

## **The health of mother and child.**

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THE HEALTH OF  
MOTHER AND CHILD.



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The production of this book represents a co-operative effort on the part of the Department of Health for Scotland and the Corporation of the City of Glasgow. The text and the illustrations are based on material prepared by the Maternity and Child Welfare Department of that City.

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## ANTE-NATAL CARE

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*Ante-natal care has two main purposes. The first is to provide medical supervision for the expectant mother and to safeguard the life and well-being of the child that is to be born. The second purpose is to advise the mother on the care of a young infant, so that she will be able to take up her work with confidence as soon as the baby is left in her charge.*

*A healthy woman should remain in good health during the whole time of her pregnancy. Nature prepares her for the task ; her vital energies are strengthened, not sapped.*

*The rules which an expectant mother should follow are not difficult, but EACH ONE is essential. This book has been written to help you to remember these rules, but you should first LEARN what the rules are by a personal visit to your doctor or to the ante-natal clinic. By getting advice early you give the doctor the best possible chance to keep you well, and under his care you should not need any medical treatment at all.*

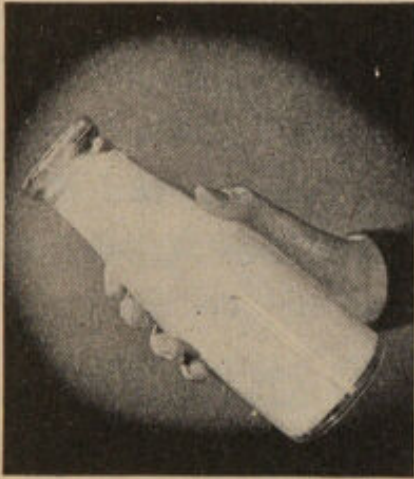
*While you are attending your doctor or the ante-natal clinic you will find this book useful as a guide. Keep it in your own home and read it often. Here are the chief points to remember :—*



## DIET

Take your meals regularly, three times a day. This helps digestion. You don't need special food; take the same as the rest of the family. But there are one or two simple things which an expectant mother specially needs.

The first is WATER. Drink a cupful first thing in the morning and between meals. This flushes the system and helps to prevent constipation.



The second is MILK.

MILK makes strong bones and teeth and helps children to grow straight and beautiful.

Remember that Milk is a food—and take it *with* your meals.

Porridge and milk make a good breakfast food. Oatmeal and vegetables contain iron, which both you and the baby need.

EAT plenty of VEGETABLES daily.



Curly greens, cabbage, lettuce, tomato, turnip, carrot, beans, and peas are the best. They can be used in soup or as an extra to meat and potatoes.

Fresh fruit, like apples and oranges, are always in season; try to take a little every day.



Meat, fish, cheese, and eggs are body-building foods, but you need not have a meat meal every day. Indeed it is often better, especially during the last two months, to be sparing in meat and take other things—such as cheese or fish—in its place.

DON'T take strong tea or alcohol.

DON'T take much fried or highly seasoned foods.

DON'T eat much white bread or pastries ; they are too fattening.  
Brown bread is better.

DON'T take pills, drugs, or other medicines, except under the doctor's orders.

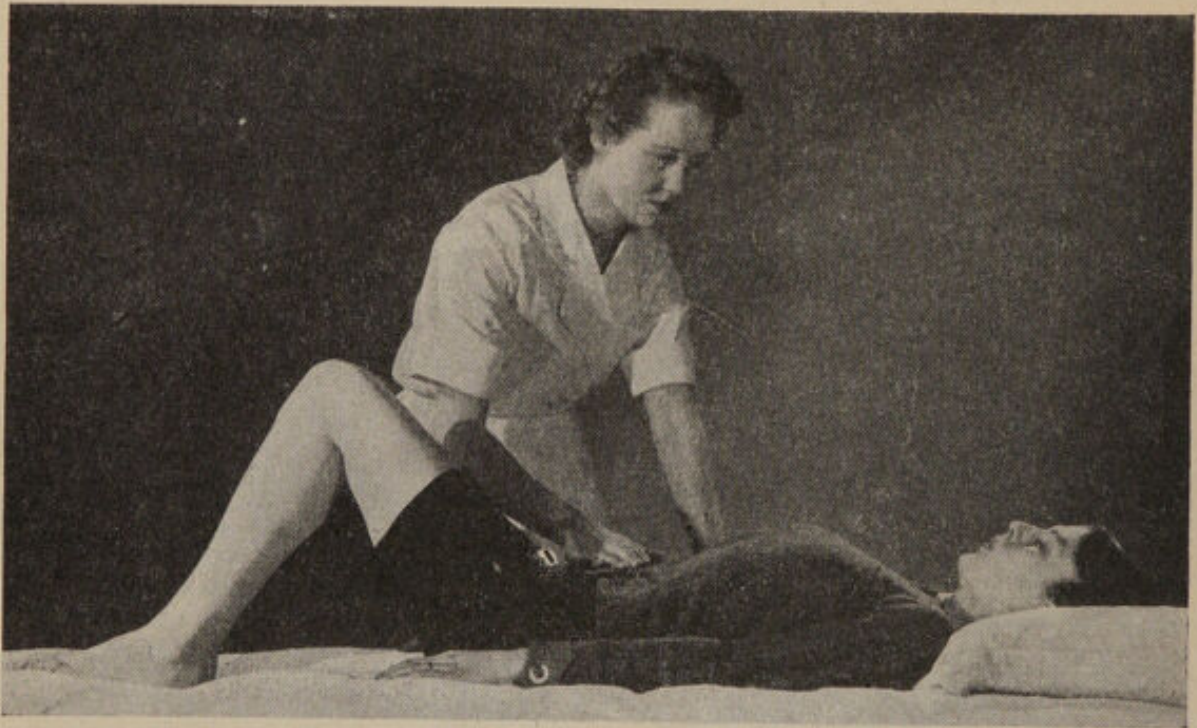


## FRESH AIR AND EXERCISE

Even though your housework is heavy, you need a walk in the open air. Try to take this every day ; you will find that the change is restful, even when you think you are too tired to go out.



Nowadays "Keep Fit" Classes, The Women's League of Health and Beauty, and other organisations undertake the teaching of exercises to keep the body fit and pliant. Many ante-natal clinics also teach special exercises designed by Margaret Morris for expectant mothers. The aim of these exercises is to make childbirth easier and to help nursing.



*Exercise in Breathing—To develop Chest and Lower Abdominal Muscles.*



*Exercise — For relaxation.  
This is most important*

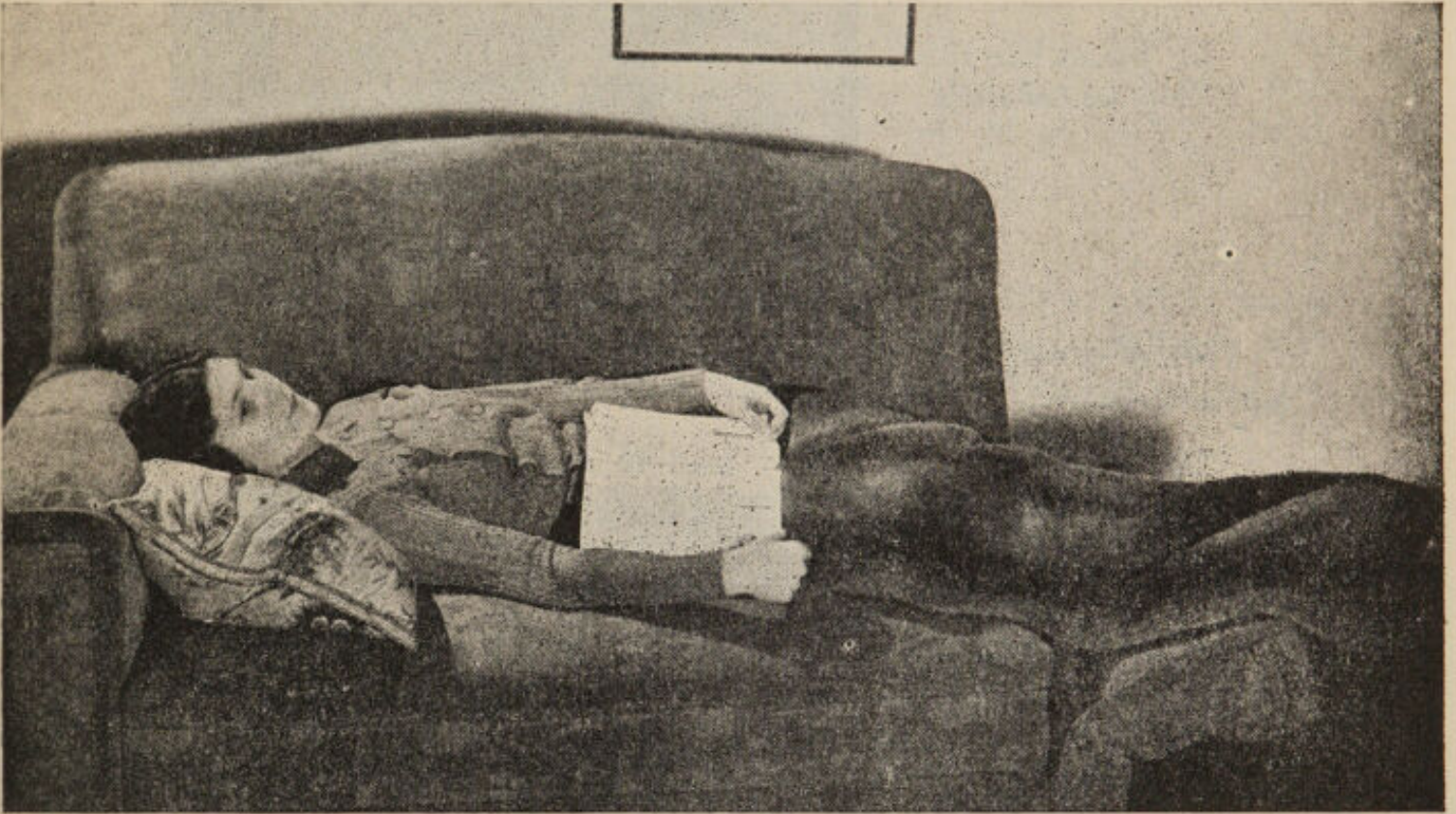


*Exercise — To increase flow of  
Breast Milk.*



## REST

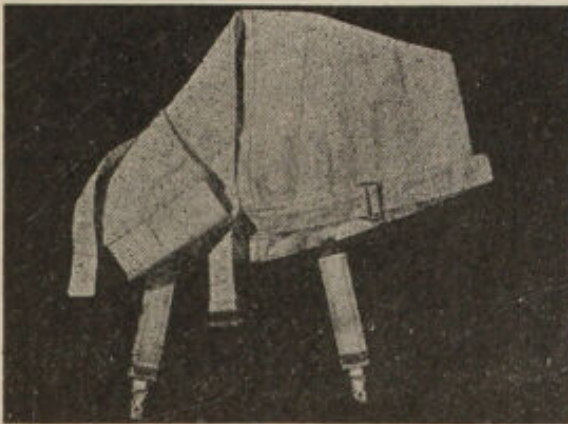
Rest is even more important than exercise. Aim at eight hours' sleep at night and a lie-down in the afternoon.



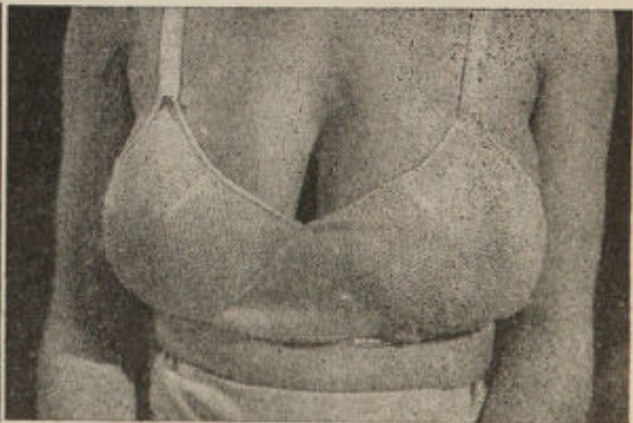
## CLOTHING

Your ordinary clothing is all that you need in the early months. When the time comes to make a change, the most suitable clothes always look best.

The neatest and most comfortable things are —



(1) *A belt of this design*



(2) *A brassiere like this*



- (3) Shoes like this.  
*Note the Low Heels.*



- (4) A dress, of a simple cross-over pattern, which can be let out as required.

Don't wear garters. They lead to varicose veins.

## GENERAL CARE

A DAILY bath or a sponge-down, followed by brisk rubbing, is good for the circulation and acts as a tonic.

THE BREASTS.—Attention to them takes only a few moments each day, but it makes ALL THE DIFFERENCE to good nursing.



After the bath scrub the nipples with a soft nailbrush like this, using plain soap and water. Then pull out the nipple gently half a dozen times. Dry the breast and occasionally smear a little lanoline over the nipple. This should be done daily during the last month as the milk is apt to ooze out ; if the nipple is not specially cared for it may crack and cause pain.



## THE TEETH

**THE TEETH.**—A good plain diet, with some hard food every day, keeps the teeth and gums clean and healthy. Chew your food thoroughly.

Even if your teeth give no trouble, it is a good plan to go to a dentist at least once during pregnancy. This will save pain and decay later on and there is no danger whatever in having dental treatment at this time.

## DIFFICULTIES

You should not look on pregnancy as an illness, but at times you may suffer from discomforts, such as heartburn, sickness, and constipation. Do not let these things go unattended, but get advice as soon as possible.



## ANTE-NATAL EXAMINATION

Make sure that you go for regular examination, no matter how well you may feel.



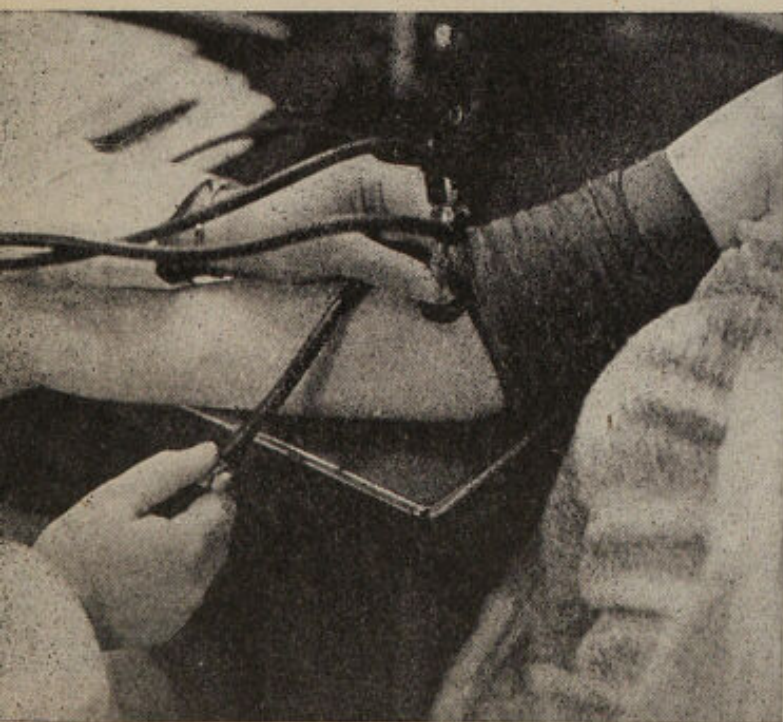
HEARTBURN is not uncommon, but it can usually be controlled by taking the proper food. Remember the "DONT's" on page 5.

SICKNESS is more troublesome, and may be dangerous. You must *always* go to a doctor, whether it occurs early or late in pregnancy.

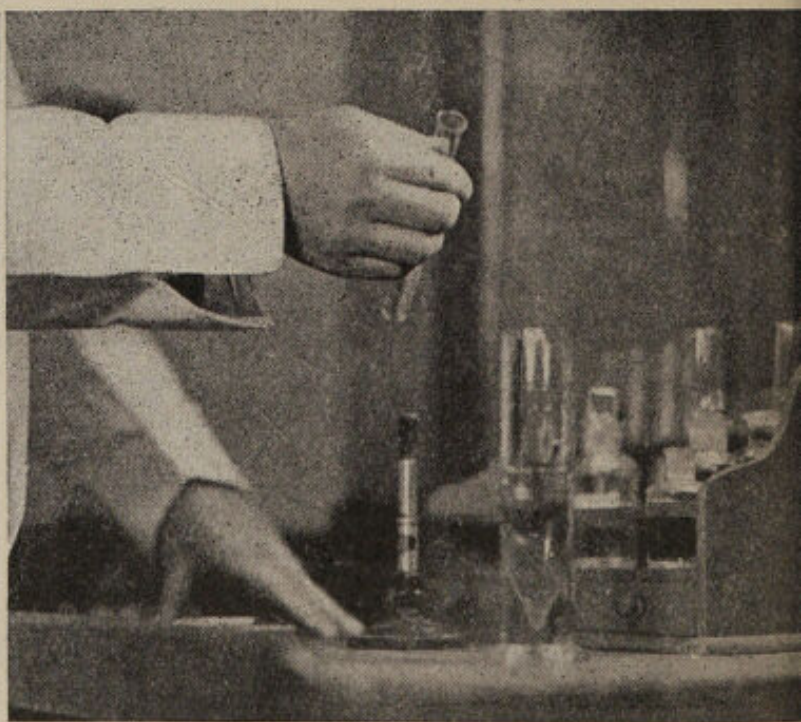
CONSTIPATION.—Regular action of the bowels is important. You should have no difficulty if you take plenty of exercise, plenty of water, and follow the advice given about diet on page 4.

*Don't take castor oil at all*, and avoid purgatives as much as possible.

HEADACHES.—Many women accept headaches as a matter of course. During pregnancy headache may be an early danger-signal of serious trouble and must always be reported. Doctor and clinic have special methods of examining your condition.



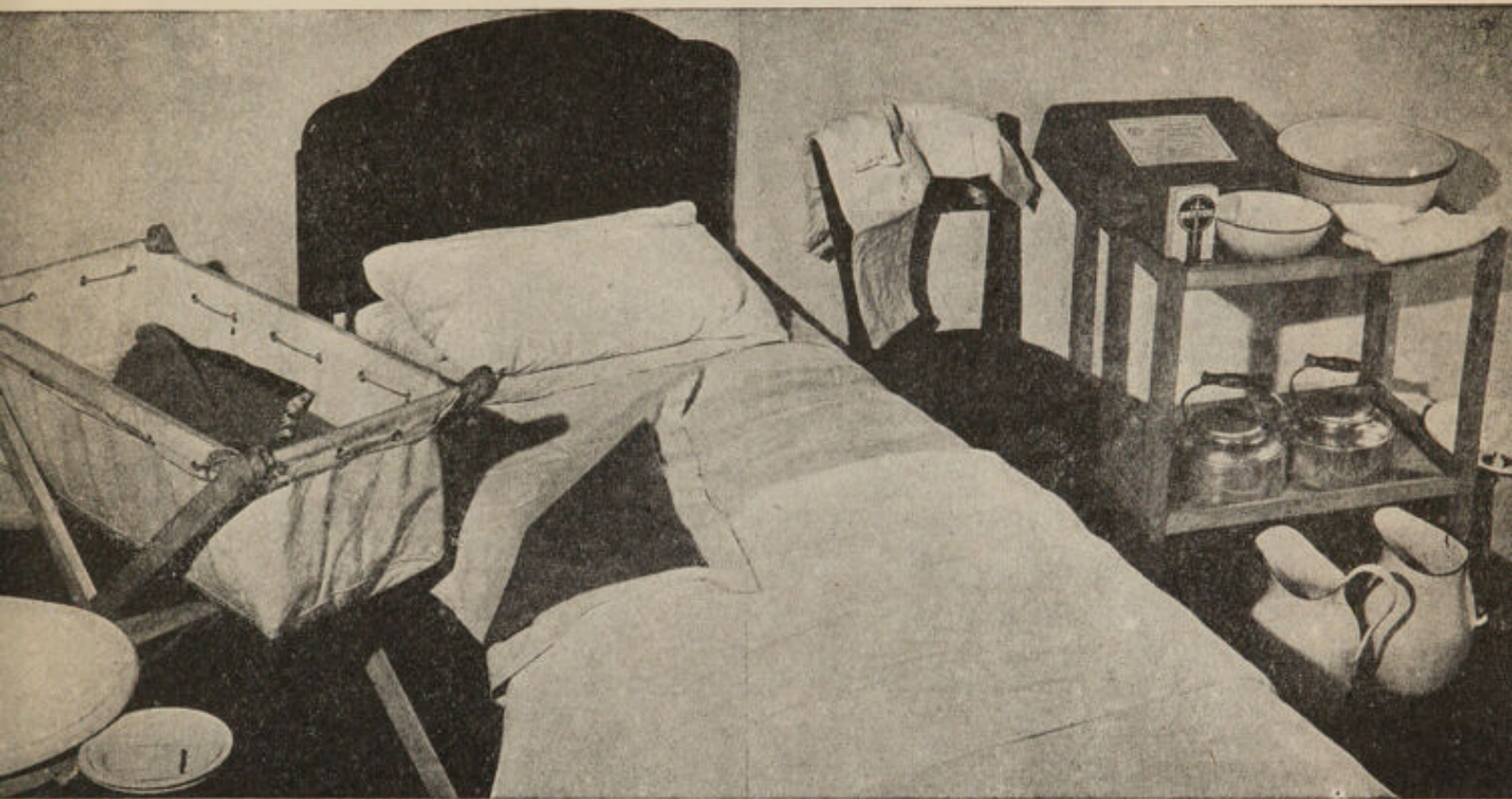
*Recording Blood Pressure.*



*Urine Testing.*



## PREPARING FOR THE CONFINEMENT



*Arrangement of Materials.*

For your confinement you will need—

*(1) for yourself*

- 2 nightgowns.
- 12 sanitary pads.
- 1 mackintosh sheet.
- 1 packet of cotton wool.
- 1 packet of safety pins.
- Disinfectant.

*(2) for the baby*

- (1) Crepe bandage to use until the navel is healed.
- (2) 3 knitted body belts.
- (3) 3 knitted vests.



- (4) 3 sets of pull-ons and jersey; or  
3 sets of pilch, dress, and bootees.
- (5) 3 matinee coats.
- (6) 3 nightdresses.
- (7) 1 sleeping bag (this is very easily made at home).
- (8) 12 napkins.

*For Baby's Bed.*

Baby should sleep alone from the first day. An inexpensive collapsible cot made of a wooden framework with a washable canvas lining is illustrated on the previous page.

- 1 chaff mattress with washable covers.
- 1 chaff pillow with a washable case.
- 1 mackintosh sheet.
- 1 draw sheet.
- 1 enveloping blanket.





MOTHERHOOD.



## BREAST FEEDING

Always breast-feed your baby. Breast milk is best because—

- (1) It is the most easily digested food.
- (2) It contains all the food that baby needs—and in the right proportions.
- (3) It is at the right temperature.
- (4) It is clean and free from germs, so that baby is less likely to develop such diseases as diarrhoea, tuberculosis, diphtheria, or other infections.
- (5) It is cheaper than bottle-feeding, and saves both time and trouble.
- (6) Sucking at the breast provides proper exercise for the development of the muscles, jaws, and teeth of the child.
- (7) The breast-fed baby is less likely to develop rickets.
- (8) Breast milk is essential for the rearing of the premature child.
- (9) Breast-feeding benefits the mother's health.

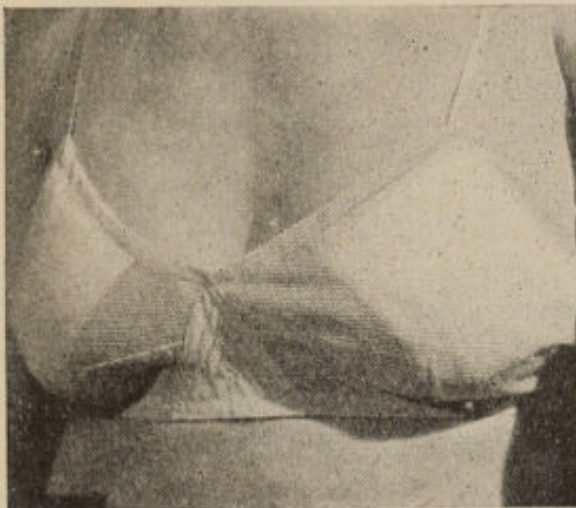
### RULES FOR BREAST-FEEDING.

(1) The baby must be fed regularly. He should be put to the breast within twelve hours after birth and then every four hours thereafter (for example, 6 a.m., 10 a.m., 2 p.m., 6 p.m., 10 p.m.), timing by the clock and starting at the same hour each day. No night feeds are necessary. If the baby wakes and cries, he should be given cold boiled water ONLY. In the daytime the baby should be waked a few minutes before the feed is due. The advantages of four-hourly feeding are:—

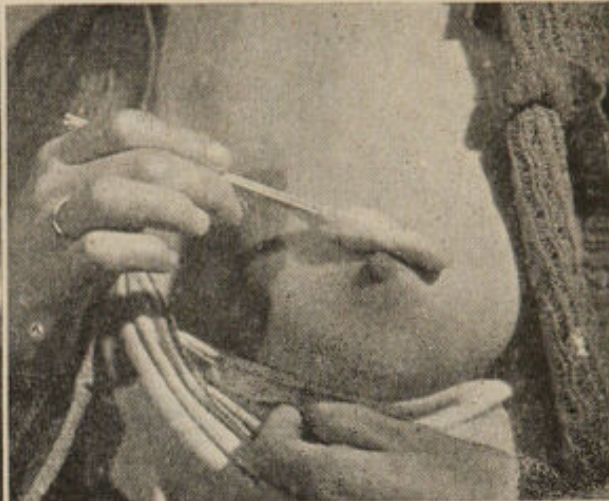
- (a) The stomach is properly emptied.
- (b) It prevents indigestion, vomiting, and diarrhoea due to overfeeding.
- (c) Baby has a better appetite, sucks more vigorously, and so stimulates the breast.
- (d) It lessens the danger of cracked nipples and inflammation of the breast; and
- (e) It allows the mother more freedom.



(2) The nipples should be bathed and dried carefully before and after each feed, and should be kept covered by soft gauze or white lint.



*Note lint covering Nipples.*



*Method of swabbing with Sterile Water.*



(3) The nipple should be held between two fingers so that baby does not take his feed too quickly, and the breast should be held back so as not to interfere with his breathing.

(4) Baby should be held out to pass water before and after each feed.

(5) In most cases it is better to use both breasts, and this *must* be done where there is little milk, but the opposite breast from the previous feed should be started with: *e.g.*, at 6 a.m. the right side should be given first and then the left; at 10 a.m. the left side should be given first and then the right.



(6) The breasts should be empty at the end of the feed. If not, they should be "stripped," as shown in the photographs.



*1st action.*



*2nd action.*



*3rd action.*



(7) The baby should not be allowed to feed longer than fifteen to twenty minutes.

(8) The baby should be held up over the shoulder and his back gently rubbed. This should be done midway through the feed and again before he is laid in the cot, in order to "break the wind."

(9) A little cold boiled water, without sugar, may be given between the feeds. This prevents thirst and wind.



(10) Both mother and baby should be made comfortable for the feeds. While the mother is still in bed she should be in a comfortable position on her side, and with the child lying alongside her she should guide the nipple to the child's mouth.

After she gets up she should sit on a low chair, with one foot on a stool, and the baby on her lap supported by her arm. Sometimes a pillow on the lap helps to support the mother's arm.

The feed should be given in a quiet place, if possible, so as not to disturb baby.



*The photograph shows the best way to hold baby while breast-feeding.*

A "dummy" should *never* be given.

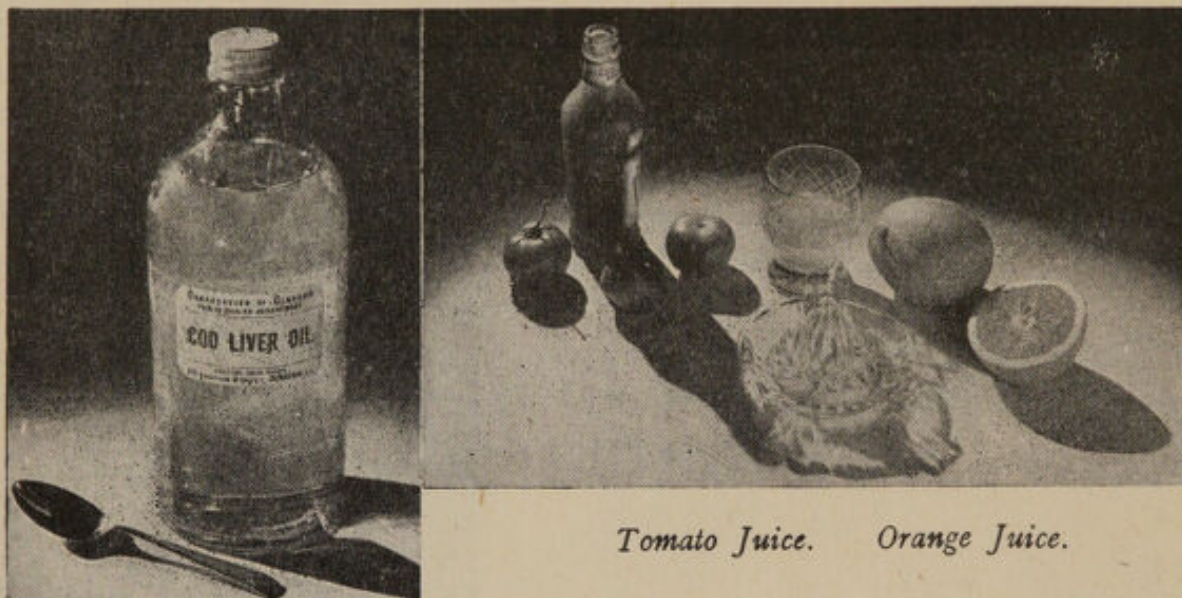


*The above illustrations show how a dummy teat can deform a growing jaw. The photograph on the left shows the cast of a well-developed jaw of a young child. The centre photograph shows a child's jaw deformed by dummy sucking or thumb sucking. The photograph on the right shows how such a deformity persists into adult life.*



A breast-fed baby should never require any opening medicine.

When the child is one month old you should give cod liver oil and fruit juice (orange or tomato).



*Tomato Juice. Orange Juice.*

Begin by giving two drops per day of cod liver oil and increase gradually by one drop every other day until at the end of the second month baby is taking half a teaspoonful a day. This dose should be gradually increased as the child grows older. A baby of twelve months may need as much as two or three teaspoonfuls a day, especially during the sunless winter months. Fruit juice should be begun in doses of half a teaspoonful and gradually increased to a teaspoonful daily at the end of the second month, with further increases as the baby grows older.

#### PREMATURE BABIES.

The small, delicate, or premature infant may be fed every three hours if the doctor so advises. Such a baby is unable to suck vigorously, so that he does not take sufficient quantity at one feed to satisfy him for the longer period.



## SUCCESSFUL BREAST-FEEDING

A good start with breast-feeding is most important and may affect the baby's whole life. If you have followed the advice given in the chapter on ante-natal care you should have little difficulty, although it may be several days after the baby's birth before the milk flows freely. The milk at first is very small in amount, but all the same it contains special substances that the child needs. Persevere and be patient. The fact that baby cries does *not* mean he is not satisfied, nor does vomiting mean that the milk does not agree with him. Crying and vomiting may be due to thirst or indigestion and colic brought on chiefly by irregular feeding or wind. If you are in any doubt about baby's progress, take him to an infant welfare centre, where he can be accurately weighed. During the first three months the average weekly gain should be from six to eight ounces, and after that about four ounces. You should remember that those weights are only averages, so do not get alarmed as long as baby is feeding and sleeping well and is happy and contented.

### DIFFICULTIES IN BREAST-FEEDING.

#### (1) *Insufficient Breast Milk.*

If the mother has very little milk in her breasts she should—

- (a) massage the breasts gently (the nurse will explain how to do it);
- (b) bathe the breasts with hot and cold water alternately before each feed;
- (c) take plenty of nourishing food and plenty of fluid to drink (*e.g.*, soup, milk, gruel, cocoa and water), and include fresh fruit and vegetables in her diet;
- (d) persevere in putting the child regularly to the breast;
- (e) drink plenty of water between feeds;
- (f) see that the breasts are completely emptied at the end of the feed;
- (g) attend to her general health; and
- (h) avoid strong purgatives, strong tea, and alcohol;



The return of the monthly period does not mean that baby should be weaned, but if the mother has any reason to believe that she is again pregnant she should consult her doctor immediately.

(2) *Cracked Nipples.*

Cracked nipples should not occur if you have followed the advice given in the chapter on ante-natal care and if the nipples are washed and dried very thoroughly after each feed. The danger of the crack is that it opens a path for infection to travel to the breast tissue and may lead to the development of a breast abscess. In the treatment of cracked nipples the quickest way of healing is to take the child off the affected side for several days and to express the milk at the usual regular feeding times (see photographs on page 16). The nipple must be kept clean and dry and may be painted with Friar's Balsam.

(3) *Breast Abscess.*

If an abscess does form, it must be treated surgically and the baby fed on the *other* breast, with a complementary feed if necessary. The baby may be put back to the breast as soon as the abscess has healed.

(4) *Swollen Breasts.*

A painful swelling of the breasts may develop immediately after the confinement. To relieve this condition the mother should—

- (a) wear a brassiere for support ;
- (b) take a small dose of health salts or Epsom salts first thing in the morning ; and
- (c) protect the nipples with a fold of clean soft rag.

(5) *Flat or Inverted Nipples.*

This should be dealt with before the baby comes, as described on page 8. After the birth of the child the same treatment should be carried out and the child taught to suck. It may be necessary to use a nipple shield for a time.



## COMPLEMENTARY FEEDING UNDER SIX MONTHS.

The signs that breast milk is insufficient are—

- (1) Continued failure to gain weight; and
- (2) Persistent crying after the feeds or before the next feed is due.

*Note* :—There may be constipation or other symptoms of digestive trouble, and, on rare occasions, even vomiting or frequent small, slimy, and green stools.

To correct this you may need to give baby extra or complementary feeds, but you should not begin without first seeking the advice of a doctor. Before starting these you should take the child to have what is called a *test feed*: *i.e.*, he is first accurately weighed, then put to both breasts until they are emptied, after which he is weighed again. The difference between the two weights gives the amount of milk the child has obtained. Never entirely replace a breast feed by a bottle, as baby will go off the breast altogether and the milk will fail. He should always be allowed to empty the breast first and then be given the milk necessary to make up the amount suitable to his age immediately after the breast feed. *As the size of the complementary feed depends on the baby's age and on the amount of milk in the breasts, the doctor should always be asked how much to give.*

## FEEDING AFTER THE FIFTH MONTH.

Breast feeding should be continued, if possible, until eight to nine months, but by the time baby is five to six months old he will need extra feeds. He should be spoon-fed from the start, and a bottle should never be required at all. The following diet sheet will show how to proceed with the extra feeds. A new food should at first be given in small quantities and gradually increased.

The GRADUAL introduction of spoon-feeding is shown on the next page:—



## (1) DIET SHEET,

## BREAST-FED BABY—

	1st Week	2nd Week	3rd Week	4th Week
6 a.m.	Breast.	Breast.	Breast.	Breast.
10 a.m.	Breast.	$\frac{1}{3}$ - $\frac{1}{2}$ cupful oatmeal porridge or groats or 1-2 teasp. egg yolk lightly boiled or raw. Breast.	$\frac{1}{3}$ - $\frac{1}{2}$ cupful oatmeal porridge or groats or 1-2 teasp. egg yolk lightly boiled or raw. Breast. Crust or rusk may be given also.	As 3rd week.
2 p.m.	1-2 teasp. sieved vegetable, or 1-2 tablesp. bone and vegetable broth. Breast.	As 1st week.	As 1st week.	As 1st week.
6 p.m.	Breast.	Breast.	$\frac{1}{3}$ - $\frac{1}{2}$ cup Farola or Semolina or groats. Breast.	As 3rd week.
10 p.m.	Breast.	Breast.	Breast.	Breast.

Spoon-feeding should begin at 5-5½ months. Do not introduce a new article of diet if baby is 6 p.m. feed—semolina, farola.

From 6-7 months do not give same cereal twice in one day. From 7 months try not to give

**Recipe for Bone and Vegetable Broth.**—Take 1 lb. beef bones, well broken up. Cover with calves' or ox liver. Simmer for four hours until the taste of vinegar is removed. Now add vegetables in a double saucepan.



## 5-5½ MONTHS TO 9 MONTHS.

### INTRODUCTION OF SPOON-FEEDING.

5th Week	6th Week	7th Week	8th Week
Breast.	Breast.	Breast.	Stop breast feed. Give 1 tablesp. orange or tomato juice with 1 tablesp. water and 1 teasp. sugar on waking.
Stop breast feed. Give ½-¾ cup cereal; or half egg lightly boiled. 6 oz. milk.	As 5th week, but change to 9.30 a.m.	As 5th week, but change to 9 a.m.	As 5th week, but change to 8.30 a.m.
As 1st week.	Stop breast feed. Give 3-4 tablesp. broth. 1 tablesp. mashed potato. 1 tablesp. sieved vege- table, but change to 1.30 p.m.	As 6th week, but change to 1 p.m. Give 1 tablesp. grated liver once or twice weekly.	As 6th week. May thicken broth with potato. 1 tablesp. milk pudding or 1 tablesp. stewed fruit may be given. Change to 12.30 p.m.
As 3rd week. 1-2 teasp. baked apple or stewed fruit pulp may be given instead of cereal.	As 3rd week, but change to 5.30 p.m.	Stop breast feed. Give 1 tablesp. stewed fruit. Rusk. 7 oz. milk. Change to 5 p.m.	As 7th week, but change from 4.30 to 5 p.m.
Breast.	Breast.	Breast.	Stop breast feed gradually. 4 oz. milk may be given at 6 p.m. if desired.

not well. Suitable cereals for 10 a.m. feed are—oatmeal, porridge, groats, cream of wheat; for more than one cereal per day.

water and add one teaspoonful vinegar. Occasionally, about once a fortnight, add about 2 ozs —carrot, turnip, green vegetables, and one potato. Simmer for one hour and strain. Best cooked

**COD LIVER OIL SHOULD ALWAYS BE GIVEN.**



## FEEDING AFTER NINTH MONTH

By the time the child is nine months old he should be entirely off the breast.

### (2) DIET SHEET, 9-12 MONTHS.

On waking, 1 tablespoonful orange juice, or tomato juice, or grapefruit juice, diluted and sweetened if necessary.

Day	Breakfast (same every day)	Dinner	Tea (same every day)	10 p.m.
SUNDAY -	$\frac{1}{2}$ cup cereal — porridge, groats, cream of wheat.	3 tablesp. strained soup. 1 tablesp. carrot with tablesp. mashed potato. 1 tablesp. gravy.	1 cup milk. 1 rusk. 2 pieces brown bread. Butter.	4 ozs. milk until child is taught to do without 10 p.m. feed. The milk may then be given at 6 p.m. be- fore the child goes to bed.
MONDAY -	$\frac{1}{2}$ lightly boiled egg. 1 tablesp. toast crumbs <i>or</i> half slice crisp toast fried in bacon fat; <i>or</i> 1 tablesp. apple or prune pulp.	2-4 tablesp. strained soup. 1 tablesp. cauliflower or turnip. 1 tablesp. potato. 1 tablesp. gravy.	1-2 tablesp. egg custard, fruit, or curds.	
TUESDAY -	6 ozs. milk.	1 tablesp. steamed fish. 1 tablesp. potato. 1 tablesp. vegetable — sprouts, carrots. 1 tablesp. milk pudding.		
WEDNESDAY		1 tablesp. grated liver. 1 tablesp. potato. 1 tablesp. vegetable — spinach or greens. 1 tablesp. curds with $\frac{1}{2}$ tablesp. apple pulp.		
THURSDAY -		2-3 tablesp. sieved vegetable broth. 1 tablesp. gravy. 1 tablesp. potato. 1 tablesp. spinach.		
FRIDAY -		1 tablesp. steamed fish; <i>or</i> $\frac{1}{2}$ egg lightly boiled. 1 tablesp. milk jelly.		
SATURDAY -		1 tablesp. potato with 1 teasp. butter. 1 tablesp. vegetables. 1 tablesp. milk pudding.		

When baby is cutting teeth he should be given a clean bone with no sharp edges or a hard crust to bite. This helps to develop the jaws and teeth.

Tea, fried foods, bread saps, and alcohol should never be given, and there should be no "pieces" between meals.



## BOTTLE FEEDING

You must never wean baby except on medical advice.

Cow's milk is the best substitute for breast milk, but when a very young baby has to be weaned it usually needs to be modified. Cow's milk is meant to be—and is—the perfect food for a calf. A calf, however, grows at an enormous rate during the first few weeks of life ; but a baby grows very slowly, and therefore whole milk is apt to be too strong. This table shows what a big difference there is between human milk and cow's milk.

	Protein Per cent	Sugar Per cent	Fat Per cent	Water Per cent
Human -	1.5	7.0	3.5	88.0
Cow's -	4.0	4.5	3.5	88.0

These differences are important. If it is necessary to wean baby *before the end of the third month*, then a "humanised" milk is the best substitute for breast milk.

This table shows a good way of humanising whole milk :—

Milk -	-	-	-	-	10 ozs.
Cream -	-	-	-	-	1 oz.
Sugar -	-	-	-	-	1 oz.

Water to make up one pint.

This mixture comes very close to human milk :—

Protein -	-	-	-	-	2 per cent.
Sugar -	-	-	-	-	7 per cent.
Fat -	-	-	-	-	3.5 per cent.
Water -	-	-	-	-	87.5 per cent.

Some of the dried milks are "humanised" ready for use before they are put on the market.

After the third month, if the doctor advises weaning, whole milk may be given, although some authorities prefer to continue the use of humanised milk.

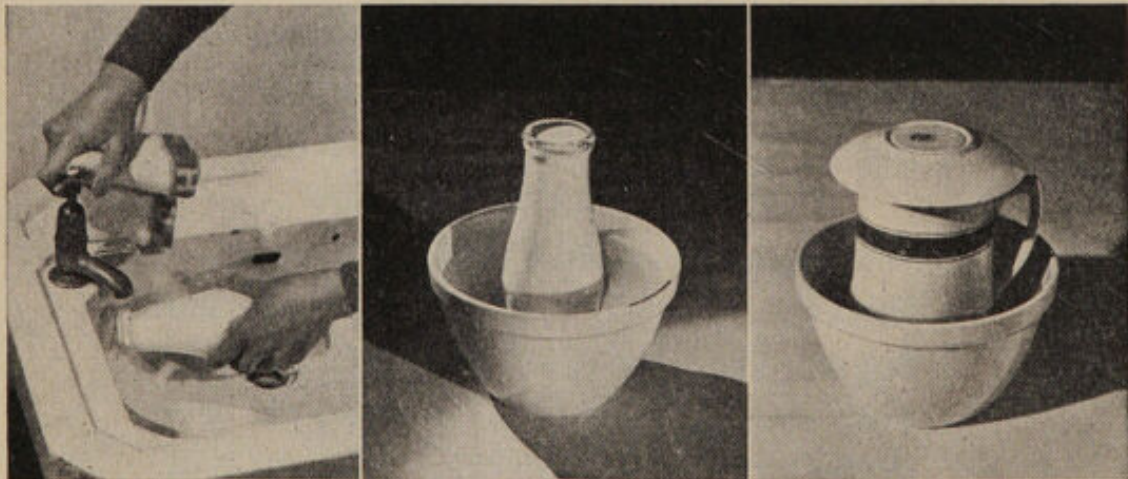


## RULES FOR BOTTLE-FEEDING

These are the utensils which every mother should have ; they should be bought and kept specially for the purpose.



*Care of the Milk.*—If the milk is delivered in a glass bottle it must not be poured out of the bottle till it is to be used. Without removing the sealed cap, wash the outside of the bottle thoroughly.

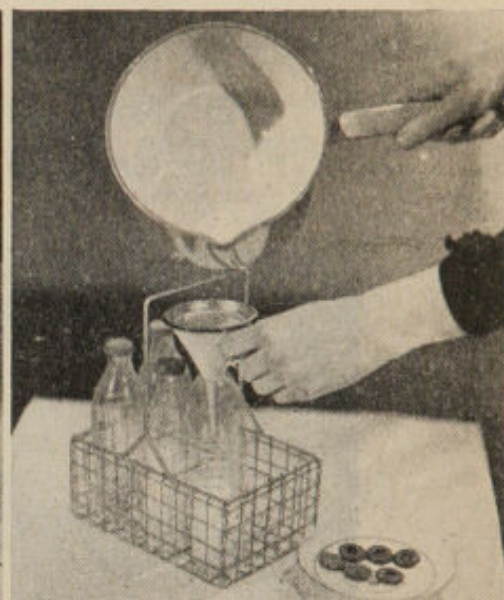


Keep the bottle standing in a basin of clean cold water.

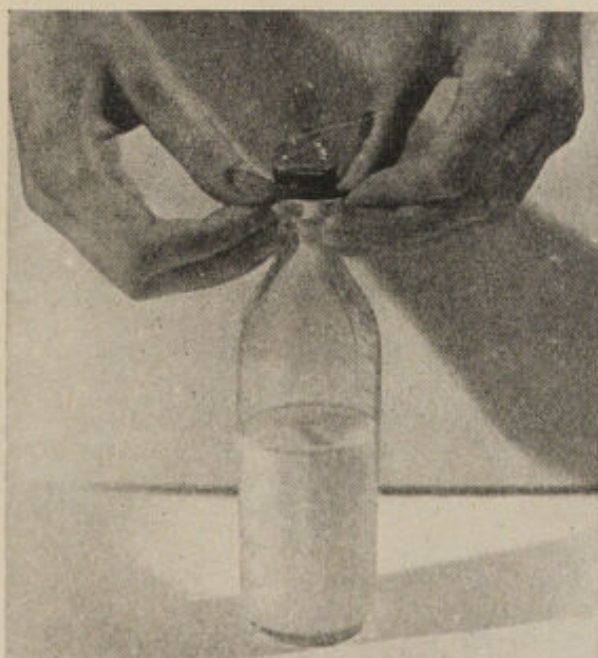
If the milk has been delivered in a can it should be poured into a scalded jug as soon as it is delivered and covered with a clean saucer or plate. This protects it from flies and dust. The jug should then be placed in a basin of clean cold water.



*Method.*—(1) Bring the milk quickly to the boil and cool quickly. This lessens the risk of infection and makes the curd more easily digested.



(2) Measure out the *exact* quantity of milk that the doctor has advised, and increase the quantity as he directs.



*Method of putting teat on bottle.*

As bottle, teat, and milk are now sterile, great care should be taken not to contaminate the teat by putting it on carelessly. The hands should never touch the sucking part. The teat should be put on as shown in the illustration.

- (3) If one of the dried milks is used it should be made up *exactly* according to directions.
- (4) Baby should be fed regularly every four hours.
- (5) Baby should be held out to pass water before and after each feed.



- (6) Baby should be held comfortably on the knee. The bottle should never be propped up in the cot or pram so that he has to strain uncomfortably to suck.
- (7) Baby should not be allowed to take longer than twenty minutes to feed, and should never be allowed to go to sleep with the teat in his mouth, or allowed to suck an empty bottle.



*"Right Way"—Sucking Milk.*



*"Wrong Way"—Sucking Air.*

- (8) If he does not finish the bottle, the milk that is left should not be kept for the next feed. It should be poured out and the bottle washed.
- (9) The bottle, teats, and valves must be kept scrupulously clean.
- (10) He must have cod liver oil and fresh fruit juice each day in order to supply the vitamins which have been destroyed in the preparation of the feed by boiling.



Many well-known authorities on infant feeding use a dried milk rather than fresh cow's milk. Dried milks are usually sold already modified so that they approximate to breast milk after the powder is mixed with the correct quantity of water. Such milks, of course, are easily prepared, are always sterile, and can be bought anywhere. This is an important point for mothers to remember if they have to leave home with the baby for any length of time, *e.g.*, on holiday.

*Care of Dried Milks.*—The tin should be kept tightly closed and in a cool dry place. The water used should be boiled before making up the feeds.

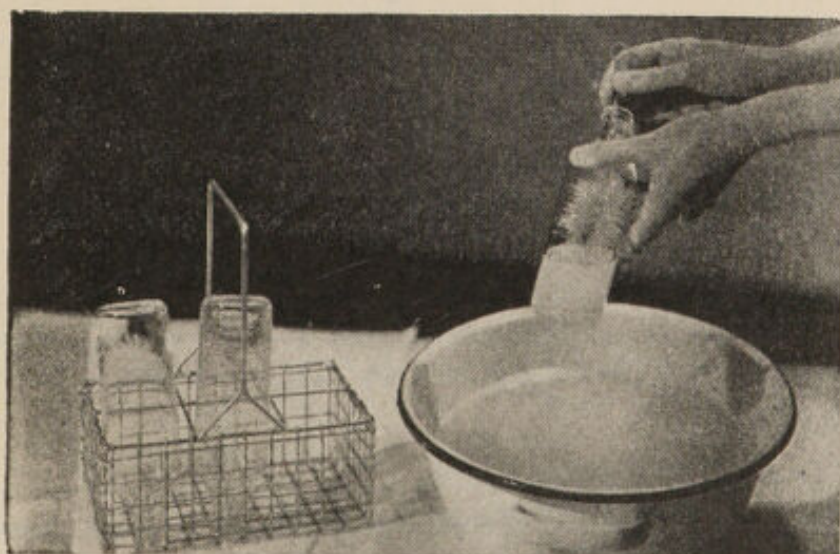
#### CARE OF THE BOTTLE, TEATS, AND VALVES.

Absolute cleanliness is essential.

##### *Teat and Valve.*

- (1) Remove immediately after a feed and wash under the cold tap.
- (2) Rub with salt, inside and outside, to remove the milk slime.
- (3) Rinse and dry.
- (4) Leave in saucer covered by cup or in a covered cup.
- (5) Rinse just before each feed.

##### *Bottle.*



(1) Rinse immediately after feed under the cold water tap.

(2) Wash in warm soapy water, using a bottle brush.

(3) Rinse, and between feeds leave it covered completely with cold water.

Once a day the bottle, teats, and valves should be placed in cold water and boiled for three minutes.



## COMPLEMENTARY

As in the case of the breast-fed baby, after five to six months the bottle-fed baby may  
This diet sheet shows you what quantities to give.

### (2) DIET SHEET, BOTTLE-FED BABY—

	1st Week.	2nd Week.	3rd Week.	4th Week.
6 a.m.	Bottle 7 oz. milk ; <i>or</i> dried milk mixture.	Bottle 7 oz. milk.	Bottle 7 oz. milk.	Bottle 7 oz. milk.
10 a.m.	Bottle 7 oz. milk.	$\frac{1}{3}$ - $\frac{1}{2}$ cupful of oatflour <i>or</i> 1-2 teasp. egg yolk lightly boiled <i>or</i> raw. 5 oz. milk.	$\frac{1}{3}$ - $\frac{1}{2}$ cupful of oatflour <i>or</i> 1-2 teasp. egg yolk lightly boiled <i>or</i> raw. 5 oz. milk. Crust or rusk may be given with butter.	As 3rd week.
2 p.m.	1 - 2 teasp. sieved vegetable ; <i>or</i> 1-2 tablesp. bone and vegetable broth. 5 oz. milk.	As 1st week.	As 1st week.	As 1st week.
6 p.m.	Bottle 7 oz. milk ; <i>or</i> milk mixture.	Bottle 7 oz. milk.	$\frac{1}{3}$ - $\frac{1}{2}$ cup Farola <i>or</i> Semolina. 5 oz. milk.	As 3rd week.
10 p.m.	Bottle 7 oz. milk.	Bottle 7 oz. milk.	Bottle 7 oz. milk.	Bottle 7 oz. milk.

Spoon-feeding should begin at 5-5½ months. Suitable cereals for 10 a.m. feed are :—  
From 6-7 months do not give same cereal twice in same day.  
From 7 months try not to give more than one cereal per day.

After nine months follow the advice given in the diet



# FEEDING

require extra food. Small quantities must be used at first, gradually increasing in amount.

## 5-5½ MONTHS TO 9 MONTHS.

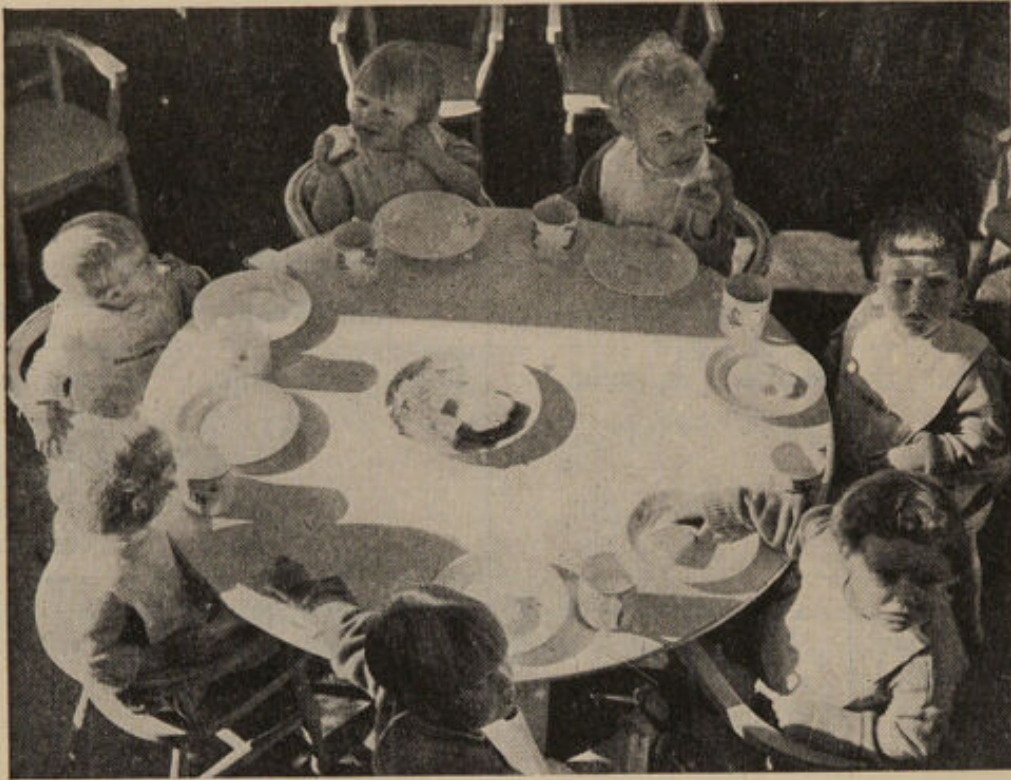
### INTRODUCTION OF SPOON-FEEDING.

5th Week.	6th Week.	7th Week.	8th Week.
Bottle 7 oz. milk.	Bottle 7 oz. milk.	Bottle 7 oz. milk.	Stop bottle feed. Give 1 tablesp. orange or tomato juice with 1 tablesp. water and 1 teasp. sugar on waking.
Stop bottle feed. Give ½-½ cup of flour; or ½ egg lightly boiled. 6-7 oz. milk (cup).	As 5th week, but change to 9.30 a.m.	As 5th week, but change to 9 a.m.	As 5th week, but change to 8.30 a.m.
As 1st week.	Stop bottle feed. Give 3-4 tablesp. broth. 1 tablesp. mashed potato. 1 tablesp. sieved vege- table, but change to 1.30 p.m.	As 6th week. 1 p.m. Give 1 tablesp. grated liver once or twice weekly.	As 7th week. May thicken broth with potato. 1 tablesp. milk pudding or 1 tablesp. stewed fruit may be given. Change to 12.30 p.m.
As 3rd week.	As 3rd week, but change to 5.30 p.m.	Stop bottle feed. Give 1 tablesp. stewed fruit. 1 rusk. 5 oz. milk. Change to 5 p.m.	As 7th week, but change from 4.30 to 5 p.m.
Bottle 7 oz. milk.	Bottle 7 oz. milk.	Bottle 7 oz. milk.	Stop bottle feed gradually. 4 oz. milk may be given at 6 p.m. if desired.

Oatmeal porridge, groats, cream of wheat; for 6 p.m. feed:—Farola, Semolina.

sheet (page 24) for infants between 9 and 12 months.





## FEEDING OF CHILDREN FROM ONE TO FIVE YEARS

### GENERAL RULES.

- (1) Only three meals a day should be given, and at the same time each day.
- (2) No "pieces" or sweets should be given between meals. If sweets are given at all, they may be given at the end of a meal.
- (3) Food should not be forced on the child when he is not hungry, as this causes loss of appetite; it is preferable to miss out a meal altogether and then he will be hungry for the next.
- (4) The child should learn to chew his food and to eat it slowly.
- (5) The child's last meal, before he goes to sleep, should not be a heavy one and should not consist of soft or sweet food, as this will lodge between the teeth and cause decay.
- (6) Only water or fruit juice should be given to drink between meals.



## SUITABLE FOODS.

*Milk* is a food, not simply a drink. Each child should have at least one pint a day ; certified, tuberculin-tested, or pasteurised milk should be used, if possible ; all other milk should be boiled.

*Soups*.—Broth, lentil, pea, barley, potato, milk.

*Eggs, Fish, and Meat*.—The child should have one of these foods daily. Herring or white fish—such as cod, haddock, or whiting—may be given, and it should be steamed, not fried. Meat should be given minced or cut into small pieces. Beef, mutton, veal, rabbit, tripe, brains, liver, Irish stew, and shepherd's pie are suitable.

*Vegetables* should form part of the daily diet after six months. These should be well cooked, preferably steamed—cabbage, sprouts, cauliflower, turnip, carrot, spinach, peas, beans, and lentils.

*Fruit* should be given daily, and should not be unripe or over-ripe. Skin and seeds should be removed. Orange, grapefruit, grapes, mashed banana, raw and cooked apples, stewed prunes, and rhubarb are all good.

*Starchy Foods*.—Potato, boiled or baked, wholemeal bread, scones, toast rusks, plain sponge cakes ; milk puddings, such as rice, ground rice, semolina, farola, sago, or custard ; suet or batter pudding.

*Fats*.—Butter, dripping, or bacon fat should be given rather than margarine.



# DIET SHEET, 1-2 YEARS.

On waking — Juice of half an orange or 1 dessertspoonful of tomato juice or grapefruit juice.

Day	Breakfast, 8—8.30 a.m.	Dinner, 12—12.30 p.m.	Tea, 4.30—5.0 p.m.	Supper, 6.30 p.m.
SUNDAY -	<p><i>To be made up from—</i></p> <p>(1) 2-4 tablesp. cereal, porridge groats, cream of wheat, corn flakes.</p> <p>(2) Small piece apple, orange, ripe swede turnip or carrot.</p>	<p>4 tablesp. broth.</p> <p>1 tablesp. boiled mutton.</p> <p>1 tablesp. boiled or mashed potato.</p> <p>1 tablesp. vegetable—carrot or turnip, cabbage or greens.</p> <p>1-2 tablesp. egg custard.</p> <p>1 tablesp. stewed fruit.</p> <p>1 hard-baked wholemeal rusk.</p>	<p>1 cup cocoa made with milk ; <i>or</i></p> <p>1 cup milk.</p> <p>Half slice brown bread ; <i>or</i></p> <p>1 rusk ; <i>or</i></p> <p>1 oatcake.</p>	<p>1 cup milk ; <i>or</i></p> <p>1 cup soup.</p>
MONDAY -	<p>(3) Stewed fruit may be given with cereal, or instead of cereal half slice hard toast with butter or dripping.</p> <p>(4) If only 1-2 tablesp. cereal is given, 1 soft boiled egg ; <i>or</i> 1½ tablesp.</p>	<p>4 tablesp. broth.</p> <p>1 tablesp. tripe stewed in four tablesp. milk ; <i>or</i></p> <p>1 tablesp. roast beef, minced.</p> <p>1 tablesp. boiled, baked, or mashed potato.</p> <p>1 tablesp. steamed greens.</p> <p>1 tablesp. steamed pudding with treacle ; <i>or</i></p> <p>2 tablesp. milk jelly.</p> <p>Piece of hard-baked bread.</p>	<p>Butter.</p> <p>Seedless jam.</p> <p>Jelly.</p> <p>Honey.</p> <p>Half orange ; <i>or</i></p> <p>Half apple ; <i>or</i></p> <p>1 tablesp. stewed fruit with one tablesp. curds ; <i>or</i></p> <p>1 tablesp. custard.</p>	
TUESDAY -	<p>toast crumbs fried in bacon fat ; <i>or</i> ½ slice hard toast fried in bacon fat.</p> <p>5-6 oz. milk.</p>	<p>1 tablesp. whiting in 4 tablesp. milk.</p> <p>1 tablesp. carrot or turnip or spanish onion.</p> <p>1 tablesp. boiled or mashed potato.</p> <p>1 tablesp. baked apple with syrup.</p> <p>Half slice hard toast.</p>		



# DIET SHEET, 1-2 YEARS—Continued.

Day.	Breakfast, 8—8.30 a.m.	Dinner, 12—12.30 p.m.	Tea, 4.30—5.0 p.m.	Supper, 6.30 p.m.
WEDNESDAY	<i>To be made up from—</i> (1) 2-4 tablesp. cereal, porridge groats, cream of wheat, corn flakes.  (2) Small piece apple, orange, ripe swede turnip or carrot.	1 tablesp. rabbit; <i>or</i> 1 tablesp. minced steak. 1 tablesp. vegetable—carrot, cauliflower, marrow, peas. 1 tablesp. potato. 1-2 tablesp. milk pudding. <i>or</i> 1-2 tablesp. curds <i>with</i> 1 tablesp. stewed fruit — prunes, apples. Half slice hard toast.	1 cup cocoa made with milk; <i>or</i> 1 cup milk. Half slice brown bread; <i>or</i> 1 rusk; <i>or</i> 1 oatcake.  Butter. Seedless jam. Jelly. Honey.	1 cup milk; <i>or</i> 1 cup soup.
THURSDAY -	(3) Stewed fruit may be given with cereal or instead of cereal half slice hard toast with butter or dripping.  (4) If only 1-2 tablesp. cereal is given, 1 soft boiled egg; <i>or</i> 1½ tablesp. toast crumbs fried in bacon fat; <i>or</i> half slice hard toast fried in bacon fat.	4 tablesp. soup. 1 tablesp. lightly cooked liver. 1 tablesp. potato. 1 tablesp. vegetable—carrot, turnip or cabbage. 1 tablesp. steamed pudding with treacle; <i>or</i> 1 tablesp. stewed fruit; <i>or</i> 1 tablesp. grated apple with custard. Half slice hard toast.	Half orange; <i>or</i> Half apple; <i>or</i> 1 tablesp. stewed fruit with one tablesp. curds; <i>or</i> 1 tablesp. custard.	
FRIDAY -		4 tablesp. soup. 1 tablesp. steamed plaice or whiting; <i>or</i> 1 tablesp. omelette. 1 tablesp. potato. 1 tablesp. vegetable. 1 tablesp. orange and banana salad. Half slice hard toast.		
SATURDAY -	5-6 oz. milk.	1 tablesp. roast beef or mutton; <i>or</i> 1 tablesp. stewed steak with vegetables—marrow, cauliflower, tomato. 1 tablesp. potato. 1 tablesp. butter pudding with jam. Half slice hard toast.		

No food between meals.

Give two-course dinner until 18 months old.



# DIET SHEET, 2-5 YEARS.

On waking—Juice of half an orange or grapefruit, or the juice of one tomato.

Day.	Breakfast, 8—8.30 a.m.	Dinner, 12—12.30 p.m.	Tea, 4.30 p.m.	Supper, 6.0 p.m.
SUNDAY	<i>To be made up each day from—</i> (1) Cereal and milk. 2-4 tablesp. porridge, groats, creamed wheat shredded wheat, grape-nuts.	4 tablesp. vegetable broth. 1 tablesp. boiled mutton. 1 tablesp. boiled or mashed potato. 1 tablesp. vegetable—carrot, turnip. 2 tablesp. stewed fruit; <i>or</i> Baked apple with syrup; <i>or</i> Banana custard. Half slice toasted wholemeal bread.	1 cup cocoa; <i>or</i> 1 cup milk; <i>or</i> 1 cup Ovaltine.  Brown bread. Toast. Oatcake. Plain cookie.  Butter. Dripping.	1 cup soup. 1 cup milk.
MONDAY	(2) Fruit—apple, raw or stewed, orange, figs, banana, grated carrot. (3) If <i>small</i> helping (2-3 tablesp.) cereal is given, 1 egg <i>or</i> thin rasher crisp bacon with or without tomato.	4 tablesp. broth. 1-2 tablesp. tripe in milk with onions; <i>or</i> 1 tablesp. cauliflower with cheese sauce. 1 tablesp. potato. Raw salads—lettuce, tomato, shredded cabbage, carrot, turnip, cheese. 1 tablesp. steamed pudding with treacle; <i>or</i> 1 tablesp. milk jelly. Half slice toasted wholemeal bread.	Jam. Jelly. Honey.  Stewed apples, prunes <i>or</i> plums; <i>or</i> Raw fruit; <i>or</i> Salad with lettuce, tomato, cheese, carrot, <i>or</i> Cream cheese sandwiches; <i>or</i> Banana sandwiches; <i>or</i> Pancake with treacle.	
TUESDAY	(4) Hard toast with butter or dripping. (5) 1 cup cocoa with milk or sugar; <i>or</i> 1 cup milk.	1-2 tablesp. steamed whiting, plaice, haddock, halibut, <i>or</i> herring. 1 tablesp. carrot, sprouts, cabbage, turnip tops. 1 tablesp. potato. 1 tablesp. apple dumpling with plain or maple syrup; <i>or</i> 1 tablesp. milk pudding with 1 tablesp. stewed fruit. Half slice toasted wholemeal bread.		
WEDNESDAY		1 tablesp. rabbit <i>or</i> Irish stew, <i>or</i> stewed oxtail with onions, carrots and turnip. 1 tablesp. potato. 1 tablesp. stewed fruit; <i>or</i> 1 tablesp. fruit tart; <i>or</i> 1 tablesp. egg custard—apple, rhubarb, plum. Half slice toasted wholemeal bread.		



# DIET SHEET, 2-5 YEARS—Continued.

Day.	Breakfast, 8—8.30 a.m.	Dinner, 12—12.30 p.m.	Tea, 4.30 p.m.	Supper, 6.0 p.m.
THURSDAY -	<i>To be made up each day from—</i> (1) Cereal and milk, 2-4 tablesp. porridge, groats, creamed wheat shredded wheat, grape-nuts.	4 tablesp. soup. 1 tablesp. liver. 1 tablesp. potato. 1 tablesp. vegetable—greens or spinach. 1 tablesp. baked sponge with fruit; <i>or</i> 1 tablesp. milk pudding or curds. Half slice toasted wholemeal bread.	1 cup cocoa; <i>or</i> 1 cup milk; <i>or</i> 1 cup Ovaltine.  Brown bread. Toast. Oatcake. Plain scone.  Butter. Dripping.	1 cup soup. 1 cup milk.
FRIDAY -	(2) Fruit—apple, raw or stewed, orange, figs, banana, grated carrot.  (3) If <i>small</i> helping (2-3 tablesp.) cereal is given, 1 egg <i>or</i> thin rasher crisp bacon with <i>or</i> without tomato.	4 tablesp. soup. 1-2 tablesp. steamed fish; <i>or</i> 1-2 tablesp. scrambled egg with cheese or tomato. 1 tablesp. potato. 1 tablesp. sprouts, cabbage, turnip tops or greens. 1 tablesp. steamed pudding with treacle; <i>or</i> 1-2 tablesp. orange and banana salad.	Jam. Jelly. Honey.  Stewed apples, prunes or plums; <i>or</i> Raw fruit; <i>or</i> Salad with lettuce, tomato, cheese, carrot, <i>or</i> Cream cheese sandwiches; <i>or</i> Banana sandwiches; <i>or</i> Pancake with treacle.	
SATURDAY -	(4) Hard toast with butter or dripping.  (5) 1 cup cocoa with milk or sugar; <i>or</i> 1 cup milk.	1 tablesp. lentil pudding; <i>or</i> 1 tablesp. macaroni with cheese; <i>or</i> 1 tablesp. roast beef; <i>or</i> 1 tablesp. mince. 1 tablesp. vegetable. 1 tablesp. stewed fruit. Half slice toasted wholemeal bread.		

Butter—important.

Fresh Fruit—important.

*Salads.*—In Summer, salads should be given frequently as main course at dinner time. Tomatoes, lettuce, grated cheese, radishes, shredded carrots, turnips, and cabbage, hard-boiled eggs, dates, raw apple, orange and banana, cooked beetroot, and garden peas may all be used according to season.

No eating between meals.



## PREPARING FOR THE BATH

The best time to bath an infant is in the morning before the 10 o'clock feed. In the evening a sponge-down is all that is needed. Before beginning to bath baby you should have everything ready.



- (1) A screen to prevent draughts.
- (2) A bath with water 98-100° for a young infant. As the child grows older the temperature should gradually be lowered until the bath is just warm. You can learn to test the temperature with your arm.
- (3) Plain unscented castile soap.
- (4) A face cloth.
- (5) Warmed towels.
- (6) Lanoline.
- (7) Swabs of cotton-wool to clean the eyes.
- (8) Swabs to clean out the nose
- (9) Clean clothing.
- (10) A small chamber.

Always put the cold water in the bath first, and fill up with warm water to the right temperature.

The mother should wear a waterproof apron covered with a towel or flannel apron. She should sit on a low stool or chair beside the bath.



## THE BATH



When all is ready seat yourself comfortably and take off the child's soiled clothes. Wrap the baby in a warm towel. Begin by swabbing the infant's eyes, using a clean swab for each, and wipe the eye from nose outwards.

Then roll a wisp of the cotton-wool between finger and thumb, moisten and clean each nostril.

Support the child's back and head as shown in the photograph and wash the head from before backwards. Do not use much soap. Then dry the head and ears carefully.







Then put baby in the bath, supporting him carefully.

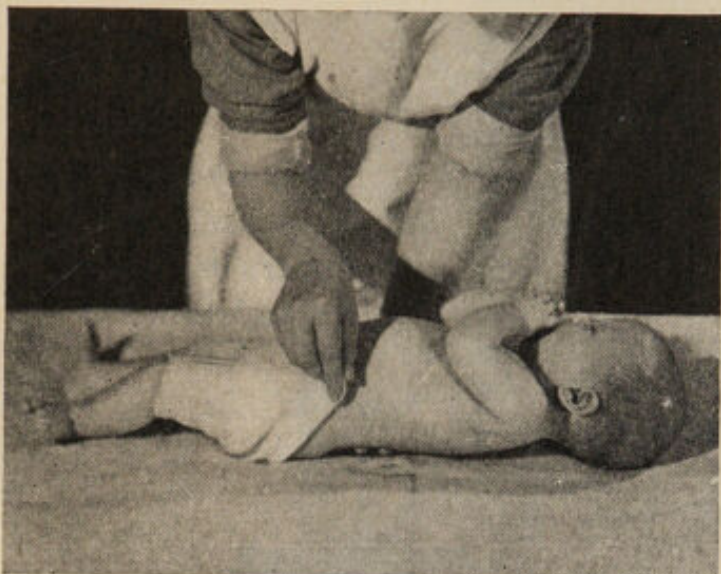
Soap the child's body with the hand and gently wash off the soap.

Great care must be taken to dry all the folds of the skin. Do not use dusting powder; smearing with lanoline is better.





The child is now ready to be clothed. This should be done without moving the child any more than you can help.

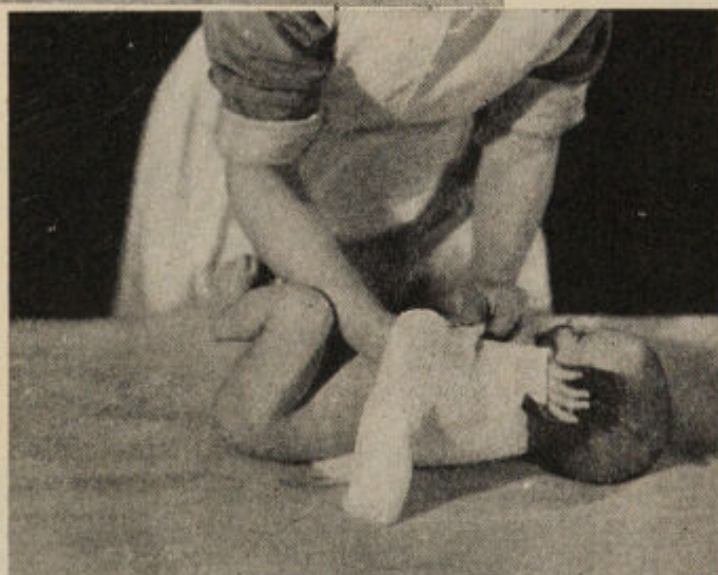


After the navel has healed discard the crepe bandage and use a body belt as shown in the picture.

NOTE.—The "belt" is pulled on *over the child's feet*, not over the head.

To put on the "cross-over vest with sleeves."

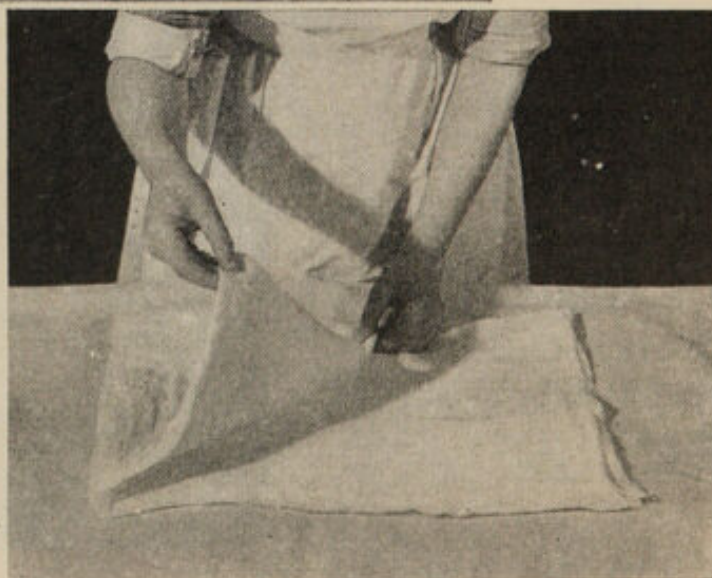
Place the baby on the outspread vest and



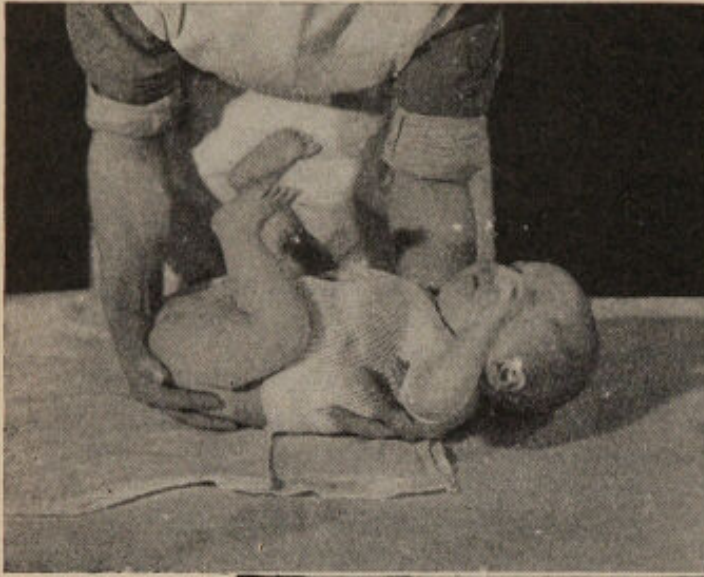
gently push the arms into the sleeves as shown.

Then fold the vest over the infant's chest.

The napkins should be made of a soft material like butter muslin. Fold napkin as shown here.

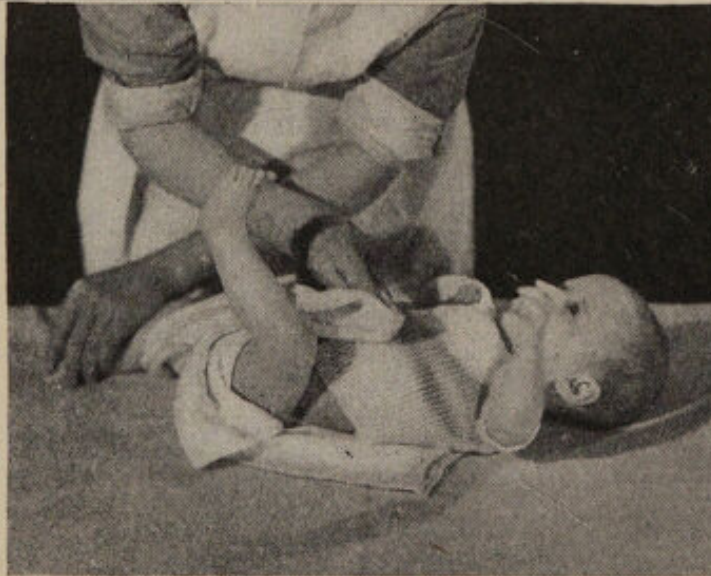






Lay baby on napkin.  
NOTE.—Unfolded end  
is under baby's back  
up to waistline.

Bring folded  
end up be-  
tween baby's  
legs.



See that napkin is  
tidily but not tightly  
folded round legs. Pin  
at each side.

NOTE.—*Curved safety  
pin* for baby's use.







Baby is now  
dressed ready  
to go into his  
pram.

Some mothers prefer to put the baby into a sleeping bag before putting him out in his pram. Below a useful type of sleeping bag is illustrated. "Pull-ons" and matinee coat are not necessary if a sleeping bag is used. Note the freedom of movement allowed—yet warmth and protection are ensured.





## CHILDREN'S CLOTHING

As children lose their body heat more quickly than adults their clothing needs particular attention. It should be warm, light in weight, and washable.

All young children should wear wool next the skin. Wool is warm and has the special property that sweat evaporates readily from it. Hence, as the child cools down after a spell of vigorous play, the woollen garment does not remain damp but soon becomes dry and warm again, and in this way chills are avoided. In cold weather care should be taken to keep the child's feet and hands warm.

Children's clothing should be capable of easy washing, drying, and ironing. In washing woollens care should be taken that they do not shrink. Common yellow soap should not be used. A soapy lather of warm water made with soap flakes is better. The garments should be rubbed through the water, thoroughly rinsed with clean cold water, and dried—preferably in the open air. Before fresh garments are put on they should be aired in front of the fire. Flannelette, which is less warm and catches fire easily, should not be used for children's garments.

Children's clothing should be light so as not to restrict their movements, and should also be loose rather than tight. A tight binder in particular should be avoided, as it hampers the breathing and may produce other serious trouble. Instead of a binder a knitted body belt, which is elastic, should be worn. There should be no tight bands anywhere, such as firmly tied tapes or tight elastic. *Overclothing* of children, which is very common, should be avoided, as it frequently leads to chills and sweat rashes.

### THE NEW BABY.

List of day clothes:—

- (1) Crepe bandage—till navel heals;
- (2) Knitted body belt;
- (3) Knitted woollen vest—cross-over or pull-on;
- (4) Napkin;
- (5) Pull-ons and jersey, or pilch, dress and bootees; and
- (6) Matinee coat.



At bed-time the day clothes should be taken off and the infant should wear a clean woollen vest and flannel nightgown. At no time should the infant wear rubber pants.

#### THE OLDER BABY.

##### *Day-time.*

- (1) Knitted woollen vest ;
- (2) Knitted socks ;
- (3) Knitted knickers ; and
- (4) Long knitted jersey or short dress. In summer a thin dress should be worn.

##### *At night.*

- (1) A clean woollen vest—not necessary in summer ; and
- (2) Flannel nightgown.

##### *For outdoor wear.*

- (1) Knitted overalls ;
- (2) Knitted jacket ;
- (3) Knitted baby gloves ;
- (4) Knitted bonnet or cap. } In cold weather.

These garments may be used for children up to two years of age.

In sunny summer weather the hat should be of cotton with a brim or frill to protect the eyes from the sun.

#### LIST OF CLOTHES FOR GIRLS OVER TWO YEARS.

- (1) A woollen vest or woollen combinations in winter ;
- (2) Liberty bodice ;
- (3) Pair of closed knickers ;
- (4) Dress. } Woollen in winter and cotton in summer.

#### LIST OF CLOTHES FOR BOYS OVER TWO YEARS.

- (1) A woollen vest or woollen combinations in winter ;
- (2) Trousers—in young boys buttoned to a bodice ; older boys, braces. The front opening of trousers should be buttoned securely, but should be made so that the boy may be trained to open it himself ;
- (3) Knitted jersey or cotton shirt in summer.

NOTE.—For patterns of clothing see the end of the book, pages 62-74.



# HYGIENE OF INFANCY AND CHILDHOOD

## RULES OF HEALTH DURING INFANCY.

(1) The baby should be taken regularly to the Child Welfare Clinic or to the family doctor.

(2) *Fresh air*, both inside and outside the house, is of the greatest importance to every baby. The rooms must be well aired by keeping the windows widely open. More draught is caused by a small opening than by a large one.

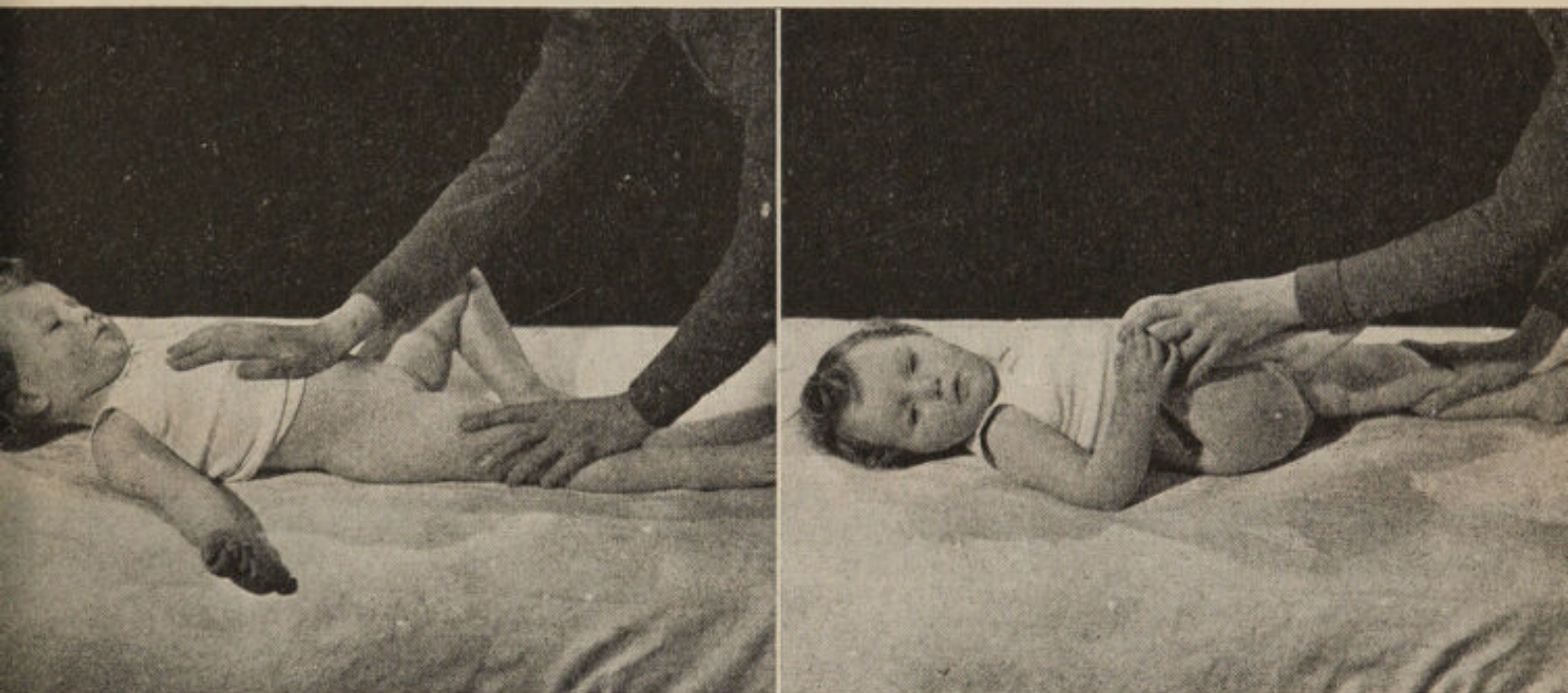
A strong healthy baby may be taken out of doors on the third day, or even sooner in warm weather, and afterwards he should be taken out every day. A deep perambulator should not be chosen because the baby lies almost buried in its depth and gets very little fresh air.

(3) *Sleep*.—A baby should always sleep in a cot by the bedside and *not* with the mother, so that he may not breathe in the impure air which she is breathing out. *There is also the serious danger of over-lying and smothering him.*

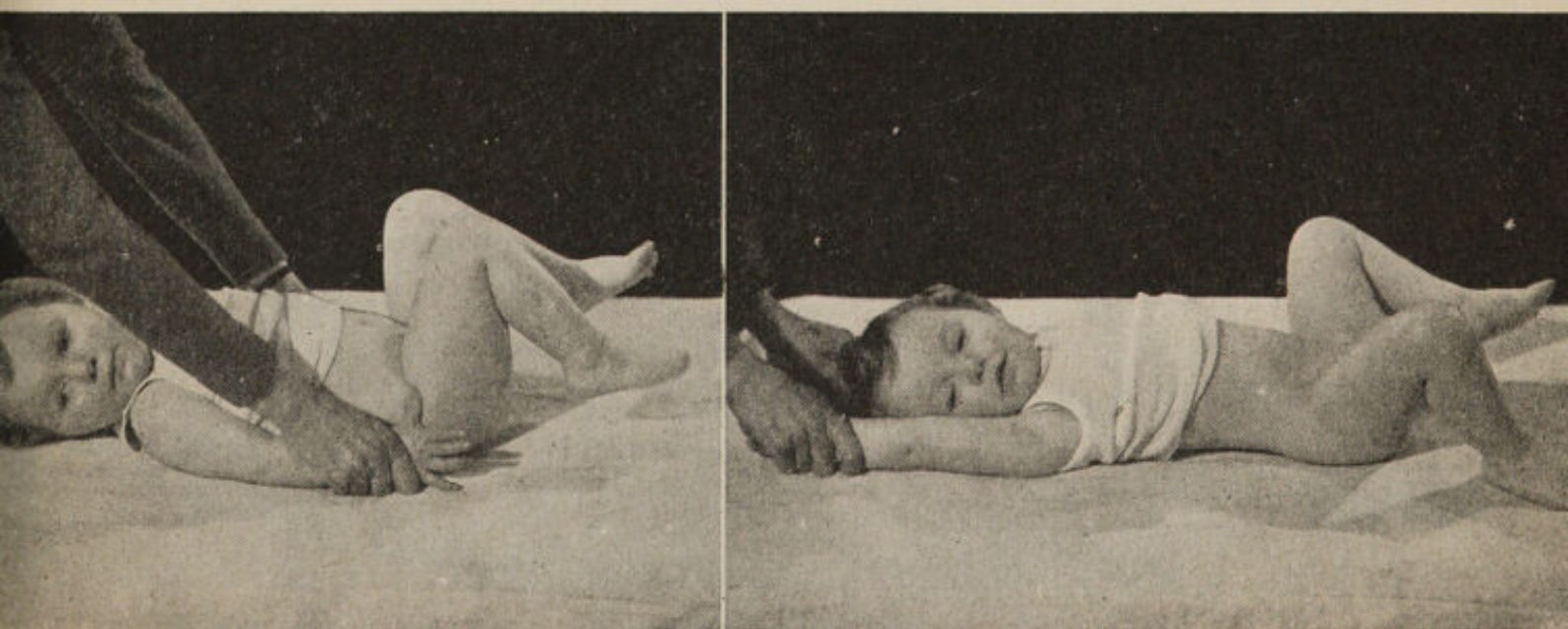
A wooden orange or egg box, or a clothes basket, lined with cheap material to prevent the rough sides from hurting baby, makes quite a good cot. Cradles should have no rockers. It is a bad plan to rock a baby until he falls asleep. Hangings or curtains about a cradle or cot are bad, as they keep out the air and soon get dusty and dirty. For the first month an infant should sleep all the time except while being fed and dressed. He should, if possible, sleep outside during the day. At the next stage it is best to train him to sleep in the forenoon and to be awake in the afternoon, so that he will have continuous hours of sleep during the night. He should be put to bed after the 6 p.m. feed and only wakened for the 10 p.m. feed and put back to bed again.



(4) *Play and Exercise*.—A certain time each day should be set aside when the baby, free from all restrictions, should be allowed to kick, roll, move his arms about, and play with toys as much as he feels inclined. Neither sharp nor painted toys should be given him to play with. As the child grows older (about the third month) special exercises may be started. These should be done after the bath before the clothes are put on.

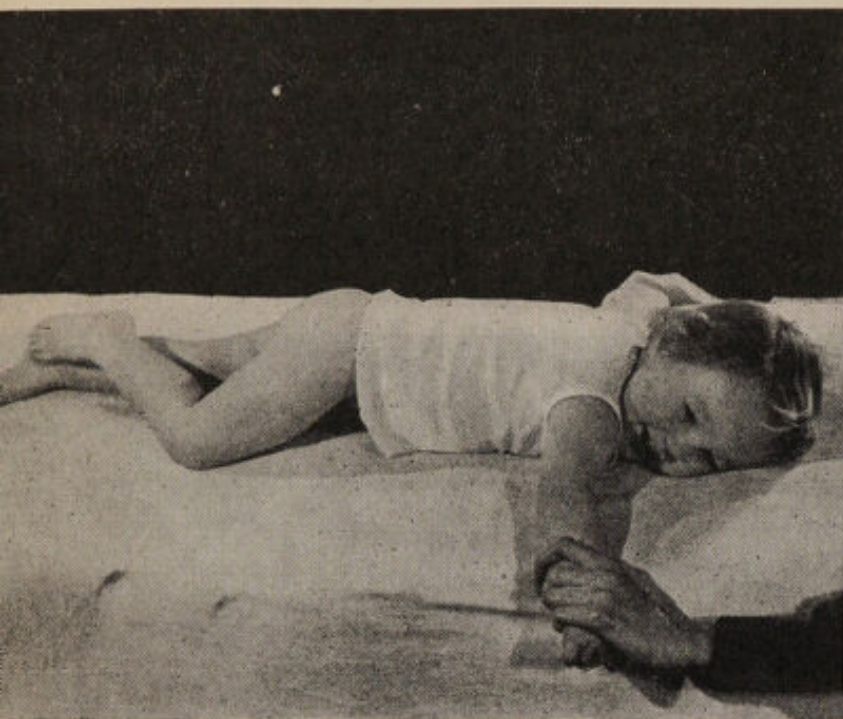


*Exercise No. 1—To strengthen Leg and Abdominal Muscles.*

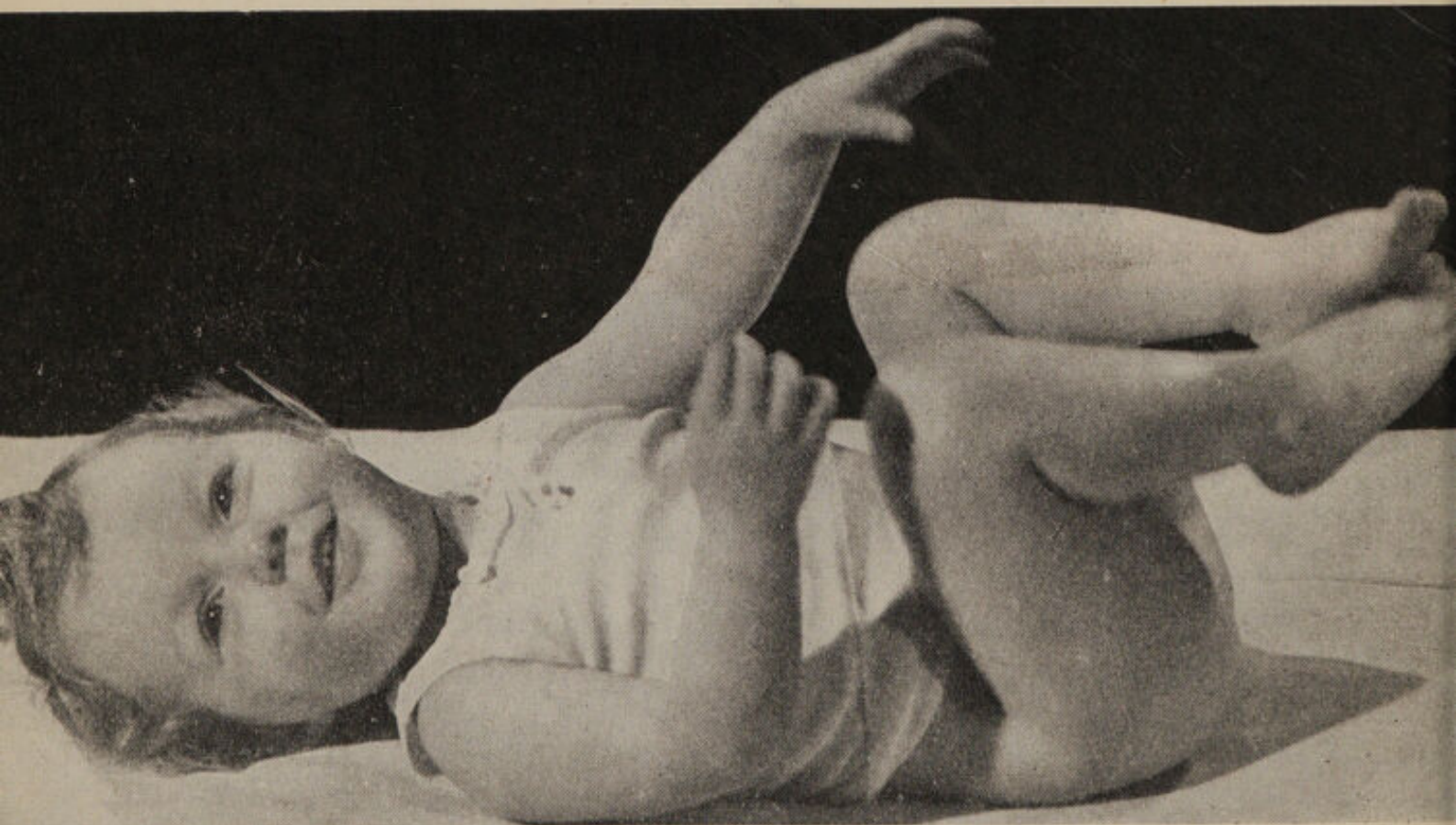


*Exercise No. 2—To strengthen Arms and Chest Muscles.*





*Exercise No. 3—To strengthen Shoulder and Back Muscles.*



*Asking for More.*



(5) *Napkins*.—Soiled napkins should be rinsed at once, and then soaked in cold water until the mother is ready to wash them thoroughly. No napkins should ever be dried and used again without being thoroughly washed. All napkins should be boiled and dried in the open air if possible. They should *not* be washed with soap containing soda. The buttocks should be bathed each time a soiled napkin is removed, and should be thoroughly dried. A mother should always wash her own hands after handling soiled napkins and before touching the baby or preparing food.

(6) *Training*.—The bowels should move regularly. Here early training is of great importance. From the third day the nurse should have a small chamber, or a small basin with a rounded edge, on her knee. The baby should be held with the nurse's hands under the thighs and the back against the nurse. The cold rim of the chamber should always be allowed to touch the buttocks for a moment, and gradually the child will understand why the position is maintained. The child should be held out immediately on waking and before and after each feed. It is a bad plan to hold a child out too frequently or for too long at a time. By eighteen months most children should be able to do without napkins.

(7) *Crying* is taken much too seriously by most mothers. If baby cries examine him to see if anything is causing discomfort, *e.g.*, wet or soiled napkins. The baby should be made comfortable. If the baby wants a drink, give lukewarm water which has been boiled. He will soon stop crying.

The over-anxious and fussy mother fosters the development of a cross and nervous child. The calm, placid, good-natured woman, who keeps baby's habits regular, is the ideal mother to rear a strong and sturdy baby.

#### RULES OF HEALTH DURING CHILDHOOD.

(1) The mother should continue to bring the older children to a doctor or clinic at regular intervals.

(2) *Fresh Air*.—The older child has as much need of fresh air as the baby and should be out every day. The rooms should also be well aired and, if possible, the child should sleep alone.



(3) *Sleep*.—The child requires a great amount of sleep. A sleep during the day should be encouraged and kept up until the child is at least five years old. At five years he still requires thirteen out of every twenty-four hours for sleep.

(4) *Exercise*.—Children who have just learned to walk are usually extremely active and so get plenty of exercise. They should be prevented from over-tiring themselves.

(5) *Cleanliness* is just as important now as in infancy, and the child should have a daily bath. Children should always be trained to wash their hands thoroughly before each meal, and always after using the lavatory in case their hands have been soiled in any way. Their nails should be kept clean and cut short.

(6) *Teeth*.—Cleansing of the teeth should be begun at the age of one year. At first only a soft brush should be used, and each child must have its own brush. Children should be trained to clean their teeth after each meal, and especially at night before going to bed. Their teeth should be examined often by their mothers and by the dentist so as to detect the first signs of decay, when dental treatment should be obtained at once. If the milk teeth are allowed to decay they may infect the gums and also the second teeth inside the gums.

(7) Children should be taught to blow their noses *gently*, and not to sniff or have "running noses." They should always have handkerchiefs or clean rags of their own. A mother should never wipe the children's noses with her own handkerchief. Any habit of mouth-breaking should be checked at once, and if persisted in should be reported to the doctor.

(8) The hair and scalp must be kept scrupulously clean and washed once a week.

(9) The mother should see that the child's bowels move freely once a day, preferably each morning after breakfast.

(10) *Bad Habits*.—Many normal children pass through a short stage of bad habits, but sometimes in spite of care and good upbringing bad habits may persist, or a child may become backward, nervous, or difficult. Very often this may have some bodily cause, and in any case a doctor should be consulted, as a great deal can be done to restore normal development.



## MENTAL HEALTH AND CHARACTER TRAINING

It is important that a child should be strong and well in body. It is even more important that he should be strong and well in mind and character. Many mental strains and nervous "break-downs" in later life could be prevented by proper training in early childhood. The foundations of character are laid during the first five years of life.

A child's life does not begin at birth ; he carries into the world many tendencies which he has inherited. His mind is like a river which flows from a hidden source. It cannot be checked, but it can be guided into the right channels by wise training. There are four main stages in the unfolding of a child's mind, and each one requires understanding and guidance.

(1) From the time of his birth the baby begins to learn about the world into which he has come. This adventure keeps him busy for months—indeed for years. He is interested in everything around him, and will often lie quietly for a long time staring about him, slowly taking in his surroundings. Soon he begins to try his own powers, to move his arms, to kick, and later to crawl and to walk, and so find out things for himself. When the child is busy with these discoveries he should be left alone—not spoken to, or picked up, or petted, which will only distract and annoy him. During these first months he is getting his first ideas of the outer world, and later he will imitate what he sees. His first impressions, therefore, should be of quiet surroundings, kindly faces and pleasant voices.

(2) In the second stage the child becomes aware of himself as a separate individual. He takes a delight in speaking and acting for himself, and begins to show this by saying "Give me," "Look at me," "Me do it," and so on. The idea that a child gets of himself at this period—usually between two and four years—is of the utmost importance. For he begins to set his own will against the wishes of his parents, and may seem to become difficult and disobedient.



What should wise parents do? Threats and punishments are apt to increase the friction, and constant nagging makes a dull, lifeless child. Sternness and impatience tend to make a child deceitful and cowardly; or later on perhaps drive him to the opposite extreme of defiance.

On the other hand, a child who has been spoiled and used to getting everything he cries for will think of himself as a very important person; he may thus grow up selfish and greedy, becoming sulky or violent if he is thwarted.

Parents should try to take a middle course, disregarding the "No, no" replies and insisting with gentle firmness on habits and routine that *are really important*. It is better to form good habits gradually than to make rules which must be obeyed. Children like doing the same thing over and over again, and hearing the same story repeated—that is the time when good habits are most readily formed.

(3) In the third stage the child begins to ask constant questions and wants to know the reason for everything. It may be tiresome, but it is a very important phase, and the child should never be "put off" or told lies. If so, he will stop asking questions at home and get his information elsewhere, very likely in the wrong way.

Always answer your child's questions truthfully, or he will lose faith in you. It is a good rule to remember that if a child is old enough to ask a question he is old enough to be told the true answer as simply as possibly. He will then accept the truth quite easily and naturally.

(4) In the fourth and final stage of development the child has to learn to face life for himself. This progress begins when he goes to school for the first time. He leaves home and all its familiar surroundings and faces new people and things; it is then that his home training is put to the test.

One of the first aims of early training is to help the child to live happily with his fellows and to adjust himself to his surroundings. He learns through play the art of life—what he can contribute, what are his rights and duties, and, above all, how he can co-operate



happily with others. If he has been brought up to depend too much on other people, the apron-strings become chains. The child should be trained in independence from the start by being allowed as soon as possible to feed, wash, dress, and take care of himself—even though at first he spills his milk, leaves some dirt behind his ears, puts his clothes on the wrong way, or loses a few pennies. He should be taught, too, to guard himself against common dangers, because he can learn to be self-dependent only by being trusted with duties and responsibilities.

It is better to train by encouragement than by correction. Be definite and consistent, or the child will feel a sense of bewilderment. Never use cunning or deceit to gain your ends—to pretend that medicine is pleasanter than it is, or that the dentist “won’t do anything.” “A cunning trick helps but once, and hinders ever after.”

At an early age your child will always look to you when anything goes wrong. Make light of little troubles, and show courage and cheerfulness yourself.

Though much of a child’s early training lies with the mother, the father’s part is very important. Parents should support each other in any decisions ; nothing is worse than for a child to think he can appeal from one parent to the other. Parents must avoid having favourites among their children ; it is cruelly unfair both to the favourite and to the others. Special care is needed when a new baby comes, as the older child may feel neglected and jealous. The parents should be careful at this time to give some special little attentions to the older child, and to encourage him to be interested in the baby and to help in taking care of him.

Parents exercise their greatest influence by their own example. A happy home brings up a happy child, but quarrelling between parents sows the seeds of nervous disorder and ultimately poisons the whole family life. Both parents should play with their children and take a great part in their fun. The right kind of home is always a centre of cheerfulness and goodwill, to which the children are glad to bring their playmates and, later on, their friends of school days and youth.



## COMMON AILMENTS

*Colds.*—To avoid colds do not overclothe your children but have a woollen garment next the skin. Take the children out every day in all weathers, but avoid wet cold feet. Keep the house well aired night and day.

When a child has a severe cold it is best to keep him in bed in a warm, well aired room and away from the other children, as colds are very infectious.

*Bronchitis.*—Keep the child in a warm, well aired room. Rub the chest, back and front, with a mixture of equal parts of olive and camphorated oils if under two years, and pure camphorated oil if over two years. Give half a teaspoonful of olive oil or a little lemon and glycerine three times a day. If the breathing is fast and the child seems feverish, call in a doctor at once.

*Diarrhoea.*—This is generally due to wrong feeding, unclean milk, or a dirty bottle or "dummy." No child has diarrhoea simply because he is teething.

Give a dose of castor oil, one to two teaspoonfuls according to age, and nothing but boiled water (with no sugar) for twelve hours. Then, if the child is breast-fed, give very small breast feeds, with boiled water between and immediately before each feed for another twelve hours, before resuming the usual feeds. If the child is bottle-fed, give the feeds half-strength for twelve hours and gradually work up to the usual strength.

For one day give older children boiled milk only, then milk foods only for another day, and resume the usual diet gradually. Keep the child indoors, and in severe cases in bed.

Diarrhoea accompanied by vomiting in infants is very serious; a doctor should be consulted at once.

*Constipation.*—This may be caused by wrong feeding, or constipation in the mother if the infant is breast-fed.

If the infant is on the breast the mother should take a dose of cascara and glycerine or liquorice daily. Never give the child castor oil as this only makes matters worse. Give him plenty of plain boiled water and fresh fruit juice or prune juice between feeds. To older children give raw fruit, green vegetables, stewed prunes, treacle, porridge, and brown bread at meals.

If necessary give an infant a half to one teaspoonful of liquid paraffin night and morning. For older children syrup of figs is a safe laxative.

Teach the child to move the bowels at the same time every day from birth, and, if necessary, massage the abdomen with warm olive oil each morning after the bath till a movement is obtained.



*Vomiting.*—When this occurs, reduce the feeding as for diarrhoea, giving boiled water only for twelve hours. If it persists, consult a doctor.

*Colic.*—This is due to indigestion from unsuitable feeding or to a chill. Give the child a few teaspoonfuls of plain boiled water (with no sugar) and apply a hot flannel to the abdomen or massage it with warm olive oil. If the pain is severe or persistent, get a doctor. Do not give castor oil or any other purgative without medical advice.

*Flatulence.*—For this give a few teaspoonfuls of plain boiled water (without sugar) frequently, between feeds, especially ten to fifteen minutes before each feed is due.

*Convulsions.*—These may be due to many causes, including indigestion, or may occur at the onset of an illness, such as measles or pneumonia.

Send for a doctor at once. While waiting keep the room quiet, give the child a hot mustard bath, and then roll him in a warm blanket. As soon as he can swallow give him a dose of castor oil.

*Thrush.*—This shows as small white patches on the gums and tongue. They resemble milk-curd, but are not so easily removed. The condition is due to a lack of perfect cleaning of the bottle or breasts or to the use of a "dummy." Wash the mouth out with a solution of baking soda (a half-teaspoonful to a teacupful of boiled water) after each feed, and place a few drops of borax or glycerine (not honey) on the tongue. *Do not try to remove the patches.*

*Irritation or Redness of Buttocks.*—This is generally due to irritating motions or urine. If the motions are green, slimy, or offensive, consult a doctor. If they are normal, give baby plenty of plain boiled water (without sugar) between his feeds, and a quarter-teaspoonful of baking soda in water four times a day.

Keep the parts as dry as possible, changing the napkin as soon as it is soiled or wet. Each time you change baby, sponge the parts, dry very gently, and apply some olive oil or a simple ointment consisting of equal quantities of zinc ointment and castor oil.

If the urine smells of ammonia, make a lotion by dissolving one dessertspoonful of boracic powder in a breakfast cup of boiling water and rinse each napkin through this after washing with good plain soap and rinsing and drying in the usual way.

*Discharging Navel.*—If the navel is still discharging after two weeks, special treatment is necessary and a doctor should be consulted. If the condition is allowed to go for any length of time it has a serious effect on the health of the child.



*Discharging Eyes.*—This condition may be very serious, especially in new-born infants, and needs special medical treatment. In older children bathe the eyes at least night and morning with a lotion made by dissolving a half teaspoonful of boracic powder or common salt in one teacupful of boiling water.

*Discharging Ears.*—It is most important to have this condition properly treated at once. If it is neglected at the beginning it very often becomes chronic and extremely difficult to cure. Always get a doctor's advice.

*Earache.*—This is fairly common during teething, but may occur in older children also. Apply a hot piece of flannel or a bag filled with hot salt. A drop of warm almond or olive oil put into the ear sometimes gives relief. This pain may be the beginning of a very serious condition, and a doctor should always be consulted.

*Milk in the Breasts of Young Infants.*—This condition is not serious, and will soon disappear without any treatment. A binder may be placed firmly but not too tightly round the chest, but no oil should be applied and the breasts must not be rubbed.

*Growing Pains.*—Persistent or frequent pains in the limbs is serious, however young the child, and is frequently due to rheumatism. Even slight pains may be followed by severe complications, such as heart disease. It is therefore necessary to consult a doctor.

*Rickets.*—Causes: (1) wrong feeding; (2) too little fresh air and sunshine; and (3) lack of exercise.

Prevention: (1) Breast-feed your child if possible, and wean in nine months. If bottle-fed, see that he is having suitable food in suitable quantities. A sufficient amount of bacon fat, dripping, or butter is necessary after weaning, and the giving of cod liver oil helps to prevent the condition; (2) take the child out for several hours every day, both morning and afternoon, and when you are busy let him sleep outside in the pram. Do not over-clothe at any time, and let him wear as few clothes as possible in summer; and (3) he should have plenty of freedom to move the limbs about and should not be hampered in any way by tight clothing such as a binder.

It is most important that this condition should be treated early. As it can be diagnosed much sooner by a doctor than by the mother, *regular medical examination is advisable, even if the child seems healthy.*

*Infectious Diseases.*—If a child develops any rash or complains of sore throat always call in the doctor.



NEVER MAKE LIGHT OF MEASLES OR WHOOPING-COUGH, as these illnesses may have very severe consequences. Try to avoid them, especially in the first two years of life.

*Bed-Wetting.*—This may be a bad habit, or may be due to some irritation, such as thread-worms. It may also follow a debilitating illness or a chill.

Give plenty of fluids during the early part of the day, but dry feeding only after 5 p.m. Put the child to bed early, and lift him once about 10.30 p.m. and again early in the morning. He should not be punished, as the fear of punishment is likely to make things worse instead of better.

If the condition persists consult a doctor.

*Thread Worms.*—These look like little pieces of white thread and are about half an inch long. Special medicine is needed to get rid of them, and a doctor should be consulted. Extreme cleanliness is necessary. The finger nails must be kept short and the hands and nails thoroughly scrubbed with soap before food. Irritation at the opening of the bowel is common at night, and the child must not be allowed to scratch himself. Apply a little ointment, such as vaseline or zinc ointment, at bedtime, and use closed pyjamas or a pair of knickers under the nightgown. He should never be allowed to suck his fingers or to put things in his mouth.

*Tonsils and Adenoids.*—If a child snores or keeps the mouth open, or has a constantly running nose, a doctor should be called in to examine for enlarged tonsils and adenoids. Serious conditions may arise in later life if this simple precaution is neglected.



## SPECIAL RECIPES

### ORANGE JUICE.

The juice of one orange, or more if desired.

Cut the orange into quarters. Squeeze juice into a cup. Strain. Add equal parts of cold boiled water, and sweeten to taste if desired.

A lemon squeezer may be used.

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### PRUNE JUICE.

Soak the prunes for twelve hours in cold water. Stew for about one hour until tender, preferably in a double saucepan. Strain off the juice. Do not add sugar to this.

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### WHEY.

Always take more milk than the desired quantity of whey required. Warm milk to blood heat, and add rennet according to directions on bottle. Stand for five minutes until set. Break up with a fork and allow to stand again for a few minutes and strain.

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### LEMON WHEY.

1 lemon.

1 breakfastcupful of milk.

1 breakfastcupful of water.

1 dessertspoonful of sugar.

Put the milk and water into a saucepan with the juice of a lemon, boil and strain. The whey part is then sweetened with the sugar and drunk when very hot. The above is excellent for a cold, as all wheys cause perspiration.



## GRUEL.

Put a tablespoonful of Scotch oatmeal into a small basin and, after wetting it with a very little cold water, pour over it a pint of boiling water or milk, stirring all the time; stir for a few moments; then allow to settle for one minute. Pour carefully into a clean saucepan all the liquid, and stir over the fire till it boils. Let it boil for ten minutes; it is then ready for use. It may be sweetened with honey, sugar, treacle, or may be flavoured with salt and a small piece of butter, and should be taken very hot.

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## MEAT JUICE.

Take a quarter-pound or less of good rump steak. Cut into small pieces and cover with water. Press until all the juice is extracted. Let it stand; strain; add a pinch of salt, and give to patient slightly warmed.

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## WHITE OF EGG WATER OR ALBUMIN WATER.

Take white of one fresh egg. Cut in various directions with a clean pair of scissors. Add half a pint of water, a pinch of salt, and shake gently in a bottle. Strain through muslin.

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## EGG FLIP.

1 egg.  
 $\frac{1}{2}$  gill of milk.  
1 pinch of salt.  
 $\frac{1}{2}$  teaspoonful of sugar.

- (1) Separate yolk from white; remove white speck.
- (2) Put yolk, sugar, and salt into a basin and stir with a spoon; add the milk heated.
- (3) Beat white till stiff; add to yolk, etc., in basin.
- (4) Mix all very gently together.



### BARLEY WATER.

- 1½ oz. barley.
- 1 pint of cold water.
- 1 teaspoonful of sugar.
- ½ teaspoonful of salt.
- 2 or 3 strips of lemon rind.

- (1) Wash and scald barley very well; put into saucepan with water, lemon rind, sugar, and salt.
  - (2) Simmer very gently from 1½ to 2 hours, then strain.
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### LEMON WATER.

- 1 lemon.
- sugar.
- ½ pint of boiling water.

- (1) Wash lemon and peel rind as thin as possible.
  - (2) Remove the white part under the rind.
  - (3) Slice lemon thinly, remove pips.
  - (4) Put slices and rind into jug; pour over the boiling water.
  - (5) Sweeten to taste; cover till cool; then strain.
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### IMPERIAL DRINK.

Potassium bitartrate, one teaspoonful; juice of two good lemons; boiled water cooled, one quart.

Put the bitartrate and juice of the lemons into a quart bottle and fill with the cooled water. Cork and use when required.

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### ARROWROOT.

- 1 dessertspoonful of arrowroot.
- ½ pint of milk.
- 1 teaspoonful of sugar.
- ⅓ teaspoonful of salt.

- (1) Blend the arrowroot with a little of the milk.
- (2) Boil the rest of the milk; pour it over, stirring well.
- (3) Return to pan; boil for a minute or two, stirring carefully.
- (4) Add sugar and salt.



### BROWN BREAD.

4 breakfastcups wholemeal flour.  
2 flat teaspoonfuls baking soda.  
2 good pinches of salt.  
Either sour milk or buttermilk.

Mix into a bowl to the consistency of scone batter. Pour into a baking tin or an iron stewpan. A hot oven for an hour. It is advised to make four deep punctures into the mass after it has been poured into the pan.

It is even more nourishing if instead of flour one uses 3 cups wholemeal and 1 cup of soya flour.

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### NORMAL SALINE.

Add one pint boiling water to a teaspoonful of salt. Bring to the boil and strain.

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### BORACIC LOTION.

1 tablespoonful boracic acid.  
1 pint water.

Boil twenty minutes. Make up to the pint with boiling water.



## PATTERNS FOR CLOTHING

### CREPE BANDAGE.



### BABY'S BELT.

Four No. 13 needles. 1 oz. 3-ply wool.  
Cast on 32 stitches on each of 3 needles.  
Knit 3 inches in rib, 2 plain, 2 purl.  
Knit 3 inches plain knitting.  
Knit 3 inches in rib, 2 plain, 2 purl.  
Cast on and off loosely.

### CROSS-OVER VEST.

One pair No. 8 needles. 1½ oz. 3-ply wool.

Cast on 50 stitches.

Knit in garter stitch for 60 rows. At top of work cast on 16 stitches. Knit on these 16 and 16 of the body for 20 rows, then 8 rows in rib, 2 plain, 2 purl.

Cast off loosely.

Fold over and pick up 16 stitches. Knit on these 50 stitches for 64 rows. At top of work cast on 16 stitches and knit on these 16 and 16 of the body for 20 rows, then 8 rows in rib of 2 plain, 2 purl.

Cast off loosely.

Fold over and pick up 16 stitches and knit for 60 rows.

Cast off.

Crochet edging for ribbon.





### BABY'S VEST.

1 oz. 3-ply wool. Two No. 8 needles.

Cast on 104 stitches.

Knit in ribbing of 2 plain, 2 purl for two inches.

Change to garter stitch and knit 4 inches.

On the first 52 stitches proceed as follows:

\*K.12. On the next 28 stitches k.2, p.2, k.12, turn.

Repeat for two inches.

Knit 12. Cast off 28 stitches. Knit 12.

On these 12 knit in garter stitch for two inches.

Break off.

Join wool at neck and knit on first 12 stitches in garter stitch for two inches.

Break off wool.

Join wool at beginning of remaining 52 stitches and repeat from \*.

Join shoulders. Sew up side seam, leaving sufficient for arm holes.

Crochet narrow edge round arm holes and neck.

Thread ribbon through holes at neck.



### NAPKIN.

Average suitable size 30 ins. sq.





## OVERALLS.



One pair No. 8 needles. 2 oz. 4-ply wool.

Begin at the top of the right leg. Cast on 70 stitches and work 4 rows in k.1, p.1 rib.

5th row—K.1, \*p.1, k.1, wool forward, k.2 tog. Repeat from \* to end, finishing p.1.

Work 5 more rows in rib, then begin the back shaping.

\*\*1st row—K.8, turn k.8.

3rd row—K.16, turn k.16.

5th row—K.24, turn k.24.

Continue to k.8 stitches more on the next row and every alternate row until you have knitted 48, turn k.48. Now work 8 rows in garter stitch over all stitches, then continue in garter stitch, but inc. 1 stitch at both ends of the next row and then on every 10th row until there are 84 stitches.

Work 9 rows after last increase, then decrease 1 stitch at both ends of the next row and every alternate row until 38 stitches remain. Work 21 rows without decreasing.

Next row—\*K.2, wool forward, k.2 tog. Repeat from \* finishing k.2.

Next row—Knit.

Now begin the foot.

### THE FOOT.

Next row—K.13, then knit forwards and backwards on the next 12 stitches for 20 rows. Cut wool.

Go back to the needle holding the 13 stitches already worked. Pick up 17 stitches along the side of the instep. Knit along the 12 toe stitches. Then pick up 17 stitches down other side of the instep and knit across the last 13 stitches.

There should now be 72 stitches.

K.5 rows, then shape for the sole thus:—

1st row—K.30, k.2 tog., k.8, slip 1, k.1, pass slip stitch over, k.30 (70).

2nd row—K.30, k.2 tog., k.6, slip 1, k.1, pass slip stitch over, k.30 (68).

3rd row—K.2 tog., k.28, k.2 tog., k.4, slip 1, k.1, pass slip stitch over, k.28, slip 1, k.1, pass slip stitch over (64).

4th row—K.2 tog., k.27, k.2 tog., k.2, slip 1, k.1, pass slip stitch over, k.27, slip 1, k.1, pass slip stitch over (60).

Cast off.\*\*

### THE LEFT LEG.

Work the ribbing and holes for right leg, then knit 1 row.

Now work exactly the right leg from \*\* to \*\*.

### TO MAKE UP.

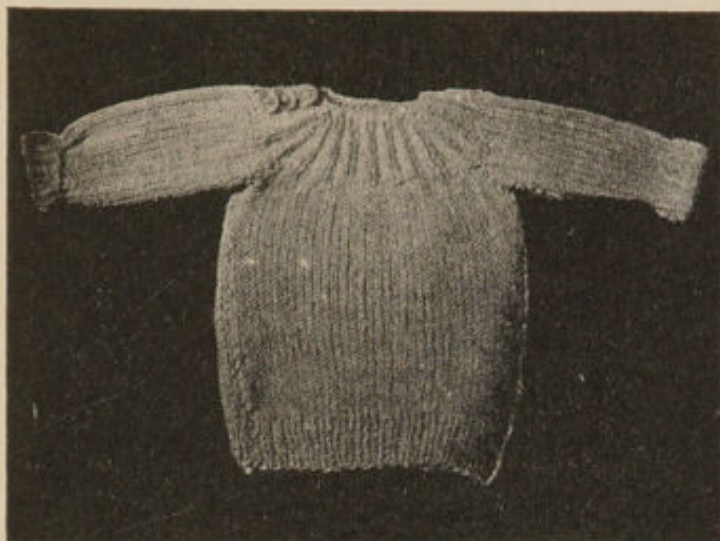
Press the work on the wrong side with a warm iron and damp cloth. Sew up the back and front seams and sew up the legs and foot seams.

Press all seams and then insert ribbon through holes round ankles to tie on top of instep.

(From Jaegar, "Babies' Woollies," Jaegar Co., Ltd., 95 Milton Street, London, E.C.2.)



## BABY'S JUMPER (1st Size).



### MATERIALS.

2 ozs. of 3-ply wool.  
1 pair of No. 8 needles.  
1 set of No. 8 needles.  
1 set of No. 11 needles.  
3 small buttons.

### TENSION.

7 stitches and 9 rows to 1 inch.

### MEASUREMENTS.

Shoulder to hem, 11 inches.  
Width round chest, 17 inches.  
Sleeve seam, 6 inches.

### BACK AND FRONT (ALIKE).

Cast on 58 stitches.

Knit in rib of k.1, p.1 for  $1\frac{1}{2}$  inches.

Change to stocking stitch and continue for  $5\frac{1}{2}$  inches. Work should now measure 7 inches. Finish with a p. row.

*Next row*—K.2, k.2 tog. K. until 4 stitches remain, then k.2 tog., k.2.

*Next row*—Purl.

Repeat these two rows until 48 stitches remain. Leave these on a spare needle.

### SLEEVES.

Cast on 30 stitches.

Knit in rib of k.1, p.1 for  $1\frac{1}{2}$  inches.

*Next row*—\*K.2, k.2 into the next stitch. Repeat from \* to last 2 stitches, then k.2. There are now 40 stitches.

*Next row*—Purl.

Continue in stocking stitch until work measures 6 inches from the commencement and finish with a purl row.

*Next row*—K.2, k.2 tog. K. to the last 4 stitches, then k.2 tog., k.2.

*Next row*—Purl.

Repeat these two rows until 30 stitches remain. Leave these on a spare needle.

### YOKE.

This is knitted on four No. 8 needles.

Pick up 15 stitches from one sleeve, 48 stitches from the front, 30 stitches from the second sleeve, 48 stitches from the back, and lastly the other 15 stitches from the first sleeve.

Work backwards and forwards on these stitches in rib of k.2, p.2 for  $1\frac{1}{2}$  inches. (Thus leaving a shoulder opening on one side.)

In the next row change to No. 11 needles and k.2 tog., p.2 tog., all along so that the ribbing becomes k.1, p.1, instead of k.2, p.2.

Continue in single ribbing for 6 rows, but on the 3rd row and the 6th row decrease by knitting 3 tog. in a line with the raglan seams at the four corners.

Cast off in the rib (*i.e.*, still knitting 1 and purling 1 while casting off).

Work two rows of double crochet along each side of the shoulder opening, but when working the 2nd row on the front make three loops of 3 chain, one at each end and one at the centre.

Press under a damp cloth and sew up the seams. Sew on the buttons to correspond with the buttonholes.



## BOOTEES.



1 oz. 3-ply wool. 3 No. 10 knitting needles.

Cast on 38 stitches.

1st row—K.2, \*p.1, k.1, repeat from \* to the 2nd of the row, k.1. Repeat this row seven times, increasing 1 stitch in last row.

### BABY'S PILCH.

One pair No. 8 needles. 1½ oz. 4-ply wool.

Cast on 72 stitches.

Knit in rib of k.1, p.1 for three rows.

Next row—K.1, p.1, \*wool forward, k.2 tog. to last two stitches, k.1, p.1.

Continue in ribbing till work measures 1½ inches.

Continue in stocking stitch until work measures 7 inches from beginning.

Decrease at both ends of needle in every alternate row until there are 36 stitches on needle.

Increase one stitch at beginning of every alternate row until there are 72 stitches on needle.

Continue without increasing for 5½ inches.

Knit in rib as before, making holes equivalent to those on front.

Cast off loosely.

Press with damp cloth and hot iron.

Join up seams.

Crochet narrow edge round legs.

Thread narrow ribbon through holes.

Proceed as follows:—

\*\*1st row—Knit plain.

2nd row—K.1, purl to last stitch, k.1. Repeat these two rows once.

Work eight rows in plain knitting\*\*.

Repeat from \*\* to \*\* once.

37th row—Knit plain.

38th row—K.1, purl to last stitch, k.1.

39th row—K.1, \*wool forward, k.2 tog., k.2, repeat from \* to last two stitches, wool forward, k.2 tog.

40th row—Like 38th row.

41st row—K.26, turn.

Work 23 rows in plain knitting on the first 13 stitches. Break off the wool.

Commencing again where the stitches were left, with the same needle knit up 12 stitches along side of instep, and 6 of instep stitches.

Taking another needle, knit the remaining 7 instep stitches, knit up 12 stitches along the side of instep and remaining 13 stitches.

Work 11 rows in plain knitting on these two needles.

Work 7 rows, decreasing once at each end of both needles in every row.

Work another bootie in the same manner.

With a damp cloth and hot iron press carefully. Sew up the seam. Thread ribbon through the hole at ankle.

(From "Woolcraft," Paton & Baldwin, Halifax.)





## BABY'S FROCK.



### MATERIALS.

Two No. 7 needles.

Two ozs. 3-ply wool.

### MEASUREMENTS.

Length from top of shoulder, 13 inches.

Width all round under arm, 16 inches.

Length of sleeve from under arm, 3 inches.

### THE FRONT.

Cast on 93 stitches. Work 13 rows in plain knitting.

14th and alternate rows—K.1, purl to last stitch, k.1.

15th row—K.1\*, wool forward, k.2 tog., k.2, repeat from \* to end of the row.

17th row—K.1, \*k.1, wool forward, k.2 tog., k.1, repeat from \* to end of the row.

19th row—K.1, \*k.2, wool forward, k.2 tog., repeat from \* to end of the row.

20th row—K.1, purl to the last stitch, k.1. Work 8 rows in plain knitting.

29th row—Knit plain.

30th row—K.1, purl to the last stitch, k.1.

Repeat 29th and 30th rows until work measures  $8\frac{1}{2}$  inches from the commencement ending with 30th row. In the next row k.1, \*k.2 tog., repeat from \* to last two stitches, k.2.



Work 7 rows in plain knitting.

Repeat the 29th and 30th rows twice.

Continue in stocking stitch, casting on 14 stitches at end of each of next two rows.

Work 2½ inches in stocking stitch, ending with a purl row. In the next row k.31, cast off 14 stitches loosely, k.31.

Work on the last 31 stitches as follows:—

1st row—K.1, purl to the last stitch, k.1.

2nd row—K.1, k.2 tog., knit plain to end of row.

Repeat 1st and 2nd rows once, then 1st row once.

6th row—Knit plain.

7th row—K.1, purl to the last stitch, k.1.

Cast on 11 stitches.

8th row—Knit plain.

9th row—K.1, purl to last 4 stitches, k.4.

Repeat 8th and 9th rows twice.

14th row—K.2, wool forward, k.2 tog., knit plain to end of the row. Repeat the 9th row once, then 8th and 9th rows 3 times.

22nd row—Like the 14th row. Repeat the 9th row once, then the 8th and 9th rows once. Leave these stitches until the other side has been worked.

Join in the wool at the neck edge and work on the remaining 31 stitches as follows:—

1st row—K.1, purl to the last stitch, k.1

2nd row—Knit plain to the last 3 stitches, k.2 tog., k.1.

Repeat the 1st and 2nd rows once, then the 1st row once.

6th row—Knit plain to end of row. Cast on 11 stitches.

7th row—K.2, purl to the last stitch, k.1.

8th row—Knit plain.

Repeat the 7th and 8th rows seven times, then 1st row once.

24th row—K.36. Place the remaining 4 stitches behind the first 4 stitches of the other needle and knit together one stitch from each needle four times. K.36.

25th row—K.1, purl to the last stitch, k.1.

26th row—Knit plain. Repeat the 25th

and 26th rows twice, then the 25th row once.

Continue in stocking stitch, casting off 14 stitches at beginning of each of next 2 rows. Work 4 rows in stocking stitch, then 8 rows in plain knitting.

Proceed as follows:—

1st row—K.1, increase once in each of next 45 stitches, k.2.

2nd row—K.1, purl to last stitch, k.1.

3rd row—Knit plain.

Repeat 2nd and 3rd rows for 5½ inches, ending with a purl row. Work 9 rows in plain knitting. In next row k.1, purl to last stitch, k.1. Proceed as follows:—

1st row—K.1, \*wool forward, k.2 tog., k.2, repeat from \* to the end of the row.

2nd and 4th rows — K.1, purl to last stitch, k.1.

3rd row—K.1, \*k.1, wool forward, k.2 tog., k.1, repeat from \* to end of the row.

5th row—K.1, \*k.2, wool forward, k.2 tog., repeat from \* to end of the row.

6th row—Like the 2nd row.

Work 13 rows in plain knitting. Cast off.

#### THE NECK BAND.

With the right side of the work facing, knit up 44 stitches evenly round the neck.

1st row—Knit plain.

2nd row—Knit plain to last 4 stitches, k.2 tog., wool forward, k.2. Cast off.

#### THE CUFFS.

With the right side of work facing, knit up 25 stitches evenly round the edge of the sleeve.

Work 6 rows in plain knitting. Cast off.

Work another cuff in the same manner.

#### TO MAKE UP.

With a damp cloth and hot iron press carefully. Sew up the side and sleeve seams. Sew on buttons to correspond with the buttonholes.

(From "Woolcraft," Paton & Baldwin.)



## MATINEE COAT



### MATERIALS.

2 ozs. 3-ply wool.

Two No. 7 knitting needles.

2½ yards ribbon.

### MEASUREMENTS.

Length from top of shoulder, 10½ inches.

Width all round under arm, 18 inches.

Length of sleeve from under arm, 3½ inches.

### THE RIGHT FRONT.

Cast on 50 stitches.

Work 13 rows in plain knitting.

14th and alternate rows—K.1, purl to the last 6 stitches, k.6.

15th row—K.6, \*wool forward, k.2 tog., k.2, repeat from \* to the end of the row.

17th row—K.6, \*k.1, wool forward, k.2 tog., k.1, repeat from \* to the end of the row.

19th row—K.6, \*k.2, wool forward, k.2 tog., repeat from \* to the end of the row.

20th row—K.1, purl to the last 6 stitches, k.6. Work 8 rows in plain knitting.

29th row—Knit plain.

30th row—K.1, purl to the last 6 stitches, k.6.

Repeat the 29th and 30th rows until the work measures 5½ inches from the beginning, ending with the 30th row.

In next row—K.6 (k.2 tog., k.1) eight times, \*k.2 tog., repeat from \* to end of the row.

Work 3 rows in plain knitting.

In the next row—K.3, \*wool forward, k.2 tog., k.2, repeat from \* to the last stitch, k.1.



Work 3 rows in plain knitting.

Repeat the 29th and 30th rows once, then the 29th row once, casting on 16 stitches at the end of the last row.

Proceed as follows:—

1st row—K.1, purl to last 6 stitches, k.6.

2nd row—Knit plain.

Repeat these two rows for  $2\frac{1}{2}$  inches, ending with a purl row.

Proceed:

1st row—Cast off 13 stitches, knit plain to end of row.

2nd row—K.1, purl to last stitch, k.1.

3rd row—K.1, k.2 tog., knit plain to end of row.

Repeat the 2nd and 3rd rows once.

6th row—K.1, purl to last stitch, k.1.

7th row—Knit plain.

8th row—Like 6th row.

9th row—K.1, increase once in the next stitch. Knit plain to end of the row.

10th row—K.1, purl to the last stitch, k.1.

Leave these stitches until the left front has been worked.

#### THE LEFT FRONT.

Cast on 50 stitches.

Work 13 rows in plain knitting.

14th and alternate rows—K.6, purl to the last stitch, k.1.

15th row—K.1, \*wool forward, k.2 tog., k.2, repeat from \* to the last 9 stitches, wool forward, k.2 tog., k.7.

17th row—\*K.2, wool forward, k.2 tog., repeat from \* to the last 6 stitches, k.6

19th row—K.1, \*k.2, wool forward, k.2 tog., repeat from \* to the last 5 stitches, k.5.

20th row—K.6, purl to the last stitch, k.1.

Work 8 rows in plain knitting.

29th row—Knit plain.

30th row—K.6, purl to the last stitch, k.1.

Repeat the 29th and 30th rows until the work measures  $5\frac{1}{2}$  inches from the commencement, ending with the 30th row.

In next row—(k.2 tog.) ten times (k.1, k.2 tog.) eight times, k.6.

Work 3 rows in plain knitting.

In the next row—K.3, \*wool forward, k.2 tog., k.2, repeat from \* to the last stitch, k.1.

Work 3 rows in plain knitting.

Repeat 29th and 30th rows once, casting on 16 stitches at end of last row.

Proceed as follows:—

1st row—Knit plain.

2nd row—K.6, purl to the last stitch, k.1.

Repeat these 2 rows for  $2\frac{1}{2}$  inches, ending with a plain knitted row.

Proceed as follows:—

1st row—Cast off 13 stitches, purl to the last stitch, k.1.

2nd row—Knit plain to the last three stitches, k.2 tog., k.1.

3rd row—K.1, purl to the last stitch, k.1.

Repeat the end and 3rd rows once.

6th row—Knit plain.

7th row—Like 3rd row.

8th row—Knit plain to the last 3 stitches, increase once in the next stitch, k.2.

9th row—K.1, purl to the last stitch, k.1.

10th row—K.34, cast on 18 stitches, knit the stitches of the right front on to the end of the same needle. Proceed as follows:—

1st row—K.1, purl to the last stitch, k.1.

2nd row—Knit plain.

Repeat these two rows for  $3\frac{1}{2}$  inches, ending with a purl row.

Cast off 16 stitches at the beginning of each of the next two rows. Proceed as follows:—

1st row—Knit plain.

2nd row—K.1, purl to the last stitch, k.1.

3rd row—Like 1st row.

Work 3 rows in plain knitting.

7th row—K.2, \*wool forward, k.2 tog., k.2, repeat from \* to end of the row.

Work 3 rows in plain knitting.

11th row—Increase once in each of first 13 stitches.

(K.1, increase once in next stitch) 15 times, increase once in each of last 11 stitches. (There should now be 93 stitches on needle.)

Proceed as follows:—

1st row—K.1, purl to the last stitch, k.1.

2nd row—Knit plain.

Repeat these two rows for  $2\frac{1}{2}$  inches, ending with a purl row.

Work 9 rows in plain knitting.

In the next row—K.1, purl to last stitch, k.1. Proceed as follows:—

1st row—K.1, \*wool forward, k.2 tog., k.2, repeat from \* to the end of row.

2nd and alternate rows—K.1, purl to last stitch, k.1.

3rd row—\*K.2, wool forward, k.2 tog., repeat from \* to the last stitch, k.1.

5th row—K.1, \*k.2, wool forward, k.2 tog., repeat from \* to end of the row.

6th row—K.1, purl to the last stitch, k.1.

Work 13 rows in plain knitting. Cast off.



### THE CUFFS.

With right side of work facing, knit up 28 stitches at the sleeve edge. Work 3 rows in plain knitting.

*In the next row*—\*K.2, wool forward, k.2 tog., repeat from \* to end of the row.

Work two rows in plain knitting. Cast off.

Work another cuff in the same manner.

### THE NECK BAND.

With the right side of the work facing, knit up 54 stitches evenly round the neck.

*1st row*—Knit plain.

*2nd row*—\*K.2, wool forward, k.2 tog., repeat from \* to the last two stitches, k.2. Cast off.

### TO MAKE UP.

With a damp cloth and hot iron press carefully. Sew up the side and sleeve seams. Thread ribbon through hole at waist, neck and cuffs.

(From "Woolcraft," Paton & Baldwin, Ltd., Alloa and Halifax.)

### INFANT'S NIGHTDRESS.

#### MATERIALS.

Nun's veiling or fine wincey.

#### QUANTITIES.

1½ yards 36 inches.

Two yards narrow ribbon.

One skein embroidery silk.

#### MAKING-UP.

Turn back facing, notches meeting at neck and stitch from edge to notch, turn out and sew facing back.

Sew up side and shoulder seams.

Bind neck with cross-cut material.

Turn up one inch hem at foot.

Sew up sleeve seam, narrow hem at wrist.

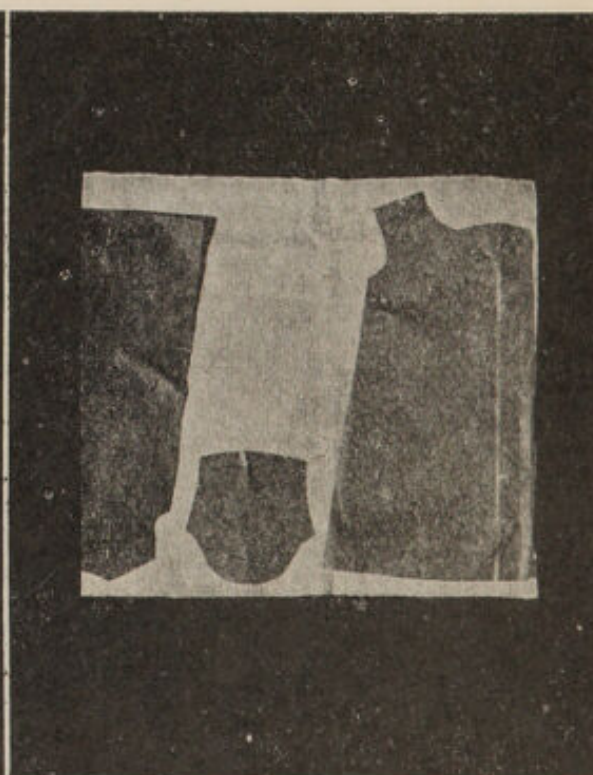
Put in sleeve, seam to under-arm seam, easing at top.

Trim neck, sleeve hems and front with cable-stitching.

Fasten sleeves and fronts with ribbons (as shown in diagram).



Nightdress—Note front fastening.



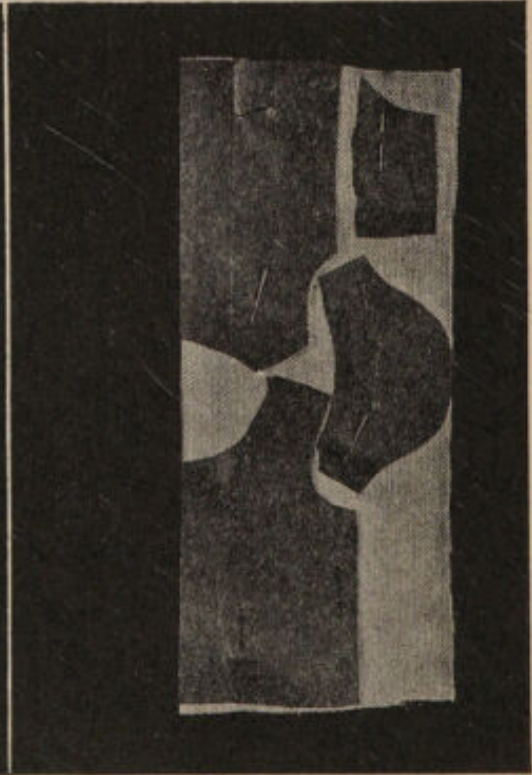
Layout of pattern on cloth.





*Winter Combinations for Boy or Girl.  
Can be made in Cellular Material for Summer.*

*Layout of Pattern.*



*Vest.*

*Layout of Pattern.*



## INFANT'S CARRYING SHAWL.

1½ yards square. 8 ozs. 2-ply wool.

Two needles, No. 5 (long).

Cast on 296 stitches.

Knit in basket pattern (4 plain, 4 purl for 4 rows, 4 purl, 4 plain for 4 rows) for 5 inches. Then 32 stitches basket pattern, 232 garter stitch, 32 basket pattern. Continue for 35 inches. Knit basket pattern 5 inches and cast off very loosely. Knit narrow lace edging all round.

### PATTERN FOR LACE EDGING.

Cast on 10 stitches.

1st row—Slip 1, k.2, wool forward, k.2 tog., k.1, wool over needle twice, k.2 tog., wool over needle twice, k.2 tog.

2nd row—Slip 1, k.1, p.1, k.2, p.1, k.3, wool forward, k.2 tog., k.1.

3rd row—Slip 1, k.2, wool forward, k.2 tog., k.3, wool over needle twice, k.2 tog., wool over needle twice, k.2 tog.

4th row—Slip 1, k.1, p.1, k.2, p.1, k.5, wool forward, k.2 tog., k.1.

5th row—Slip 1, k.2, wool forward, k.2 tog., k.5, wool over needle twice, k.2 tog., wool over needle twice, k. 2 tog.

6th row—Slip 1, k.1, p.1, k.2, p.1, k.7, wool forward, k.2 tog., k.1.

7th row—Slip 1, k.2, wool forward, k.2 tog., k.11.

8th row—Cast off 6 stitches, k.6, wool forward, k.2 tog., k.1.

Commence again at 1st row.

## CHILD'S COMBINATIONS.

### MATERIALS.

Flannel, wincey, or Aertex.

### QUANTITIES.

31 inches 7/8th yard. 7 buttons.

40 inches three-quarter yard. One skein embroidery silk.

## MAKING-UP.

Place front facing on either side of front (right sides of material together), machine round from notch to notch, turn out, and sew facing back.

Make narrow hem on back seam of leg. Join back seam of bodice and shoulder seams and trim.

Bind in neck with narrow cross-cut stripe (or herring-bone if flannel). Hem across bodice back.

Now join under-arm seams (to end of bodice back) and bind from there round opening.

Gather top of back leg into narrow band and fasten with buttons and buttonholes.

Join lower leg seams. Trim armholes and legs same as neck. Buttonstitch all round with embroidery silk.

Make five buttonholes and sew on buttons as diagram.

## CHILD'S VEST.

### QUANTITY.

Five-eighth yard Aertex.

### CUTTING-OUT.

Open up material and place selvages to fold, place back and front to folds and cut out. Cut sleeves and facing from pieces.

### MAKING-UP.

Slash front opening from neck to notch. Place on facings and stitch from neck to notch on both sides, turn out and sew back facing.

Stitch up shoulder and under-arm seams and trim.

Turn up half-inch hem at foot.

Turn in neck and armholes with narrow cross-cut facings.

Fasten with button and loop.

### ALTERNATIVE VEST WITHOUT SLEEVES.

Fastening on shoulders and half-yard material and four small buttons.



## TODDLERS' CLOTHING







*BEGIN EARLY.*











