

About the House

Baby's First Wardrobe.

As baby is very susceptible to both heat and cold, the little precious must be protected against all trying weather conditions. Several thicknesses of light-weight garments will do this more easily than a few heavier garments.

Baby should be so dressed as to prevent perspiration, so his clothes must be of loosely woven material which will allow proper ventilation of the skin and will absorb perspiration should it occur.

As exercise is an absolute essential to his vigorous growth, Baby's natural exercises, breathing, crying and kicking, must not be restricted.

The following list of articles covers all of the essentials of an infant's wardrobe and the number suggested is sufficient to ward against an accident while one set is being washed. Additions may be made if one wishes, but these are adequate for baby's comfort.

- 3 Flannel bands (6"x18") to be worn first 4 to 6 weeks only.
- 2 Knit bands with shoulder straps. These replace the above and also serve as summer shirts.
- 3 Knit shirts.
- 3 Pair stockings.
- 3-6 Dozen diapers.
- 3 Flannel petticoats.
- 3 Cotton petticoats.
- 4 Slips or dresses.
- 4 Nightgowns.
- 2 Front opening wrappers or saccques.

2 Pair booties (knit, crocheted, felt, duck or pique).

- 1 Wrap.
- 1 Hood or bonnet.
- 1 Pair thumbless mittens.
- 1 Veil.

2 Small blankets. (A square yard of flannel or elderdown.)

Crib, carriage and bath accessories I shall not have space to discuss.

All new garments should be laundered before being placed on Baby.

The bands should be of part wool, flannel or stockinette.

Considering the knit garments, bands, shirts and hose, we know that wool is the poorest heat conductor, but all-wool is too warm and also requires very careful handling in washing in order that it is not ruined. Therefore a mixture of silk with wool, or cotton with wool is preferable. The double-breasted shirt is perhaps a greater protection to the little abdomen than the single, but this is a point of preference each mother must decide. The number of times the baby must be turned in dressing is a point of convenience to be thought of in considering styles.

As the normal baby doubles its weight in six months and triples it in twelve, it is advisable to purchase the second size. The stockings should cover the knees. Little supporters can be purchased which pin the diaper at the side and hold the hose in place with less wear upon the hose than direct pinning. Frames for drying both shirts and hose are a safeguard against shrinking.

If the cost of these tiny garments seems exorbitant, it is possible to substitute vests made from flannel or the good portions of partially-worn, part-wool underwear. In this case the seams should be flat-felled on the right side, placing the smooth side next to baby's skin. The edges may be crocheted after first stitching with a loose tension to prevent the cut stitches from running.

Either birdseye or outing flannel may be used for the diapers. They should be cut by the thread. Use the machine attachment for the narrow hems. A medium size is 22" x 44". Some prefer to have part of the diapers 18" x 36" to use at first and later to have them 25" x 50". The use of squares is preferred by many as being easier to handle in laundering. Folding the diaper in an oblong and pinning on both sides is fast gaining favor over the older method of folding diagonally. For protection when visiting, better than the rubber panties which stop ventilation, are crocheted or knitted woolen slip-ons that absorb moisture very slowly, thereby protecting

the holder of the baby but also keeping baby comfortable when it is impossible to make the change in diapers immediately. Old muslin may be torn into squares, folded diagonally and placed inside the diaper to be discarded when soiled, thereby saving much labor in washing.

The flannel for the under petticoat should be a mixture of wool with silk or cotton. If one's budget cannot afford the woolen mixture, outing flannel is the best substitute.

The most desirable materials for the nightgowns are outing flannel or stockinette.

For the cotton petticoat, longcloth, cambric or nainsook may be used. Longcloth, however, has a tendency to yellow. The slips and dresses may be made from cambric, nainsook, batiste, dimity, flaxon or voile. The fine crepes prove a saving in ironing, but having a rough surface, they soil more quickly than do the smoothly finished materials.

French and viella flannel, henrietta and cashmere are nice for wrappers and saccque. Avoid silk linings. Face all edges with a shaped facing on the right side or finish with scallops or crocheting.

In dressing baby, the woolen petticoat is placed inside the cotton one and both placed inside the dress and all three drawn over the feet in one operation, easy for mother and less disconcerting to the little one than the older method of pulling each garment over the head. If one chooses to use a straight-edged piece for the skirt, it may be attached to a shaped upper piece with the fulness taken out either in box-plaits under the arm or in fulness evenly distributed. Dividing the pattern may be much preferred by some for the plain woolen petticoat, for with the woolen band and shirt, it is not essential that the waist section be so warm and a cotton upper combined with the woolen lower reduces considerably the amount of the more expensive material required and yet protects the little limbs.

The nightgowns and slips are best made kimono style as these launder easily. The neck and sleeves should be finished flat with casings, beading or eyelets, to be drawn up the desired amount with a tiny tape. Bobbin tape, which comes in twenty yard bolts, is especially nice for this purpose. Avoid the close-weave tapes as they become harsh with washing and hurt the rose-leaf skin. Stitch the middle point of all drawstrings to prevent them pulling out at exactly the wrong minute.

Mothers must also carefully consider the outside garments, for baby needs much fresh air. For the summer wrap of the tiny babe, cashmere, henrietta, nun's veiling and albatros are the most suitable materials. For the baby who has seen a winter, bedford cord, golfine, corduroy and pique will be found satisfactory materials. It should be made large enough to be used two summers. For a winter wrap suitable materials are elderdown and bunting cloth. This should be made large at first; later, for the walking child, the lap may be cut away and the bottom hemmed.

Hoods may be made from wrap materials or may be knitted or crocheted. Batiste and organdy are dainty for summer bonnets.

The old habit of such long trailing garments for the wee baby has been abandoned. The majority of infant patterns are now cut for garments 27 inches long; but even these must either be discarded in six months time or made over for the first short clothes. To be sure, the pieces cut off may sometimes make short petticoats but really is not this a waste of time and energy, if not of materials? The average baby is 20 to 21 inches at birth and grows about five inches during the first six months, and three or four during the next six. It sleeps from 18 to 20 hours daily during the first few months and, for its own best good, should be handled little during its waking hours. If its feet are properly clothed in stockings and booties and the skirts are just long enough to nicely cover the feet at first, the baby will be comfortable and will grow into them as short clothes, thereby removing the necessity of remodeling them. Therefore, 21 inches long is quite satisfactory.

The nightgowns, however, should be 30 to 33 inches, with a drawstring in the hem, for these will be used until worn out and the older baby must have freedom to kick without baring its feet.

If the shorter length is to be used, all patterns should be so adjusted and the difference deducted from the originally required amount of material, which is printed on every pattern. This amount has been estimated by the pattern maker for one garment only. When more than one garment is to

be made from the same material the pattern may be shifted to better advantage and less material is often sufficient, so it pays to do some computing before buying. For instance, three petticoats may be cut from just four lengths if these instructions are observed. As a tiny French or felled seam down the back of the skirt is not objectionable, cut the front and one-half the back from one width of 36-inch material by inverting the back pattern. Cutting three fronts gives us three half-backs. The fourth length gives us the fourth half-back and a full back, completing the three garments. Oftentimes a raglan sleeve garment can be cut from less material than a kimono pattern and it may be better economy to make extra seams and same material rather than energy as this style can also be ironed flat.

In making, keep the garments dainty. Make narrow flat-felled or French seams. Make facings narrow. Daintiness can be entirely destroyed by heavy wide facings, bands and bindings. The eighth-inch and quarter-inch bias tape, sold at all notion counters, can be used to great advantage for bindings and facings. These can be nicely used as casings through which the tiny tape is run, if the ends are folded under three-eighths of an inch in opposite directions.

It is a foolish notion that baby clothes should all be made by hand. If the machine is properly cared for, always well cleaned and oiled, it should not be difficult to run, and if correctly regulated, machine stitching may be beautiful. Use fine thread, a correspondingly fine, sharp needle and adjust the tension and length of stitch so that the stitching will be perfect.

Sending Seeds to Sleep.

A well-known scientist has been sending mustard seeds to sleep by subjecting them to air containing a high percentage of carbon dioxide. In this condition they fail to germinate.

The effect upon the breathing of a pea was also tried, and it was shown that the gas depressed the respiration to a marked extent.

Extraordinary things have been done with cucumbers. It has been found that they can be grown from their earliest infancy in continuous electric light without any period of darkness. Thus it is proved that a daily resting-time is not needed by the plant.

Another problem which has been making rapid strides is that of electriculture. Thin wires are stretched above the crops, so that a small current passes through the air to the crops below.

It has been found that a crop of cereals can be increased by the use of electricity.

The total energy necessary for an acre is only that required for a fifty-candle-power lamp, and if the cost of the installation required to produce and distribute the current in actual practice can be kept low, a new method is at hand to increase the yield of crops.

They Didn't Match.

Mrs. Newed—"I have brought three of these eggs back to change them."
Grocer—"They are quite fresh."
Mrs. Newed—"No doubt; but the shells are brown, while my new egg-cups are blue."

One variety of cactus, found in deserts, always points to the south, thus forming a natural compass.

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

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Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at the Parliament Bldgs. Toronto.

When the first tints of brown on trees and foliage indicate that the summer is waning, when the vacationists have nearly all returned from lake and seaside resorts and thoughts begin to revert to harvesting and corn roasts, then you will notice a goodly number of people wiping their eyes as they sit in a street car, or walk along the street. It is not regret at the departure of hot weather that is affecting these people, for who is there who is not charmed with the climate of early fall in Canada? What then, causes so many people to look miserable and seldom to leave the house except fortified with three or four extra handkerchiefs for emergencies? Hay-fever is the cause of all this mourning, and hay-fever is a most distressing complaint, as all its victims know. It is most common in the late summer and early fall when the pollen of certain plants is carried by the winds, and finds lodgment in the nostrils of persons who are particularly sensitive to this infection. The chief offender here in the plant line is the common rag-weed, but there is also the golden-rod and other similar botanical specimens that can add to the trouble.

While the disease is most prevalent in the fall of the year, there is one type common in the spring. Knowing the cause of hay-fever, it is particularly distressing to sufferers that energetic efforts are not made by governments and municipalities to destroy wholesale these plants that cause so much annoyance and suffering to so many people, hay-fever being entirely a preventable disease. Beginning like an ordinary cold accompanied with paroxysms of sneezing and with "nose blocked up", hay-fever sometimes attracts little attention and the victim receives scant sympathy, but the persistence of the watery discharge and the very frequent attacks of sneezing, indicate the nature of the complaint. Coughing also occurs at times, accompanied by asthmatic attacks which are very depressing to the patient and in some cases bring on a debilitated state of health.

The common rag-weed, the chief cause of hay-fever, grows to a height of one to four or five feet and blooms from August to October or later. It can be found on almost every vacant lot, neglected field, on the roadside and in uncultivated gardens and lawns. Its pollen is abundant and readily distributed by the wind.

From a public health standpoint, therefore, such noxious weeds are a nuisance and a menace. The happiness of large numbers of people are affected by the presence of these plants and it should be one of the prime duties of the Department of Agriculture to take steps towards their complete eradication. Some system of co-operation between the government and property owners should be evolved, so that neglected grounds could be cultivated, or where this is not feasible, to have the dangerous weeds uprooted or cut down before the flowering stage. This prevents the

formation of pollen and the production of the seeds. If united action is undertaken by the government and public in making war on these weeds, and thereby eradicating or greatly decreasing hay-fever prevalence, it will be a boon to humanity.

Most encouraging results have been obtained by the use of auto-vaccines on hay-fever sufferers. The prospective victim should consult a specialist in hay-fever treatment several months before the attack is expected. Many complete cures have been effected by the administration of these vaccines.

Through all the dark forebodings of these doubtful days, bright flashes of optimism and hope for the future appear from time to time to strengthen and encourage humanity. In the stress and strain of modern industrial upheavals and crises the pessimist sees blue ruin threatening, but he only looks at the conditions of the moment. Wise is the man or woman who enlarges the viewpoint and considers the progress of the world in general. If this is done one cannot help but feel that we are struggling steadily, sometimes groping perhaps, but still making headway towards better things. There is not the slightest doubt to-day but that nations as well as individuals are more and more coming to realize that national prosperity means the happiness and health of the people; without these no nation can long maintain its position in the world of business, science and general progress. Once in a while some little incident, perhaps even an obscure item in the daily newspaper, brings to mind this fact that we are moving slowly towards a higher state of civilization. Recently I noticed the following item in a Toronto paper recalling happenings of fifty years back, "Retail dry goods merchants of Toronto agitate for seven o'clock closing, except on Saturday night, during summer months." This is food for thought, and indicates that the move towards a shorter work day was started many years ago. More and more we are beginning to realize that unreasonably long hours of work persisted in day after day are detrimental to mind and body. It is all very well for the mill-owner or merchant deeply interested in profits to spend long hours in his office, but it is quite a different thing for the wage-earner, who draws his weekly wage and pursues his oftentimes monotonous routine of work from day to day without interest in the firm's progress and with little hope of advancement or added remuneration however the profits of the firm may swell. There is no need to blame the employer for making legitimate profits—business conditions necessitate the accumulation of a just recompense in return for the capital invested, but many are the employers who would like, if they could, to share their fortunes with the men who helped their industry to grow. Mere mechanical toil is not ennobling when a man or woman works just as a machine and is regarded as a "hand" rather than a flesh and blood being with a heart and soul. Many manufacturers and business firms are recognizing the value of co-operation in business, and are instituting profit-sharing in which the workers participate with excellent results. In that part of Public Health work dealing with Industrial Hygiene and the health and happiness of the workers, it is becoming evident that the interest shown in the employee's welfare and the conditions under which he lives and works is of material benefit to the employer also. Distrust, suspicion and grievance of one kind or another, whether real or fancied, lead nowhere but to trouble and financial loss to all concerned. Take as an example the threatening conditions of labor in England to-day, where civil strife is looming up as a possibility. What the ultimate result will be is hard to foresee, but health and happiness rests in the contentment of the people. With strikes and lockouts everywhere not only the mental but the moral and physical condition of the workers, their wives and families are bound to suffer, resulting in malnutrition, higher infant mortality and a general deterioration of the race.

The World's Shape.

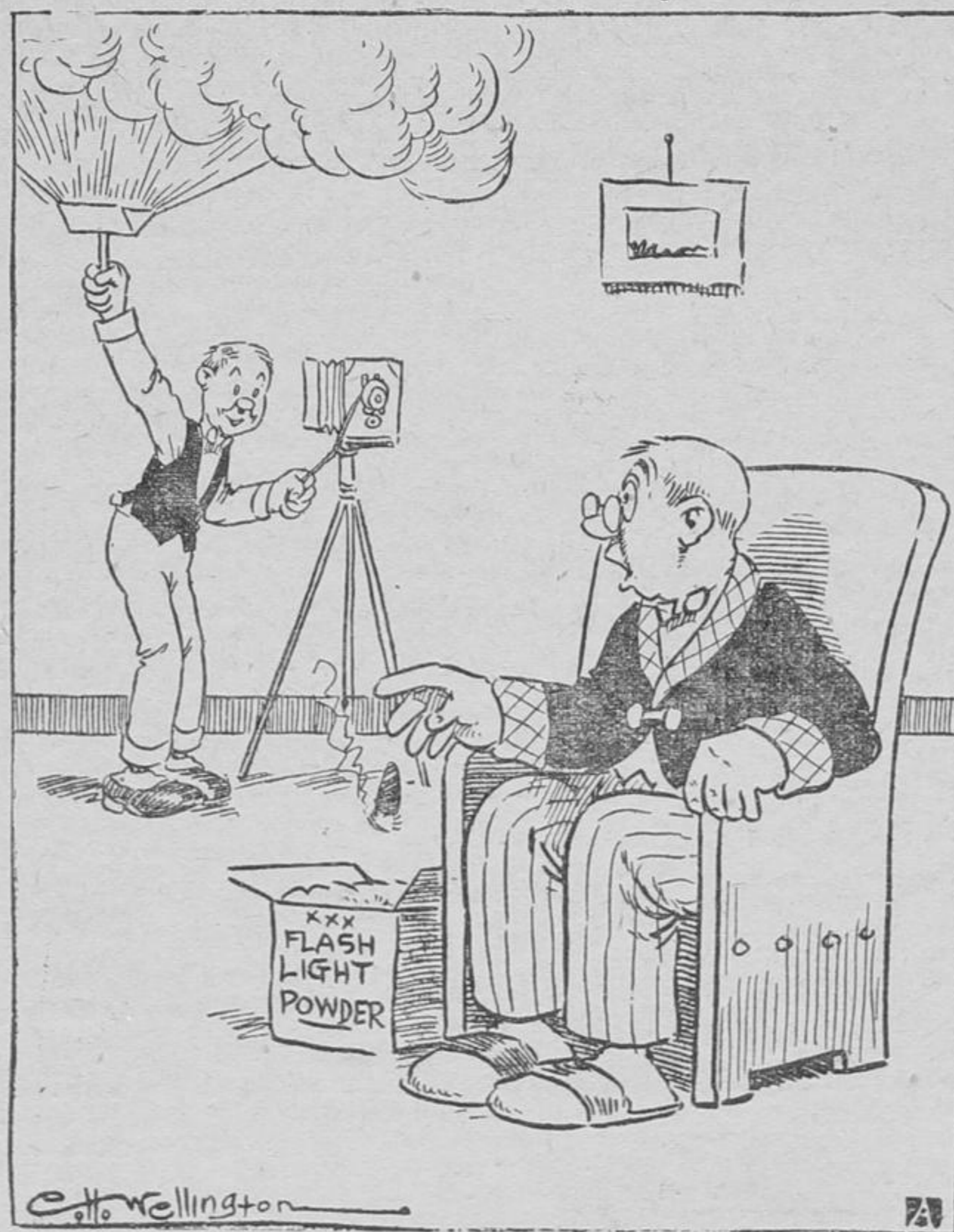
"Ethel, can't you tell us the shape of the world?" asked teacher encouragingly.

"Yessum, it's in a pretty bad shape just now," replied the precocious child.

Trademarks are time savers. They speak for themselves.

To become self-supporting in wool production Japan is planning to raise 1,000,000 sheep within the next 20 years.

and the worst is yet to come



Youth in Age.

Wordsworth earned the Laureateship at seventy-three; Thiers at seventy-three established the French Republic and became the first president; Verdi wrote "Falstaff" at eighty; Gladstone became premier of England for the fourth time at eighty-three; Vanderbilt at eighty added \$100,000,000 to his fortune; and Sir Walter Scott was \$600,000 in debt at fifty-five, but through his own efforts he paid this amount in full and built a lasting name for himself besides.