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PRIZE WINNING BABIES ANNOUNCED

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. ANDREWS OF OSWEGO WINS SILVER MEDAL—SOME INFORMATION FOR MOTHERS ON HOW THEY SHOULD CARE FOR THEIR LITTLE ONES.

One of the interesting events connected with Field Day which was held in this county on Saturday, April 26th, was the Baby Contest, the competition among the future pupils of the schools of the county. There were twenty-seven eligible babies entered in this contest, which was one of the most interesting which has ever been held in the county. The results of the contest have been awaited with the utmost interest and the announcements made by Miss Mary E. Frayser, head of the extension work in home economics in South Carolina, of Winthrop College, under whose supervision the contest was held with the assistance of a number of Sumter and Sumter county people, will prove equally interesting to the parents and relatives of those babies entered in the contest.

The announcement is as follows: Julia Myers Neyle, daughter of Mr. and Mrs. A. F. Neyle, Sumter, S. C., R. F. D. No. 3, fortunate first baby in the health contest held in Sumter, April 26th.

Ottis Andrews, son of Mr. and Mrs. F. W. Andrews, Oswego, S. C., stood second in the health contest.

Little Miss Julia Neyle is, therefore, the winner of the beautiful gold medal offered by Mr. E. W. Dabbs, president of the State Farmers' Union, and Master Ottis Andrews captures the silver medal offered by Mrs. E. W. Dabbs to the second best baby specimen from the health standpoint.

The medals are on exhibition at Folsom's Jewelry Store, Sumter, S. C. They may be had upon application by the parents of the prize winners.

Better babies is the nation's new slogan, and the better baby movement is based on the principles that are employed to standardize products of farm and factory. The baby in the home becomes the centre of interest, care and pride just as would the little calf, or porker, the corn or cotton destined to be entered for competition at the State Fair. All three are prospective prize winners and are cared for accordingly.

The judges in the Sumter baby contest were among the leading physicians of Sumter. The babies were stripped and examined painstakingly and scientifically by them. The looks of the babies were important only as indications of health. Mere prettiness did not enter into the count. The score cards were those gotten out by the National Congress of Mothers.

When Mrs. Mary T. Watts and Dr. Margaret Clark of Iowa conceived the idea of a campaign for better babies, which should not only build up the babies of Iowa, but of the entire nation, they found no standards by which to rate them. Dr. Clark attended Medical Conferences in the East and in England, France and Germany. Mrs. Watts studied the mothers and babies of Iowa and the score card used in Iowa in 1911 is the result. This score card has been approved by the American Medical Association.

The result of the better baby contest in Iowa of 1911 was that a lot of Iowa farmers and city folks carried home one vital thought. Iowa babies were not up to the mark of Iowa corn and cattle—something had to be done. If each year we raise better cattle, better corn, better cotton, better fruit, better flowers, why not better babies? This thought is the fundamental conception underlying the contest in Sumter in which little Julia Neyle and Ottis Andrews have led.

The babies who scored low did so largely because of one or more of the four following causes:

1. Improper and irregular feeding.
2. Lack of fresh air.
3. Enlarged tonsils and adenoids.
4. Imperfect teeth.

Since this movement is meant to be constructive, the mothers of the babies examined and other South Carolina mothers as well, are urged to follow the dietary suggestions given below—to have babies sleep out of doors by day in good weather, the year round and with a supply of fresh air at night also; to see to it that each child whose score is less than perfect under the head examination, has prompt

medical attention, because that child has defective tonsils. Dr. E. R. Wilson, of Sumter, S. C., offers to confer with the mothers of each baby with such defects examined by him April 26th, in the Health Contest. The value of this service can hardly be overestimated. Defective tonsils and adenoids mean retarded mental and physical growth, with such attendant evils as deafness.

Few parents realize that the first teeth should receive as careful dental attention as those which come later, but this also is necessary if our children are to measure up to high physical standards. Decayed teeth are the breeding place for germs which seriously affect the digestion and as seriously effect the new teeth forming below the first ones. Again food is not properly masticated when the teeth are decayed. Therefore the digestion suffers from this cause also.

If the "Psychological Score" is low it is due to one of two large defects, i. e. either lack of wise control of the child or lack of physical well being due to digestive disturbances. In the majority of cases these digestive disturbances are the direct result of unwise feeding and the lack of fresh air. These in turn cause the child to score low under the "General Examination."

If the child's height and weight are below the normal, if the flesh is flabby, its grasp poor, it then is safe to infer that the digestion of the child is not what it should be—and the child is more apt to be over-fed than under-fed. If the mothers of the babies examined in Sumter April 26, will each study the score of her baby, carry score and baby to a physician, if there are defects, carefully follow the dietary given suited to the age of the child, and see to it that the child has a bountiful supply of fresh air night and day, winter and summer, so that the power of the body to digest the food may be tremendously enhanced, then the baby who scored lowest on April 26th may hope to follow the example of one who scored low in Iowa in 1911, but who was the first prize winner in 1912. For a delicate baby holds great possibilities for health, but it is bought at the price of material vigilance and obedience to hygienic principles. "When a farmer finds that a certain corner of his acreage fails to yield a paying crop, he does not abandon its cultivation. He proceeds to feed the soil with the sort of fertilizer it needs, or he tries a different crop. If the weevil of a pedigreed mare looks sickly, he does not turn it into a pasture to die. He gives it scientific care and turns it into a prize winner. Both the unprofitable acre and the unpromising colt are standardized and made profitable. The Better Babies movement follows the same argument. It makes babies better and therefore more profitable to the nation."

Weigh the Baby.
There is no means so accurate as frequent weighing of the baby for telling its condition. After the first week, a healthy child should gain from four to eight ounces a week up to about the sixth month. From six to twelve months the gain is less, usually from two to four ounces a week.

Nursing.
There is no perfect substitute for good breast feeding. Statistics show that the mortality of bottle fed infants during the first year is three times as great as that of those who are breast fed. Regularity of feeding is more important. The nipples should be kept clean by being washed after each nursing.

There is no objection to a baby being partly nursed and partly fed. If the mother has only milk enough for two or three nursings a day, this should be continued so long as her milk agrees with the baby. Even a small amount of breast milk greatly improves a child's nutrition.

But the Baby Contest at Sumter proved conclusively that many mothers are nursing the babies too long. Usually weaning should be begun at nine or ten months by substituting one feeding a day for one nursing.

Later two feedings, and thus gradually the child is to be taken from the breast altogether. Generally the child should be completely weaned at one year, tho' in summer it may be advisable to nurse an infant a little longer. But the dangers of weaning are much less than those of continuing to nurse after the milk has become scanty and poor in quality.

(This announcement will be followed later in the week by an article from Miss Frayser on the proper food and nourishment for babies.—Editor.)

Proper Methods of Feeding Babies Artificially

By Miss Mary E. Frayser, Head of Home Economics Extension Department of Winthrop College.

The only substitute for mother's milk is cow's milk modified to suit an infant's stomach. Two or three rules are absolutely necessary in making artificial 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 bottles and nipples. They should be scrubbed immediately after each feeding 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 up asleep, for this will not be required long, they soon learn to wake on the hour. This rule only applies to day and up to nine or ten o'clock at night feeding; after that, do not wake.

3rd. See that the milk comes from healthy cows and that it is clean 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 by L. Emmett Holt, D. Appleton & Company, Publishers, New York, is a wonderful help in the wise rearing of children. The following tables are taken from it.

Table 1, to be used in modifying milk for child from birth to the sixth or seventh month.

	I.	II.	III.	IV.	V.	VI.	VII.	VIII.	IX.
7 per cent milk	1.2	3	4	5	6	7	8	9	10
Milk sugar	1	1	1	1	1	1	1	1	1
Lime water	1	1	1	1	1	1	1	1	1
Boiled water	17	16	15	14	13	12	11	10	9
	20	20	20	20	20	20	20	20	20

The top milk or 7 per cent milk spoken of in the formula is obtained by putting one quart of fresh milk in a jar and cooling it quickly by letting it stand in cool water. After it has stood four hours remove the upper half or 16 oz., and get your number of ounces used in the formula from this 16 oz. (Do not just remove what you need, but remove 16 oz. and then use what is called for in formula from that amount.)

Milk sugar is obtained from any drug store and is simply dissolved in boiling water, three level tablespoonfuls of milk sugar make one oz.

Now as to increase of food; begin with I. on the second day of the baby's life, II on the fourth, III at ten to fourteen days. After that make the increase more slowly, a large infant with a good digestion may bear a rapid increase and may take V. by the time it is five or six weeks old. A child with a feeble digestion must go slowly and may not take V. before it is three or four months old.

The formulas for 7 per cent milk should be continued up to six or seven months. After that change should be gradually made to whole milk. This is done by removing the upper

18 oz. as top milk for 2 weeks instead of just 16 oz.

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 digest it.

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

Age	Interval between meals by day	No. of feedings in 24 hrs.	Quantity for one feeding, ounces	Quantity for 24 hours, ounces
2nd to 7th day	3	10	1-1.2	10-15
2nd and 3rd week	2	10	1-1.2-3	15-30
4th and 5th week	2	10	2-1.2-3-1-2	25-35
6th to 9th week	2-1.2	10	3-5	30-40
9th wk. to 5th m.	3	10	4-5	40-45
5th to 9th month	3	10	5	45-50
9th to 12th month	4	10	5	50-55

The advance in this formula should be made slowly. No. V. should not be reached until about two months. After that increase from one formula to the next stronger should be made once a month.

The gruels used are prepared in the following manner:

Barley Water—One level tablespoonful of Robinson's patent barley, or the prepared barley flour of the Health Food Company, is thoroughly blended with a little cold water and added, stirring, to one pint of boiling water containing a pinch of salt. This is cooked for thirty minutes in a double boiler and then strained. As much boiled water should then be added as has boiled away.

Barley Gruel or Barley Jelly—This is made in the same manner as the above but from two to four level tablespoonfuls of the flour are used.

Either barley water or barley jelly may be made from the grains. For barley water, use one heaping tablespoonful of pearl barley which has been soaked four or five hours, or overnight, one point of water, and pinch of salt. This is boiled steadily for four hours, adding water from time to time to keep the quantity up to one pint. It is then strained through muslin.

For barley gruel or barley jelly use from two to four tablespoonfuls of pearl barley.

Rice, Wheat, or Oat Water—These are made from rice, wheat, or oat flour exactly as barley water, above described. Like the barley water they may also be made from the grains using the same proportions.

Gruel or Jelly from Rice, Wheat or Oats—These are made from the flour or grains as has been described for barley gruel.

For the wheat preparations, ordinary wheat flour may be used or Hubbell's prepared wheat flour; or wheat grits may be employed.

For the rice preparations the ordinary rice gruel or rice flour may be used.

For the oat preparations, either the oat flour of the Health Food Company may be used, or any of the commonly employed forms of oatmeal.

When any of these farinaceous foods are to be mixed with milk, the milk should be added directly after removing the gruel from the fire, and stirred two or three minutes.

Use rice gruel if baby has looseness of bowels; use oat meal gruel if bowels are constipated.

Orange juice is very beneficial to bottle fed infants beginning at five months, giving two or three teaspoonfuls a day. At a year four tablespoonfuls may be given.

Age	Interval between meals by day	No. of feedings in 24 hrs.	Quantity for one feeding, ounces	Quantity for 24 hours, ounces
2nd to 7th day	3	10	1-1.2	10-15
2nd and 3rd week	2	10	1-1.2-3	15-30
4th and 5th week	2	10	2-1.2-3-1-2	25-35
6th to 9th week	2-1.2	10	3-5	30-40
9th wk. to 5th m.	3	10	4-5	40-45
5th to 9th month	3	10	5	45-50
9th to 12th month	4	10	5	50-55

This is a proper diet for an average healthy child of twelve months.

6.30 A. M.—Milk, six to seven oz. diluted with barley or oat gruel, two or three ounces; after the thirteenth month, taken from a cup.

9.00 A. M.—Orange juice, one or two ounces.

10.00 A. M.—Milk, two parts; oatmeal or barley gruel, one part; from ten to twelve ounces in all may be allowed; it should be given from a cup.

2.00 P. M.—Beef juice, one or two ounces; or the white of one egg, slightly cooked; later the entire egg, or mutton or chicken broth, four to six ounces.

Milk and gruel in proportions above 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. except that the milk may be given from the bottle.

How long may this schedule be followed?

Usually until the fourteenth or fifteenth month. After this time the cereals may be given much thicker and fed from a spoon.

A proper diet for average child from fourteen to eighteen months:

The bottle should not be given except at night. Cereals may now form an important part of the diet. They should be very thoroughly cooked, usually for three hours, and strained.

The daily schedule should be about as follows:

6.30 A. M.—Milk, warmed, eight to ten ounces, given from a cup.

9.00 A. M.—Fruit juice, one to three ounces.

10.00 A. M.—Cereal: one, later two or three, tablespoonfuls of oatmeal, hominy or wheaten grits, cooked for at least three hours and strained; up on this from one to two ounces of thin cream, or milk and cream, with plenty of salt, but without sugar. Crisp dry toast, one piece; or unsweetened zwieback; or, one Huntley and Palmer breakfast biscuit. Milk warmed, six to eight ounces, from a cup.

2.00 P. M.—Beef juice, one to two ounces; and one egg (soft boiled, poached or coddled); and boiled rice, one tablespoonful; or broth (mutton or chicken), four ounces; one or two Huntley and Palmer breakfast biscuits, or zwieback; and (if most of the teeth are present) rare scraped meat, at first one teaspoonful, gradually increasing to one tablespoonful.

6.00 P. M.—Cereal: two tablespoonfuls of farina, cream of wheat, or arrowroot, cooked for at least one half hour, with milk, plenty of salt, but without sugar. Milk warmed, eight to ten ounces, given from a cup.

10.00 P. M.—Milk, warmed, eight to ten ounces, which may be given from a bottle.

This is a proper diet for an average child from the eighteenth month to the end of the second year.

The same order of meals as for the months just preceding should be followed. For most children milk at 10 P. M. is desirable. There are many, however, who sleep regularly from 6 P. M. until 6 A. M. without food;

for such the night feeding should, of course, not be insisted upon.

The daily schedule should be about as follows:

6.30 A. M.—Milk, warmed, ten to twelve ounces, given from cup.

9.00 A. M.—Fruit juice, two or three ounces.

10.00 A. M.—Cereals: similar to those given from the fourteenth to the eighteenth month; they need not be strained although they should be 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—farina, 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 butter.

10.00 A. M.—Warm milk, one cup, with a cracker or piece of very stale bread and butter.

2.00 P. M.—Soup, four ounces; or beef juice, two ounces. Meat: chop, steak, roast beef or lamb or chicken. A baked white potato; or boiled rice or spaghetti; both cooked five hours. Green vegetables, asparagus tips, string beans, peas, spinach; all to be cooked until very soft, and mashed, or preferably put through a sieve; at first, one to two teaspoonfuls. Desert: cooked fruit, baked or stewed apple, stewed prunes. Water; no milk.

6.00 P. M.—Cereal: farina, cream of wheat, or arrowroot, cooked for at least one-half hour, with plenty of salt, but without sugar, or milk toast; or bread and milk; or stale or dry bread and butter and a glass of milk.

Home Economics Extension Department, Winthrop College.

NEW ZION SCHOOL CLOSES.

Interesting Exercises Mark End of the Session.

Turbeville, May 7.—The closing exercises of the New Zion graded school began last Friday night with an address by Dr. E. M. Poteat, president of Furman university. His subject was: "Giving the Child a Chance." He showed wherein the child should have the right of respect, the right of play, and the right of obedience.

Saturday was very pleasantly spent with a picnic.

Sunday the Rev. R. F. Morris, of Princeton preached the baccalaureate sermon, taking as his text: "He that walketh uprightly walketh surely." Services were held again on Sunday night. A special choir furnished music for the occasion.

On Monday evening the graduating exercises took place. Misses Marie Buddin, Sadie Wheeler and Annie Ruddin, having completed the course of study, were awarded diplomas. Senator E. D. Smith was scheduled to speak, but was unexpectedly called back to his post at Washington.

Under the principalship of Prof. J. B. Bush the school has made remarkable progress during the past year. The trustees have shown their appreciation of his efforts by reelecting him another term, but he has not yet accepted.

CAN FLY FOR A WHILE.

Sentenced Aviator Given 3 Months to Provide for Family.

Des Moines, Iowa, May 7.—Earl Lindsay, an aviator, flying under the name of Earl Warmouth, sentenced to life imprisonment for attacking a little girl in Colfax, Iowa, today obtained three months in which to provide for his family. The Iowa supreme court today prepared a rehearing of the case until fall with the consent of Attorney General Cosan upon the representation of Lindsay's attorney that he had several aviation contracts for the summer, the proceeds of which would be turned over to his family for their support during his imprisonment.