

DAILY MAGAZINE PAGE FOR EVERYBODY

Secrets of Health

BABY How to Train A Child to Go To Sleep Alone

By Dr. L. K. HIRSBERG

A. B. M. A., M. D. (Johns Hopkins University)



SLEEP, the most coveted of all the physical states of being, hovers like an angel around a baby's head. Faulty food, irregular feeding, soothing syrups, rocking, bouncing, walking the floor, and "showing" a child off to relatives and visitors, all make for such a disturbance that Nature's own sweet and gentle restorer disappears, and the monster, Sleeplessness, takes its place.

An infant should always sleep alone, and in a crib. Not only does this tend to keep a baby calm, but it obviates such things as rocking, contact with others, contagious diseases, and the like.

There should be systematic regularity of the child's bedtime, feeding at the precise turn of the clock's hands, absolute quiet between times, and exact moments for the youngster's toilet.

If the baby is very young, it should be prepared for a full night's sleep at 5.30 p.m. If it has had a full morning bath, a short sponge and wash may be given it and all its linens changed. Then it should be fed and nursed and put to bed.

"All Night" Sleep.

At 10 o'clock at night, or according to the age of the infant, it should again be fed, after which the child should sleep until 6 or 7 a.m.

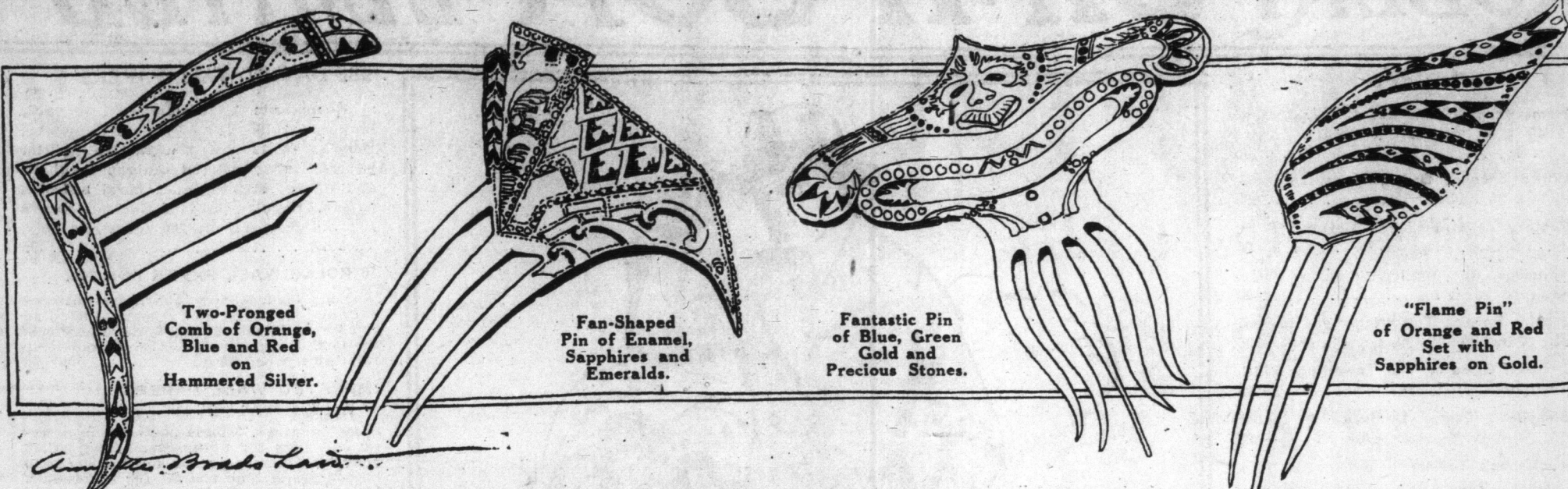
Most infants, unless their sleep is interrupted by parents, relatives or by faulty foods, will slumber the night through. Contrary to what some may think about babies, darkness and quiet at night are conducive to sleep. If the waiting or crying of a well child is not catered to, and if the healthy infant is not taken up to feel the warm flesh of the mother or nurse, it soon learns to make the best of the situation and falls soundly asleep. It is common experience to find in well-trained homes babies of 10 and 11 months so thoroughly established in their nocturnal habits that they sleep from early evening until 6 or 7 in the morning.

It is considered best to have infants sleep after the morning bath and the 10 a.m. feeding. This time should be set aside for sleeping. The crib should be fresh and clean, the previous night well aired, but now dark and as quiet as night. If this practice is commenced at birth and previous to weaning, it will be found that the little "bambino," if correctly fed, will sleep about three hours.

Causes of Wakefulness.

Next to noise, a light in a room is one of the worst enemies of the god Morpheus. The baby's eyes should not be sufficiently protected from light. If a light is left in the room, it will either make the little one dreamy, restless, and a bed-tossing, or the youngster will unconsciously depend upon the light and awaken when it is dimmed or extinguished. Furthermore, this very fact is manifested in a disagreeable way in the wee, small hours of summer mornings, when the dawn often breaks as early as 4 o'clock. The room is darkened, either the morning light arouses the little one or it starts some pestiferous flies buzzing around which deprives the child of his much needed sleep. In homes where the paternalism or mother may arise early, even in the winter, to make a fire and cook breakfast, each tiny light, or creaky floor is exaggerated almost

HERE ARE THE VERY NEWEST ORNAMENTS FOR THE COIFFURE



Their Gorgeous Contrasts Are Striking Examples of the Color-Craze of Fashion

By ANNETTE BRADSHAW

THE Ballet Russe has been termed "an artistic sensation." It has certainly played a notable part in the creation of some unusual fashions.

The genius of Leon Bakst is responsible for the gorgeous stage settings and costumes of the ballet. This "wizard of color," with his matchless originality, has daringly combined hues that have heretofore been considered an offence to the artistic sense.

The old world went color mad, when

under the Bakst spell, leaders of fashion wore costumes which were imitatively Bakst in design. It remained, however, for a clever mind to conceive the idea of using the Bakst motifs, in their original colorings, to ornament combs and pins destined to adorn lady's tresses.

The Bakst coiffure ornaments are decidedly unique in form because they are exact replicas of the oddly shaped motifs which appear in the fabrics designed by the fantastic imagination of the great artist.

The two-pronged comb of Egyptian inspiration was suggested by a motif in a gorgeous costume worn by the wife of Potiphar in the ballet, "The Legend of Joseph." In shape it resembles an Egyptian harp. The design is in black against a background of orange, blue and red enamel outlined in silver. The comb is worn low on one side of the coiffure, with the cross-piece extended over the top of the flat coil of hair.

The magnificent coloring used in "Scheherazade," and a motif reproduced

from a fabric of one of the costumes, appear in the fan-shaped pin which is to be worn high on the coiffure. Against a background of dull, greenish gold are splashes of red and blue enamel intermingled with sapphires and emeralds. The entire design is bordered with topaz.

Of unsurpassed richness in peacock tones is the fantastic pin which suggests the fascinating weirdness of India. It was inspired by a motif used in the costume of "Le Dieu Bleu." The

predominating tone is a wonderful Bakst blue with softening touches of green, against a background of gold. Emeralds and topaz are lavishly used in the setting.

The last of the Bakst coiffure ornaments is a graceful pin whose orange and red enamel, set with sapphires on hammered gold, are duplicates of the flame-colored hues which make "The Firebird" one of the most enchanting of the ballets.

Fashion is much indebted to Leon Bakst, the source of many things that are beautiful patterns, looks well, and is less of a responsibility. But it requires some special attention, if it is to serve a long and useful life.

In the first place silverware should not be used for anything but serving. No, not even for one single hairy stirring spoon. No, because silver is not a rubber band should ever be kept near silverware. These articles all contain some sulphur, and consequently are sure to discolor the silver. Unbleached flannel or blue or pink tissue paper are the best wrappings for silver of any kind.

For silver cleaning there are many excellent preparations on the market. If whitening is used it is best to sit it several times, perhaps giving the final sitting thru a cloth, to make sure that it is powder-fine and non-gritty.

There is also a special impregnated cloth for silver cleaning which it is necessary to rub on the silver in order to produce a high polish.

Another simple method is to immerse the silver in an aluminum kettle containing a solution of one teaspoonful of salt and one teaspoonful of baking soda to each quart of water.

There are also specially prepared pans for cleaning silver which are satisfactory, but it is a good plan to see these articles demonstrated in order to observe how to do the work with best results.

Select a good, sunny day for your silver cleaning. If it rains, or if the sun is obscured by a heavy cloud, cleaned well by artificial light—it is not always possible then to see that all tarnish has disappeared. And if your everyday care of silver is reasonable, your polishing will not have to be a weekly or bi-weekly job!

choice to the Spanish influence, and simply decorated with a series of graduating tufts from tip to hem. The bodice had transparent sleeves and vestments of white silk, with a pale, a dulled opalescent composition, and a skeleton bolero of the satin. At the waistline was arranged a handsome wide ruffle of apple-green grosgrain silk with a huge butterfly bow of silk and tulle poised at the back. This was the most of the dress, except for a pair of white shoes to match.

White satin frocks, which are to be quite the thing for very "dressy" occasions, as well as for sports wear, are considerably lived by one of the new girdles. The satin is that soft drapable variety which is adapted to the present modes just as easily as taffeta, and a touch of pale or brilliant hue at the waistline is by no means lost. A modish little dress of this material, with lines illustrated the value of this touch. The skirt was very full, giving

on using and work this thoroughly into

Never be satisfied with simply scattering it on the surface and leaving it there. It should be down where the roots of your hair are to be the greatest possible amount of good from it.

We used to make little furrows in the soil and scatter seed in them, and then return to them the soil thrown out from the furrow. In doing this we often covered a tiny seed to deeply that it failed to germinate. Nowadays we scatter the seed of most plants on the surface and then press it down into the soil with a smooth board.

This imbeds it enough to answer all purposes and makes the soil into which it is pressed firm enough to retain a sufficient amount of moisture to facilitate germination. Seed of considerable size can be covered lightly, or thought best, the I seldom find it necessary to give any covering, the pressure recommended being quite sufficient.

Of course, exception should be made with large seed, like that of the sweet pea, ricinus, four-o'clock, and morning glory. These plants require about half an inch of covering—not more.

After you have reduced them to a satisfactory degree of mellowness apply whatever fertilizer you have decided

Peppers are distinctly good-looking in the garden, so are eggplants; in fact, the possibilities of making an attractive vegetable garden in the backyard are many, but you must be very careful not to let this new enthusiasm make you regardless of the more practical matters.

For instance, a little clump of corn-stalks might be very decorative in a certain corner, but it would hardly pay to grow corn unless you could harvest more than four or five ears; the number of plants you must have in order to produce enough to make the vegetable useful to you must be compared with the available garden space.

When we touch the practical side there are further things to be considered. But this is just a suggestion of what may be done from the standpoint of appearances; later will come some plans for the practical.

Petunias, nicotianas and cannas seed should be placed and kept in a temperature of 59 degrees as soon as it is sown.

good, friendly dog's ancestry? Anyhow, he meant it for the best, I'm sure.

Do "Fine Feathers" Make Fine Birds?

By LUCREZIA BORI



LUCREZIA BORI

to appear as attractive as she can at all times.

I do not mean that to be smartly dressed it is necessary to have that many clothes that cost a small fortune. If you choose your clothing with thought and care and you can be coming and fashionably attired at a comparatively small outlay. Unbecoming gowns are just as high-priced as those which will make you appear more beautiful, so never order a garment unless you are sure that it harmonizes with your type of feminine loveliness.

Some women, unfortunately, lack that invaluable sense of good taste, it is impossible for them to select the right clothes because they do not know what they should wear. I advise everyone who is not "cock sure" that she possesses good taste in dress to enlist the services of a friend who has never hesitated to ask her to go with you to the tailor's, the modiste's or the milliner's, and to give you the unbiased opinion as to what is or is not becoming. If she is interested in you—and if she is a friend it is natural to suppose that she is—she will allow you to buy only that which really pleases her good taste. In this manner the woman who has the habit of wearing unbecoming clothes can overcome this mistake.

It is a well known fact that women active in business are paying more attention to their clothes than ever before. It used to be considered unworthy of an "intellectual" woman to dress as well as she possibly can. The regularity of her features and the perfection of her coloring would have awakened the admiration of all who gazed at her sufficiently long to have discovered her loveliness, but she had failed to supply the setting needed to set off her charms.

"Fine feathers" are a necessity. Every woman should make it her duty to dress as well as she possibly can. She owes it to herself, to her immediate family and to the world at large

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Advice to Girls

By Annie Laurie

DEAR ANNIE LAURIE: I am a girl, 19 years of age, and have no one to advise me about anything. Last March I met a fellow from my own home town, but I never had known him before. He is from a good family, and after I met him he took me to show and dance, and came to see me. I think he liked me, but he didn't tell me so. The day before he went away we went for a walk. He tried to take liberties with me, I really don't think he likes me after he did that, do you? Then he went away. He wrote me lovely letters, and I answered every letter. Now he is here again, and has never asked me if he could call on me, but asked me to go for a walk again. Should I have gone? Tell me what you think this fellow really thinks of me. Bess.

BESS: It would be difficult to say whether a man liked a girl he attempted to take liberties with, but it is absolutely true that he is a gentleman. The fact that this man liked you after the episode of the walk was proved by his writing to you while he was away and wanting to resume the friendship on his return. I see no reason why you should not go walking with him, for you have taught him that you are a worthy wife girl.

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WINIFRED BLACK WRITES ABOUT HERRING HOUNDS

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Winifred Black

his funny stump of a tail and said, "Now this is something like, isn't it?"

The herring hound was a funny little black dog, with black and gray muzzle, and black and gray whiskers, and sharp little grizzled ears and the most friendly, inquisitive, good-humored, sociable face in all the world.

There was a little nick in his coat as if he had been hurt sometime, but he was for the most part in excellent condition, and, if ever a living creature fared forth to view the world with detached and engaging friendliness, that living creature was the herring hound.

When people went by he barked, little friendly, agreeable barks, that said, "Hello there! How's this day for you?" And gruff barks that said, "Step easy, now; don't tread on my preserves!" And twice in a while the herring hound growled, and all the hair on his back stood on end till it looked like so many spikes.

Not a "Plain Dog."

One of the people who made him growl was a silent, sleek, quiet man, with the fierce eyes of a wolf, set close together in his pale, saturnine visage.

And once the herring hound growled at a blustering creature in a plaid overcoat and green spats, who laughed at every other word and made him self appear quite jovial and friendly. But his eyes were always cold, and they never laughed when he did.

"Where did you get the herring hound?" I said to the little girl who brought him to me.

"I found him in the street," she said, "and nobody seemed to know him. So I took him home and fed him and gave him a bath and he's been mine ever since."

"I didn't know he was a herring hound when I found him. I thought he was just a plain dog, with nowhere to go, and nobody to feed him, and I thought I would surprise him with a new kind of world."

"Of course, he's awfully nice, and since I've found out that he's a herring hound everybody says good things about him."

"I suppose I ought to be glad, but I wanted to surprise him, and, of course, you never could surprise a herring hound by being good to him. He's probably had a kennel all to himself and a collar with silver spikes

on it, all just for him, and you can't tell how queer he thinks I am, because he has to act just like a common dog when he's with me."

There was something wistful in the eyes of the little girl who owned the herring hound, so wistful that the herring hound noticed it in an instant, cocked his head on one side, looked earnestly into the little girl's face and jumped up and wagged upon her hand.

"He knows I'm talking about him," said the little girl. "I wonder if he understands what I say?" And I couldn't help wondering, too.

Was the little dog surprised to learn that he was a herring hound and he was glad or sorry at the news? Perhaps he was one of those unfortunate nates born in the purple and fond of bright red.

I know a man like that. He's rich and rather clever and what his friends call "well born." His father sent him to college and his mother had a birthday party for him when he was 21 and introduced him to all the most promising debutantes. And his maiden aunts sent him "Keats's" bound in limp leather for his birthday, and "Shelley" on the finest paper, with weird, impressionistic illustrations. His grandmother gives him pearl studs, and his father wants him to join a business club.

The young man himself doesn't like pearls. He prefers diamonds or, better than that, a black opal, for luck, with a horse's head carved in the opal, or a bulldog, or a circus clown, or anything that's what he calls "sporty." And he never read a book when he didn't have to in all his life.

And now he's married a chorus girl and the young man with the pedigree are having a perfectly good time, living in a cheap rooming house and having all the cheese sandwiches and beer they want.

This man I know has a cousin on his mother's side, and the cousin was born in a little New England factory town and he works in the factory. He's not much of a favorite—they say he's a snob, but he really isn't at all. He just likes a quiet life and books and a picture or two, and he really prefers classical music, and if he could he would go to a symphony concert every Saturday night.

He never goes to the parties in the factory town. He says they are always too noisy. Now, if he and the cousin could only change places! Which sort of creature is the herring hound, I wonder, an aristocrat in disguise or a street dog in great luck?

"Who told you he was a herring hound?" said I to the little girl I met on the steamer.

"The porter on the train," said the little girl. "He was such a kind porter. He was good to the herring hound, and he said he had pedigrees all over him, even in his little gray whiskers."

"Did he, really?" said I. "Well, come to look at him, I think that he has. It must be true if the porter said so, mustn't it?"

The little girl's eyes were very big and round. "Of course," she said. "I wonder from what book of pedigree the porter got the name for the herring hound, friendly dog's ancestry? Anyhow, he meant it for the best, I'm sure."