THE SUMTER WATCHMAN, Established April, 1850.

"Be Just and Fear not-Let all the ends Thou Aims't at be thy Country's, Thy God's and Truth's."

THE TRUE SOUTHRON, Established June, 1866.

Consolidated Aug. 3, 1881.

SUMTER, S. C., SATURDAY, MAY 10, 1913.

Vol. XXXVI. No. 22.

Julia Myers Neyle, First, and Ottis Andrews, Second, in Sumter **County Baby Contest**

DAUGHTER OF MR. AND MRS. A. F. NEYLE OF SUMTER, R. F. D. NO 3, WINS GOLD MEDAL AND SON OF MR. AND MRS. F. W. AN-DREWS OF OSWEGO WINS SILVER MEDAL-SOME INFORMA-TION FOR MOTHERS ON HOW THEY SHOULD CARE FOR THEIR LITTLE ONES.

in this contest, which was one of the be overestimated. Defective tonsils most interesting which has ever been and adenoids mean retarded mental held in the county. The results of and physical growth, with such atthe contest have been awaited with the tendant evils as deafness. utmost interest and the announce- Few parents realize that the first ments made by Miss Mary E. Frayser, teeth should receive as careful dental economics in South Carolina, of Win- but this also is necessary if our chil- feeding; after that, do not wake. throp College, under whose super- dren are to measure up to high phyvision the contest was held with the sical standards. Decayed teeth are healthy cows and that it is clean assistance of a number of Sumter and the breeding place for germs which Sumter county people, will prove seriously affect the digestion and as equally interesting to the parents and seriously effect the new teeth formrelatives of those babies entered in the ing below the first ones. Again food

The announcement is as follows: Julia Myers Neyle, daughter of Mr. gestion suffers from this cause also. and Mrs. A. F. Neyle, Sumter, S. C., R. If the "Psychological Score" is low Company, Publishers, New York, is

men from the health standpoint.

Folsom's Jewelry Store, Sumter, S. C. der-fed. If the mothers of the babies They may be had upon application examined in Sumter April 26, will

slogan, and the better baby move- there are defects, carefully follow the ment is based on the principles that dietary given suited to the age of the are employed to standardize products child, and see to it that the child has of farm and factory. The baby in the a bountiful supply of fresh air night home becomes the centre of interest, and day, winter and summer, so that care and pride just as would the lit- the power of the body to digest the tle calf, or porker, the corn or cot- food may be tremendously enhanced. ton destined to be entered for com- then the baby who scored lowest on puetition at the State Fair. All three April 26th may hope to follow the exare prospective prize winners and are ample of one who scored low in Iowa cared for accordingly.

test were among the leading physi- holds great possibilities for health, cians of Sumter. The babies were but it is bought at the price of mastripped and examined painstakingly terial vigilance and obedience to and scientifically by them. The looks hygienic principles. "When a farmer of the babies were important only as finds that a certain corner of his indications of health. Mere pretti- acreage fails to yield a paying crop. ness did not enter into the count. The he does not abandon its cultivation. _

Margaret Clark of Iowa conceived the pedigreed mare looks sickly, he does in a jar and cooling it quickly by minutes in a double boiler and then ten ounces, given from a cup. idea of a campaign for better babies, not turn it into a pasture to die. He letting it stand in cool water. After strained. As much boiled water 9.00 A. M.—Fruit juice, one to three reate sermon, taking as his text: "He which should not only build up the gives it scientific care and turns it it has stood four hours remove the should then be added as has boiled ounces. babies of Iowa, but of the entire na- into a prize winner. Both the un- uppeh half or 16 oz, and get your away. tion, they found no standards by which profitable acre and the unpromising number of ounces used in the formu- Barley Gruel or Barley Jelly-This or three, tablespoonfuls of oatmeal, day night. A special choir furnished to rate them. Dr. Clark attended colt are standarized and made profit- la from this 16 oz. (Do not just re- is made in the same manner as the hominy or wheaten grits, cooked for music for the occasion. Medical Conferences in the East and able. The Better Babies movement move what you need, but remove 16 above but from two to four level at least three hours and strained; up- On Monday evening the graduating in England, France and Germany. follows the same argument. It makes oz. and then use what is called for tablespoonfuls of the flour are used. on this from one to two ounces of thin exercises took place. Misses Marie babies of Iowa and the score card profitable to the nation." used in Iowa in 1911 is the result. This score card has been approved by There is no means so accurate as boiling water, three level table- spoonful of pearl barley which has sweetened zwieback; or, one Huntley Senator E. D. Smith was scheduled to were not up to the mark of Iowa corn to twelve months the gain is less, us- the increase more slowly, a large in- to one pint. It is then strained poached or coddled); and boiled rice, The trustees have shown their appreand cattle-something had to be done, ually from two to four ounces a fant with a good digestion may bear through muslin. better corn, better cotton, better fruit, better flowers, why not better There is no perfect substitute for child with a feeble digestion must go of pearl barley.

- 1. Improper and irregular feeding. after each nursing.
- 2. Lack of fresh air.

One of the interesting events con- medical attention, because that child nected with Field Day which was has defective tonsils. Dr. E. R. Wilheld in this county on Saturday, April son, of Sumter, S. C., offers to con-28th, was the Baby Contest, the com- fer with the mothers of each baby scrubbed immediately after each feedpetition among the future pupils of with such defects examined by him the schools of the county. There were April 26th, in the Health Contest. twenty-seven eligible babies entered The value of this service can hardly

> is not properly masticated when the teeth are decayed. Therefore the di-

F. D. No. 3, fortunate first baby in the it is due to one of two large defects, a wonderful help in the wise rearing health contest held in Sumter, April i. e. either lack of wise control of the of children. The following tables are child or lack of physical well being taken from it. Otis Andrews, son of Mr. and Mrs. due to digestive disturbances. In the F. W. Andrews, Oswego, S. C., stood majority of cases these digestive dis-milk for child from birth to the sixth turbances are the direct result of un- or seventh month. Little Miss Julia Neyle is, therefore, wise feeding and the lack of fresh air. the winner of the beautiful gold med- These in turn cause the child to score al offered by Mr. E. W. Dabbs, presi- low under the "General Examination." dent of the State Farmers' Union, and If the child's height and weight are Master Ottis Andrews captures the below the normal, if the flesh is flabsilver medal offered by Mrs. E. W. by, its grasp poor, it then is safe to Dabbs to the second best baby speci- infer that the digestion of the child is not what it should be-and the child

The medals are on exhibition at is more apt to be over-fed than unby the parents of the prize winners. each study the score of her baby, car-Better babies is the nation's new ry score and baby to a physician, if in 1911, but who was the first prize The judges in the Sumter baby con- winner in 1912. For a delicate baby score cards were those gotten out by He proceeds to feed the soil with the The top milk or 7 per cent milk ter and added, stirring, to one pint The daily schedule should be about the National Congress of Mothers. sort of fertilizer it needs, or he tries a spoken of in the formula is obtain- of boiling water containing a pinch as follows:

Weigh the Baby.

Nursing.

babies? This thought is the funda- good breast feeding. Statistics show slowly and may not take V. before it Rice, Wheat, or Oat Water,-These the teeth are present) rare scraped mental conception underlying the that the mortality of bottle fed in- is three or four months old. contest in Sumter in which little Julia fants during the first year is three The formulas for 7 per cent milk flour exactly as barley water, above ually increasing to one tablespoonful Neyle and Ottis Andrews have led. times as great as that of those who should be continued up to six or sev-described. Like the barley water they 6.00 P. M.—Cereal; two tab espoon-Sentenced Aviator Given 3 Months The babies who scored low did are breast fed. Regularity of feeding en months. After that change should may also be mae from the grains fuls of farina, cream of wheat, or so largely because of one or more of is more important. The nipples be gradually made to whole milk, using the same proportions.

to have babies sleep out of doors by But the Baby Contest at Sumter ing to nurse after the milk has become be used. day in good weather, the year round proved conclusively that many moth- scanty and poor in quality.

PRIZE WINNING BABIES ANNOUNCED Proper Methods of Feeding **Babies Artificially**

By Miss Mary E. Frayser, Head of Home Economics Ex- bowels are constipated. tension Department of Winthrop College.

milk is cow's milk modified to suit stead of just 16 oz. an infant's stomach. Two or three rules are absolutely necessary in making artifical feeding among infants a success.

1st. Absolute cleanliness.

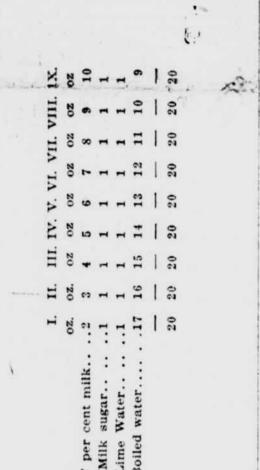
The boiling and scrubbing of all utensils used in preparing the food; being particularly careful of the boting and boiled once a day. The milk should be kept always covered and all the utensils kept separate. This is very important.

2nd. Regularity of feeding; for the first few days, wake the baby if asleep, for this will not be required long, they soon learn to wake on the head of the extension work in home attention as those which come later, and up to nine or ten o'clock at night

and fresh. Milk from a herd of cows is better than milk from one, since it varies little from day to day, while that from a single cow may vary considerably.

The care and feeding of children

Table 1, to be used in modifying



When Mrs. Mary T. Watts and Dr. different crop. If the wee colt of a ed by putting one quart of fresh milk of salt. This is cooked for thirty 6.39 A. M.—Milk, warmed, eight to

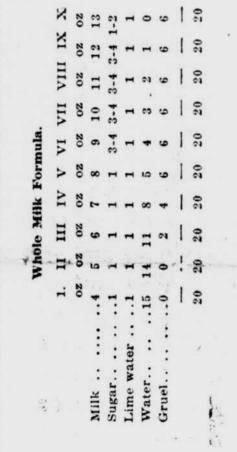
3. Enlarged tonsils and adenoids. ing partly nursed and partly fed. If the child is to be taken from the barley gruel. Since this movement is meant to be two or three nursings a day, this child should be completely weaned at nary wheat flour may be used or Hub- from a bottle. constructive, the mothers of the babies should be continued so long as her one year, tho' in summer it may be bell's prepared wheat flour; or wheat examined and other South Carolina milk agrees with the baby. Even a advisable to nurse an infant a little grits may be employed.

The only substitute for mother's 18 oz. as top milk for 2 weeks in- spoonfuls may be given.

For the next two weeks 20 ozs. as top milk. For the next two weeks remove the upper 42 oz. as top milk. After this the bottle may be shaken up and the whole milk used. If conditions have been such that this schedule could be followed, undiluted milk would be reached at seven or eight months. If the baby does not thrive on the above 7 per cent milk table, formulas from "whole milk" may be used; but in that case some gruel must be used.

It is necessary to make the food weak at first because the infant's stomach is intended to digest breast milk, not cow's milk; but if we begin with very weak cow's milk, the stomach can gradually be trained to di-

In the following "Whole Milk" formula, shake up the bottle of milk before taking the amount to be pre-



The advance in this formula should lowed? be made slowly. No. V. should not Usually until the fourteenth or Interesting Exercises Mark End of la to the next stronger should be and fed from a spoon. made once a month.

the following manner:

the Health Food Company, is thor- usually for three hours, and strain- the right of respect, the right of play,

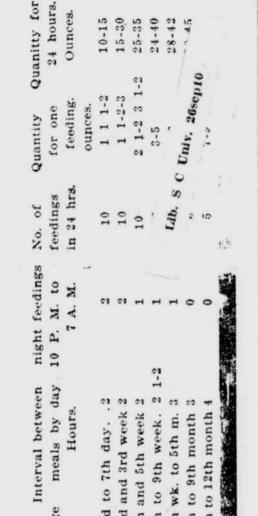
Either barley water or barley jelly cream, or milk and cream, with Buddin, Sadie Wheeler and Annie Milk sugar is obtained from any may be made from the grains. For plenty of salt, but without sugar. Ruddin, having completed the course

the American Medical Association. frequent weighing of the baby for spoonfuls of milk sugar make one oz. been soaked four or five hours, or and Palmer breakfast biscuit. Milk speak, but was unexpectedly called The result of the better baby con- telling its condition. After the first Now as to increase of food; begin overnight, one point of water, and warmed, six to eight ounces, from a back to his post at Washington. test in Iowa of 1911 was that a lot of week, a healthy child should gain with 1. on the second day of the pinch of salt. This is boiled steadily cup. Iowa farmers and city folks carried from four to eight ounces a week up baby's life, II on the fourth, III at ten for four hours, adding water from 2.00 P. M.—Beef juice, one to two B. Bush the school has made remarkhome one vital thought. Iowa babies to about the sixth month. From six to fourteen days. After that make time to time to keep the quantity up ounces; and one egg (soft boiled, able progress during the past year,

are to be mixed with milk, the milk course, not be insisted upon. should be added directly after re- The daily schedule should be about moving the gruel from the fire, and as follows:

stirred two or three minutes. Use rice gruel if baby has lose- twelve ounces, given from cup.

bottle fed infants beginning at five those given from the fourteenth to months, giving two or three tea- the eighteenth month; they need not spoonfuls a day. At a year four table- be strained although they should be



This is a proper diet for an aver- bread and butter. age healthy child of twelve months. diluted with barley or oat gruel, two steak, roast beef or lamb or chick-

month, taken from a cup.

2.00 P. M .- Beef juice, one or two no milk. ounces; or the white of one egg, 6.00 P. M .- Cereal: farina, cream slightly cooked; later the entire egg. of wheat, or arrowroot, cooked for or mutton or chicken broth, four to at least one-half hour, with plenty

given, four to six ounces.

6.00 P. M .- Same as at 10 A. M. 10.00 P. M.-Same as 6.30 A. M. ex- Home Economics Extension Departcept that the milk may be given from ment, Winthrop College.

How long may this schedule be fol-

be reached until about two months. fifteenth month. After this time the After that increase from one formu-cereals may be given much thicker

Barley Water-One level table- cept at night. Cereals may now form Furman university. His subject was: spoonful of Robinson's patent bar- an important part of the diet. They "Giving the Child a Chance." He ley, or the prepared barley flour of should be very thoroughly cooked, showed wherein the child should have

one tablespoonful; or broth (mutton ciation of his efforts by reelecting him a rapid increase and may take V. by For barley gruel or barley jelly or chicken), four ounces; one or two another term, but he has not yet acthe time it is five or six weeks old. A use from two to four tablespoonfuls Huntley and Palmer breakfast bis-cepted. are made from rice, wheat, or oat meat, at first one teaspoonful, grad-

should be kept clean by being washed This is done by removing the upper Gruel or Jelly from Rice, Wheat or half hour, with milk, plenty of salt,

When any of these farinaceous foods for such the night feeding should, of

6.30 A. M.-Milk, warmed, ten to

ness of bowels; use oat meal gruel if 9.00 A. M .- Fruit juice, two or three ounces.

Orange juice is very beneficial to 10.00 A. M.-Cereals; similar to cooked and served in the same way. Crisp dry bread, zwieback, or Huntley and Palmer biscuits, without butter. Milk warmed, one cup.

2.00 P. M .- Beef juice and one egg or broth and meat; care being taken that the meat is always rare and scraped or very finely divided; beefsteak, mutton chop, or roast beef may be given. Very stale bread, or two pieces of zwieback. Prune pulp or baked apple, one to two tablespoonfuls water; no milk.

6.00 P. M.-Cereal-farnia, cream of wheat, or arrowroot, cooked for at least one half hour, with milk, plenty of salt but without sugar, or milk toast or stale bread and milk. 10.00 P. M .- If required, ten to

twelve ounces of plain milk. This would be a proper schedule for an average child during the third year. 7.30 A. M. Cereal: cooked (preferably over night) for three hours, although a somewhat larger variety may be given than during the second year; given as before with milk or thin cream, salt, but very little sugar. Warm milk, one glass. A soft egg. poached, boiled or coddled. Bread, very stale or dry, one slice, with but-

10.00 A. M.-Warm milk, one cup, with a cracker or piece of very stale

2.00 P. M .- Soup, four ounces; or 6.30 A. M.-Milk, six to seven os. beef juice, two ounces. Meat: chop, or three ounces; after the thirteenth en. A baked white potato; or boiled rice or spaghetti; both cooked five 9.00 A. M.—Orange juice, one or hours. Green vegetables, asparagus tips, string beans, peas, spinach; all 10.00 A. M:-Milk, two parts; to be cooked until very soft, and oatmeal or barley gruel, one part; mashed, or preferably put through a from ten to twelve ounces in all may sieve; at first, one or two teaspoonbe allowed; it should be given from fuls. Desert: cooked fruit, a ked or stewed apple, stewed prunes. Water:

of salt, but without sugar, or milk Milk and gruel in proportions above toast; or bread and milk; or stale or dry bread and butter and a glass of milk.

NEW ZION SCHOOL CLOSES.

the Session.

Turbeville, May 7 .- The closing ex-A proper diet for average child ercises of the New Zion graded school The gruels used are prepared in from fourteen to eighteen months: began last Friday night with an ad-The bottle should not be given ex- dress by Dr. E. M. Poteat, president of

and the right of obedience. Saturday was very pleasantly spent

with a picnic.

drug store and is simply dissolved in barley water, use one heaping table- Crisp dry toast, one piece; or un- of study, were awarded diplomas.

CAN FLY FOR A WHILE,

to Provide for Family.

Des Moines, Iowa, May 7.-Earl Oats.—These are made from the flour but without sugar. Milk warmed, Lindsay, an aviator, flying under the There is no objection to a baby be- later two feedings, and thus gradually or grains as has been described for eight to ten ounces, given from a cup. name of Earl Warmouth, sentenced the mother has only milk enough for breast altogether. Generally the For the wheat preparations, ordito ten ounces, which may be given little girl in Colfax, Iowa, today obtained three months in which to provide for his family. The Iowa mothers as well, are urged to follow small amount of breast milk greatly longer. But the dangers of weaning For the rice preparations the or- child from the eighteenth month to hearing of the case until fall with are much less than those of continu- dinary rice grains or rice flour may the end of the second year: the consent of Attorney General Cos-The same order of meals as for the san upon the representation of Lind-For the oat preparations, either the months just preceding should be fol- say's attorney that he had several and with a supply of fresh air at night ers are nursing the babies too long. (This announcement will be follow- oat flour of the Health Food Com- lowed. For most children milk at 10 aviation contracts for the summer, also; to see to it that each child Usually wearing should be begun at ed later in the week by an article pany may be used, or any of the P .M. is desirable. There are many, the proceeds of which would be turnwhose score is less than perfect under nine or ten months by substituting from Miss Frayser on the proper food commonly employed forms of oatthe head examination, has prompt one feeding a day for one nutsing, and nourishment for babies. -Editor.) meal.