

## Right Clothes Help Children Beat The Heat

By DOROTHY V. WHIPPLE, M.D.  
AP Newsfeatures

Let's not just grouch and groan through the heat waves we're bound to have every summer. There are a few things we can do to keep the whole family a little more comfortable.

Take the question of clothing. The four principles of hot weather clothing are Loose fit, light weight, porous texture and light color.

Snug clothing prevents the circulation of air around the body. There is little opportunity for perspiration to evaporate. Evaporation is nature's way of cooling us off. Watch the children's clothes and see to it that armholes are wide and loose that neck and leg openings are roomy and free. At the rate at which children grow you need to be especially careful that they are not made extra uncomfortable in hot weather with tight, outgrown clothing.

Hot weather clothing needs to be light in weight but even more important it should be porous, so that air can circulate through it as well as around it. Cotton has always been a summer standby and still is. Some of the new miracle fabrics are also porous, but some are not. For summertime pick your miracle fabrics with this quality in mind as well as the fact that they do not require ironing.

While you and the children are out in the sun light, colored clothing will reflect the sun's rays, while dark colors absorb them. You're cooler in light colored clothes.

The baby's clothes should follow the same principles as those for the rest of the family. When it's very hot the baby needs only a diaper and a loose fitting porous garment. He's better off if you do put a loose top garment on him than if you leave him with only a diaper. Babies, like the rest of us, perspire when it's hot. But babies chill very easily too. You know how you feel when you're all wet with perspiration and there's a sudden breeze—you're chilly. A baby will sometimes get so chilled that he becomes sick. Keep a loose fitting shirt on the baby even in hot weather.

And another thing for the baby—leave off the rubber pants during a heat wave. The tight non-porous quality of any waterproof protection is very heating. If you're very anxious for some protection from the baby's sudden deluges use wool soakers. Contrary to what you might think they are much less heating than the thin but tight rubber or plastic pants.

## Three - In - One School Dress



**THREE-PART HARMONY** . . . For the first day of school our young student wears a "duette" consisting of suspender dress of fine cotton broadcloth and under-dress of gay plaid gingham. Next day she wears the under-dress alone. And for

the party after school, Mom brings a spic-and-span white pique petti-blower, to be worn under the pretty suspender dress. All are designed by Celeste, to go together.

By DOROTHY ROE  
Associated Press Women's Editor  
SMART MOTHERS have discovered the changeabout wardrobe for the kindergarten set.

Grown-ups have been enjoying the mix-or-match idea for years, in blouses, skirts and jackets. But the younger set can achieve the same results with suspender dresses.

One New York designer, Celeste, has come up with the "duette" dress for pint-size glamor girls. It consists of an outfit in two parts, which may be worn separately and interchanged with other things.

The idea starts with a jumper and a coordinated under-dress, instead of the usual blouse, which is always pulling out at the waist. This acts as both blouse and petticoat, and is so carefully styled and finished that it can be worn separately, as another dress for school or play.

An added attraction is a separate petti-blower in white pique tie pants.

On the baby's bed put one or even two non-waterproof quilted pads between any waterproof protection you have over the mattress. If you don't believe a rubber sheet is hot just try lying on one some night when the temperature is in the nineties. You'll never make your baby do it if you've ever done it yourself.

## Noon Meal Is Important To Children's Good Health

Making sure the youngsters get a balanced diet every day becomes a more complicated problem for mother with the return of school days.

Key to the problem is to know what part of the daily food requirements are supplied by the school lunch, so that other meals can be planned to round out the balanced diet.

Since lunch is usually eaten away from home, mother often needs to play the role of a skillful — and tactful — detective. First, she must find out what is

provided for the school lunch; then she has the more difficult task of discovering what Johnny and Susie actually eat.

Checking up on the school lunch is easiest when the lunch is packed at home. Foods that go into the lunch box can be selected to do their share in the child's over-all diet, and they can be planned for variety and plenty of appetite appeal.

When lunch is supplied at school through a cafeteria or the National School Lunch Program, mother should check with the school to learn about lunch facilities and menus. Some schools send weekly menus home for mother to see in advance.

In some types of school lunch programs, the meal must be supplemented by foods brought from home. Again, careful planning is required to be sure the additional foods do their part in balancing the diet. At a minimum, the lunch program will provide the always important and popular beverage, milk.

Detective skill comes into play in learning what the children actually eat. "What did you eat for lunch today?" should be a casual question, asked in a variety of

ways and with cheerful interest.

Even when a child carries his lunch, he may trade with other youngsters, so the check-up on what is eaten is always important.

When good eating habits are formed at home, children will almost certainly eat properly away from home. Mother can help to achieve the balanced diet by making every meal at home meet two requirements.

Each meal should be coordinated with all other meals, so that none of the diet essentials are overlooked. Then, every meal should be interesting as well as nutritious—planned to stimulate appetite and encourage eating.

## College Bound—Then Smart Luggage Is A Necessity

### CAPERING CAPES

"Capes are cutting the cutest capers," giggles AMERICAN

specifications for economical parcel-posting to and from school.

GIRL. The magazine pictures one, "as big as a hug-of-the-shoulders," which comes in a solid color with plaid edging, ties snugly under dress shirt collar.

"From there, a placket-line of buttons marches straight down to

torso-cuffed skirt; and sleeves, just about the same length as the cape."

The population of the world is about 2,700,000,000.



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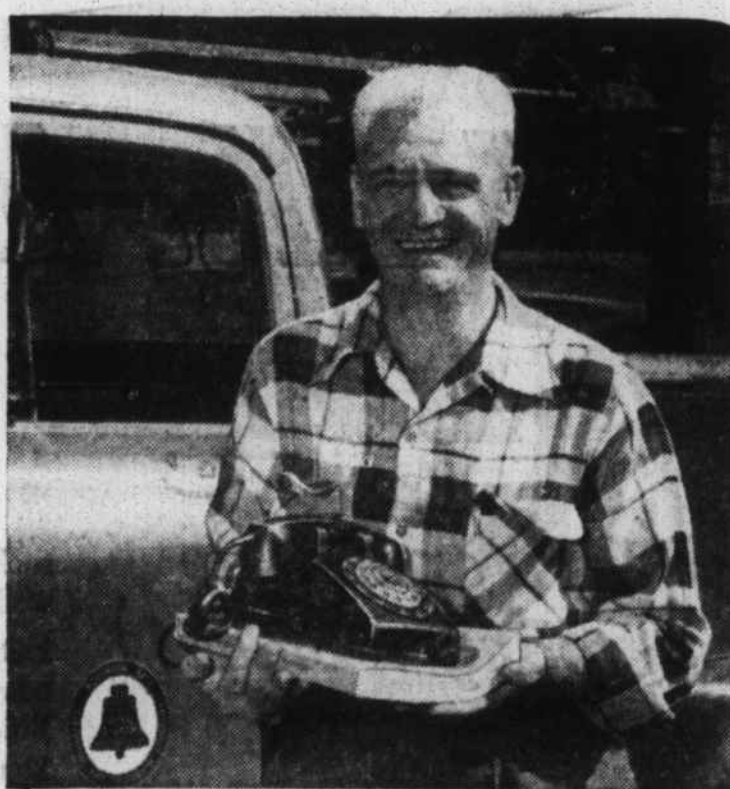


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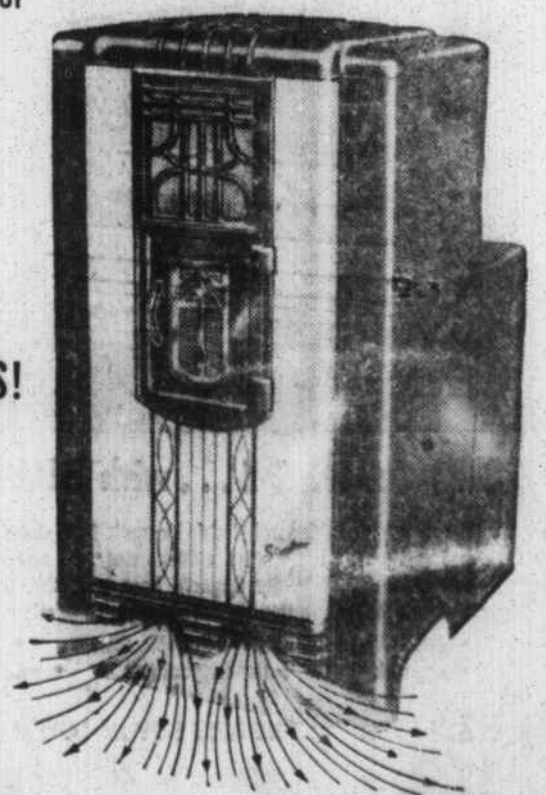
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