

Your Baby's Clothes



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**The baby on the cover is Carolyn Sue, daughter of
Mr. and Mrs. Loyd H. Cossey, Barnsdall, Oklahoma.**

YOUR BABY'S CLOTHES

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Correct clothes and proper care of the baby are so closely related that doctors often prescribe layettes just as they give feeding formulae for infants.

Style, design, and materials as well as the washing, drying, and ironing qualities should all be considered in a layette. *Comfort* for the baby is the most important factor to be considered; clothes are an aid in maintaining body temperatures and are protection from mechanical injuries, dirt, and insects. The mother's time and energy in caring for the baby's clothing is another important factor.

In selecting clothing for the baby, it must be kept in mind that the waving of feet, kicking of legs, and stretching of arms are the only exercise the tiny baby gets. Every garment should hang loose and be so designed that movement of the arms and legs is quite free.

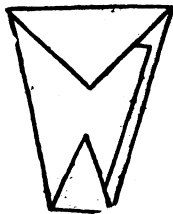
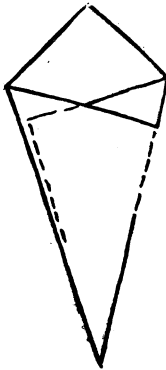
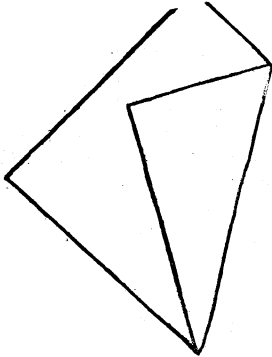
The complete set of clothes that the baby wears at any one time should not weigh more than 16 ounces; he should be dressed according to the temperature, the place, and the weather. All baby's clothes are short; the length of the garments is 18 inches to 23 inches from the shoulder to the hem, according to the age of the baby. A baby's clothes should **not** bind in any place, nor should they be so large that they are uncomfortable.

Since the baby should be handled as little as possible, the clothing should be easy to put on and take off—the simpler the better. Lumps, creases, and wrinkles are uncomfortable to lie on during these early months when the baby spends most of his time in bed.

As the baby grows rapidly, choose a minimum layette, but be sure to have a sufficient number of clothes to permit the necessary laundering. It is better to have plenty of the essentials than a lot of unnecessary garments that will soon be outgrown. A suggested list for a minimum layette is given here:

- | | |
|-----------------------------|--|
| 3 abdominal binders | 3 dresses |
| 4 vests (seasonal types) | 3 pairs stockings |
| 4 sleeveless vests or bands | 1 wrap (coat or bunny bag) |
| 4 night gowns | 3 pads (may be quilted and about 11x16 inches) |
| 3 or 4 dozen diapers | 2 or 3 blankets |
| 4 gertrudes | |
| 4 kimonos | |

Sacques and sweaters as well as other articles may be included in the original layette or may be made or purchased as needed.



The Kite Fold for Diapers.
Also, the diaper would have some

All materials used in baby's layette should be washable because of the necessity for frequent changes. The baby can't talk to tell you he is uncomfortable, therefore his clothes should be dainty, fresh, and clean at all times. All garments should be thoroughly washed and rinsed before they are put on the baby for the first time. Starch should never be used on an infant's clothing.

BANDS (3) — A little wool in the band is advisable as wool absorbs moisture and stays comfortable, while a cotton band, when wet, is clammy and disagreeable. Keeping the baby's abdomen warm appears to help him to digest his food.

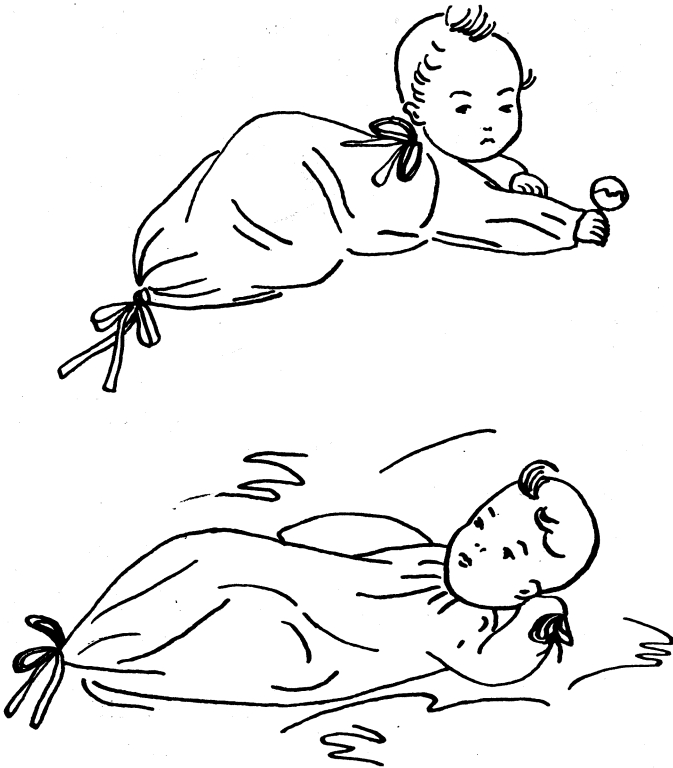
DIAPERS (3 to 4 dozen) — Since the number of diapers is necessarily greater than that of any other article in the whole layette, and since diapers are worn the entire 24 hours, they should be given very careful consideration. The most convenient sizes are 30x30, 20x20, or another good size is 20x40 when unfolded and 20x20 when folded. Cotton birdseye makes good ones if they are to be made. Very good gauze ones are to be found among the ready-made ones. There are also disposable diapers on the market.

The "kite" fold is a very good fold and is the one sketched; this gives extra thickness where it is needed.

stretch as it is folded on the bias. These may be folded when put away, thus saving time when most needed. This fold, or the square fold, are perhaps the best and most comfortable for the baby.

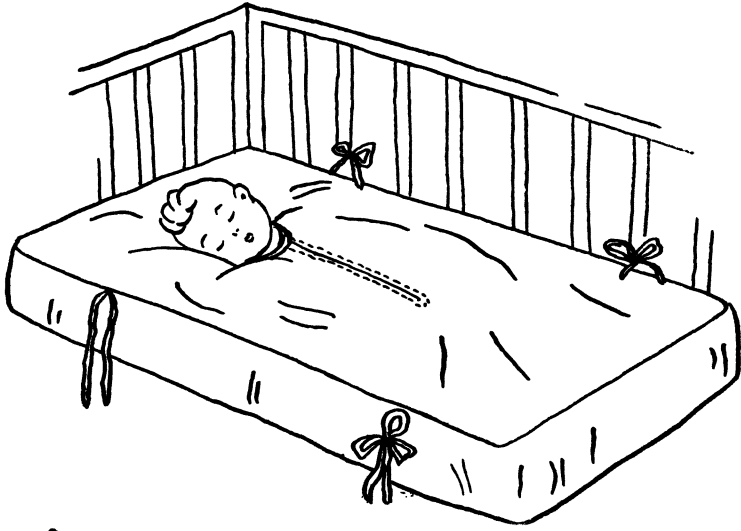
Soiled or wet diapers should never be used again until washed and boiled. Wash in hot suds and boil 20 minutes, then thoroughly rinse, dry, and fold.

SHIRTS (4)—For the first shirt, the coat shape is easier to put on and take off. After the baby is 6 months old the slip-over kind is very desirable.



The Night Gown.

NIGHTGOWNS (4)—May be the knitted kind or made of flannelette, nainsook, or cambric. These may have drawstrings in the sleeves and at the bottom to keep the baby's hands and feet covered if necessary. Since the baby spends so much of



Sleeping Bag.



Kimono.

his life in sleeping for the first 6 months, the gown is frequently used as a day as well as night garment.

SLEEPING BAG—The sleeping bag is a convenience in keeping the baby covered and can be made of outing or blanket material. Those that are tied to the bed at sides and bottom (as illustrated) will prevent baby from sliding down under the covers. In cooler weather, the baby should have additional cover.

KIMONOS (4)—They are worn instead of a dress while the baby is quite small. They are much more comfortable than dresses, easier to put on and off, and so much more easily laundered.

GERTRUDES AND DRESSES—The first gertrudes and dresses should be opened all the way down to simplify dressing and un-

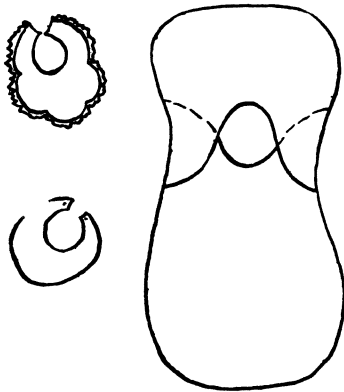
dressing. Those that open down the back may be separated to prevent getting wet. However, dresses and gertrudes are not necessary for the very small baby.

The material used for these should be soft and easily laundered. Dresses that tie with twistless tape are easier to keep fastened than those using small buttons.

RUBBER PANTIES—Let the baby wear them for a short period only. Do not have them fit too closely.

STOCKINGS (3 pairs)—Plain white hose are best. They should be long enough to cover the knees and reach the diaper. It is most important that the feet be long enough not to cramp the tiny toes. The type of hose that have longer tabs in front for pinning are quite desirable. The second size (size two) would probably give more wear.

BOOTIES OR SHOES—If these are to be worn, remember they must be very soft and light and never tied or fastened too tight. A baby really doesn't need shoes until walking time. The young foot and its bones are easily twisted and bent out of shape by shoes that do not fit. The first shoes should have flexible but firm soles and broad enough to be a steady platform under each foot. To be comfortable, safe, durable, and attractive, shoes for everyday wear must conform to the natural shape of the feet and protect them.



Teething Bibs—Feeding Bibs.

BIBS—Bibs are needed to protect a baby's clothing, particularly when he begins to help feed himself. It should be large to give ample protection. Two types of bibs are shown in the illustration—the small type is just to keep the front of the dress dry, while the larger type is for feeding and can be used as a self-help one later.

BED AND BEDDING—The baby should have his own bed. For a short while, he might sleep in the bassinet, but this will soon be too small. Sheets should be large enough to tuck under on all four sides. Blankets that are easily laundered are best. Waterproof sheeting under the bottom sheet protects the mattress.

If you are making most of the layette, choose patterns that are simple and well-fitting, using as few seams as possible. Raglan sleeves are comfortable, allow for growth, and are easy to make.

Shell stitched, hand rolled, narrow bias bindings, are simple and attractive edge finishes; they are also firm, comfortable, and washable. There is no reason why the garments shouldn't be attractive as well as practical.