

bird's-eye cotton, or of stockinet, but not of linen. In summer, the undervest can be omitted, and the diaper pinned to the band. Rubber diapers should never be used except for a short time when traveling, as they act like poultices when wet.

Foot Covering.—The baby's feet should be covered with knitted or crocheted booties, and care taken that the feet are always perfectly warm. In summer the booties are replaced by soft kid ones, and thin socks worn under them next to the skin.

Outer Garments.—The flannel skirt should be supported from the shoulders, and not pinned about the body on a tight band; then a simple little dress, preferably of nainsook, and if the weather is very cold, either a knitted or a flannel jacket. For the first three weeks, a soft cashmere or woolen shawl should be wrapped about the baby, covering the head as well.

Coat, Cap and Mittens.—When the baby is taken for an airing, his coat should be very warm and soft, but not heavy, and the cap preferably of silk with an interlining of flannel; caps which are so warm as to induce perspiration must be avoided, and equally so the muslin cap or bonnet which does not give sufficient warmth in cold weather. In winter the child's hands should be covered with woolen mittens, securely pinned to the sleeves of his coat.

Night Garments.—A baby's night garments, after he has passed the stage of infancy, when they are very much the same as those worn in the daytime, should consist of a shirt, and a woolen union suit with feet.

Bare Legs.—It is not advisable to allow children of any age to go barelegged, except in very hot weather, and then, the fewer clothes they wear the better, as they will not be so weakened by the heat.

Short Clothes.—I advise a length of twenty-two inches at birth and made with fairly wide shoulders.