

about four inches wide and long enough to go around the baby one and a half times.

The little shirt or vest should have long sleeves and button down the front.

The foot-blanket is made of all-wool flannel, one yard long and the width of the flannel pleated into a cotton band about four inches wide.

The night-dress should be of shaker-flannel, and also the napkins. It is very important that these should be soft and comfortable.

These are the necessary articles. Dresses and petticoats are added of whatever fine, white washable material the mother may choose.

Baby's Bath.

At child birth the mother is made comfortable first while the baby is kept in a safe place, wrapped warmly in something woolen, such as a shawl or blanket.

Have everything ready before starting the bath; water, soap, (castile best) small amount of olive oil and good powder. It is well to give the baby its first bath in front of an open fire or stove. Afterwards when giving the bath you need use only a warm, comfortable room. In this way the baby will not be so susceptible to draughts and is not apt to catch cold easily. Cleanse the eyes with solution of Boracic Acid, one teaspoon to a pint of water. Wash the mouth with a bit of absorbent cotton dipped in the solution.

Rub the skin with oil wherever a cheese deposit is found, especially in the folds. Wash the head first, using the hand well soaped, rinse and dry. Now place the child in a basin of warm water, supporting the body with the hand placed under the back of neck and shoulders. Use sponge or soft wash cloth. Take child out on knee, dry the skin thoroughly, using little friction, powder the baby freely and dress. From now until the umbilicus or navel heals, give the baby sponge-bath daily, then return to basin or tub, as you gave the first.

In dressing a baby, have clothes snug and smooth, but not tight; leave space enough to slip one finger underneath the garment.

Food.

Give your baby proper food, in the right way, and keep him healthy. Mothers should nurse their babies if at all possible. Everyone agrees that mother's milk is the proper baby food. The most perfect baby food in the world cannot compare with that originally intended by nature.

A nursing mother has need of abundant health. Her power to nurse her child is entirely dependent on this. If her health fails, the milk supply is the first to suffer. Plenty of nourishing food and drink are essential. One must keep up the appetite. This is best done by spending a good deal of time in the open air; above all, refreshing sleep is necessary. The emotions of the nursing mother affect the infant, therefore the mother should try to avoid worries of any kind, and here again the baby's father may help so much.