

Billy Can Walk, Billy Can Play, Give Him 3 Good Meals a Day

Allowed To Kick From First And So They're Independent

Sarah and James Dressed Right Away In Clothes Built For Freedom, Welfare Supervisor Explains.

No wonder there is so much complaint nowadays about the independence of the rising generation. They are started out that way, bless them, and naturally, having been bent in that direction, they follow after freedom of action.

No longer is the old-fashioned ceremony of "shortening the baby" religiously observed. The infant, forsooth, shortens his own self.

Not so many years ago, for the first few months of pioneering on the earth planet, their majesties wore long robes in regular court-train effect, so far as utility and comfort were concerned. Mother, grandmother, aunts, cousins, were called into conference to decide the momentous question, the proper day for "Sarah" or "James" to be "shortened."

The occasion took on the significance of a "coming out party." With an entirely new and much abbreviated outfit, Sarah and James really poked their feet out into the world for the first time, and discovered the joy of kicking. Before that, their little limbs were so encased in barriercats and long garments, these might just as well have been attached to mummies, for all the use the feet and legs seemed.

With the shortening process, James

and Sarah got their chance to develop muscle.

The up-to-date Sarah and James can kick to heart's content from the day of their birth now. That's the effect of clothes and fashions and the life history of man and woman.

Short Cut To Liberty.

Sarah and James of today do at first wear garments of a certain lengthly dignity, say 25 or 26 inches, all finished. The quicker they grow, the quicker they gain their freedom. One fine day, admiring elders find the little ones automatically "shortened," and no need for an entire new wardrobe at all.

"Freedom and comfort are the key-words of baby's layette today," says Miss Bertha Smith, supervisor of nurses of the London Child Welfare Association.

"And, what in thunder is a layette?" exclaimed a "mere man," who saw the word in an advertisement. He had an idea it was some form of modern, hygienic cradle.

"A layette," he was told, "is to the baby what a trousseau is to the bride, but, even more important. A layette is the wardrobe with which a little one must start out in life to be properly clad."

"The baby's layette," continues

Miss Smith, "may be so simple and inexpensive that it is within reach of the parents of most moderate income. It may be as exquisite as a well-filled purse can afford.

"But simplicity and comfort must be the guiding principles in choice. Frills and starch should be taboo. Luxury can be expressed in the finest quality material and the daintiest handwork. Bulkiness should be avoided at all costs. For this reason, we advise the use of small flat buttons, instead of tape for fastening, though many prefer the tapes.

"The clothes a baby wears from the very first should be loose, permitting freedom of movement.

Stockings At Night.

"Instead of the long barricade in which the tot's feet were pinned up securely in days gone by, baby today immediately starts wearing long, soft wool stockings, which pin to the diaper, folded square.

"A little soft shirt, and a 26-inch nightgown, and he is all cozy for the night."

"Stockings at night?" asked an interested listener.

"Stockings at night, as well as in the day time," said the supervisor firmly.

Down in the headquarters of the Child Welfare Association in the London Institute of Public Health, a cupboard contains a model layette, which will be exhibited in the child welfare booth at the Rotary Club Hobby Fair in the armories next week. This includes, it is stated, all the kinds of garments a baby requires, and the minimum number of each for a "working outfit." The materials are the most inexpensive, the work supposed to be done at home.

Such a layette can be made for between ten and twelve dollars. The richest baby in the land requires exactly the same style in order to be healthy, happy and comfortable. The little rich baby's "trousseau" only differs in quality and quantity.

Here is the minimum layette suggested by the London Child Welfare Association:

Three white day slips, 4 1-4 yards material.

Three flannelette night slips, 4 1-4 yards.

Ducks, Ships and Rubber Sponge Dolls Rob Bath of Terrors, Make It Real Joy

Taking the daily bath isn't the deadly affliction it used to be for the long-suffering baby. It's a game and a joy, with all the toys baby lovers have thought out to make this exercise of the program easier for mother and a delight for the infant.

To begin with, there's a wonderful white enameled bath, all the baby's own, big enough to do until he's getting to be quite a brood of a boy, and cozy enough for the tiniest mite. But the most beautiful part of all is the series of pictures running all round the inside, ducks, fish, animals and birds of all kinds, not to mention little girls and boys who don't get scolded for playing in the water with their nice clothes on.

Still, you can't duck things painted on the sides of the tub in the water, and you can't throw them out to tease mother or nurse and prolong the fun. "Floating toys," which will stand

any amount of drowning, meet this need. They are to be found in stately ducks of all sizes, swimming animals, baby dolls and boy and girl dolls, light as a feather.

One day somebody watched a rubber bath sponge floating and was seized with a happy idea. That has been responsible for the large and continually growing family of fascinating bath sponge dolls. Little bits of colored rubber in clever hands and in no time "Mamma" doll appears, apron, kerchief and gay bandana turban and all. The saucy "Flapper" doll didn't go in the way she was brought up, still, she amuses the baby. So does the Hawaiian dancing girl, the demure Priscilla, the Jack Tar and the fearsome Indian Chief.

Like certain famous brands of soap "bubble float," and they always bob up serenely. What more could an infant ask in a "Companion of the Bath?"

This Is the Way To Be Happy and Gay Eat the Right Food, Three Times a Day

Children of school age require a "well balanced" and carefully chosen diet, if they are to be properly nourished, vigorous and mentally alert, according to the child welfare section of the Canadian Public Health Association.

They require bone-building foods if they are to have sound limbs foods which give firm flesh, pure red blood, energy and vitality.

Grown-up people may breakfast or not at will, satisfy themselves for the forenoon's work with a little fruit, a cup of tea or coffee and a slice of toast or preferred cereal. The child, sternly, really require for breakfast a cereal, milk, or cocoa prepared with milk, bread and butter, an egg and fruit.

Where the cereal is concerned, unless it happens to be one of the ready prepared foods that come in packages, emphasis is laid on the point, it should have long and thorough cooking—three hours the night before in double boiler or fireless cooker. Two to six tablespoons are considered sufficient, be it oatmeal, cornmeal, hominy, rice, farina.

Mike says a footnote on the suggested diet, "Give the most food for the money, even when very high priced." There should be a cup of milk, or cup of cocoa, half milk and half water.

Bread and butter have a place in every meal, one to two slices for the healthy appetite.

The egg may be soft boiled, poached or scrambled with milk.

The various dried fruits are recommended—prunes, peaches, apples, unless orange or grape fruit is available.

Soup, cereal or egg offer choice for the "chief dish" of the supper, along with one or two cups of milk, one or two slices of bread, and cooked fruit.

Vegetables are given prominence and with regard to the cooking of fresh and starchy vegetables, the instructions read: "Put into small amount of boiling, salted water, cook until tender, drain off the water." "And the way to be happy and gay, is to eat the right food Three times a day."



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PORT STANLEY RESORT

OPENS FOR SUMMER

Cottagers From London District Throng To Popular Beach.

The Port Stanley season is off with a rush, and the grand old resort is rapidly filling up with cottagers from London, St. Thomas and many other places in Western Ontario. General Manager J. E. Richards reports traffic on the London & Port Stanley Railway to be daily increasing, and despite the rather backward spring, the crowds have been fully up to the standards of a year ago.

Summer excursion rates are in effect every day, which means that the people can enjoy a ride on the finest electric railway in America at the lowest rates on the continent.

All the L. & P. S. and Casino services are now open and catering to the comforts and requirements of the pleasure seekers. Both are enjoying splendid patronage, the piping-hot food, and really cheap prices attracting many patrons for every meal.

Entries for the Grand Championship Baby Show continue to pour in. On Victoria Day the number was very large, parents realizing the importance of the generous championship prize—a \$500 Northern Life Insurance Company paid-up policy, the money to be handed over to the winner when he or she attains the 20th year. Here is something worth striving for.

Port Stanley is the finest watering place on the north shore of Lake Erie, and its popularity is constantly growing. The board walk is rapidly filling up with attractions and the resort now has a real and satisfying summer atmosphere. The harbor teems with fishing craft, and quite a number of vessels are docking every day for the handling of freight, including the huge Bessemer car ferry, which is busy these days carrying coal from Pennsylvania to Port Stanley for transshipment over the L. & P. S. Railway to the big steamships. A boat is also running to and from Cleveland three days a week, carrying both freight and passengers.

Record Crowd At New Casino

THE biggest crowd that ever attended a Port Stanley dance declared themselves delighted with the perfect dance hall May 24th. That they were sincere is proven by the fact that they were back Saturday night. Lombardo's great orchestra plays every evening at the ball-room beautiful.

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Listowel, May 28.—Mrs. Pike and Mrs. Wonder of Toronto are visiting Mrs. (Dr.) James Moore.

Mrs. Ira Pierce of Danby, Quebec, who is a delegate to the Congregational convention in Stratford, paid visit to her aunts, the Misses Janet and Lillian Climie.

Mrs. Wm. Moore of Toronto is visiting her daughter, Mrs. Herbert Hastings.

Frank Gray, third year medical student, is leaving this week for Penzance, where he has position for the holidays in the hospital there.

Miss Agnes Gray of Toronto University is home for the vacation.

Miss Jessie Robertson of Bluevale spent the week-end with Mrs. Wellington Hay.

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