

PHYSICAL CARE OF THE NORMAL BABY

What He Shall Wear—and When and How.



until the navel heals (about two weeks) and should be loosely applied, fastened by tapes rather than by pins or sewing. If applied tightly or worn longer it hinders the development of the trunk muscles, interferes with digestion and breathing and, contrary to supposition, will not prevent but may cause rupture. For babies under three months of age or with the room temperature below 68 degrees Fahrenheit, a sack or wrapper should be added. The cotton petticoat is only for ornamental purposes with fine slips.

On warm summer days he may dispense with the petticoat; in very hot weather substitute a cotton half-sleeve vest for the long-sleeved shirt, or after three months dispense with all but the diaper while awake, adding a cotton slip while asleep.

For out of doors he should not be bundled up until the minute before he departs. A thin cap of cotton, linen or silk may be worn in warm weather (or none at all after three months) and a double one for winter, not thick enough to cause perspiration. For the first ten months a kimono-sleeved coat, with drawstrings at shoulder and wrist, will provide protection, with the blankets, for cold weather. The nightgown pattern may be used to make a sleeping bag of eiderdown, broadcloth or flannel. This allows much more freedom than the usual type of sleeping bag, and is better ventilated. The hood should be of a light knitted fabric, or of flannel, broadcloth, cashmere; eiderdown and angora are overheating.

Stockings and booties ordinarily are not needed during the first year except when the baby is kicking and creeping about in a temperature below 68 degrees Fahrenheit. See that the feet are warm, but not hot or moist. Stockings are always coming off or getting wet from the diaper; they keep the feet perspiring, making them tender and increasing the possibility of colds. When worn, they should be of cotton, or, in very cold weather, one-quarter or one-half wool; all wool is overheating and they shrink. When the baby begins standing or creeping, Indian moccasins may be used. Other baby shoes on the market have many faults—tightness across toes and instep, seams turned inside, non-porous patent leather; slippery, stiff or rough soles; they produce only discomfort at the time and are productive of calluses, corns, bunions and misshapen feet. At twelve or fifteen months a thicker soled moccasin may be worn or sandals with flexible, corrugated soles, roomy at the toes, soft, porous (not patent) leather, perfectly smooth inside. Stockings are not needed in warm weather, but should be worn in cool weather. Gaiters or leggings may be worn with these during damp or cold weather when out of doors.

DIAPERING.
Reduce the number of wet and soiled diapers

by training. Begin training at two weeks of age. Hold a small cuspidor firmly in the lap. Hold the baby above this, the legs extended in the hands, back resting against the mother's chest. Do this at regular time for stool, early morning or late afternoon. The use of an olive oil or vaseline suppository for a few days will assist.

Note on daily record the interval between feeding or drinking and urinating (usually twenty to thirty minutes) and place him on the cuspidor for urinating as soon as he awakes.

Hold the baby for urinating at these regular times when awake and before beginning the bath. In a few months he will learn to control the

bladder as well as the bowels for these times, when awake.

At eight or ten months the baby may be supported on the toilet seat by using the baby's detachable toilet chair, now manufactured. A nursery chair for this purpose is not advised. They are usually wrongly proportioned and constructed; and the child is left to sit for half an hour or more, thereby inducing local irritation, deferred action, prolapsus of the rectum through straining or bad habits. The mother should stay with the child and he should not sit longer than necessary.

Change a wet diaper as soon as the baby wakes, or immediately if it becomes wet while he is awake. The urine is salty, sometimes acid, and always irritating.

Before removing diaper have at hand everything needed: Clean, dry, warm, folded diaper; diaper handbasin with warm water; special wash cloth and towel kept only for diapering; zinc ointment; diaper bucket.

Lay the baby on the nursery table, on a Turkish towel. If pins are used, put into blanket at right hand, removed from baby's reach.

Remove the diaper and drop into bucket. Wash baby clean and pat dry, especially in creases. Powder is usually not necessary. Use talc or zinc ointment for chafed places. Put on dry diaper.

Leave baby in safe position while putting away utensils.

Never use a diaper a second time without washing; the acid and salty urine deposit will cause chafing.

Avoid pulling diaper tight about the waist; the pelvic bones at this time are now only cartilage, easily misshapen; if pelvis is narrowed in girls, childbirth will be made more difficult for them.

Avoid tightness in front, especially for boys, as this will produce irritation.

Avoid much thickness between the legs; it will cause bow legs.

Never use rubber or other waterproof diapers; they are overheating and may cause bad habits.

A small pad of cotton batting folded into sterilized cheesecloth, or a double fold of Turkish towelling or stockinet placed in the diaper, will absorb moisture and avoid the extra thickness of a heavy diaper; this pad may be burned if soiled. A quilted or stockinet pad placed between the diaper and petticoat will prevent drenching of clothes.

If diaper is fastened to shirt, make sure of ample length; avoid any pull on shirt or diaper.

Throw water into toilet or slop bucket, not into lavatory. Wash out cloth, disposing of water in same way; or put cloth into diaper bucket. If diaper is soiled, flush off in toilet before putting to soak.



If baby is soiled before bath, wash clean with water in hand basin and special washcloth before putting him in bathtub.

Wash hands thoroughly with soap and water, after changing.

If marked congestion of genitals, or a discharge appears, take special care to disinfect hands and burn cloths and diapers. Report the condition at once to the physician; these symptoms may indicate a serious disease.

Never let a child use a public toilet without placing paper or cloth over the seat; children's detachable seats may be purchased that can be carried in travelling.

LAUNDERING.

Baby clothes should be washed with a mild white soap and thoroughly rinsed. Diapers require special care. They should be thoroughly boiled and rinsed; laundry soap, soda or bluing should not be used, but white soap, with borax or ammonia if necessary. Boiling, outdoor sunning and pressing with a hot iron are all sterilizing processes.

Starch is never to be used in baby clothes, which should always be soft and non-irritating.

For woollens use warm water. Add soap in solution, not rubbing on clothes. Add one teaspoonful of borax or ammonia to a gallon of water, if very soiled or water is hard.

Squeeze, or wash with vacuum washer; do not rub, but use hand brush on very soiled places. Squeeze or press out water without twisting.

Rinse through two waters, same temperature as the first. A teaspoonful of glycerine to a gallon of water, added to the last rinsing water, preserves softness.

Dry at once by moderate heat; avoid freezing or extreme heat.

Stretch into shape and lay on towels to dry, turning once or twice.

If pressing is desired, use a moderately hot iron. Cheesecloth between iron and fabric preserves softness.



"It is much easier to dress a baby on the nursery table than on a low bed."

"The clothes should be put on and taken off over the feet, not over the head."

By MARY L. READ,
Director, the School of Mothercraft, New York City.

The fourteenth article in The Tribune's series of lessons in Mothercraft.

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THE designs for baby clothes which will be shown in a later article in this series are adapted to ease in dressing, laundering, making and to freedom of movement. With these, the baby need be turned only once in dressing, or not at all, if the dress is fastened in front. Use only flat, protected safety pins, no common straight or ridged pins.

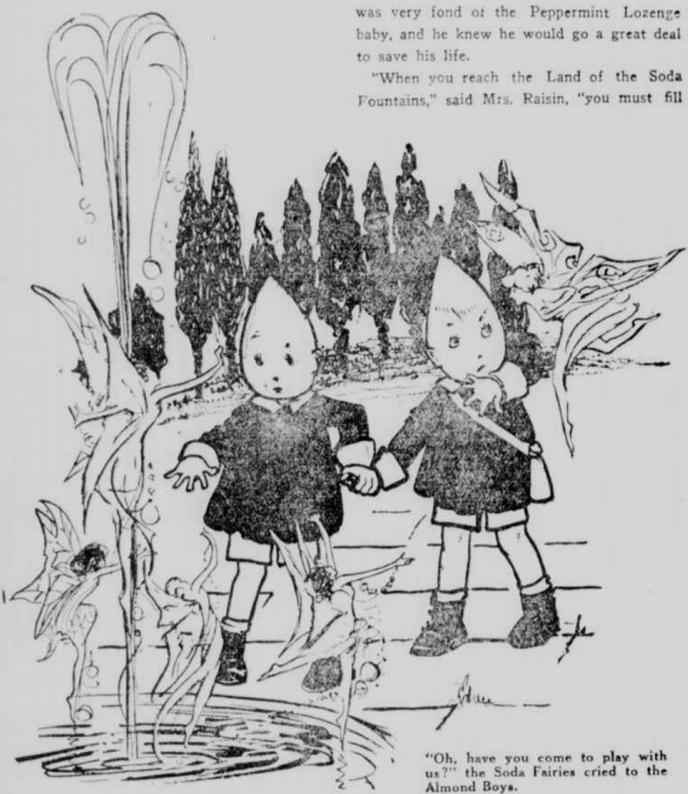
It is much easier and more comfortable to dress and change a baby on the nursery table than on a low bed or the lap. The table supports the back and head evenly, and does not put so much of a strain on the baby's spinal column or internal organs.

The clothes should be put on and taken off over the feet, not over the head. The petticoat and dress should be put together before dressing and slipped on and off together.

The clothing should be changed completely at the morning bath and at night. The day outfit is the same as the night during the first three months. Later the day slip is worn, as the baby is awake longer. The nightgown may be of Viscella flannel, the petticoat then being unnecessary, except with the temperature below 40 to 50 degrees Fahrenheit.

Overdressing, like overfeeding, is a common and serious mistake. If the baby's skin is moist to the touch he is too warmly dressed and thereby made highly susceptible to colds and pneumonia. If his feet are cold, skin "goose-fleshed" and lips blue, he needs more clothing. With a room temperature of 68 to 70 degrees Fahrenheit, duly humidified, he needs only a diaper, cotton or quarter-wool double-breasted shirt, flannel petticoat and cotton slip. The binder is needed only

THE LAND OF THE SODA FOUNTAINS



By LOUISE S. HASBROUCK.
PART I.

THE Littlest Peppermint Lozenge had a fever, and was very sick. Mrs. Raisin, who was his nurse, and knew a great deal about babies, declared that nothing would do him any good but some soda-water and ice cream from Soda Fountain Land, far away across the Brown Sugar Desert. Who in all Candytown, she wondered, would have strength enough and be brave enough to undertake the long trip across the desert and into the strange Soda Fountain Land—and who would be wise enough to return safely with the soda and ice cream? For Mrs. Raisin knew that there were many perils and temptations to be encountered on this trip.

"Oh, let us go," cried Andrew and Benny Almond, together, when they heard what was wanted. They were used to making long trips—you remember about their voyage to the Sandwich Islands—and so they thought they could perform this errand better than any of the other Candy folk.

"But this is different from your sea voyages," said Mrs. Raisin, "this is on land. And, besides, there is something very difficult about it, which I have not yet told you."

"What is it?" asked Andrew Almond. He

was very fond of the Peppermint Lozenge baby, and he knew he would go a great deal to save his life.

"When you reach the Land of the Soda Fountains," said Mrs. Raisin, "you must first

thank them for their unselfishness in undertaking the journey, and begged them to hurry back as soon as they possibly could. Andrew and Benny set off, and soon came to the Brown Sugar Desert, a great stretch of dry brown sugar, with no trees on it at all. It was very, very wide, and oh, how hot the sun was, as they ploughed their way across it. For hours and hours they travelled, getting hotter and hungrier and thirstier every minute, for they had brought nothing with them to eat or drink. So finally they were glad when they saw in the distance the trees of Soda Fountain Land.

As they drew near, they saw that it was a very pleasant place, indeed. On all sides were fountains of every imaginable color—rose colored fountains, brown, coffee, pale yellow, white and purple, all of course made of various syrups, such as strawberry, chocolate, vanilla and pineapple, and all breaking into the most beautiful masses of foam just like the froth on your soda water glass. These fountains were in a beautiful park, shaded by green

your flasks with soda water from the fountains, put in some ice cream from the ice cream wells, seal the flasks up tight, and return home without touching a drop of soda or a spoonful of ice cream yourself. For if you taste any at all you will have to stay in Soda Fountain Land until the Chocolate Fountain runs Strawberry and the Strawberry Fountain runs Chocolate, and until all the ice cream is boiling hot and until Sunday comes on every day of the week—and you can see for yourself that would be a very long time—and there is no telling what would happen to the Peppermint Baby in the mean time. So consider well whether you are strong and wise enough to do as I ask."

Andrew looked at Benny, and Benny looked at Andrew. "We can do it," they said together, "and we will do it, for the sake of the dear Littlest Peppermint Lozenge. So give us our flasks, Mrs. Raisin, and we'll set off at once across the Brown Sugar Desert."

Mrs. Raisin brought from her treasure-chest two large flasks, which had the magic property of keeping what was put in them either cold or hot, as might be desired. She gave one to Andrew and one to Benny, and wished them a successful trip. Mrs. Peppermint Lozenge, who was very troubled, because her baby was so sick, kissed the boys goodbye,

thank them for their unselfishness in undertaking the journey, and begged them to hurry back as soon as they possibly could.

Andrew and Benny set off, and soon came to the Brown Sugar Desert, a great stretch of dry brown sugar, with no trees on it at all. It was very, very wide, and oh, how hot the sun was, as they ploughed their way across it. For hours and hours they travelled, getting hotter and hungrier and thirstier every minute, for they had brought nothing with them to eat or drink. So finally they were glad when they saw in the distance the trees of Soda Fountain Land.

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bread. "Mother," he asked presently, "Why is that part of the egg yellow?"

"Because the chickens eat the nice yellow cornmeal, my dear," came the ready answer. Leonard was apparently satisfied, and the conversation drifted.

Later, when the children were all away, one of the visitors, who had overheard the child's question and the mother's explanation, asked Mrs. Hartwell, "Why did you tell Leonard that the cornmeal makes the yolks yellow?"

"Because," replied Mrs. Hartwell, in a dogmatic tone of voice, "whenever a child asks a question you must give him a definite answer, without any hesitation whatever." This seemed to leave no room for argument, but little Mrs. Gant persisted, "But your answer was not a true one—you don't really believe what you told him, do you?"

"No, my dear," and Mrs. Hartwell was evidently peevish; "but Leonard is only two years old, and it is better for him to get this answer than for him to lose his confidence in his parents."

PARENTAL KNOWLEDGE VS. WISDOM

By SIDONIE MATZNER GRUENBERG.
Author of "Sons and Daughters," "Your Child To-day and To-morrow," etc.

THE older children were to have luncheon with the visitors, but the two-year-old was being fed by himself, before taking his afternoon nap. The yolk of the egg spread all over the plate, and Leonard was trying to catch it with a piece of

trees, and between them ran walks of white marble, like the top of a drug store counter. There was music in the park to amuse the inhabitants by day and night. For there were inhabitants, as the Almonds soon found out, and they were called the Soda Fairies. They were beautiful little creatures, dressed in pretty colors, to match the colors of the fountains, with movements as light as the spray, and voices that sounded as silvery and clear and cool as the tinkle of silver spoons against crystal-glasses.

"Oh, have you come to play with us, you strange, brown creatures?" they cried to the Almond boys, running and flying to meet them.

(To be continued.)

MISFIT NAMES

By ISABELLE ALLARDYCE.

Sometimes when I am thinkin' of the boys an' girls I know, I wonder why they suit their names so badly, An' if I just could change them so's they'd be a better fit, You may be sure that I would do it gladly.

Rosina Sommers is a cold an' chilly sort o' girl, While Lily Winters is so warm an' sunny, Tom Work is just the laziest boy that I have ever met, An' 'Tilda Witty's not the least bit funny.

Jack Nodd an' Joseph Knapp are both so very wide awake, Jim Wakeman, he is heavy-eyed an' sleepy, Sam Glum is quite the jolliest little fellow in the world, While Lulu Joye is always sad an' weepy.

Euphemia Baddely is the best of all the girls I know, And Mary Ella Goode is very naughty, Dear Polly Proud is just as meek as ever she can be, An' Nellie Humble's most stuck-up an' haughty.

Bill Wise is such a silly boy, Bob Silliman is smart, But Arabella Styles is awful frumpy, Phil Coward's always ready to fight anything in sight, An' Angelina Smiles is cross an' grumpy.

Louisa Swift is like a snail, an' Peggy Grouch is sweet, An' Mabel Bright is, oh, so melancholy, Kate Cryer has been never seen to shed a single tear, Alicia Graves is frolicsome an' jolly.

An' so I often wonder when I'm thinkin' of my friends, Who gave them all the names that fit so badly, An' if I just could turn them every one right way about, You may be sure that I would do it gladly.

Puzzle Answers

- Central Acrostic
DAVID COPPERFIELD.
- 1. GladDen
 - 2. PenAnce
 - 3. SerVant
 - 4. HeadDox
 - 5. LanDing
 - 6. DisCard
 - 7. ThrOaty
 - 8. AccuTus
 - 9. PrePace
 - 10. FriEze
 - 11. AppHize
 - 12. SurFace
 - 13. IllIcit
 - 14. CreEper
 - 15. JolIity
 - 16. HeadDox

- "MOVIE" PUZZLE.
- | | |
|----------|-----------|
| Morning | Pond |
| Argument | Ice |
| Running | Challenge |
| Yelling | Kick |
| | Food |
| | Over |
| | Running |
| | Dreaming |

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