

# Help Save the Babies

With Good Food  
and Care



Photo by Miss Hunt of Rembrandt Studio

# Better Babies in the United States

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## He Knows How to Keep The Babies in Good Health

The man who made New Zealand the safest place in the world for babies has just left New York for Eng-

land, whither he was summoned to apply his methods to preserving the lives of English babies. He is Dr. F. Truby King, president of the Royal New Zealand Society for the Health of Women and Children, and founder of the famous Karitane hospitals of that country. Dr. King was received in this city as a man with an important message at a time when the country was about to make a great drive to save the lives of 100,000 babies during the coming year.

New Zealand, in 1907, had a mortality record of only 80 babies per 1,000; this good record, through the work inaugurated by Dr. King, was made even better in 1915, when the rate was reduced to the remarkably low figure of 50 per 1,000. New York City has the lowest death rate for its population of any city in the United States, and is constantly reducing it.

Yet, in 1907, the infant death rate in this city was 144 per 1,000 and in 1917 it was still as high as 88 per 1,000.

Dr. King's work, which has aroused the admiration of medical men all over the world, is not confined to any one class of people. Almost invariably public health work is for the very poor, and only the very poor feel that they can take advantage of it without the stigma of receiving charity. Dr. King, when he began his work, interested Lord Plunket, then governor of New Zealand, and his wife. Lady Plunket enlisted her friends not only as patrons but beneficiaries of the work. The Karitane hospital was founded, nurses took graduate courses in the care of children, and mothers' stations were opened in different cities, where mothers could go for advice and take their babies.

There are now some 70 of these stations in New Zealand and there will soon be six of the Karitane hospitals. The peculiarity of these hospitals is that they are not for the very ill; mothers with small compli-

tions which may become serious can go to them either before their babies are born or afterward with the babies. They may remain perhaps a day, perhaps two or three days, or a week. Their trouble is diagnosed and simple remedies are prescribed.

New York has its stations where mothers can go with their children for aid and advice and to obtain the right modified milk for their babies, and its low death rate shows the value of the work, but it only reaches the poorer classes of people.

The whole outlook, as regards the health future of any country, is bound up in the problem of training and educating girls to make them fit for motherhood, and capable of caring properly for their babies.

## Children in a War Garden Window

One merchant in Texas who is making a window display along wargarden lines used kindergarten children with little hoes and rakes, having them go through the motions of planting a garden. This novel window was devised by a piano house.

## In Previous Wars

Planning our menus these days has brought us close to our sturdy forefathers. When we think "what can I have for dinner with so many limitations" a shaming second thought of what our grandmothers did in early days puts us on our metal.

Good old-fashioned hominy was one of the sustaining foods of the founders of our nation. Hominy is truly an American dish. The Indians found it wholesome, appetizing, strength-giving, nutritious, and adopted it as their own. It was introduced into Europe as a rare and expensive delicacy and today a large part of our people consider it among the most delicious of our native foods.

To prepare hominy properly it takes many hours of slow careful cooking and several changes of water.

For this reason many people do not know this wholesome and delicious food. But canned hominy relieves you of all this work and gives you practically ready-to-serve this food which found such great favor with our forefathers.

A quality brand of hominy is the whole grain of white Indian corn, cooked first in lye water and then three times more with repeated washings. It comes to you with the old-fashioned flavor and with thorough preparation and cleanliness.

It is first cooked for 45 minutes, which loosens the outer horn-like husk of the corn, and then it is thoroughly washed in clear water before again being cooked for 40 minutes, and washed again. After this second washing it is given a third cooking of 55 minutes and then given a final cleaning before being hermetically sealed in the big cans in which you receive it.

After being placed in the cans it is subjected to a final cooking of an hour and ten minutes in superheated steam, which thoroughly softens the entire kernel and prepares the light, fluffiness, making a hominy dish superior.

## Uncle Sam Takes Time for Babies

Babies! Looking up from his monumental task of burying one kaiser Bill, Uncle Sam has found time to care for the citizens of the future—your baby and mine.

And in the city of Omaha we have babies. One may be a pound over weight and another possibly a pound short of ringside qualifications, but all in all, the registration of Omaha's youngest generation has shown that the average is right up to what the United States government desires. Here and there is found one which has not received the proper care, but in the future aid will be given in these cases to make a better man or woman in years to come.

Civilization, true to its complications of the twentieth century, decrees that the baby shall have his ex-

perts as does his father and mother. Trained nurses are in a special hospital to usher him into the world, baby furniture stores stand ready to supply his need of a bed and expert shops to make his frills to wear. Even to take his first picture there are the children experts, and as he grows older the ingenuity of man has been applied in special foods, producing health and growth. And not to forget that there is mind as well as body, literature for the mother and for the growing child is a special study in itself.

## Bringing Belgian Children Back To Health

The Belgian information bureau reports that the children's department of the Belgian government has added to its program since February, 1917, the creation of open-air sanitariums for debilitated children between 3 and 12 years old. "For this purpose it appealed to owners of unoccupied country houses and chateaux. The appeal was not made in vain. Twenty-nine chateaux have been placed at the department's disposal, and it has also opened 36 colonies.

"The children for these establishments are chosen in the canteens for debilitated children. They spend six weeks in the colonies, where they are carefully nourished. Between 4,000 and 5,000 Belgian children are taken every month from the alleys and courtyards of the larger cities into the country air, besides many French children from occupied communes, who partake of all the help given to the Belgians.

"Recently the department has enlarged its operations by setting up day cures in urban centers. To these are removed, for 30 consecutive hours at a time, debilitated children between 2 and 12 years of age. Even this short outing does the children a noticeable amount of good."

## Colorado Interested In Child Welfare

The Woman's Council for Defense for Colorado says that it is preparing to do its share to decrease infant mortality during 1918, which has been designated by national authorities as "children's year." Mrs. James Rae Arneil, chairman of the child welfare department of the council, sent letters to all the county women's councils for defense urging them to choose leaders for the work and to organize for it. "Children's year" began April 6, the first anniversary of the United States participation in the war.

In many counties of the state the chairmen of the child welfare committees serve as leaders. In others special leaders are being named by the chairmen of the county councils.

## States Ready for "Baby-Saving" Campaign

Twenty-nine states are organized for the baby-saving campaign of the federal children's bureau and the woman's committee of the Council of National Defense, according to Dr. Jessica Peixotto, head of the child welfare department of the woman's committee.

The states conspicuously ready, Dr. Peixotto reports, are: Illinois, Connecticut, Indiana, Kansas, Massachusetts, Michigan, Ohio, Rhode Island and Utah. St. Louis and New Orleans are the cities mentioned as best organized to carry on the campaign.

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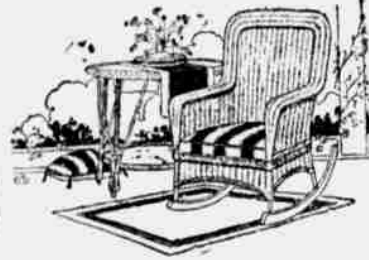
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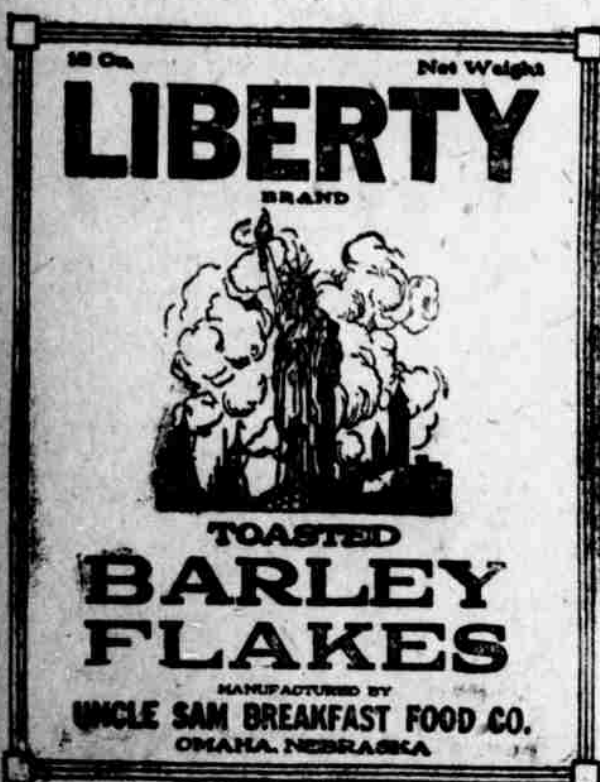
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"If we do not give children their childhood it is very sure that we shall find men lacking in manhood."

The Buyer at

**Matthews  
Book Store**

believes this saying to be true, and the mothers who want books and educational games should visit this store.

1620 Harney St.



## "Pep" in Baby's Picture

ANY normal child has a boundless store of "Pep" and "Ginger." But it tests the mettle of even the best of photographers to get a child sitter to DISPLAY this "Pep" and to squeeze the camera bulb at JUST the right moment.

We are never happier than when making Children's pictures. Delighting in the work as we do, we cannot fail to impress upon the sensitive photo plate JUST the pleasing whims, smiles and graces that make lovable children's pictures all the more appealing.

If you've a little Lad or Lassie at your home, have some photos made—the kind with "Pep."

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