

HOW TO SAVE BABY FROM HOT WEATHER HEROIC

Defeated motherhood, which finds all its agony and terror and suffering only the precursor of greater suffering, tiny babies killed by wholesale as from another cause of the Egyptians, killed at the rate of 300,000 a year—this is the gruesome story of the cities.

And now physicians and students tell us that this tremendous loss is unnecessary, that nine tenths of these babies could be saved.

Pure milk, and proper treatment—these two things would save the great majority of the children.

With the approach of another summer, now is the time to prepare to check the mortality. In yesterday's Press the necessity for getting pure milk was discussed. Today is gathered expert advice from all over the country about the care of the little ones.

"Many a mother might have kept her baby, but she didn't know how," said the city health officer. "She didn't know how to take care of it. She did the wrong things. She failed to do the right ones."

Here then are some DOS and DON'TS. Observed they may save your baby to grow up a strong, healthy boy or girl.

If cow's milk must be used, take the greatest care in selecting your milkman. Patronize a dealer who takes scrupulous pains to keep his plant in proper sanitary condition. To buy poor milk is the most shortsighted of economies.

Take the greatest pains to keep clean the bottles and vessels in which the milk is kept. Don't put them with meats and vegetables. Keep the milk on ice till used, as cold kills bacteria.

Breast-fed babies should be nursed according to this schedule. Birth to three months, nine times a day, twice between 10 p. m. and 7 a. m.

Three to six months, seven to eight times a day, including 10 p. m. and 7 a. m.

Six to nine months, six times, at three hour intervals by day, and once at night.

Nine to twelve months, five times a day at four hour intervals; none at night.

No nursing to be more than 15 minutes duration.

Bottle-fed milk should be diluted always. The following schedule is highly approved.

Birth to three months, nine ounces milk, 27 ounces water, six and one-half teaspoons sugar.

Three to six months, 16 ounces milk, 27 ounces water, six and one-half teaspoons sugar.

Six to nine months, 24 ounces milk, 24 ounces water, six large teaspoons sugar.

Nine to 12 months, 35 ounces milk, 10 ounces barley water, six teaspoons sugar.

It is advisable to add a pinch of salt to the bottle at nursing time. The barley water, of course, should be made fresh each day.

Children should be weaned at 12 months, except in hot weather, or if the physician orders otherwise.

Give the baby water to drink at

WHAT BABY SHOULD WEIGH

- At 1 year—20½ pounds.
 - At 2 years—26½ pounds.
 - At 3 years—31 pounds.
 - At 4 years—35 pounds.
 - At 5 years—41 pounds.
 - At 6 years—45 pounds.
- During the next four years up to 10—the weight should be 49½, 54½, 60 and 66½ pounds.
- Watch the scales. If the baby loses weight, you should see a doctor.

least four times a day. Between feeding when the baby cries don't give it soothing sirup. It may be thirsty. Try giving it a drink of water.

The baby's baths are very important. It should not be bathed within an hour of feeding. After its bath let it sleep for two hours.

If the baby is suffering from the heat, give it a bath in tepid water, and dry it with a soft cloth, without powder.

Keep the baby in the fresh air as much as possible during the day. Shield it, however, from the direct rays of the sun. Always keep fresh air stirring in its sleeping room, but beware of drafts.

Be careful not to dress the child too warmly. The flannel band and a light slip keep it warm enough. Many babies are made unhealthy by too warm clothing.

Don't coddle the baby. Especially not in the summer time. Petting keeps it restless, nervous, and sometimes sows seeds of nervous diseases. Babies have been loved to death by doting though ignorant parents.

Weigh the baby every day. Keep a pair of scales in the nursery. It should gain in weight gradually. If it doesn't, it's a danger sign, and the doctor should be consulted.

As the baby grows a little older, parents should be no less careful of its diet. Babies' stomachs weren't intended to digest coffee, cake, candy or other things that foolish people sometimes give them.

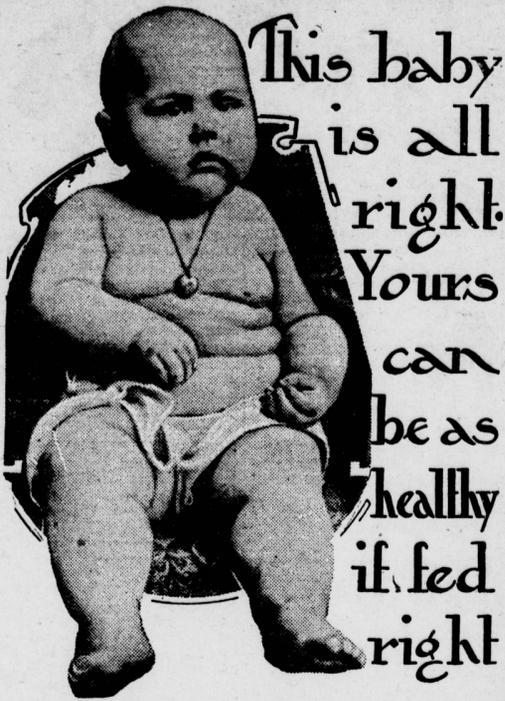
Marianne Wheeler, superintendent of the babies' hospital at New York, writes as follows about the diet of children over one year old.

"After the first year the diet of a healthy child may be gradually increased in strength to undiluted milk, then add clear broths, orange juice, dry toast, or zwieback to the list. Later well cooked cereals.

For the summer I would advise the lighter or flaked varieties of cereals. They should be cooked in the form of a semi-thick porridge.

"Later a soft boiled egg may be added. It is best to give only half an egg at first, or in summer, beat it up raw and mix it with the milk. After eggs fresh fruit may be added to the list.

"After the twentieth month fresh vegetables can be eaten, such as spinach, asparagus tips, tender string beans and scraped rare beef



This baby is all right. Yours can be as healthy if fed right.

THE BOTTLE-FED BABY.

Age.	Feedings Per day.	Intervals.	No. Night Feedings.	Quantity Per day.
2 to 3 wks.	9	2½ hrs.	2	10 to 15 oz.
4 to 5 wks.	9	2½ hrs.	2	15 to 30 oz.
6 wks. to 3 mo.	8	2½ hrs.	2	22 to 32 oz.
3 to 6 mo.	7	3 or 3 hrs.	1	24 to 36 oz.
6 to 9 mo.	6	3½ hrs.	1	28 to 38 oz.
9 to 12 mo.	5	3½ hrs.	0	33 to 42 oz.
3 to 7 days	10	2 hrs.	0	37 to 45 oz.

once a day. Potatoes being starchy should not be eaten till after the second year, when they should be baked.

"After a child has reached the third year much the same diet as is given an adult may be indulged, only in moderation. The hearty meal should be at noon, breakfast and supper being light."

Babies' hospitals and dispensaries are doing a wonderful work in New York, writes W. G. Shepherd. Largely, he says, because they supply pure milk to the babies, and tell mothers how to take proper care of the little ones.

"Sickly, emaciated children who come to the hospitals, hardly human in appearance," he writes, "become in a few months fat and rosy. Overworked mothers who have scarcely had a good night's sleep since the birth of the child, become rested and refreshed. In one milk supply depot alone one-third of the babies are now alive and in healthful condition, who were abso-

lutely at the point of death when their mothers began to use the depot milk, and to follow the advice of the depot physicians and nurses.

"A most effective demonstration," he concludes, "of what will happen when society tries intelligently to take care of the babies and start them out in life with a square deal."

STARVING TO DEATH TO ESCAPE PRISON

(By United Press)

AUBURN, Cal., April 20.—Preferring starvation to incarceration in the state penitentiary, Kwpr Singh, a Hindu wrestler, who is under sentence of three years at San Quentin, has been refusing food ever since he was placed in a cell of the county jail.

Through an interpreter, he told the sheriff that he would commit suicide by starving to death rather than go to the state prison. The prisoner is losing weight rapidly, and unless he begins to take nourishment within a short time it is feared his threat of starvation will be carried out.

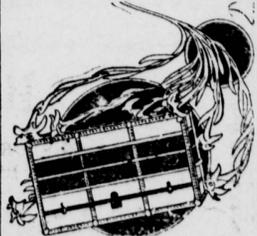
BROTHER SHOTS HIS SISTER'S LOVER

MEMPHIS, Tenn., April 20.—Because Clarence Lindsey announced that his former friend could not come to call on his sister, C. Lowell Taylor, aged 21, armed himself with a revolver and went anyhow. Lindsey got on a street car as Taylor started to get off. There was a brief argument and Taylor shot Lindsey, killing him instantly.

SHERMAN, CLAY & CO.

Steinway & Other Pianos
Victor Talking Machines
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YOU CAN TRAVEL ALL OVER



In search of a good quality of trunk or dress suit case and you will not be able to equal our qualities at the same prices. The very best of leather is put into our goods, and they stand any amount of travel and knocking around. Every piece of baggage brought here is well sewn and finished.

THEATER

SPOKANE

"The Right of Way" engagement ends this evening.

"Who's Your Friend," which Harry Beresford brings to the Spokane for Wednesday and Thursday evenings, is a farce comedy designed to make you laugh until you are ashamed of yourself. The production is given the New York setting.

ORPHEUM

Harry Myers, the little fellow who sings to Flo Adler from a box this week, has a voice of extraordinary sweetness and power. There's nothing very slow about Flo, either. If there happens to be a bunch of Scots in the house while Coe & Boyd are performing something is likely to happen. A black spot?

WASHINGTON

"A Wild Rose" is the charming title of the sketch played this week by Mr. and Mrs. Arthur Forbes. It is a pleasing item of the bill. Sidney Grant has a re-

pertoire of refined comedy, and Zay Holland another single number of musical merit.

PANTAGES

Aneta Primrose is making something of a hit at the Pantages this week with her appearance in a series of character stunts. May Duryea and company in "The Imposter" make 'em laugh. The play itself is absurd.

AUDITORIUM

"Charley's Aunt," the comedy farce which the Shirley company presents this week, starts out like a regular love story with a fellow whose sweetheart must leave for Scotland in a few days. He simply cannot tell her how much he loves her, but having an active brain, he evolves the idea of writing her a letter. He is interrupted by a friend, who is also in love. Then the complications begin, and four engagements are announced in the last act.

YOUTH IS ARRESTED FOR SMOKING A PIPE

GALENA, Kan., April 20.—Because Ace Rains, age 18, son of the postmaster here, smoked a pipe, he is in jail, and will face trial on the charge of violating the newly enacted Kansas law prohibiting minors from smoking.

Cottage Construction Company

HOME BUILDERS
408 FERNWELL BLOCK.
PHONE M. 1104.

WE ARE JUST COMPLETING SOME BEAUTIFUL FOUR ROOM MODERN HOMES ON THE BROW OF LIDGERWOOD HILL, GRAND VIEW, BEST POSSIBLE CONSTRUCTION. TEN MINUTES' WALK FROM ANY PART OF THE MILL DISTRICT. YOU CAN'T BEAT THEM.

THESE HOUSES WILL BE SOLD AT FAIR PRICES ON TERMS. LOOK THEM OVER.

FRANK W. GUILBERT,
SALES AGENT.

LOTS IN BEAUTIFUL Spring Hill Addition \$275 to \$400. See J. W. OSBORNE 317 Rookery Building.

SPOKANE THEATRE
Chas. H. Muehlman, Mgr.
TONIGHT—LAST TIME
Klaw & Erlanger Present
"THE RIGHT OF WAY"
With
GUY STANDING AND
THEODORE ROBERTS
Prices—\$1.50 to 50c. Seats selling

SPOKANE THEATRE
Chas. H. Muehlman, Mgr.
TWO NIGHTS, COMMENCING
WEDNESDAY
Seats Today
That "Odd" Comedian
HARRY BERESFORD
In his latest comedy success
"WHO'S YOUR FRIEND?"
Special prices for this engagement

Orpheum
JOS. A. MULLER, Mgr.
MAT. TO-DAY 2:30 TO-NIGHT 8:15
15-25-50c. PRICES 15-25-50c
Miss Lillian Burkhardt & Co., in
"A Passing Fancy." Marshall P. Wilder, "Prince of Entertainers." Countess Rossi and Pauline in "During the Performance." The Lulu Beeson Trio. The Dierick Bros. Flo Adler. Coe and Boyd. Moving Pictures. Compton's Orchestra.

WASHINGTON THEATER
HIGH CLASS VAUDEVILLE
WEEK COMMENCING SUNDAY
MATINEE, APRIL 18TH
Sidney Grant, the comedian who makes you laugh. Count De Butz and Tossel, premier comedy cyclists. Mr. and Mrs. Arthur Forbes, sketch artists, presenting "A Wild Rose." Zay Holland and her violin. Saona in "Living Portraits from the Hall of Fame." Harry Burgoyne, character singing. Biograph.
Matinee daily at 2:30. Two shows every evening at 7:30 and 9. Prices—15 and 25 cents.

PANTAGES' THEATER
UNEQUALLED VAUDEVILLE.
E. C. Walker, Mgr. Phone 1398.
WEEK COMMENCING SUNDAY, APRIL 18TH
LES APACHES DE PARIS
A Company of Seventeen People, Introducing the Famous
APACHE DANCE
FIVE—OTHER FEATURES—FIVE
MATINEE DAILY

THE AUDITORIUM
H. C. HAYWARD, Mgr.
Phone M. 1242
207 CONSECUTIVE WEEKS
BEGINNING SUNDAY, APRIL 18
The Jessie Shirley Co.
Presenting
"Charley's Aunt"
Next week, "When Knighthood Was in Flower."

The ARCADE
"Little Cyril, the Runaway." "He Can't Lose Wife's Ma." "A Canadian Winter Carnival." "Exacting Father-in-Law." "Now I'm Here, I'll Stay."
Amateur Tuesday and Thursday

The PFISTER
Miss Anna Merrill
Miss Bishop
Mr. Charles Atchley
Vocalists
AFTERNOON AND EVENING

POWELL'S STOMACH-REMEDY
Digests the food, cleanses and heals the stomach and intestines. Powell's Stomach Remedy is the only preparation that will do this. It does cure indigestion, gastritis, heartburn, painful and overloaded feeling of the stomach, dyspepsia, nervousness, sick headache, catarrh of the stomach. Relief is complete, instant and lasting. Eat what you desire. The first few doses will convince you. For sale at all first class drug stores. \$1.00 bottle.

A. H. POWELL, MFG. CHEMIST
1109 2ND AVE., SPOKANE, WASH.

Lump Coal \$7.50 DELIVERED
Best furnace coal on the market
NELSON COAL & WOOD CO.
CALL MAX. 194

"Bartlett's" Bartlett-Carver Company

On Riverside Between Lincoln and Post



The New Coats Make a Brave Showing
Chilly Days Make Their Wear Necessary

You cannot wear the old jacket any longer. It's too heavy, and yet you cannot do without an outer covering of some kind. These light spring jackets of ours will be about just right. The styles are all new. We are showing them in black, drab and white, and the cloths are coverts, broadcloths, serge and panama. The prices will suit you. We can sell you a coat as high as \$50.00, or as low as \$5.00.

Smartly Tailored Suits at \$19.50

Another new lot of suits placed in stock at this exceedingly popular price. They are in the best styles. Each garment has been tailored by experts, and the cloths are all absolutely reliable. If you have not yet bought your new spring suit, we would like you to come in and look at these. You will be pleased with them.

The New Dress Skirt Prices Commence at \$5.00

Skirts that are made individual in style and appearance, made from the best grade wool materials; each garment is perfectly shaped, carefully stitched and becomingly trimmed. Bartlett's skirts are recognized as the best in the trade. You can always get what you want here, and at a less price than elsewhere.

A Sale of Trimmed Millinery at \$6.50

See these beautiful hats in the show windows. They are late in style, fashionable in color, and like all Bartlett-Carver hats, they are of later models than you see elsewhere. And the prices are moderate. Many stores would ask \$10.00 for hats not so good. Our price... \$6.50

Kemp & Hebert

The People's Store Corner Main and Washington

New Tailored Suits \$17.95

Special—All colors are shown in this fine lot of nobby suits; in serges, worsteds, satin prunellas; plain colors and stripes. The styles are right up to the minute, for none of these suits were here until just in time for the Easter business. You will find a handsome collection of new \$25.00 values in \$17.95 this special offering at.....

\$5 Silk Waists \$2.69

Silk and Net Waists—A clean-up of scores of different sorts, from the \$5.00 to \$7.50 values we have sold so many of. All the odd lots in both the silk and the net varieties are put on the special sales tables; the silks, in brown, navy, tan, new green, black, etc.; the nets in white and cream; all sizes to be found in the collection, and a fine choice at, only, \$2.69
Lingerie Waists—In the prettiest of styles, all with neatest of embroidery or nicest of lace trimming; the usual \$2.50 to \$3.00 values; special at..... \$1.69



121-2c Lonsdale Muslin 7c

Lonsdale Muslin—12½c quality, bleached; the best known make in America; regular 36 inch goods; limit 10 yards to a customer; per yard..... 7c

Printed Calicoes—Two cases from the mills, of what is termed seconds; the patterns slightly blurred here and there; otherwise worth 7c a yard; "Special Purchase Sale" price, per yard..... 3c

Pillow Cases—18c bleached cases, heavy muslin; 45x36 inch size; each..... 10c

Table Damask—A large assortment of mill-ends in table linens; splendid goods in various patterns; 2 to 3 yard lengths, marked to sell at..... HALF PRICE

Red Seal Gingham—15c quality in all the newest patterns and plain colors for wash dresses and waists, per yard, only..... 10c

Imported Gingham—35c quality in the prettiest of stripes, checks and fancy plaids, finest wash goods for nice dresses and waists, per yard..... 19c

Plain Chambrays—12½c quality in this staple and fine chambray; all colors are included, and the sale price 6c

Huck Towels—12½c quality, in good large hand towels, white with turkey red hemmed ends; a very big lot, but sell quickly at, each..... 7 1-2c

Bath Towels—15c quality in heavy unbleached, sale price, each..... 9c

Sheets—Extra heavy bleached bed-sheets, large 81x90 inch size, torn and hemmed border, very special..... 58c

\$1.50 to \$4 Lace Curtains at 98c

A special purchase straight from the mills of a quantity of white Nottingham net curtains in a variety of good patterns and full or large sizes; the regular prices of these curtains were \$1.50 up to \$4.00 the pair; they are mostly in 1 or 2 pair lots of a pattern; "Special Purchase Sale" price, pair..... 98c

Basement

Unbleached Muslin—Mill ends of 1 to 5 yards, good heavy muslin, yard wide, 8c and 9c quality; per yard..... 5c

Bleached Sheetting—Mill ends of 9-4 heavy sheeting, regular 35c quality, per yard..... 20c

Huck Towels—A lot of hemmed towels, in assorted sizes; basement price only, each..... 5c

Fancy Wash Suitings—Printed patterns in heavy cotton, regular 12c to 15c goods, at only, per yard..... 7c

Striped Shirtings—Blue and white, also some dotted patterns, good 15c shirting cotton, per yard..... 8c

Dress Sateens—Fancy patterns in mill ends of various lengths; regular 15c quality; basement price, yard..... 7c

Black Hose—Women's 20c seamless hose, fine wove, a basement bargain at half price, pair..... 10c

5c TABLE OF KITCHENWARE—Tin, iron, granite-ware in small pieces, cups, plates, wire and iron household articles, etc.; choice at..... 5c

10c CROCKERY TABLE—Pretty cups and saucers, decorated sauce dishes, bread and butter plates, salt and pepper shakers, ash trays, drinking mugs, egg cups, toothpick holders, etc.; choice at..... 10c

AT 15c—All sorts of kitchen ware; pans, dishes, baking pans, stew kettles, wash basins, etc., in iron or granite-ware. Crockery ware in decorated cups and saucers, plates, cream pitchers, rail plates, shaving mugs, etc.; choice at 15c

Men's Suit Sale

Men's \$12.50 to \$15.00 Suits \$9.85
Men's \$7.50 to \$10.00 Suits \$5.00

Fancy worsteds, tweeds and cassimeres in hundreds of good, new suits; light or dark colors and all well made and reliable; over 400 suits in the above two lots and sizes run from 33 up to 42 chest measure.

Extra Suit Sale—In a new \$12.50 line of neat worsteds; mostly dark colorings; all sizes, at..... \$7.50