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## Interest To Women

ONE OF MANY HONORED  
CUSTOMS NOW IN DISCARD

Former 'Indispensables' of Infancy Include Forcing Snookums to Walk Before She Is Ready For It and Continued Use of Pacifier

(By Sara White)

Like bundling, the pacifier, though pleasant, is no longer fashionable. Modern pediatrics has discarded it, along with walking aids and colic and a good many other 'indispensables' of infancy; and argues to astonished and outraged grandmothers that modern babies are the better for it being healthier and happier than were their mothers or these same grandmothers.

Most 1938 babies live by rules laid down by private physicians or by the heavily attended Health Unit baby clinics. Yet pediatricians find that a surprising number of false notions about baby care still persist.

Witness teething:

As soon as it's Snookums whimpers grandmother pityingly announces: "It's her teeth, poor lamb."

Then she hoists the precious heir to the national debt to her shoulders and at that point Snookums' teeth cease to hurt.

Modern pediatricians believe that teething is a natural process, rarely lowers resistance and rarely causes illness. And that much of the irritation ascribed to teething is due to other causes. In some cases teething does hurt. More often, it doesn't.

Another snap judgment commonly heard from young mothers, as well as from grandmothers, is the diagnosis of 'worms.'

Worms do infest the gastro-intestinal tract of children and sometimes do cause considerable trouble. But the symptoms commonly spotted by the layman—gritting teeth, sleeping on hands and knees, and convulsions—are not necessarily indicative of worms. Doctors do point out, however, that restless sleep and anal itching

may indicate presence of only one type of parasite, oxyuris-vermicularis.

Regular feeding hours, regardless of how much the infant may howl at other times, and the ban against cradle rocking or walking the floor with infants are familiar enough now. To this common knowledge, pediatricians are hoping to add their warnings that babies shouldn't be urged to sit up or to walk before they are ready.

Babies, they say, should be permitted to sit up only when they have the strength to do so on their own initiative. The same goes for walking.

If Snookums is propped up in a sitting position before she demonstrates herself that she is ready, her soft back bends over in a curve. She is apt to like the idea, however, because it provides a welcome change from lying down, and to cry until it is repeated. Poor posture and the well known effects of poor posture upon health are apt to be the consequences.

Similarly, walking before she is ready can bow her legs and injure her back. Mechanical contraptions to speed up walking, built something like an enclosed kiddie-car, have had many unhappy results.

Of course, babies' legs are naturally bowed, but they straighten out as Snookums learns to walk if her legs are really strong enough to support her body.

And back to the pacifier, mentioned at the outset. Sucking on a pacifier increases the saliva and, many doctors believe, interferes with the appetite. This particular sin may spoil the shape of baby's mouth; and because the sucking baby swallows air, it can be responsible for severe stomach ache.

## ORANGE CAKE MAKES A HIT WITH ALL

It's Delicious and Little Trouble To Mix

(By Frances Blackwood)

One cake that always makes a hit in my family, said the cake making lady, is Orange Cake. I make it for almost every occasion. It's the pet of all my recipes. The trouble involved is mighty little. Grind one cup of seeded raisins and one large, thick skinned orange skin and all the worst is over.

For the rest: Beat ½ cup of shortening until light, then gradually beat in 1 cup of sugar. Add 2 eggs, one at a time and beat well after each is added. Sift some flour, measure 2 cupsful and add to this 1 teaspoon of soda, and ¼ teaspoon of salt, and sift again. Add this alternately with ½ cup of buttermilk or sour milk (or if you have neither butter nor sour milk use 1 teaspoon of vinegar mixed with half a cup of sweet milk). Stir in the

chopped orange and raisins. Mix well. Put this batter in well buttered cake pans dusted lightly with flour. Bake about 25 minutes in a moderate oven.

It makes a tender, moist and delicious cake. Because it is so tender be sure to let it stand five minutes before you turn it out of the pan.

Orange butter icing makes a perfect finish. Put ½ cup of butter in a bowl and beat until light. Then gradually beat in one pound of confectioner's sugar. As the mixture grows too stiff to beat, beat in 2 tablespoons of cream and then, when it needs thinning again, add the juice of half an orange a little at a time. About ¼ teaspoon of grated orange rind will heighten the orange flavor. The mixture should be beaten until it is as light as you can make it. Spread this on the cake after the layers are cold.

## MAKE THE MOST OF YOUR FIGURE

(By Antoinette)

Right now the sins of the holiday season are being visited upon us in the form of extra pounds.

Well, there's only one sane way to restore confidence and good silhouette line. Reduce those extras by diet and exercise, in the interim, however you may have to do some relying on corseting. So herewith are a few don't for guidance of the fuller figured woman:

Don't try to change your figure too radically. Wear foundation garments which mold rather than constrain.

If your hips are large, don't accentuate your waistline too much. Wear a straight-hipped garment.

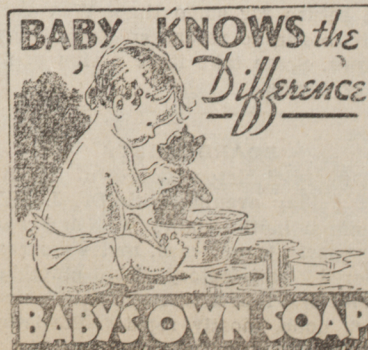
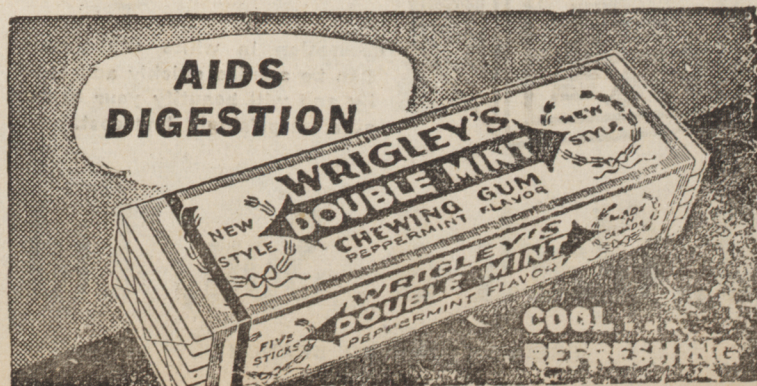
If your bust is large, don't wear too extreme an uplift. Distribute and mold your lines.

If your bust is small in proportion to the rest of you, and your hips and abdomen are large, lift your bust and accentuate your waistline.

If your waistline is thick and you have the well known roll, don't wear a separate girdle and short brassiere. Wear either an all-in-one or a girdle and long line brassiere.

If your weight is in your thighs, don't wear too short a foundation garment. See that it is long enough to avoid the bulge.

Make the most of your best feature. Every figure has one!



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King ColeQUACKS FEAST ON FEAR  
OF CANCER, DOCTOR SAYS

Ontario's Move to Probe Treatments Lauded By Dr. M. Fishbein in Attack on Charlatans

TORONTO, Feb. 26—Cancer quacks were the most vicious of all charlatans of healing, Dr. Morris Fishbein, Secretary of the American Medical Association and editor of the American Medical Journal, declared last night before the Holy Blossom Forum in the Masonic Temple, Yonge Street and Dovercourt Road.

Dr. Fishbein, who confessed to a rabid dislike of quackery in medicine, charged in bitter tones that the rapid increase in the cancer death rate during the past twenty years, had opened a fertile field for quackery and that 'charlatans go where the money is.'

He charged further that the field was being exploited not only by out-and-out charlatans but by some over-enthusiastic physicians who were weak in scientific medicine, and he emphasized that there was no system known to medical science of treating cancer by the taking of drugs, by the injections of vaccines or serums or by the application of a medication upon the cancer itself.

He claimed further, that the only means known of either curing cancer or prolonging the life of a cancer patient was by surgery, radium or deep X-ray therapy. He lauded the move that is being made in this country to evaluate certain nostrums, claimed as cancer cures, through a government-appointed agency.

Referring to an American, whose radio broadcasts were driven out of the United States and into Mexico, as one of the greatest cancer quacks, he declared that he had stated publicly in reference to this man 'that of all the ghouls who feed upon the dead and dying, the cancer quack is the most vicious.'

Dr. Fishbein claimed that the practices of spinal manipulation was an outgrowth of the faith cult of the laying on of hands, and he stated his opposition in principle to a bill that is to be brought before the Ontario Legislature which would grant the title of doctor to osteopaths and chiropractors and others recognized by a board of regents set up under the Drugless Practitioners' Act.

"I don't care what use is made in connection with the name, but the public is entitled to know the method a man is doctor of, whether it is doctor of medicine, doctor of osteopathy or doctor of horse shoeing. The public has a right to see that the name of doctor is protected for what is recognized as doctor of medicine," he said.

Quackery in medicine, he claimed, was born of an early recognized principle that Nature had a healing power and that with certain diseases there was a self-curative process. Consequently, there has been innumerable instances where a patient has claimed a cure from the administra-

## Your Type

Here are some tips on how to choose your fabric according to your type:

If you are taller than average, wear bright, coarse tweeds—plaids and checks are also for you. Stay away from vertical stripes because they'll make you look taller and thinner. Choose bold sharply defined prints and stay away from sheer droopy fabrics.

If you are on the plumpish side stay away from satin, wear chiffons, light weight worsteds and the dull moss crepes.

Laces, satins and tweeds are your dish if you are the beautifully proportioned willow type.

Crinkle crepes, velvet, boucles, and soft light weight fabrics will enhance you if you are the Junoesque type, continues this article. For the little woman small prints, smooth worsteds, and pin stripes will give that trim and sleek look.

## Lace Bolero

A bolero's worth of lace is one of the newest and most enchanting ideas for spring evenings. Imagine yourself the picture of sophistication in a clinging black or navy sheer, slit deep, with a lace border around the camisole bodice and three shoe-string straps over each shoulder. Crisp white lace makes the bolero into a dinner frock.

Would you rather look collectable than sophisticated? You will in bonbon tinted net, bouffant skirted, with delicate lace motifs applied on the skirt and a puffy sleeved bolero of matching lace.

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