

What Every Mother Ought To Know About Her Baby

A series of articles on the care of the baby, under the general heading, "What Every Mother Ought to Know About Her Baby," will be printed on consecutive Sundays in The Washington Herald. They are carefully prepared by experts of the Children's Bureau of the Department of Labor. Cut them out and save them for reference.

A baby may be made uncomfortable and restless by various causes which are readily removed. Attention has already been called to the fact that babies and young children frequently suffer from thirst. They should be offered a drink of water several times a day, and particularly in hot weather. When a baby cries in the night, a drink will often quiet him, and send him to sleep.

Irritating clothing is at times responsible for the baby's fretfulness. Woolen socks, or shirts, or stiff cap strings are quite enough to spoil his comfort, even if he is well and, in hot weather especially, a superabundance of clothing is frequently responsible for much real suffering.

Prickly Heat.
One of the troubles from which a baby often suffers in summer is prickly heat. This ailment appears as a fine red rash usually on the neck and shoulders and gradually spreads to the head, face, and arms. It is caused by overheating, due either to the hot weather or to the fact that the baby is too warmly dressed.

Chafing.
Fat babies are very apt to suffer from chafing, especially in hot weather. It appears as a redness of the skin in the buttocks or in the armpits, or wherever two skin surfaces persistently rub together. Much the same treatment is required as in prickly heat. Never use soap

on an inflamed skin. Instead use a soda, bran, or starch bath. Directions for these baths are given in a publication called Infant Care, which may be had, free of charge, by addressing a request to the Chief of the Children's Bureau, U. S. Department of Labor, Washington, D. C. Great care should be taken not to irritate the baby's skin when it is irritated. Sift together two parts powdered cornstarch and one part boric acid and use it freely on the chafed places. Remove wet or soiled diapers at once. Wash and dry the flesh thoroughly, then dust the powder freely between the legs.

Milk Crust.
This is a skin disease affecting the scalp, in which yellowish, scaly patches appear on the baby's head. These patches should be softened by anointing them with olive oil or vaselin at night, and the head washed with warm water and castile soap in the morning.

If the crust does not readily come away, repeat the process until the scalp is clean. Never use a fine comb nor the finger nails to remove the crusts, as the slightest irritation of the skin will cause the disease to spread further. The scales will usually disappear after a few days of careful treatment.

Constipation.
If the baby does not have at least one full bowel movement in twenty-four hours or in thirty-six at the outside, he is in need of such care as will bring about this result. Breast-fed babies often respond to an increased supply of laxative food in the mother's diet. If this is not sufficient, a six-months-old baby may have a tablespoonful of strained prune juice between two of his morning feedings.

Bottle-fed babies may have fruit juice in the same way and thin oatmeal gruel may be substituted for barley water in making up the feedings, after the baby is four months old.

Perhaps the best preventive of constipation is to teach the baby to move the bowels at the same hour every day. This training should be begun when the baby is three months old, and should be faithfully continued until the habit is firmly established. Not only does this practice establish in the baby from the beginning a habit of regularity which will greatly increase his chances for good

health, but results in an enormous saving of work to the mother. She no longer finds herself confronted with a pile of soiled diapers to wash, but instead gives fifteen minutes of careful attention to the baby each morning. Directions for carrying out this training are given in the pamphlet on Infant Care, already mentioned. Do not use enemas for the relief of constipation save in emergencies, and do not resort to purgative medicines except with the doctor's advice.

FAMOUS WOMAN, HER BIRTHDAY AND YOURS

By MARY MARSHALL.
August 22—Emily Judson.

Today is the ninety-eighth anniversary of the birth of Emily Judson, the third wife of Judson, the celebrated missionary of the last century. Her birthplace was Morrisville, N. Y., and there she was brought up in poverty, working in the woolen mill in summer and attending the district school in winter. At the age of fifteen she had advanced enough in her studies to become a teacher at Utica, N. Y. Even before this she had made some progress with her writing, and before she was twenty she published her first book, "Charles Linn," which, though successful, brought her but \$31. Later she wrote a number of children's stories published by the Baptist Publishing House, and with this and other literary and editorial work she became so successful that after four years of work she was able to settle her parents in a comfortable home.

About this time Judson had suffered the tragic death of his second wife in India and returned to this country. One of the first things that he did was to find some one to write the biography of his wife, and it was after considerable deliberation that he selected Emily Judson, or "Fanny Forrester," as she was known to her readers. Within a year Mr. Judson and the youthful biographer were engaged, and because Judson felt it his duty to return to his missionary work, they were married immediately. Together they went to Burmah, where Judson died within four years. Mrs. Judson returned to the United States, where she continued her literary work, but the seeds of her breakdown had been sown during the four years that she worked in Burmah, and she died in 1841 at the age of thirty-seven.

Deposed Queen of Portugal Works Incognito as Nurse



AMELIE, DEPOSED QUEEN OF PORTUGAL.

Amelie, deposed Queen of Portugal, has been working incognito as a common nurse, in the regulation cap and gown, at the third London general hospital, it has just been learned. She kept her work secret several weeks. None of her patients recognized her, and only the sister in charge of the ward knew who she was. The Queen has been working eight hours daily, performing all the heavy tasks assigned to other nurses. She motored to her work every morning from Richmond.

Signs Indicate Roumania Soon Will Enter Conflict on Side of Allies

London, Aug. 21.—While the progress England and France are making in the Gallipoli peninsula is falling far short of the expectations of the general public in both countries who had expected a quick and spectacular penetration of the Dardanelles by the allied fleets followed by the immediate fall of Constantinople, the best proof of the importance of the operations in this part of the war theater is to be found in the feverish diplomatic activity of the German diplomats in the Balkans and particularly in Bucharest.

When, last month, Roumania definitely refused to comply with Germany's request to permit the passage of German arms and ammunition through the country to Constantinople, the German press made no attempt to conceal its bitter disappointment and it was plainly hinted that unless some way was found to supply Turkey with munitions the fall of Constantinople was merely a question of time.

Since then the diplomats have worked incessantly at Bucharest and there are signs tending to show that the moment has almost arrived when Roumania must give up her neutrality. When she does so she will enter the war on the side of the quadruple entente.

What is delaying the decision of Roumania is the fact that while the people are strongly in favor of joining hands with England, France and Russia the court and certain high military officials are undoubtedly pro-German. Besides, it must be remembered that the decision is of the most vital interest to the future of the kingdom, and the very existence of the nation is at stake. Roumania, the greatest of all Balkan states, sees her position as a semi-great power threatened by

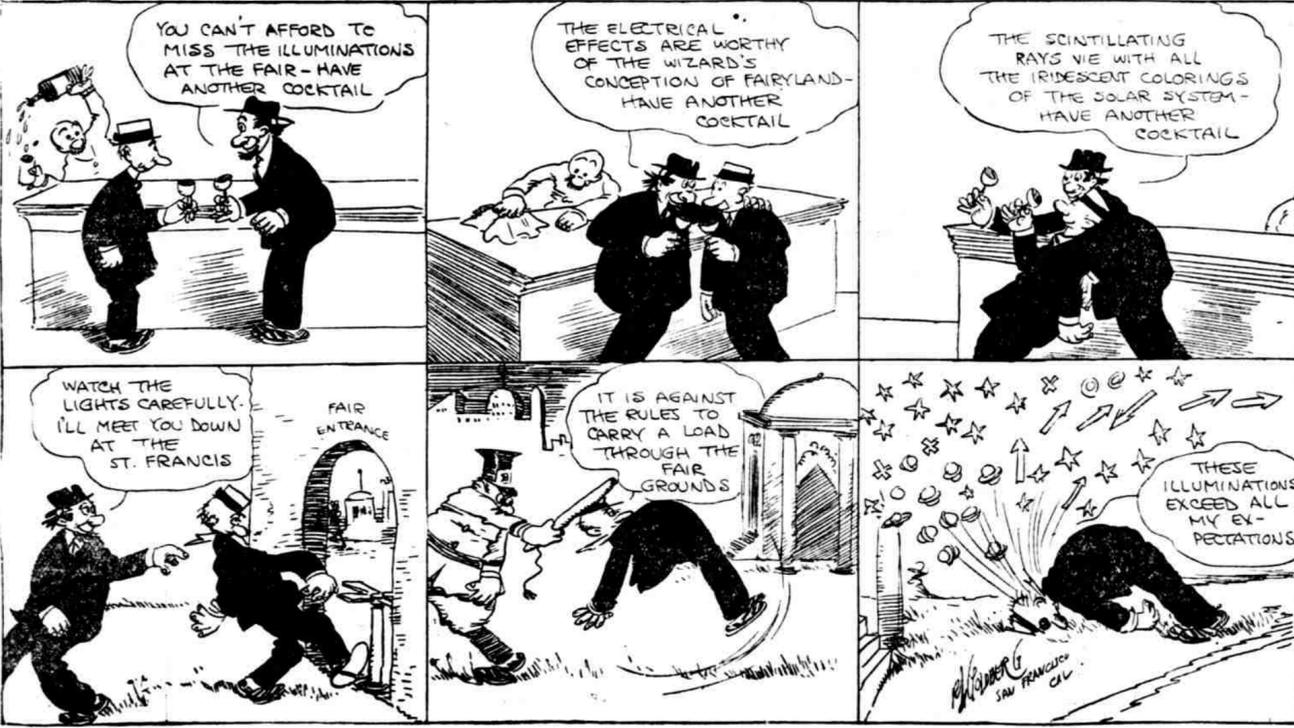
FIND GIRL'S BODY IN RIVER.
Remains of Miss Kertcherville, Who Was Drowned, Badly Mutilated. Laurel, Md., Aug. 21.—The body of Miss Allie Kertcherville, who was drowned here last Thursday, was recovered yesterday afternoon by Samuel Leizer in the Patuxent River about five miles from the point of drowning. Her face and body were mutilated beyond recognition, and the only means of identification were her clothes. When found, the head was wedged between two logs, to which her clothes had also caught, the only fact which kept her from floating farther

down the river. It has been eight days since she was drowned. Coroner Wachte was summoned and an inquest was held. Miss Kertcherville's clothes were identified by Mrs. John Biggar, who accompanied her on the day of the accident and narrowly escaped the same fate. George E. White, president of the Metropolitan National Bank, and Cuno H. Rudolph, president of the Second National Bank, will leave the city August 30 for Seattle, Wash., to attend the annual convention of the American Bankers' Association, which will be in session from September 3 to 12.

BOOBS AT THE FAIR.—By Goldberg.

YOU DON'T HAVE TO WAIT TILL NIGHT TO SEE THE BEAUTIFUL ILLUMINATIONS AT THE FAIR GROUNDS.

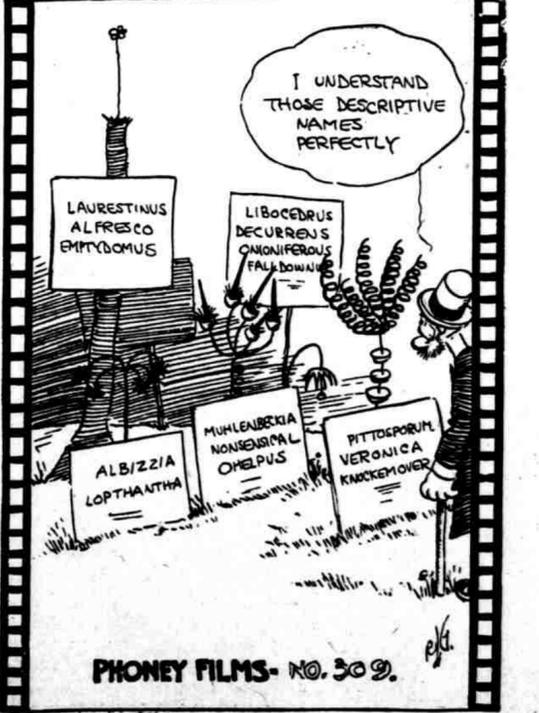
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BOOBS AT THE FAIR.—By Goldberg.

IF YOU CONCENTRATE ON THE SCULPTURE YOU CAN FIND HIDDEN SOUL IN A DISH OF SCRAMBLED EGGS.

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