Manly Little Chap

What do you think you're trying to do? asks year-old Franklin Reed Leaverton, son of Mr. and Mrs. T. Roe Leaverton of Church Hill as he faces the camera squarely. He's a well set little fellow and he's not afraid of anything, not with that sturdy figure.

Let's Go Swimming

A future bathing beauty is this little miss from Millington, Betty Lee Green. She is two years and eight months old and is the daughter of Mr. and Mrs. N. Green of Millington. Betty Lee is all dressed up to enjoy the good old summer time whether it's hot or hotter.

YOUNG TWOSOME

Looking for the birdie or whatever the cameraman uses to get the attention of his little subjects these days are William Jerome Dean and his small sister, Nancy Lee Dean. They are the children of Mr. and Mrs. William P. Dean of Centreville.

EVERYBODY'S DARLING

A number of young matrons on South Liberty Street have had heaps of pleasure taking Paige out for a sunning in her stroller. Sturdy and thriving, Barbara Paige Bishop is the daughter of Mr. and Mrs. Joseph C. Bishop and she had one candle on her birthday cake July 9.

I See You

Alert and ready is Wanda Louise Wood, attractive thirteen-months'-old daughter of Mr. and Mrs. Kenneth G. Wood of Centreville. She has her eyes on you and is about ready to take off after you and no foolin'.

Deep Study

Barbara Lee Jones, daughter of Mr. and Mrs. George E. Jones of Chester is curious about the great, wide, wonderful world. It's a warm, sunny day in spring and Barbara seems to be trying to find where those leaves came from.

Baby Toes Need Plenty Of Room In Which To Grow Up

Careful Choice Of Footwear For Yonugsters Will Prove Investment In Well Being, Appearance

By Victor C. Rice

An unhappy girl sits on the sand of the beach, hiding her feet, because of ugly corns and bunions, while her friends are carefree in their play. Another girl weeps in dancing class because a slight foot doformity prevents her from achieving balance and grace.

A young athlete leaves the field, humiliated, because of his teammates' taunts at his run-down heels and awkward running gait.

A beautiful girl is hindered from achieving success as a model, because of bad posture habits and an ungainly walk.

Sympathy-arousing circumstances, all of them—yet no one can actually be blamed for the discomfort of these young people. They are a generation behind the little boys and girls being fitted with juvenile footwear today; and when they were tots, science didn't know as much about shoe fitting or shoe construction as it knows today!

Mothers now shopping for baby's first shoes can feel assured that the salesmen who serve them have been well trained: they will see to it that every child's shoes obey certain fundamental principles—over and above being attractively styled.

The shoes will, for instance, be broad enough at the toes not to crowd them or force the baby to walk "pigeon-toed." Nor will they be so loose that the baby's foot can rotate in the shoe, and spread to abnormal proportions. The shoe, when new, will be a half to a full inch beyond the baby's toes, allowing ample room for the fot's natural flexibility, and growth.

Don't Wait!

It may seem that during the first few years of babyhood, shoes take a large portion of the clothing budget, but actually their purchase represents an investment in the child's well being and physical appearance! The first year, four to five pairs of shoes are required; the second, third and fourth years six to eight pairs are necessary, and until the foot attains full growth, an average of four to five pairs is generally essential.

To wait until the child outgrows, shoes may be fraught wtih danger, for the ill effects produced by poorly fitted shoes come on so gradually that the little child can hardly be aware of trouble or discomfort.

The very best way mother can insure her child's feet of proper fitting protection is by bring him to her shoe dealer's at frequent intervals, where the shoes which are being worn can be checked with the growth of the child's foot, and new ones sugegsted as early as necessary.

For Heavyweight

Although scientific fitting from the very first pair of shoes on insures normal foot growth, there are many instances in which children develop slight peculiarities which, however, can be readily corrected

Arch supports which are light in weight, yet firm, can, for instance, avoid flat footedness in a heavy toddler. The baby who is inclined to turn his feet in or out can have that fault corrected by a simple padding of the sole which will set him waling straight.

The very first day that baby shows he can stand alone, means that he has outgrown the creeping stage and is ready to walk. That is the day when he is ready for his first pair of real shoes.

The way they fit is most important—but it is a problem readily solved by baby specialists, shoe designers, and shoe retailers, for America's little boys and girls.

Baby's Layette Must Be In Readiness For Newcomer

Don't Count On Gifts From Relatives; Be Prepared

Having Necessities On Hand, Best Assurance Of Happy Arrival

Whatever gifts may be anticipated from loving relatives and friends no one's generosity can be waited upon when it comes to the purchasing of the baby's layette for it must be in readiness for the happy arrival.

Through a coordination of efforts between progressive parents manufacturers, and scientists, infant requirements have been perfected, so that every baby can enjoy the birthright of a thoroughly wise and helpful layette, comprised of the necessities which will contribute most to comfort and a healthful start in life.

A complete layette, for instance would be composed of at least three shirts in one of the new part-wool weaves which doctors favor over all wool.

Binders are woven of silk and wool to be gentle against the tender skin: three of these arealso necessary.

Disposable Diapers

That great boon to mothers—the disposable diaper is actually Friend No. 1, and there's no limit to how many will be usuable. Knitted gowns require no ironing, and have been found to do away with "riding up" around baby's tummy or neck, and three of these are enough.

Bootees help keep tiny feet warm, and they're sure to stay on whether they tie with tape or have soft elastic tops. Only two pairs are needed, but a fanciful pair for showing off is desirable, too.

So much for the tot's wear that's underneath it all—next come the gertrudes and dresses, and two of each are enough. The most marked trend in the baby's favor in these garments is in the fact that ruffles, ribbons, heavy embroidery and buttons are almost entirely eliminated, so that they are more comfortable and less liable to provide irritation. The trend is in mother's favor, too, because these garments are so much easier to keep fresh in jiffy time.

Receiving Blankets

Next, mother must consider the things to be used taking care of baby. First are three receiving blankets—fine, soft, and inexpensive. A knit towel must be handy, with a pair of particularly soft wash cloths which can't harm the delicate little head or under-arm skin.

Crib sheet and carriage sheets should preferably be of easy-to-launder, quick-to-dry stockinette, while quilted pads in crib and coach sizes are more attractive this year in pastels than in the usual white.

Every baby needs a goodly supply of blankets, which may vary from cotton or flannel to be used for the bath, through various degrees of weight, quality, and elaborateness for indoor and outdoor use. It is good to know that the purest wool blankets, although so light that they are almost sheer, are the warmest, and offer the advantage of being easy to launder.

Robe With Hood

For the particularly restless baby, and in the most severe winter weeks, the robe made of blanketing, but which completely envelopes baby, serving as hood, wrap, and blanket, is an important addition to the layette—and one which can be used by adjustment of the hood for baby's second winter, as well as the first.

The actual essentials for a layette can be purchased for under $5 in any department store or infant's specialty shop, by having little duplication of items. However, the more of each item that is on hand, the greater is the ease with which the new baby can be cared for.

EMOTIONAL SIDE

Baby's emotional development is as important as the physical. That is why he should be talked to, played with at least half an hour a day, and gently handled.

The more children are spoken to as adults, the more intelligently they act. That is why authorities advise parents to never say "no" or "you can't" to a child without a reasonable explanation.

Let's Get Going

Colorfully garbed for a full day of play out of doors is C. S. Case, jr., twenty-eight mnths old and the son of Mr. and Mrs. C. S. Case of Centreville. He exemplifies modern ideas of food and care for children which is making the coming generation healthy and strong.

Play Ball?

This bright-faced boy is from Talbot county, fifteen-months-old Ronald M. Fox, son of Mr. and Mrs. Charles Fox of Easton. The lad thinks his toy baseball is important yet as practically the newest junior member of the Fox Brothers firm he has more important matters in store for him later.

Wanna Come

Ready for a walk in her walker is little Patricia Ann Fowler, nine-months-old daughter of Mr. and Mrs. Edgar Fowler of Centreville. It's healthful activity for a little girl who has a few months to go before she can start counting her age in years like the rest of us.

SHAMPOO BOARD

Mother's with large families can ease the hair-washing hour with the simple device of a shampoo board such as is used in beauty parlors, together with a high chair.

Babies Should Visit A Doctor For Check-Up

Will Prove Safeguard Against Lapse Into Avoidable Ills

To keep a well baby well, a healthy child healthy, should be the aim of every mother. Now is the time to have your child thoroughly examined by your physician. He will advise you about diet, about the advisability of cod-liver oil or its substitutes, about sun baths, exercise in fresh air, and a host of other things so that the youngsters will be well prepared to meet the exisgencies of weather.

The doctor will also discuss with the mother protection against the various infectious diseases and protection from any which the child has not already had.

A general health checkup should include noting the general appearance of the child, whether he is pale or rosy, moderately tanned, alert or listless, thin or has excess fat, firm or flabby mscles. The child's skin should be smooth with no eruptions. Remember that too deep a tan is not desirable, a rather light brown color is better.

The head should be examined noting its shape, closure of the fontanelle, condition of the scalp and hair, whether the head is held up and chin in the ch st is well shaped with no "beads" on the ribs, also if the curves of the back are as they shoulud be.

Small Child's Posture

Do not, however, expect your child to have a perfect flat abdomen. The abdomen of the preschool child is large mainly for two reasons: first, that the infant's diet has consisted principally of fluid, and second, because, during the early years, the liver is large in proportion to the other organs. It has undoubtedly also been observed that the back of the little child is extremely hollow. This condition invariably goes hand in hand with the prominent abdomen. Which is the cause and which the effect is not always easy to say.

For the child who has a normally prominent abdomen no artificial "corrective" exercises are necessary. If he is encouraged in running, jumping, climbing and swimming, and if he is not so unfortunate as to have a protracted illness, he will undoubtedly have a firm abdominal wall. During his earliest years he should be encouraged to creep.

An abnormally prominent abdomen, however, places too great a strain on the lower back. The type of prominence in which the abdomen rounds out below the navel is decidedly abnormal. It usually due to general muscular weakness and is a symptom of faulty nutrition. The treatment for an abnormally prominent abdomen should be prescribed by a physician.

The arms, legs and feet should receive very careful attention in your checkups. The muscles should be firm not flabby, the bones straight not bowed, the feet correctly arched not flat-foot, nor rolled outward with ankles gent inward. When standing the knees should just touch without having any large knobs, as knock knees, the feet should not have ingrowing toenails, corns nor calluses. If these exist, the fault may be with the kind and size of stockings and shoes worn and the doctor will advise about these with possibly some special exercises to strengthen the feet and toes.

Watching Out For Colds

If a child is known to have very frequent colds, the best plan to follow is first to eliminate all possible causes, among these infection from others with colds, infected tonsils and adenoids, sinus trouble, decayed teeth, allergy, incorrect diet, insufficient clothing, exposure to drafts, wet feet, badly ventilated or too warm roms.

At the same time the child's general resistance to colds should be increased by correct diet, cod-liver oil, play in the sun, or sun lamps if possible, long hours of sleep in rooms full of fresh air but not too cold, and at the first sniffle rest in bed for a day or two until all symptoms disappear.

Care Of Teeth Starts At Birth

Even Pre-Natal Diet Is An Important Factor

Care of a child's teeth should begin before birth, by controlling the quantity and quality of the mother's nutrition. After birth, the mouth can be left alone with the exception of occasional washings with sterile water, until the first tooth appears.

Then, immediate and careful care of the teeth should begin. There should be no tartar, green or black lines on the teeth. Wash them with a soft brush regularly and visit the dentist as soon as a full set has arrived.

In the case of cavities, they should be filled immediately. Watch out, too, for abscesses or spongy gums.

Do not minimize the importance of caring for first teeth, as their condition is important to the child's general physical health and this in turn, determines the quality of the second teeth which are forming beneath the milk teeth. As soon as the child can eat a regular meal, rough foods and a healthy mineral diet will make for good dental health. Brushing after each meal will help the child to make a regular habit of this procedure.

Remember, these baby teeth are the fore-runners of your child's flashing smile of the future and take good care of them!

BLOCKS FOR BABY

Perfectly safe and instructive for baby are the newest blocks which feature deeply embossed pictures—two to a block and a Mother Goose rhyme. Vegetable colors washability and rounded corners contribute to their suitability for baby's play.

How And When Babies Sleep

Infant's Position In Bed Is Important Factor

A newborn baby should sleep twenty to twenty-two hours. At the end of the first year a baby sleeps about sixteen hours. Some babies require more sleep than others. If the baby is irritable often it is due to the fact that he has become over-tired. A baby over one year old should have a nap every day for two hours. If the baby awakes early in the morning he shoude have two naps a day—one in the morning and one in the afternoon. Even if the baby does not sleep all of his nap period put him in a well ventilated room with the curtains drawn and loosen his clothing so that he can rest.

In order to sleep well a baby must be neither too warm nor too cold. In cold weather the blankets should be pinned down with large blanket pins or clipped so that the baby cannot kick off the covers. It is important to have the baby in a comfortable position, be sure that his clothes are loose; that there are no wrinkles or lumps in the bed; and that he is dry and comfortable. The baby should be in bed for the night by 6:00 P. M.—windows open, lights out.

Every time you put the baby in his crib or carriage change his position from side to side or on his stomach. Never put a very young baby on his back after a feeding as he may regurgitate and breathe in some of the regurgitated food.

As the baby grows older he will roll over on his back and he usually prefers this position. But do not leave him on his back so much that the hair on the back of his head gets rubbed off. For a change, place him on his stomach, or on his side to brace him and also to keep him from truning on his back again for a while.

Try the side position when you are putting the baby to sleep. The back position is preferred when the baby is old enough to play and amuse himself.—Katherine Schultz, R. N., The Parents' Magazine.

Give Sun Baths With Care — Here's How

Babies need sun baths, but they should be given with care. Remember that sunburn is a real burn so that the bay's delicate skin should be introduced very gradually to the sun's rays.

For a sunbath the babies clothes should all be removed. Hold him on your lap and expose his back for two minutes, and then his abdomen for the same length of time.

Repeat the sunbath at the same time each day, lengthening the time a little everyday until the sunbath is one-half to one hour long. Be very accurate about the time.

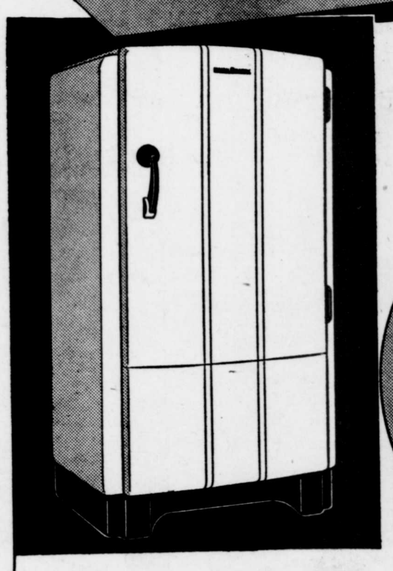
Consult your watch and keep a record of the length of exposure each day.

If you find the baby's skin has reddened, omit the sunbaths until redness fades away. Then start again from the beginning, with only a two or three minute period.

Don't forget to protect the babies eyes from the sun by holding your hand over them. By the time the baby is ready to have a long sunbath he is usually old enough to sit up so that you can just put him in the sun to play and put a sunbonnet on his head to protect his eyes.

G-E SAVINGS

Don't Stop with the Price Tag!



Get a new General Electric Refrigerator and you can count on piling up thrifty savings month after month, year after year. Don't be misled by a "white elephant" bargain that is very apt to cost more in "keep" than it can save.

1938 Triple-Thrift REFRIGERATOR

Thrifty in PRICE! Thrifty in CURRENT! Thrifty in UPKEEP!

Here is a *genuine* bargain in quality! New 1938 G-E models climax a smashing 12-year record of ever increasing values—more convenience, more ice cubes, more cold capacity for less current cost than ever. And the price makes it the best buy G-E ever offered. Easy terms too, on the G-E Payment Plan.

Simple, Silent, Sealed-in-Steel G-E THRIFT UNIT with Oil Cooling now gives quieter operation, faster freezing, less operating cost and longer life. Start a new save-wave in your kitchen now, and enjoy greater convenience than ever.

CALLAHAN & DOWNES

AUTHORIZED GENERAL ELECTRIC DEALERS

Centreville PHONE 144 Maryland

EASY TERMS