THE TIMES DAILY MAGAZINE PAGE

How One Can Understand The Infant

Untutored and Untrained Persons Should Be Able to Approach and Make Friends With Any Baby. What To Do if Suddenly Confronted With an Infant for Whom to Care. Poise the First Requisite.

HAVING suggested in this column yesterday that the Baby Week lectures are of interest and pertain to everyone, it is only fair that a few suggestions on how to understand an infant be offered. No matter how untutored one is, a baby is likely to be encountered at any moment. Be prepared.

* * *

Most important of all, don't be afraid of a baby. Having once overcome all fear, approach the child. If it is left in your arms, lay it down as quickly as possible. Be neither asininely eager, nor terrifyingly gruff. Try to put yourself on the baby's mental level. In order to do this:

* * *

1. Remember that a baby is very little different from you and that the three most important things in life are food, sleep, and comfort.

2. Always bear in mind that the baby is affected just as you are by the lack of these three things.

3. Don't forget that time is standardized in the mind largely by size. For instance, the bigger one is mentally and physically the more one can do in a certain length of time than others. Therefore, time is shortened. A baby cannot walk at all at first. It is almost stationary.

Babies' days are very long. Each one at least a week according to your standard. Fifteen minutes of play is a long time for a baby, or the same length of time spent in an uncomfortable position.

4. Remember that the baby has just as much sense for its size as you have.

With these few hints we will endeavor to show how to act when brought into a responsible relationship with a strange baby unable to walk.

* * *

Approach the baby deferentially. Don't glue your eye on it, rush up and dig it in the ribs. Just picture yourself doing that to the next person to whom you are introduced. Or as a morning greeting to your boss. Your baby feels the same way about it.

Give him a clubby, poised, kindly greeting, remaining at a discreet and respectful distance—not too far, not too near.

Come to think of it, treat him with the respect you would afford a strange bulldog. Not too fearful, not too friendly. If you have eyeglasses or whiskers, be very circumspect. Even some grown people are shy of whiskers. On the other hand, there are strange cases where infants become extensely fond of whiskers at first sight.

Never move jerkily and quickly. Remember that a baby is like a new car, it sticks and perks, and doesn't always respond well. A firm, wise hand, steady and of lightning dexterity and smoothness, is needed to guide it.

* * *

When speaking to a baby lower the voice, and say amiably, "How are you old top" or use any pleasant form of address. Continue to approach the child and finally pat it gently on the shoulder.

* * *

If it is noiseless, shift it a little on the pillow, or whatever it rests upon. This is making the baby comfortable and bears the same relation as does the remainder of the greeting. "Have a cigar," or "Let's get a soda," or "Won't you take off your hat?" It makes the baby comfortable.

* * *

Then if the baby smiles, smile back; begin a conversation and ten times out of one the baby will answer. Talk a while, shifting the child occasionally. Be just as careful about breathing in its face as you would if it were Mrs. Jones.

* * *

This is as far as we can go today. Tomorrow we will take the next steps: How to act when the baby likes you, and how to act when it doesn't.

THE CONDUCTOR.

The Chaperon

The Chaperon: I am a young man twenty-two years old. Of late I have become acquainted with a most attractive theatrical star whose friendship I value highly. Yet, much to my distress, my other friends object to it. She fascinates me, she controls me, yet I feel that I must uphold my social position. Will you advise me?

T. M. Z.

MY DEAR T. M., I fear you are—shall I say it?—something of a snob. In one sentence you apparently give the impression that your feeling for the actress is sincere and true, then in the next you hold your social position higher than her love.

Well, now, which means more to you? Her society or that of your friends whose station in life is so far above that of an actress? And why should your friendship for her necessarily be a blot upon the social sphere in which you move? Take my word for it, she's probably a whole lot more of a real woman than some of the girl friends you have met.

There's another thing about your letter that makes me feel as if you weren't very sure of the ground upon which you stand. I notice that the actress fascinates you and controls you. Wake up, young man. Anyone your age ought to be ashamed to confess that his soul is not his own. Perhaps the main trouble in your life is indecision. Learn to judge things for yourself and don't be so dependent upon the the advice of friends when you make your decisions.

The Chaperon will welcome letters of inquiry on subjects of interest from readers of this paper, and will reply to them in these columns. They should be addressed to her, care of this office.

Seen in the Markets

CARROTS lend a pretty note of bright color to the stands in the markets this week. Most of the dealers seem to take pride in having their vegetables as clean looking as possible, so the heaps of tomatoes, polished apples, and smooth, green cucumbers are an irresistible inducement to buy. The carrots are among the cheapest of vegetables—5 cents a bunch being the current price.

Since the oyster's day is no longer, lovers of sea food will be interested in other kinds of shell fish. A few loads of shoft shell crabs have been received at the wharves, but they are small as yet, for their true season has been forced a bit.

Little neck clams cost 25 cents a dozen, and clams for cooking 20 cents a pint. Coral pink shrimp are selling for 25 cents a pound. They seem to be of excellent quality, and for many families creamed shrimp or shrimp wiggle may be a welcome relief from Friday's uninteresting fried fish.

New string beans at a price nearly everyone can pay, are another addition to the growing list of fresh vegetables. They are 10 cents a quart, costing exactly the same as green peas. At some of the stalls the latter are sold at 13 cents a quarter of a peck.

Bermuda onions—a vegetable people either like very much or dislike heartily—are 10 cents a quart box. To some, few culinary delights can equal an onion sandwich with lettuce and plenty of vinegar, and the onions in the market now are the tenderest and least tearful of their kind.

It is lucky that the berry season is not so very far off, for oranges, the perennial standby, are at their poorest during the summer months. Most of those on the market now are small, with little pulp and a great deal of pith. The average price of these is 30 cents a dozen.

Most of the dealers have at last reduced the price of strawberries to 15 cents a quart. A few still cling to 18 cents, but even at that the price is a couple of cents cheaper than the berries of last week. The berries in the market now are of medium size and fairly sweet.

Rhubarb, the best of spring tonics, has taken another downward plunge in price, now selling at two bunches for 5 cents.

RECIPES

Walnut Cookies.

1 cup of finely chopped walnuts.
1 cup of granulated sugar.
1 teaspoonful of flour.
¼ teaspoonful cream of tartar.

Whites of three eggs beaten foamy.

To the beaten white of the eggs add the cream of tartar and continue to beat until stiff; then half of the sugar is added, and the mixture is beaten until it is very light. Then the rest of the sugar, flour and dropped nuts are folded in.

The best way of baking is to line the baking dish with buttered paper and to drop the mixture by teaspoonfuls. Granulated sugar can be lightly sifted on top, and the cookies are baked in a very hot oven for five minutes or a little longer.

Chocolate Cream Filling.

½ cupful of sugar.
6 tablespoonfuls of flour.
⅛ teaspoonful of salt.
2 cupfuls of scalded milk.
2 ounces of chocolate.
1 teaspoonful of vanilla.
2 egg yolks.

All dry ingredients, including the grated chocolate, are mixed together, then the slightly beaten egg yolks are added, and the entire mixture is poured gradually into the scalded milk. It is cooked fifteen minutes in a double boiler, stirring constantly until thickened, and then stirred only occasionally. When cool, it is flavored with vanilla and spread on layers.

FEMININE FOIBLES - By Annette Bradshaw

TWO WAYS OF ENJOYING SPRING.

A Quart of Milk a Day

THE basis of a child's diet should be clean whole milk—at least a quart a day. Such milk, in addition to water, contains about half a cupful of the very best food substances—butterfat, milk sugar, lime, and other materials needed by the child to make muscle, bones, and teeth. In addition, milk contains a substance thought to promote growth by helping the body make good use of other foods. Where good whole milk is not obtainable, clean, fresh skim milk supplies these substances with the exception of the butterfat, and is, of course, preferable to dirty or questionable whole milk. Milk, however, contains very little iron, and therefore spinach and other green vegetables and egg yolks, which are rich in iron, combine well with milk.

The child should drink the milk with the chill taken off, or should consume his full quart a day with cereals and in milk toast, cocoa, milk soups and stews, in cereal puddings, egg-and-milk puddings, custards, junkets, or simple ice creams. Milk stews may be made with vegetables or fish, or to vary the diet these things can be combined with cream sauce an served on milk toast. The bulletin, therefore, gives a large number of recipes for the preparation of various milk dishes which will help children consume the requisite amount of milk without growing tired of this valuable food. Those for milk soups will be found particularly useful, as they give the mother an easy means of preparing many vegetables which are essentials in the child's diet.

Tomorrow's topic will be: "Meat, Fish and Eggs."

Times Pattern Service

687

IN the scheme of this waist we see excellent taste. The vest and collar are in one. In surplice style the vest closes the full blouse. Down center of the back is a panel piece of the contrasting goods that make the vest and collar section and which also forms the cuffs of the short sleeves.

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THE TIMES PATTERN SERVICE. May 9.

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The Woman Of It

By HELEN ROWLAND.

She Says Divorce Is a Rejuvenator—But So Is Arsenic.

"LOOK! Look at that stunning woman over there!" whispered the Widow, excitedly, as she gazed with astonished eyes at a svelte, dark-haired, radiant creature in a rose-wreathed picture hat.

"I have been looking at her," admitted the Bachelor, dropping his gaze to his coffee cup, "all evening. I—I thought I knew her."

"You mean you thought you'd like to know her," corrected the Widow, with a smile of understanding. "Oh, don't apologize! You can't be blamed. And, to think," she murmured mysteriously, "that only three years ago she was fat and frumpy and faded!"

"Great Scott!" exclaimed the Bachelor, almost upsetting his coffee. "Don't shatter my illusions like that! What on earth has she done to work the miracle of transformation?"

"She had an operation for appendicitis," stated the Widow calmly.

"What!"

"And got a divorce," she added.

The Bachelor set down his cup and regarded the Widow patiently.

"I admit your premises," he remarked ironically, "but I object to your classification. What has appendicitis to do with divorce?"

"Why?" asked the Widow, innocently. "Aren't divorce and appendicitis operations, both painful and horrible and expensive? Aren't they both ordeals to which one resorts only in the last extremity, and which one puts off until the very last minute? Aren't they both surgical operations, whereby we amputate a painful and useless member? And aren't they both rejuvenators?" she demanded dramatically.

"Ugh!" groaned the Bachelor with a shudder. "So is arsenic!"

"Yes," agreed the Widow cheerfully, "and strychnine and electric shocks and facial surgery. You don't imagine I am ADVOCATING any of those things, do you? I'm merely trying to explain their phenomena. Haven't you ever observed how often a puny, anaemic sort of person begins to get plump and healthy and vital and normal after an appendicitis operation?

"And haven't you ever noticed how a man or woman who has had a harrowing matrimonial experience, and gone through the valley and shadow of divorce, gradually begins to take on color and put off weight, and to blossom out and 'take notice' after receiving the decree? Why, there seems to be nothing like an occasional divorce to keep a man youthful and brighten up a woman's locks!"

"Humph!" grunted the Bachelor cynically. "To judge by the perennial youth of those who have acquired the 'divorce-and-marry-again' habit, you're right. But I wonder why. It must take an awful lot of energy and emotional exercise to keep it up, the way some people do."

"That's just the secret of it!" exclaimed the Widow delightedly. "It's EXERCISE—heart exercise—that keeps people young! Ossification of the heart and the emotions will make you old sooner than ossification of the arteries.

"Just as people who take plenty of physical exercise never have to be braced up with strychnine and quinine and arsenic! But marriage is SO settled, there is such a tranquil monotony, such a 'today-yesterday-and-forever' quality about it that husbands and wives simply sit down and allow themselves to become sentimentally and spiritually sluggish. Then they ossify!"

"What are you recommending? Polygamy?" demanded the Bachelor.

"Not at all," protested the Widow indignantly. "I'm recommending a little more enthusiasm for marriage, a little less of the 'Now-we're-married-and-it's-all-over' feeling. Why, most married people never wake up until after the divorce. After the divorce you feel that you've got to get up and make life all over, brand new, again. You're 'in the running!' You take stock of yourself and are astonished to discover how much you've let yourself down while you were struggling with matrimony and the kitchen range and the grocery bills.

"After a divorce a woman goes out and gets a new religion, a new corset and a new face powder, and a man goes out and gets a new viewpoint, a new grip on his work and a new flirtation. And with these, they both find that they have gotten a new enthusiasm for life! And that's the secret of rejuvenation and eternal youth—ENTHUSIASM for life! But why, oh! why, can't we carry it into matrimony, instead of out of it?"

"Perhaps," suggested the Bachelor, "because we never get any encouragement in married life."

"Yes!" cried the Widow. "That's another thing. A divorced person experiences the thrilling novelty of hearing nothing but compliments, instead of nothing but criticisms."

"So does a dead person," interjected the Bachelor softly.

"I wonder why husbands and wives are so niggardly with their flattery," continued the Widow, ignoring the flippancy, "and so generous with their advice and criticism. Why, if I had a husband I'd tell him something nice about himself every day of his life. Then he'd never feel the slightest desire for arsenic or divorce, or any other REJUVENATOR. He'd feel so perpetually enthusiastic about himself and life and ME that he'd stay eternally young."

"Sh!" cried the Bachelor anxiously. "Don't say that! If they should hear it every eligible man in town would be asking you to marry!"

Nine Daily Periods Are Necessary to Give Baby Proper Food and Sleep

By DR. LEONARD KEENE HIRSHBERG.

This Is the Third of a Series of Seven Articles offered each day during Baby Week. Each article contains information of vital general interest and the series answers questions of special importance to every mother.

Wednesday—How to Make Baby's Bottle Dangerless and Nourishing.

A BABY that is fondled too much usually cries a great deal, and is generall ill and peevish much of the time. The beauty and tenderness of a mother cuddling her baby to her breast, smothering it with words of love and sprinkling it with kisses is a true demonstration of pride and love, but it is not a benefit to the baby. On the contrary, the little one, fragile and delicate during the first few months of its life, often is made irritable and nervous by these caresses.

A baby must receive extreme care, which means that it should be handled as little as possible. No matter how intelligent the baby may seem, its little mind is a blank, and it gets no joy out of the affections bestowed upon it. To a baby, the mother appears merely as a source of food. Later on, when its brain begins to work, satisfying a desire is probably the first definite idea or thought that formulates in a baby's mind. It naturally wants its mother to feed it, and before long, instead of merely crying for food, it cries for her.

The Routine Hours.

A baby's chief need is sleep, when it is not hungry. Eighteen hours in the twenty-four are required for sleep by the healthy baby. Rocking, nerve-racking cradles should be a thing of the past along with soothing syrups. A solid, comfortable crib is the sensible haven for the baby.

Several days pass after the baby's birth before the mother's milk is truly nourishing and meets the needs of the child. On the first day the baby should be nursed but once, then given a drink of boiled water every three hours, tasteless and insipid as it is, because of the absence of air-bubbles. However, a baby seldom notices this. Morning, afternoon and night of the second day, the baby must be nursed, and given the same allowance of boiled water as on the first day. On the third day, the second day's routine should be repeated, at which time it will be found that the child has lost a quarter or half a pound. Thereafter a steady gain in weight should gradually follow.

Both mother and baby are ready for regular feedings at shorter intervals on the fourth day. From this time on, until the end of the second month, the baby must be nursed nine times each day, with a slightly longer wait after its daily bath, and an interval of seven hours in the night. The nine feedings required during the twenty-four hours are as follows: 6, 8 and 10 a. m. and 1, 3, 5, 7, 9 and 11 p. m. Between 11 p. m. and 6 a. m. the feeding should cease. Keep the schedule regular, even if baby must be awakened for feeding.

Need of Water.

The volume of milk and the baby's own idiosyncrasies will determine the length of time the child should be kept at the breast for each feeding, but the mother should bear in mind that the stomach of the new-born baby has a capacity of but one ounce, or eight teaspoonfuls. However, it is rarely safe to keep a child at the breast for more than from ten to fifteen minutes, as the baby should be given no more food than its stomach can hold. The food passes into the bowels very quickly, where the more important part of the process of digestion takes place.

A baby's thirst is not satisfied by milk, though a liquid. A baby needs water as regularly as it needs food. It must get water at least three times a day. The water that comes from the average city main or country spring is alive with microscopic plants and animals, even though it may be clear, fresh, and sparkling. To eliminate these minute organisms, which are harmless to the adult, the water must be boiled twenty minutes, cooled and stored in well-corked and clean bottles which have been previously immersed in boiling water for five minutes.

A thoroughly clean nursing bottle is best for the baby to use. Water should be offered to the infant every four hours, until its thirst is quenched. A supply of water for the day should be boiled each morning, and under no circumstances should it be kept more than a day.

(Copyr't, 1916, by Newspaper Feature Service)

Answers to Health Questions

S. E. B., Takoma Park.—1—I have a number of pimples on my face. What will remove them? 2—What will remove the marks left from pimples? 3—I have a brown ring around my neck and although I have used many things, nothing will remove it. What do you advise?

The best way to remove pimples is to avoid all oily, hot, greasy, rich, starchy, and highly seasoned foods, sweets, pastries, soups, gravies, and candies. Do not use soap or hot water on the skin, but wash with glycerine, 1 ounce; sulphur, 1 dram, and rose water, 8 ounces. Apply each night to the pimples white precipitate ointment. 2—Take a lactic acid bacilli tablet after meals. Never use soap or hot water on the face. A sulphur and peroxide lotion may be kept on the face at night. 3—Just after a wash or bath and while still wet, dry the neck with a little of the following: Fine almond meal, 4 ounces; finely powdered borax, 6 drams; oil of bitter almonds, 3 drops; oil of lily of valley, 3 drops; finely powdered orris root, 2 ounces; finely powdered pumice stone, 6 drams.

Babe—Kindly advise what will remove a scar on my face. 2. Powder won't stay on my face. What do you advise to use on it after washing to keep it from being shiny.

A very good treatment of scars is is the use of carbon dioxide spray or ethal chlorid spray. It softens them and helps the blood to flow into them. Also, a thin skin graft may alleviate the scar. 2. Do not use soap or hot water on your face, but wash with cold water, and then cleanse with a good cold cream. Massage the face with glycerine and rose water.

C. F.—Kindly advise a remedy to remove dandruff, also an itching sensation of the head.

The scaly disks of dandruff may be removed by washing the scalp either with cocoanut oil or castile soap and water. Then the surface may be treated with the following lotion: Precipitated sulphur, ½ ounce to 4 ounces of distilled water. Rub in gently, after a thorough shaking, with a little brush and see that the bristle reach the scalp. On account of the odor of the sulphur it is advisable to use it at bedtime.

E. S.—Kindly advise a remedy for whooping cough.

Give the child the whooping cough vaccine and two or three drops of tincture of belladona in honey and syrup every four hours.

H. M. M.—My eyelids swell and nearly close and bags come under the eyes. What do you advise?

You must absolutely take three hours' exercise in the sunlight and fresh air. Have your nose and throat operated on and more air space given. Sleep in the open air, if possible. Play tennis, walk in the fields, and, if necessary, change your occupation. Have your eyes examined.

A. N. H.—Kindly advise how to get ried of a tapeworm.

Take one tablespoonful of Epsom salts, followed six hours later by a dose of mal fern, one dram, followed again six hours later by another tablespoonful of Epsom salts.

G. H.—How can I remove dandruff from my hair?

The scaly disks of dandruff may be removed by washing the scalp either with cocoanut oil and water, or castile soap and water. Then the surface may be treated with the following lotion: Precipitate sulphur, one-half ounce to four ounces of distilled water. Rub in gently, after a thorough shaking, with a little brush and see that the bristles reach the scalp. On account of the odor of the sulphur it is advisable to use it at bed time.

M. T.—Kindly advise what diet should be followed by a person wishing to reduce the weight.

Breakfast—Choice of all kinds of cereals, eggs, poached, boiled, scrambled or omelet, toast, milk and water, fresh fruits of all kinds and sometimes stewed fruits.

Lunch—Choice of sirloin steak, lamb chops, cold meat or chicken, baked or hash browned potatoes, toast, stewed fruits, milk, tea, or water.

Dinner—Choice of roast beef, lamb, chicken (fowl or turkey) with an occasional side order of fish for those who wish it on Friday, lemon, orange, or pineapple ice served with the meat, celery, olives, baked potatoes, and sometimes with one or two other vegetables, toast, bread or biscuit one day roll, puddings of all kinds with the exception of plum or suet.

T. G.—Kindly advise a remedy to remove enlarged pores.

Enlarged pores may be eliminated if you massage them with a paste made of kaolin and glycerine (half and half).

His Suspicion.

Mrs. Yeast—A woman of Stoughton, Wis., a few days ago used a telephone for the first time in her ninety-one years.

Mr. Yeast—First day she hadn't found the "line busy," I suppose.—Yonkers Statesman.

TOMORROW'S BABY WEEK PROGRAM

INSPECTION DAY.

Inspection of various infant welfare agencies.

CENTRAL EXHIBIT.

12:30 p m.—Talk on infant welfare.
3:00 p m.—Montessori demonstration.
8:00 p. m.—"Well Babies," Noel Housé exhibit, directed by Miss Dorothy Mueller.

PORTABLE EXHIBIT.

11:00 a. m.—Lecture and demonstration by Miss Grace Anderson, House & Herrmann's.
1:15 p. m.—Mothers' picnic, Smithsonian grounds.
3:00 p. m.—Demonstration at Wilson Normal School, Eleventh and Harvard streets.
8:00 p m.—Demonstration at 433 O street northwest.

MOTION PICTURE THEATERS.

10:00 a. m.-11:00 a. m.—Alhambra.
1:00 p. m.- 2:00 p. m.—Leader.
2:30 p. m.- 3:30 p. m.—Apollo.

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It's Easy to Peel Off All Your Freckles

The contrast between the freckles and the clear skin usually is so great that no bleach can be more than partially successful in obliterating the disfigurements. Ordinary mercolised wax is far better; it literally peels off the freckles. Get an ounce of it at the nearest drug store and tonight spread on enough to completely cover your face; remove in the morning with warm water. Repeat daily until every freckle has disappeared.

Rough, blotchy, pimpled skin, also common at this season, may be entirely cotten rid of by this same method, without discomfort or inconvenience. The effort is decidedly worth while, the new complexion obtained being so clear, smooth, and youthful.

If bothered with wrinkles, bathe the face in a lotion made by dissolving an ounce of powdered saxolite in a half pint of witch hazel. This is the most effective and quickest-acting wrinkle treatment known.—Adv.