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.

plaint 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 the ffect of clothes and fashions and Stockings At in that direction, they follow after om of action

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

r, aunts, cousins, were called wardrobe at all. Into conference to decide the mo-

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, Serah 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 swaddled
in barricoats and long garments,
these might just as well have been at
tached to mummies, for all the use
the feet and legs seemed.

With the shortening process, James

Miss Bertha Smith, supervisor of
the day time," said the supervisor
not the day time," said the supervisor
of the London Child Welfare
Association.

Down in the headquarters of the
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As all welfare both of a boy, and
cond near the most time study and converted the most beneath the spectwhich will be exhibited in the child
welfare booth at the Rotary Club
Hobby Fair in the armories next
which will be exhibited in the child
welfare booth at the Rotary Club
Hobby Fair in the armories next
which will be quite a broth of a boy, and
converted the interval the spect

up-to-date Sarah and James can kick to heart's content from the the life history of man and woman. Short Cut To Liberty.

Not so many years ago, for the first lengthy dignity, say 25 or 26 inches, soft wool steckings, will ew months of pioneering on the all finished. The quicker they grow, diaper, folded square. earth planet, their majesties wore the quicker they gain their freedom. es in regular court-train ef- One fine day, admiring elders find fect, so far as utility and comfort the little ones automatically "shortconcerned. Mother, grand- ened," and no need for an entire new night."

est quality material and the daintiest handwork. Bulkiness should be avoided at all cost. For this reason, we advise the use of small flat but-tons, instead of tape for fastening, though many prefer the tapes.

Stockings At Night.

"Instead of the long barricoat in which the tot's feet were pinned up Sarah and James of today do at securely in days gone by, baby today

nightie, and he is all cosy for the exercise of the program easier for

"Freedom and comfort are the key- terested listener.

Miss Smith, "may be so simple and inexpensive that it is within reach of the parents of most moderate income, or 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 fin.

Here is the minimum layette sugurant.

Such a layette can be made for between ten and twelve dollars. The tween ten and twelve dollars. The trichest 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 sugurant. Three Gertrude slips flannelette)

Here is the minimum layette sug-gested by the London Child Welfare Association: Three bands.

Three pairs of stockings.

Three pairs of stockings.

Eight crib pads, cheese cloth, 6 yards.

Three pairs of stockings.

Eight crib pads, cheese cloth, 6 yards.

One piece rubber sheeting, 1-2 yards. Three white day slips, 4 1-4 yards material.

square, 18 yards.
Two head wraps (flannelette) 2 Three straight flannel bands, 1-2

yard. Three bands.

"The clothes a baby wears from the very first should be loose, permitting Ducks, Ships and Rubber Sponge Dolls Rob Bath of Terrors, Make It Real Joy

lengthy dignity, say 25 or 26 inches, soft wool steckings, which pin to the long-suffering baby. It's a game ducks of all sizes, swimming animals, "A little soft shirt, and a 26-inch lovers have thought out to make this light as a feather.

mother and a delight for the infant. for "Sarah" or "James" to be "Short-" Miss Bertha Smith, supervisor of the day time," said the supervisor of the day time," said the supervisor of the day time, said the supervisor of the day time to be supervisor.

ber bath sponge floating and was "Stockings at night?" asked an in- To begin with, there's a wonderful seized with a happy idea. That has been responsible for the large and

Taking the daily bath isn't the any amount of drowning, meet this first wear garments of a certain immediately starts wearing long, deadly affliction it used to be for the need. They are to be found in stately and a joy, with all the toys baby baby dolls and boy and girl dolls,

One day somebody watched a rub-

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

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

Children of school age require a The various dried fruits are recom-well balanced" and carefully chosen mended—prunes, peaches, apples undiet, if they are to be properly nourished, vigorous and mentally alert, able according to the child welfare section of the Canadian Public Health the "chief dish" of the supper, along

They require bone-building foods i they are to have sound limbs foods teeth. They need also the 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. cup of tea or coffee and a slice of toast or preferred cereal. The chil-dren, says the child welfare section sternly, really require for breakfast cereal, milk, or cocoa prepared with nilk, bread and butter, an egg and

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 tablespoonfuls are considered sufficient, be it oatmeal, cornmeal hominy, rice, farina.

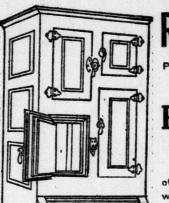
Mike says a footnote on the suggest. ed diet, "gives the most food for the money, even when very high priced.' There should be a cup of milk, or cup of cocoa, half milk and half Bread and butter have a place in

every meal, one to two slices for the healthy appetite.

less orange or grape fruit is avail- until tender, drain off the water,

Vegetables are given and with regard to the cooking of fresh and starchy vegetables, the in structions read: "Put into small amount of boiling, salted water, cook "And the way to be happy and gay, Three times a day

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You can get a full, satisfying meal, or a dainty snack, at prices that will make the packing of a basket seem costly. Hot meats and vegetables, green goods, and fruit in season, and choice pastrles await you at this up-to-date, and spotlessly clean cafeteria, where service and sat-

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WINDSOR ST. THOMAS

PORT STANLEY RESORT OPENS FOR SUMMER

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 serices are now open and catering to

ing many patrons for every meal. Entries for the Grand Champion-ship 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

ing 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, in-cluding the huge Bessemer car ferry, which is busy these days carrying coal from Pennsylvania to Port Stanley for transhipment over the L. & S. Railway to the big steamlines A boat is also running to and from

Mrs. (Dr.) James Moore.
Mrs. Ira Pierce of Danby, Quebec who is a delegate to the Congrega-tional convention in Stratford, paid a visit to her aunts, the Misses Jane

visiting her daughter, Mrs. Herbert

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

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

Cottagers From London District

the comforts and requirements of the pleasure seekers. Both are enjoying

splendid patronage, the piping-hot food, and really cheap prices attractmoney to be handed over to the win-ner when he or she attains the 20th year. Here is something worth striv-

Cleveland three days a week, carrying both freight and passengers.

LISTOWEL

Special to The Advertiser. Listowel, May 28.—Mrs. Pike and Mrs. Wonder of Toronto are visiting

and Lillian Climie.

Mrs. Wm. Moore of Toronto is

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

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 ballroom beautiful.

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MACKIE'S **ORANGEADE**

Steam-Cooked Weiners with Swell Relish-Oh, so good!

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enable us to satisfactorily cater to the requirements of summer visitors.

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Place your first order here and try us.

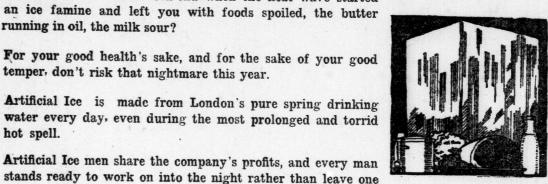
GROCER Pt. STANLEY

Were You Ever a Famine Victim?

Remember that black week-end when the heat wave started an ice famine and left you with foods spoiled, the butter running in oil, the milk sour?

For your good health's sake, and for the sake of your good temper, don't risk that nightmare this year.

Artificial Ice is made from London's pure spring drinking water every day, even during the most prolonged and torrid



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