

Little Talks On Babyology

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Director of the Better Babies Bureau of the Woman's Home Companion.

BABY'S SOURCE OF HEALTH AND STRENGTH—FOOD.

A third baby was what you would call a "fat boy." He was covered with the most "pat-able" creases, and his complexion was blooming, but he had such a scowl on his round face and he shoved everything and everybody away from him as if the entire world were distasteful. Mother said he had never been a really good natured baby, and she didn't know why. But the doctors found out. The plump stomach of which his mother was so proud was not an indication of health but of undigested unassimilated food, overfeeding.

At sixteen months, a baby's head, chest and abdomen should measure just the same, 18 1/2 inches. This poor little liddle had an eighteen inch head a seventeen inch chest and an abdomen measuring 19 1/2. And just by exploring with his finger, the doctor found an ugly little mass of undigested food down in one corner of that bulging abdomen. Of course, baby wanted to shove people away. So do you, grown-up, when you have a sick headache or a bilious attack.

Here was a baby being overfed with milk, just milk, but milk not properly prepared. And there you have it, rash, malnutrition and downright indigestion, all because three mothers did not know what was going on inside of baby's tummy. We think so long as baby has milk and nothing else, he is safe. Milk, even mother's milk, needs watching, and babyology tells you how to do it.

The feeding of the baby begins before it is born. The condition of the new-born baby's stomach is largely determined by the condition of the mother's stomach before he comes into the world. That is why the expectant mother should guard her diet and her digestion so carefully during the precious months before her baby comes.

Any pronounced digestive trouble is communicated to the baby directly, and it comes into the world illly equipped for its first month's struggle for existence. The vast majority of babies who die during their first year, die of inanition, mal-assimilation of food, indigestion and summer-complaint. The mother can start her baby right by keeping her own digestion in the best of condition. Some mothers, in the spirit of self-sacrifice, serve at table the choicest food to their growing children, their hand-working husbands and sons. No expectant mother should deny herself the nourishment required to sustain her own strength and that of the little child so soon to be ushered into the world.

The natural, the best food for the new born babe is mother's milk. And the creator has given the average woman strength to nourish her child in this natural way. Sometimes, directly after the baby's birth, the mother is very weak, then well-meaning but interfering relatives and advisers urge her to wean the baby at once, when with a little patience, the supply of milk would be ample. Unless the mother is anemic or suffering from constitutional or acute disease, the baby will thrive best on mother's milk. And the ability to nurse until a safe time for weaning can be encouraged by careful attention to the mother's diet.

A well balanced diet, made up from a variety of foods which the mother craves, will nourish both mother and child. Meat that is easily digested, like chicken, beef and lamb, is better than pork and veal. Fish may occasionally be substituted for meat, and eggs are desirable if they do not create a bilious condition. Green vegetables and fresh or stewed fruits the mother should have in quantity. On the other hand, she should avoid excesses in diet, whether this be tea, sweets or pastries. Light desserts do no harm, but rich pies and puddings that keep the mother awake at night will have precisely the same effect on the baby.

No young mother should listen to what doctors call "old women's tales," bad advice about extremes in diet. At one of the contests, I heard a young mother say that she was drinking malt to make her milk more nourishing for the baby. And how she did hate that milk. It nauseated her every time she drank it.

When the doctors told her that anything which nauseated her would affect the baby in the same way, she felt actually relieved. Yet she had been forcing herself to drink the malt, because an elderly neighbor had told her what wonders it had done for other women. Doctors, not neighbors, should be consulted in these problems of babyology.

Another woman told me that she didn't see why her baby could not retain her milk. It curdled on his stomach. And she assured me quite solemnly that she never ate anything spicy. She did love pickles and salads and lemonade, but her nurse had told her she must not eat sour things while she nursed the baby. I heard the sensible doctor in charge of that contest tell her to go right along home and make herself a good fresh salad and eat it up to the last leaf of lettuce.

Her digestion craved acid, and her child actually suffered because her system was denied it. Acid to excess is dangerous, but a balanced diet, not a diet of extremes, is the key.

Another condition of the mother which will affect the baby's digestion is nervousness. A baby should not be nursed when the mother is angry or is suffering from shock of any sort. The mother who is very tired from her household duties should sit or lie down and relax before nursing the baby. If she sips a glass of milk or eats a cracker or biscuit before nursing, the baby, she will help his digestion.

So much for the general problem of diet for mother and baby. Next we will discuss the hours and quantity of food for nursing babies and then the care of the bottle-fed baby, subjects study very carefully.

FEEDING THE BABY.
The last talk on Babyology set forth the importance of mother's milk for the baby under one year of age, and the equal importance of the mother keeping herself in good condition. A well-nourished mother means a well-nourished baby.

Next to importance to the sort of milk supplied the baby is the regularity of supplying. How strange it is that we grown-ups who know the bad effects of irregularity in eating think that a new-born child can be fed irregularly without bad effects! One of the first questions asked a mother at the Better Babies Contest is: "How many times a day is your child fed?" The variety of replies is amazing. "I don't know." "Whenever he cries." "When he wakes up." "Oh, when I get through with my work."

Naturally babies fed in this way are seldom prize winners. In studying the score cards of prize winners in a dozen states, I find that ninety per cent are fed at regular intervals, according to their age. Babies are born hungry. For many weeks they have nothing to do, but eat and sleep. A well known writer on babies says that eating is the only form of recreation babies have. Adult intelligence must decide how often this habit of hunger should be satisfied, just as hard on an overloaded stomach as on an empty one.

The time to start a baby in regular habits of feeding is the day of its birth. The new-born baby should be nursed every two hours from 6 a. m. to 10 p. m., and once during the night at 2 a. m. Within a week if the baby is normal, the mother should begin nursing it only once in three hours between 6 a. m. and 9 p. m. with the exception of nursing at 2 a. m. This means seven feedings in twenty-four hours.

At four months if the baby shows a normal gain in size and strength, according to the Better Babies Standard Score card, he should not be nursed between 9 p. m. and 6 a. m., but should be sleeping soundly. Between 6 a. m. and 9 p. m. he will now have six feedings and this schedule should be maintained until he is a year old.

Many mothers ask contest physicians whether the baby should be awakened to be fed. Physicians seem to agree that a baby should never be awakened at night to nurse, and that the healthy baby will wake of its own accord or be fed once in three hours during the day. There are rare exceptions to this rule. For example, when a mother has fed the baby irregularly from birth, it sometimes turns night into day, sleeping by day and fretting for food by night. If the child is healthy, normal in every way, then it must be re-trained to waken during the day for nursing and to sleep by night without nursing. This very example shows the importance of starting the feeding habits aright from birth, by not nursing more than once during the night.

Another question asked by many mothers who are nursing their babies is: "May I mix the baby's food, giving him an occasional bottle?" Doctors agree that the answer is governed by conditions. Sometimes the mother's milk is not sufficiently nourishing. In that case, under the direction of the family doctor, both breast and bottle may be alternated. In this way, the baby is gently prepared for weaning. Again, in certain families it may be necessary or advisable for the mother to have a certain amount of freedom from her duty of nursing the baby. The mother's milk will still provide certain elements which baby's system demands, and the bottle may be alternated with breast-feeding, always with a doctor advising as to the food in the bottle.

(To be continued.)

CHARITON.

Mrs. I. G. Smith, of Greeley, Neb., returned home yesterday after a few weeks' visit with her daughter, Mrs. Jesse Peterson, and old friends. She formerly resided here.

Mr. and Mrs. W. H. Decker of Warren township, and Mr. and Mrs. J. B. Throckmorton of Union township were business visitors in Ottumwa yesterday.

Mrs. E. E. Bay and two daughters, of Mercer, Mo., returned home yesterday after a visit with their son and brother, John Bay.

Mrs. Frank Horstman and two children returned home yesterday for a visit at the home of Dave McNeish.

Mrs. M. R. Hoskins, of Lakota, and son, Frank Perry of Kit Carson, Colorado came yesterday for a visit with their son and brother, Vernon Perry.

Wilberforce Coles, who has been critically ill the past week, is reported greatly improved, a fact his many friends will be glad to learn.

Miss Leota Devol, of Kansas City, who has been spending some time at the home of her uncle, O. E. Hoskins left last evening for a week's visit with relatives in Okalooza.

Mrs. Fannie McCollough and Miss Cora Tacker visited in Ottumwa yesterday with their sister, Mrs. Frank Wilson.

Peter Shannon left yesterday for a few days' visit with relatives and friends in Hiteam and Albia.

Mrs. Chas. Welford left last evening for a visit in Eddyville with her parents and friends.

Mrs. Ed. Clark and two children, of Weldon, are spending a week at Oakley with her parents, Mr. and Mrs. Lafe Mauk, and with her husband's parents, Rev. and Mrs. M. S. Clark, of this city.

Miss Irene Farrell, who is principal of the high school at Lamoni, visited over Sunday in Chariton at the home of her mother, Mrs. John Farrell.

Leslie Smith, of Brookfield, Mo., returned to his duties last evening after spending a few days with his parents, Mr. and Mrs. Jay J. Smyth.

Mr. and Mrs. Jos. Culbertson of Pocahontas, Idaho, returned home yesterday after a few weeks' visit with his parents, Mr. and Mrs. Howard Culbertson, and with her sisters, Effie, Myra and Myrtle Dunagan.

Miss Jessie Andrew left last evening for Hibbing, Minn., where she has accepted a position as manager of a millinery store.

WEST POINT.

Mr. and Mrs. Clarence Heberer returned Monday from a few days' visit with relatives at Ft. Madison.

Mrs. W. H. De Lashmuth was the guest of Mrs. Emma Coon at Ft. Madison during the week.

Mrs. Mary Beatty of Kahoka, Mo., is visiting her mother Mrs. Theo. Lampe.

Born to Mr. and Mrs. Frank Clemens Tuesday March 10, 1914 a son.

There was a citizens caucus held by the citizens party at the city hall Friday evening March 13, mayor, treasurer, assessor and five councilmen are to be elected March 30.

Wm. Link is in Des Moines this week attending the threshers convention.

Wm. Weber and Laurence Schineder of Keokuk have been visiting their sister Mrs. Henry Vonderhaar.

Tom Droppel who has made his home at Sawyer the past year has again become a resident of West Point.

Jos. Hellige of Bloomington, Ill., has been visiting his aunt and uncle Anna and John Pichtentorf.

Mr. and Mrs. John Lutz of Donnellson have been visiting the former's sister Mrs. Barbara Kreikenbaum.

Misses Thresa and Louise Welsing of Calumet, Mich., are visiting at the Jacob Benjamin home.

Jacob Miller and daughter Martha have returned to their home at Baring, Mo., after a several weeks' visit at the Wm. Weishaar home.

ALBIA.

Frank Way of Lovilia was in Albia on business yesterday.

Miss Grace Pettie one of the kindergarten teachers left for her home in Atlantic last evening for an over Sunday visit.

At the basketball game at the high school gymnasium Thursday evening

Spring Millinery Showing

of Correct Headgear
Wednesday, March 18
Thursday, March 19
Friday, March 20
to which you are cordially invited to view

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Twenty-Five Years Ago

— From The Courier Files —

March 14—Burt LaForce has gone to Chicago to complete a course in pharmacy. Bert is a close student and he will get there.

The lumber yards are sending out large quantities of lumber and seem to be doing an unusually good business for the season of the year.

We think it is safe to say that there is more hay in the stack and more corn in the crib in Wapello county now than ever before in the month of March. If farmers have done as they should and raised hogs, we shall have a fine quantity of eight and nine months pigs for market next summer and fall.

Preparations for building new dwellings are going on all over the city, and soon the buzz of the hammer and saw will be heard in all directions. There never was a season that gave better promise for a building boom than this does. It now looks as if the mechanics and laboring men would have plenty to do.

It is reported that the officials of the C. & Q. railroad intend to shortly put in some huge 85 pound steel rails on the grade between Agency and Ottumwa, the heaviest grade on the east division. The rails wear out very fast on this hill and something had to be done to stop the continual laying of new rails. These new rails will be the heaviest in use in the state of Iowa, and probably in the west, 66 pounds being the maximum weight of rails used at present.

March 15—Charles Connelly, deputy treasurer, is getting lumber on the ground for the erection of a large and handsome dwelling on Green street, above Fourth.

There will be a literary social given at the residence of C. Haw. 316 West Fifth street, under the auspices of the Young Ladies' Missionary society of the Main Street M. E. church, on next Tuesday evening, March 19. A cordial invitation is extended to all. Come and encourage the young ladies. A very interesting literary and musical program has been prepared.

March 16—The occupants of the old Mudge property, the site of the new opera house, have had notice to vacate it within fifteen days.

Harlan C. and Chester Y. Smith have leased the office of the Fairfield daily "Journal" and will continue its publication. They are said to be industrious and capable young men and we welcome them to the newspaper field and wish them abundant success.

Prof. W. W. Jones informs us that his flying machine is well under way and has no doubt of his success in making it go. The elevating power will be what he calls a balloon, a gas bag, while the propelling power is two wings and a rudder steers it. He has

the Humeston team defeated the high school faculty by a score of 42 to 26.

H. C. Roll and Geo. M. Grantur of Lovilia were Albia visitors yesterday.

BELKNAP.

Mrs. L. H. Hughes and Mrs. Mike Moffet and little daughter and Mrs. Phil Leinhauser and little daughter of Ottumwa were guests the first of the week of Mr. and Mrs. Milo Foster.

Mr. and Mrs. Yes Hinkle entertained a number of friends at a social last Wednesday evening. Music was furnished by Mrs. Hinkle and Miss Bernice Johnson and Messrs. Hinkle, Swinney, Grinstead and Galpin.

A fourteen and one-half pound daughter was born Thursday morning to Mr. and Mrs. Sherman Ulrich.

O. A. Hall shipped two cars of hay to Mississippi last week.

Mrs. Maggie McMain and son, Glen, left last week for Locust Grove to spend a few days.

Henry Boywar of Floris shipped a car of hogs from here to Ottumwa last week.

Mr. Goudy and family left last week for Colorado.

Mr. and Mrs. O. B. Snell are moving to Bloomfield today.

Alfred Kneidler left last week for Monroe, Ohio.

Messrs. Welch and Martin shipped in three cars of corn last week.

J. R. Turner who has been living on a farm north of here left last week for Wyoming.

Mrs. W. A. Carmal was on the sick list last week but is improving now.

Mrs. T. C. Cree left this morning for

tried the propelling power in a room with the machine suspended, and the wings work satisfactorily in changing directions in connection with the rudder. He thinks there's "millions in it" and that its capacity to carry passengers or freight will be only limited by the size of the gas bag, the car, and the propelling power.

March 18—John C. Jordan returned from the east yesterday and more new goods will begin to pile into the mammoth store pretty soon.

A new style bicycle, with two low wheels, is coming into use. It makes falling off more easy, and less dangerous, than the big wheels.

In Council Bluffs drunks who get a ride in the patrol wagon are charged 60 cents more than when they walk to jail, by the police magistrate.

Mrs. Kate Cray's art tour lecture, Paris and the Alps illustrated by 150 stereoscopic views, will be given at the Presbyterian church Tuesday evening, March 19. This entertainment is under the auspices of the Ladies' society, and it is highly endorsed by the press throughout the state.

March 19—S. G. (Grub) Sherrod, who has been away for some time, celebrated his return by getting on a razzle dazzle drunk, and into jail. The new mayor charged him \$14.85 for his fun, and he is scrubbing the city hall floors.

The arrests made by the police in 1887 were 1,320; in 1887-8, 1,275; in 1888-9, 650. Nothing could more clearly show the benefits of abolishing the saloons. In 1886-7 there were 476 arrests for drunkenness; in 1887-8, 403; in 1888-9 there were only 274, showing a large reduction and less arrests for that cause than have been made in any year since 1880-1. When the new city government lightens up on the "holes in the wall," we may reasonably expect that the arrests will be less in number than for the past year.

March 20—Street Commissioner Smith is making the fills for approaches to the new Mill street bridge. It will take about 500 yards of dirt to do the job.

Mayor Epps had a regular picnic in the police court this morning. Four tramps were sent down to pound rock for eleven days each. One paid, two to squeal and tell where he got his booze. One man, for carrying concealed weapons, was fined \$5 and \$4.85 costs. He paid part and was given time to pay the balance.

The arc lights were burned at the new depot last night, and they made everything from Court to Wapello streets and all the yard nearly as light as day. It is a wonderful improvement over the lights at the old ramshackle down below Union street.

Pulaski to visit here daughter, Mrs. John Hull and family.

The Misses Helen Bell and Beryl Lockman spent Friday night at Moulton with Miss Lucile Zeigler.

Obituary

Mrs. Barbara L. Kitterman. Mrs. Barbara L. Kitterman, wife of George W. Kitterman, on North Van Buren street, died Sunday morning at 3:45 o'clock. Death resulted from heart trouble.

Mrs. Kitterman was born February 11, 1844, in Somerset, Pa., and came to Wapello county while a small child. She was married August 20, 1866, in Dahlonga.

She is survived by her husband, one son, W. C. Kitterman of Chariton, and five daughters, Mrs. Rowena Parker, Mrs. Lydia Kirkpatrick, Mrs. Hattie E. Schmidt, and Miss Edna Kitterman of this city, and Mrs. Lillian K. Lyon of San Francisco.

Funeral services will be held Tuesday at noon from the residence, in charge of Rev. C. A. Field, assisted by Rev. B. F. Patt. Interment in McCormick cemetery, Highland Center.

DRAIN TILE
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EDDYVILLE.

Mrs. Mary Oldham went to Grinnell Friday to visit her friend Jessie Lemon.

Mr. and Mrs. C. Neal who have been visiting relatives in Eddyville returned to their home in Illinois Friday.

The basketball team of the Eddyville high school went to Grinnell Friday where they expect to play the same evening with the Grinnell team.

A game which was especially interesting was that played on Thursday evening by the young ladies of Beacon high school with the Eddyville team.

E. Muir who came to Eddyville recently has gone to Kirksville, Mo., for a short visit with relatives.

C. H. Stuber is in Pella this week looking after business interests.

Claude Wells and family who recently disposed of their household goods will leave Monday for Seattle, Wash., to make their home.

Roy Reams of Indianapolis is in Eddyville this week and has arranged to take up the repair work on the garage owned by Lee Warner.

Mrs. Wm. Jordan is quite ill this week suffering with pneumonia.

Dave Templeton is also quite ill.

FLORIS.

Mrs. Allen Plank and mother, Mrs. Orr, were called to Lebanon Tuesday by the serious illness of Mrs. Orr's sister, Mrs. Richard Conner, who passed away Tuesday evening. Her husband survives.

G. H. Bolwar, stock buyer, and Atty. Johnson of Des Moines, representative of the Rock Island Co., compromised the claims that Bolwar had brought against the company for delayed stock shipments. The case was to have been heard Tuesday afternoon before Justice F. M. Stevens.

The hearing of fire claims J. A. Swinney has brought against the Rock Island was postponed until March 26.

James McClure has sold his residence property to I. N. Davis. Mr. and Mrs. McClure will move to Eldon, William Smith will occupy the property vacated by Davis.

Miss Bartha Ramey left Sunday evening for a visit in Eldon and Ottumwa.

Mrs. Mary Ferris went to Eldon Monday evening for a visit with her daughter.

Mr. and Mrs. Emmett Fridley formerly of this place have moved from Stuart to Clinton.

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Henry Stark left Saturday for a visit with kinfolk in Kansas City and Yates Center, Kans.

sister Mrs. Nichols, and brother-in-law J. C. Platt and family.

Mr. and Mrs. J. C. Williamson of Lincoln township and Miss Mary Bigman of this city, went to Lucas yesterday to attend the marriage of Mrs. Williamson's sister Miss Agnes Hamilton to Royal B. Osgood, of Des Moines.

Miss Pearl Burchett went to Ottumwa yesterday for a brief visit with friends.

Geo. M. Noble of Chicago came on Tuesday for a visit with his brothers Warren, Clint and Charles Noble. Warren has been quite ill and his condition is but little improved.

Mrs. D. B. Cowles left yesterday for Agency to attend the funeral of her mother Mrs. I. E. Love, who passed away on Monday at the home of her son Conductor Lee Love in Brookfield, Mo., at the advanced age of nearly 93 years.

HITEMAN.
Mr. and Mrs. Carl Lamb from Albia spent Sunday at the Kridenbach home.

Mr. and Mrs. Waterman were visiting last week with Mrs. Bell Krebs.

Mr. and Mrs. Lue Foster are the proud parents of another baby girl. Miss Nelson is teaching again after a two weeks illness.

Mrs. Morgan Price went to the hospital in Ottumwa Tuesday.

Mrs. Otto Miller of Des Moines came and took her mother back home with her after the fire Sunday night.

Mrs. Platteau went to the Ottumwa hospital on Monday morning.

Harry Wagner fell and hurt his knee. Although he has not been absent from school it requires immediate medical attention.

Frank R. Milligan was visiting his parents in Hiteam Wednesday afternoon.

Robert Smith and Miss Margaret Ann Davis were married at the home of Rev. Critchett.

Winifred Riggs daughter of Mr. and Mrs. Andy Riggs is seriously ill with measles.

Mr. and Mrs. Bryan of Des Moines spent the day Thursday with John Smith, Mrs. Bryan's brother.

Wednesday evening Mrs. Mary A. Davis entertained the Guild circle of King's Daughters, business was transacted and a dainty lunch was served.

Frank Hynes from Peoria, Ill., is visiting friends this week here.

Mrs. Frank Hayes and her daughter Albia went to Albia to spend the day Saturday.

Jeul Jinkens from Des Moines has been visiting his sister Mrs. Die Barker.

Mr. and Mrs. Lem Crowl of Ottumwa spent the week with friends and relatives.

Mr. Perry is returning to California to spend the summer with his family. He starts this week.

Allen Jones has moved to the Ellis Rime farm.

Joseph Waller of Sherman Chapel has moved to his farm on North Soap that he bought of Mr. Black.

Miss Sadie Wagner and Brother Frank of Carbon were shoppers in Ottumwa Saturday.

Joe Rouch has gone to Colorado to make his future home.

John Bengel of New Mexico has moved to the farm vacated by Mr. Kennedy near Floris.

Jesse Gandy shipped his household goods last week to Colorado where he has a claim.

Aaron Post has moved to the old Rouch farm.

Claude King and wife have moved to the A. Garretson farm.

John Swinney of near Carbon spent Sunday with his son Jim and family in Ottumwa.

W. H. Dyer made a business trip to Ottumwa Saturday.

Sunday visitors—Wm. Widger of Birmingham with Mrs. H. W. Ritz his sister, Charles Rable and family and Mrs. Kester of Valley Junction with J. A. Ruble, Miss Spillman and Miss Stephens of Agency visited with Elbert Hughes and wife, Miss Shafer of Keokuk with Roy D. Stump.

Noah Stump of Eldon spent the day with his father, W. Sutton, who is in poor health.

Mrs. Josephine Overturn returned home this week from Des Moines.

Miss May Ramsom was an Ottumwa shopper Saturday.

Mr. Hackert of Douds-Leando moved in where Charley Gardner lived one of the Hinkle farms Charley bought Church Connors farm that is the Andrew McCullough farm.

Wm. Haldwin moved to Eldon the last of the week. He has lived in Selma forty years. He will be missed.