy, Lenora Moran and Arthur Moran. Great grandparents are Mr. and Mrs. C. F. Coons of Prineville and Mr. and Tom Sheehy, this city. — Photo by Miller-Williams.

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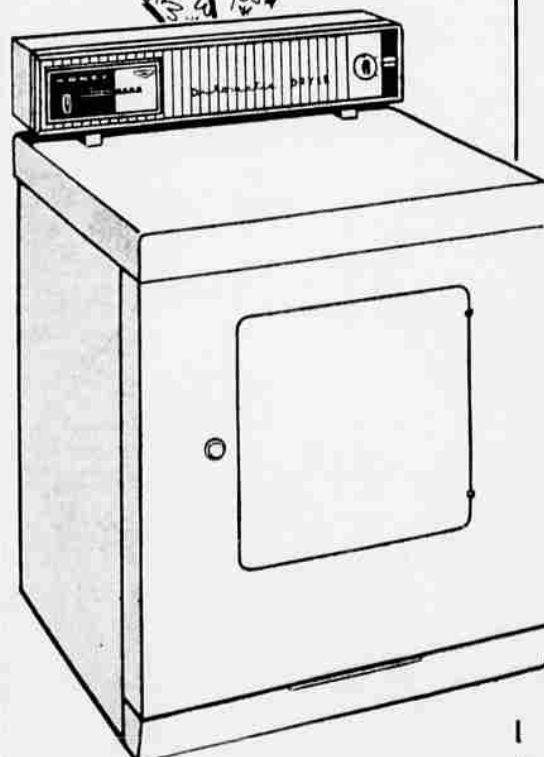
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