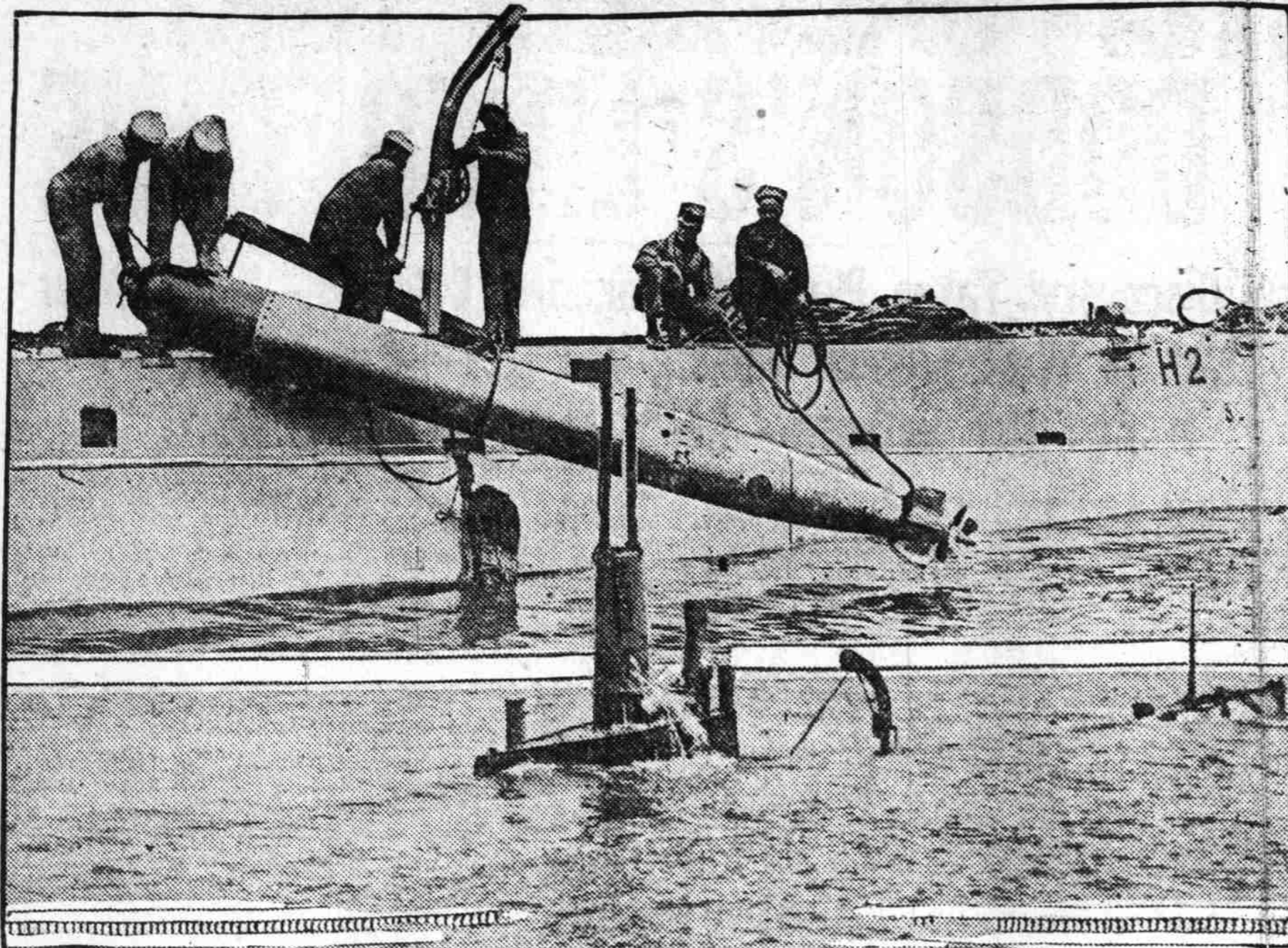
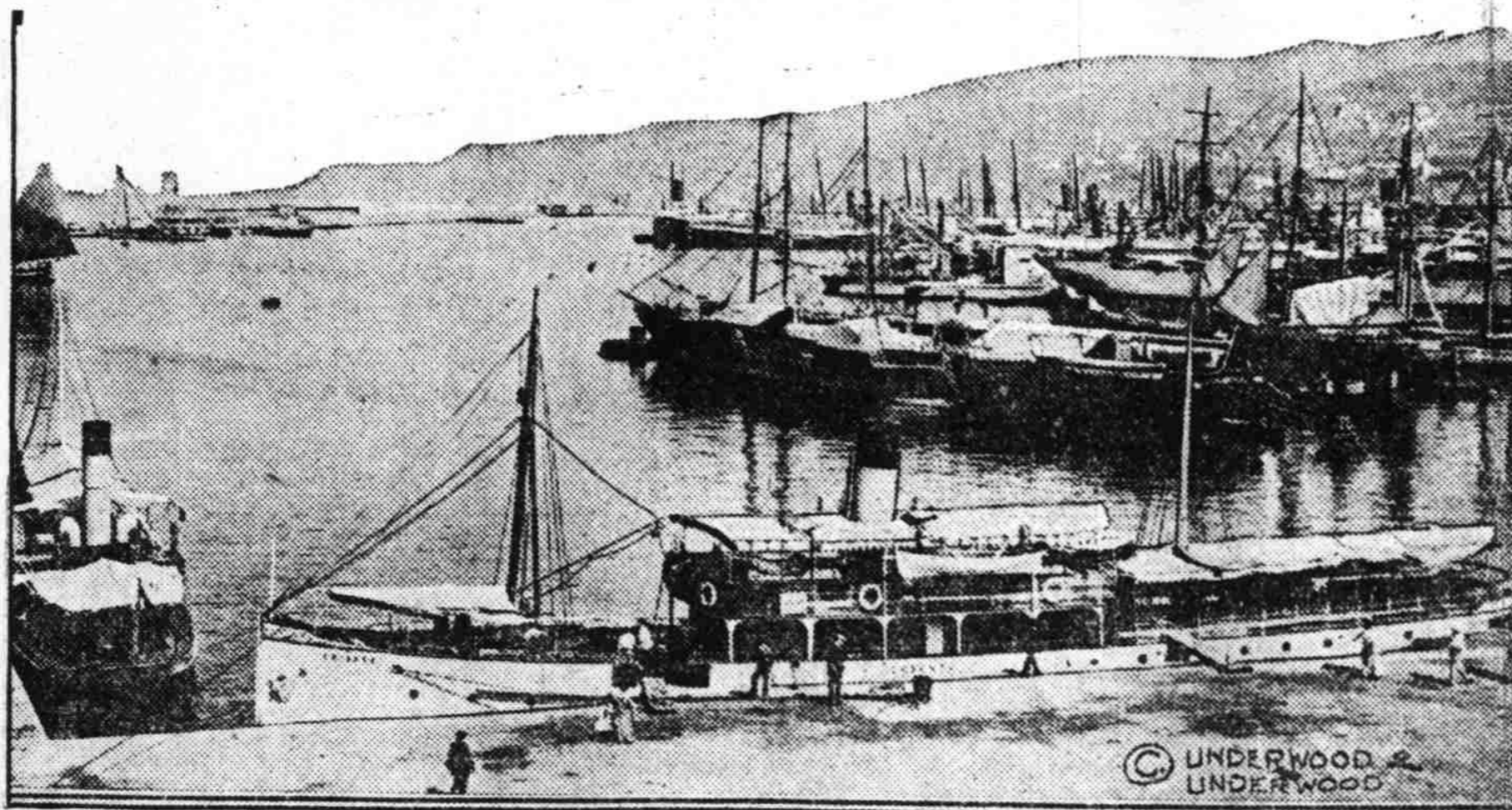


AMERICAN SUBMARINES IN PRACTICE WORK



Above, the crew of U. S. submarine H-2 hoisting aboard a spent practice torpedo during the maneuvers off San Pedro, Cal. Below is submarine H-3 rising to the surface after a dive.

TRIESTE BOMBARDED BY THE ITALIANS



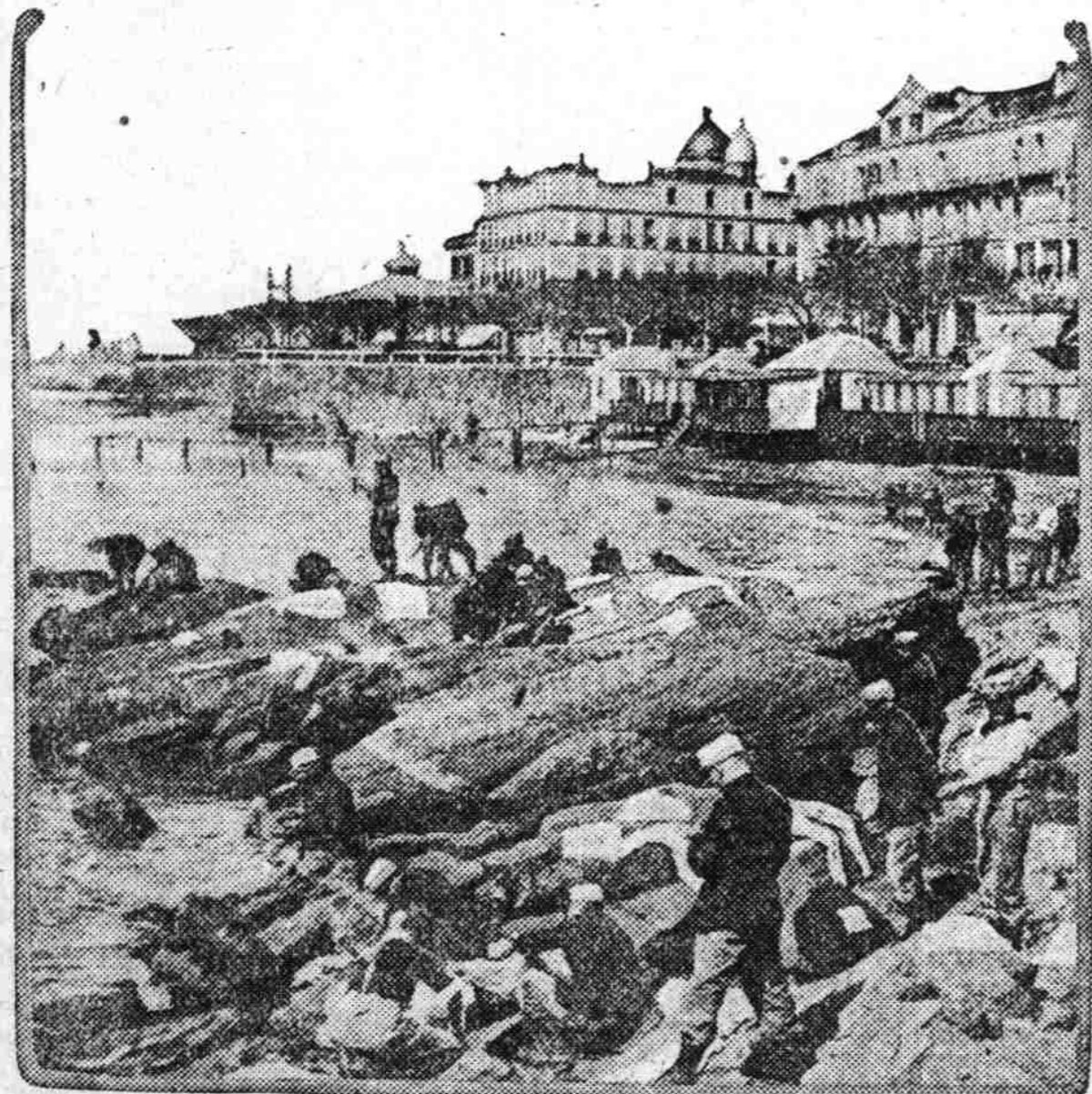
View of the harbor of Trieste, the capital of Istria, which the Italian artillery has begun to bombard from a point near the mouth of the Isonzo river.

NEAR STARVATION IN MEXICO



Here is a timely picture showing to what measures the civilian population of Mexico has to resort in order to keep itself from actual starvation. Poor Mexican women with empty market baskets are seen thronging about one of the army food supply depots, where they are given barely enough to keep body and soul together.

SOLDIERS' LAUNDRY AT ST. RAPHAEL



French colonial troops doing their own laundry work in the sea at St. Raphael.

WAR HOSPITAL DISINFECTOR



Device used for the disinfecting of bedding and clothing at the duchess of Westminster's hospital at Le Touquet, France.

Revenge in the Kitchen.
"Walter, I want to thank you for this soup. It is richer and thicker than any I ever had here before."
"Yes, sir. Just confidentially, sir, the chef had a row with the boss and the way he's wasting stuff is a caution."

BABY IN SUMMERTIME

ESPECIAL CARE NEEDED DURING THAT SEASON.

First Requisite is That He Shall Be Comfortable at All Times—Food, Clothing and Bathing All Highly Important.

(Prepared by the Children's Bureau, U. S. Department of Labor.)

The long, hot days of summer are trying to people of all ages, but are particularly hard on the young baby. He is more liable to illness, especially to diarrhea, at this time, because he is weakened by the heat and in a condition where he is easily upset. The object for which the mother must work in summer is to make the baby comfortable, for a comfortable baby is one who is well. To make the baby comfortable it is necessary to consider how he should be fed, clothed and bathed; how to keep him cool and give him plenty of sleep; how to deal with prickly heat and other similar troubles, and, most of all, many times, what not to do.

A baby who is fed regularly with the right kind of food and no other kind, except plenty of cool water to drink; who wears little or no clothing during the hot hours of the day and night; who is kept clean with plenty of baths; who sleeps in a cool, quiet room, screened from flies and mosquitoes; who is handled very little and is allowed to live a quiet, regular life, will usually be a healthy one. A healthy child makes a healthy grown person, and every stone laid in the foundation of a sound and normal baby is just so much for the child to build upon in the future.

Nothing is so necessary to the health of a young baby as breast milk. This is the food nature intended him to have and on which he will nearly always thrive. Any other food, however good the milk and however well prepared, cannot take the place of good breast milk, and no mother who loves her baby will be willing to deprive him of this boon until she has tried in every way to keep it for him. This is true at all seasons of the year, but it is especially true in summer, when it is so hard to keep cow's milk pure and sweet. Unless cow's milk has been milked from clean, healthy cows, by clean milkers, into pails that have been scalded with boiling water; unless it has been cooled at once and kept cold until the food is made ready, it is not fit for a baby. Milk which is dirty when it comes from the cows, or clean milk which is left to stand about in open dishes, in a warm room, exposed to flies and dust, should never be used for the baby.

If, as sometimes happens, the mother does not have milk enough for her baby, she will need to add to it by one or more bottle-feedings during the day. In such a case every effort must be made to get clean milk, to keep it cool and prepare it in the right way.

In order that the mother may nurse her baby successfully she should begin about two months before the baby is born to take care of the nipples, washing them every day in warm water and a mild soap, like castile, and, after drying them thoroughly, rub them gently with vaseline, olive oil, or some other softening application.

When the baby is about six hours old he may be put to the breast, and then at six-hour intervals for the first day or two, until the mother's milk "comes." After that he should be nursed every three hours from six o'clock in the morning until nine in the evening, nursing him regularly, by the clock. For the first three months he will need a night feeding, but after four months he should sleep through the night without nursing. When the baby is six months old the mother should begin to lengthen the interval between feedings a quarter of an hour each week until the length of time between nursings is four hours. The baby needs no other food than breast milk, except plenty of good drinking water (which has first been boiled and cooled) for the first eight or nine months.

The nursing mother should have plenty of good food. All good food is milk-making food. What is important is that it should please the mother's taste, tempt her appetite and cause her no headache, coated tongue or gas on the stomach or bowels. If the mother is well, the baby is pretty sure to be well. Among the things that most nursing mothers will digest well and thrive on are fresh vegetables, nourishing soups, good bread and butter, milk—sweet milk and buttermilk—eggs, meat, fish, poultry and fruits raw and cooked. Some of the things that may give her indigestion are heavy puddings, underdone cereals, dumplings, too-fresh bread and biscuit, pastries, or a lack of fresh vegetables and fruit from the diet. It is better to cut down the allowance of tea and coffee to one cupful of each a day. Plenty of good drinking water is needed and it is a good plan for the mother to have milk between meals and at bedtime.

The nursing mother should have plenty of sleep at night, and should learn to relax and rest whenever the baby nurses throughout the day. As far as possible she should be relieved of the heaviest part of the household work, because if she is tired and worn the baby will not thrive as he should, as the mother's food has had to go to supply her own needs and her milk has been deprived of some of its nourishing qualities.

It's easier to win a girl's hand than it is to eat her bread.

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