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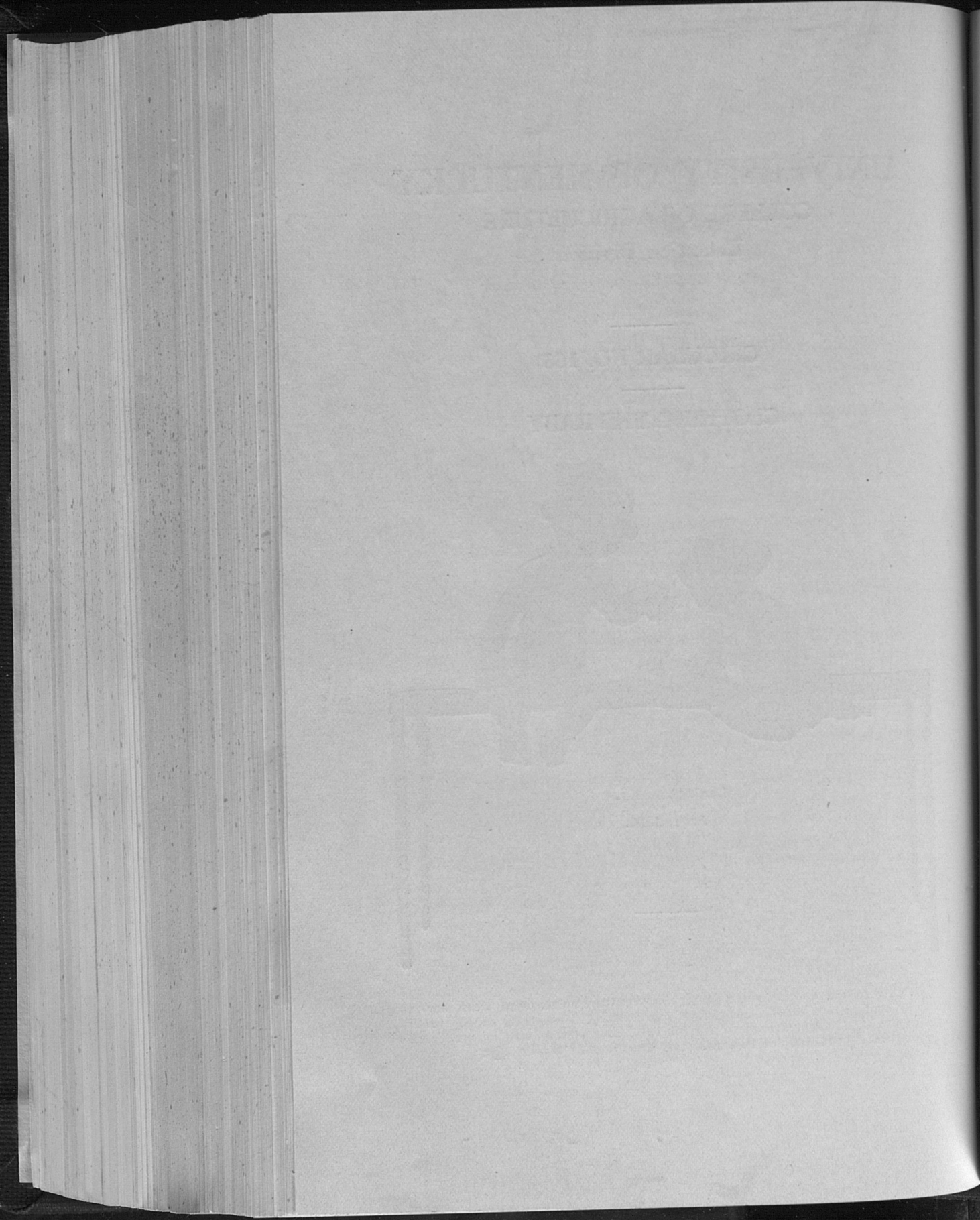
CLOTHING THE BABY



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Clothing The Baby

By Nellie Gard.

The first thing to remember when clothing the baby is that it is a very tiny human being, who is unable, for the most part, to tell us when it is comfortable and when uncomfortable. Of course, he cries to tell us something is wrong, now and then, but he cannot tell us what hurts him, so we try one thing and another in a blind attempt to make him happy. Very often the discomfort which the baby feels is due to his clothing. Let us put ourselves in his place and see what we would like to wear if we had very tender flesh and skin, and had to lie in a bed for several months to grow and develop strength. The most important things to keep in mind when planning the baby's wardrobe are these:

1. The chief function of baby clothes is to keep a uniform body temperature.
2. All garments must be loose enough to allow freedom of movement and the development and expansion of muscles.
3. Materials should be soft and dainty, also loosely woven to allow ventilation for the skin.
4. All finishes must be smooth and flat so as not to irritate the skin.
5. If trimmings are used they should not add to the bulk of the garment; simple hand stitches or ribbon bindings are good.
6. Simplicity is the keynote of all the clothing; it is for comfort, not decoration. Attractiveness does not depend upon elaborateness.
7. Ease of making, of putting on and taking off the baby, and of laundering are of importance to both mother and baby.
8. There must be enough clothing so that it can be kept clean and dry.

Since the baby outgrows his clothing very rapidly, it is advisable to make only a few necessary garments at first. The exact number of each type of garment which should be on hand depends chiefly upon laundering facilities, so a range will be given showing a scant but sufficient layette and one containing a more abundant supply:

Garments	Smallest advisable layette	Abundant layette
Flannel binders	3	4
Knitted bands with shoulder straps		4
Shirts	3	4
Flannel petticoats	2	4
Nainsook petticoats		4
Diapers	1 doz.	4 doz.
Slips or dresses	3	6
Nightgowns	3	6
Long wool bootees or stockings	2	3
Cotton stockings	2	3
Cloak or baby bunting	1	1
Warm cap	1	1
Veil	1	1
Wrappers and kimonos	1	2
Jackets, knitted, crocheted or cut from soft wool cloth	1	2
Carriage blankets	1	2

It is possible to keep the baby both clean and comfortable with the small number of garments listed in the first column for, after all, it is best to wash the clothing as soon as it is soiled, in place of allowing a quantity of dirty clothes to collect.

Bands of Flannel about 6 inches wide and 18 inches long are needed during the first few weeks of the baby's life to keep the navel dressing in place. The flannel may be all wool, wool and cotton or wool and silk mixture. The material should be torn lengthwise; the edge may be pinked or overcast, but never hemmed, for this would make a ridge to press into the baby's



I.

The flannel band fastened with tapes. The muscles of the abdomen should have freedom to move. The band may even be sewed on, tho this is difficult to do if the baby is restless. This band is replaced after a few weeks by a knitted band with shoulder straps. Buy size 2 at first. This should be of silk and wool or wool and cotton, with reinforcement where the diaper pins to it. Some physicians recommend the knitted band from the beginning.

Diaper materials are chosen from the standpoint of absorbency, softness and ease of laundering. Diapers may be made of "birdseye," cotton flannel, stockinet, outing flannel or daisy cloth, or even cheesecloth for the first two months. Since a perfect square is needed after one folding, shrink the material before cutting it. At first a small size, 18"x36", may be used and later a larger size, 25"x50", with the length twice as great as the width. Ready-made diapers are economical for, when bought by the dozen, the cost is the same as for the yard goods, with the time and work of making saved. If only one size of diaper can be afforded, a medium size, 22"x44" is advisable. The diaper, if not carefully adjusted, is hot and bulky and, with the bulk between the legs, may even deform the thighs. Diapers need to be washed before using; in fact, several washings often are necessary to soften the material so it will not scratch. The oblong diaper is less bulky than the square folded to triangle; for the former, fold the material down from



II.

Ready-made diapers are economical.



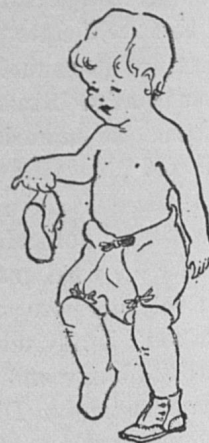
III.
The rectangle diaper
pinned up the side.

dry. For washing them, use a good quality of white soap, rinse thoroly and dry in the open air. The use of strong soap may irritate the skin, especially if rinsing is not sufficient. Drying in fresh air and sunshine helps to keep the odor of the diapers sweet. While they may be folded away and used as they come from the line, ironing makes them softer.

Waterproof Diapers are for temporary use only; the diaper beneath should be changed just as often as if the waterproof ones were not used. Never use the type with elastic at waist and knees, for they prevent good circulation and also retain too much heat which may cause irritation. At least one kind of waterproof diaper can be bought which may be washed with boiling water. The semi-fitted rubber diaper is best.

Shirts come in four sizes and several weights. It is wiser, usually, to buy the second size at first. The shirt may be made of cotton, cotton and wool, wool and silk, all wool or all silk. The all wool is the least

the top so that it will be double under the seat, then draw the lower corners up between the legs and pin twice on each side. An inner pad of old soft cloth (Turkish toweling) which can be thrown away, placed in the diaper at the time of day that the bowel movement usually comes will catch the discharge and make the task of washing easier. The diaper needs to be changed as often as it is wet or soiled during the day and when the baby is fed in the night. Never use a diaper the second time without washing it. Do not leave wet diapers about the room, either in a heap or spread out to



IV.
Rubber diapers with-
out elastic at knee or
waist.

desirable; the cotton may be used from the beginning, especially if it is summer. The wool and cotton mixture is, perhaps, the most generally advisable. All young babies should have at least one garment that is part wool. The shirt is best opened down the front, double breasted, with high neck, long sleeves large enough easily to slip on and off, flat seams, and closed with tapes. A light-weight, sleeveless vest under the heavier outer one is comfortable when it is very cold. By pinning diapers to both



V.

Double breasted shirt and bootees which meet the diaper.

shirts, tearing of outer shirt is prevented.

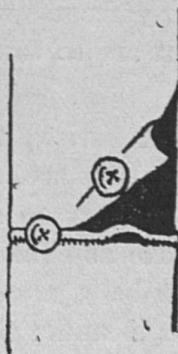


VI.

The "Gertrude" fastened on the shoulder.

Petticoats should hang from the shoulder, be loose, yet fit well. Light weight, part wool flannel, cut by the "Gertrude" pattern, makes the most practical garment. Wool and silk or wool and cotton mixtures are better than all wool because they are not so warm and they wash more easily. For summer time, when wool is too hot over the shoulders, the petticoat should be made with a cotton top. The length of this garment is not

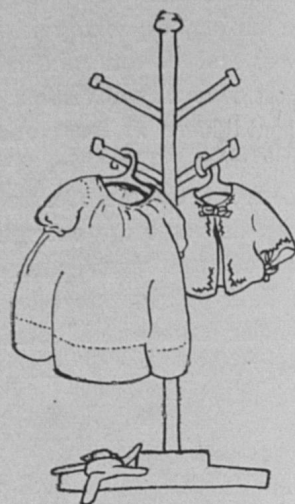
over ten inches below the feet, or about twenty-four inches. The long skirt provides extra warmth and also makes it easier to handle the small baby, tho in warm climates the clothing may all be short from the beginning. Seams should be stitched, then pressed open and catch-stitched flat. Preferably the opening is on the shoulders. The fastening may be tapes, snaps or buttons. It is difficult to tell the best method of fastening; tapes come untied easily, pins may come unfastened and prick the baby, small snaps



VII.

Buttonhole formed by tape

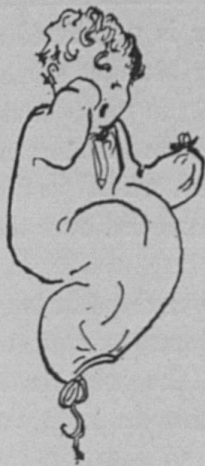
are easily unfastened and so are tiny buttons. In place of making a button-hole, a tape may be sewed on the edge of one shoulder strap, with openings left opposite the buttons on the other. Fastenings for all the garments should be on the shoulder or in the front so that the baby will not have to lie on them so much. The neck and armholes may be finished with scalloping, blanket stitching, crochet (single) or they may be faced with soft cotton or silk material and feather-stitching used to hold the facing in place. An outing flannel petticoat may be used under the nightgown to give added warmth in cold weather, but remember that all baby's sleeping garments must be a complete change from those he has worn during the day.



VIII.
Costumer and hangers
are convenient.

Until the baby grows older it does not need a dainty petticoat of nainsook or cambric. Too many garments make it difficult for the child to kick and exercise, so this should be used only on very dress-up occasions. The seams may be felled or French and very small; the neck and armholes faced or scallop-hemmed; the bottom may be hemmed, perhaps a bit of lace, or tucks added; but why spend much time in elaborate trimmings for garments which are not only covered up when they are in use but are so soon outgrown?

Slips and Dresses should be of soft material such as cambric, batiste, nainsook; dimity and crepe are sometimes used, but they are apt to be a little harsh against the skin. The simplest way to make the slip is kimono fashion; this is easy to make and the armhole is large enough that it does not bind as the baby grows. The kimono sleeve wears better if a gusset is set in under the arm to catch the strain. With a tuck over the shoulder and a tape to draw up neck and sleeves, the dress can be made to grow with the child. The first dresses are twenty-



IX.
Tape in bottom
of nightgown
and sleeves.

four to twenty-seven inches in length, tho for the summer baby a few people now advocate the short dress of twenty inches, finished, from the beginning. Use no lace or other trimming which is harsh enough to scratch the skin, for skin diseases such as eczema may result. Starch is not permissible in baby clothes for it, too, may irritate the skin. The first garments may be shortened for the first short clothing if they have been made so they can grow with the baby.

Nightgowns may be of stockinet, flannel, outing flannel or muslin. The first is the least desirable, for moisture travels so rapidly in it. For the baby born in the summer, muslin may be warm enough. Again, the kimono cut is

best, with the opening down the front and no trimming, unless some simple stitch, as the briar stitch. Felled seams will be smooth and flat. A length of thirty inches or more is desirable so the bottom of the garment may be closed and the baby still have room to kick. The sleeves may be made long enough to run a draw string in the hem so the hands will not get cold. The bottom of the gown may be drawn up with a tape, too, then the tape tied to the foot of the crib so the baby cannot crawl out from under the covers. Another way to close the bottom of the gown is to make the back four inches longer than the front, then button the back up over the front. Tapes sewed to the two corners of this gown may be tied to the corners of the bed to keep the baby in place. A sleeping hood attached to the gown is convenient for winter, when the baby sleeps in the open air.

The nightgown may be used in place of a dress for the first two or three months. A *wrapper or kimono*, too, is used for the same purpose for a much longer time. It may be made



X.

Kimono may take the place of a dress at first.

of outing flannel, flannel or other soft wool materials such as challie, nun's veiling or cashmere. The wrapper is permitted a little round collar which is pretty trimmed with blanket stitching. A little jacket of the nightingale type, tied at the sleeves and underarm seams, is good to use when just a little extra warmth is needed over the shoulders.



XI.
A baby-bunting is warm
and comfy.

Stockings may be omitted as long as the clothes are long enough to cover the feet, or if the weather is warm. It is important to keep the legs and feet warm, so even in the summer it is necessary to put on bootees or stockings if the air chills a bit. Wool and cotton or wool and

silk mixture is better than all wool because the stockings of the mixed fiber will not shrink so badly. Cotton stockings may be used for the summer. A loop sewed to the top of the stocking, thru which to run the safety pin and pin it to the diaper, saves many a tear. Short bootees are often used over the stockings for out-of-doors; the strings of these must not be tight enough to bind the ankles. In place of stockings, long bootees with a curve at the knee are acceptable. Socks should not be used except in warm weather, for a uniform body temperature can not be maintained where there is a gap between the leg covering and the diaper. Soft shoes or moccasins made at home from kid gloves, flannel or felt are all right before the baby begins to walk. After it begins to walk, a shoe with a firm sole is necessary. As soon as the baby walks out-of-doors, it should have the protection of leggings and rubbers; cold from the sidewalk goes very quickly thru the thin soles of baby



XII.
Knitted leggings and
sweater.

shoes. Broad toes and straight soles which fit the natural shape of the foot are important from the first. Avoid cramping the toes in too short a shoe.

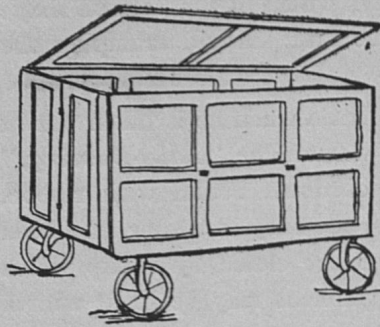
Because the baby exercises so little when he is taken out in a carriage, his wraps need to be warm. The "*Baby-Bunting*," made either of cotton or wool eiderdown bound with ribbon, makes the most convenient wrap for the baby in winter. The hood is attached and sleeves and bottom are closed by a flap which buttons across the openings. The garment may be lined with a soft silk or left unlined; it may be the only wrap, or it may be put on over other wraps. For warmer weather, a thinner wrap made of challie, nun's veiling, cashmere or silk is desirable; these materials are warm, yet light in weight. For summer, a cotton pique coat is satisfactory. The cap for winter is of wool with an inner lining of thin silk or batiste. For summer, it is of cambric, batiste or silk. Avoid a seam at the back of the head in a young baby's cap and see that the cap is at no time so heavy that it makes the head perspire. Choose a cap which is simple, comfortable and washable. The strings or ribbons should be tied so loosely that they will not choke or stop circulation. When the baby rolls its head about, its ears fold forward; a sheer skeleton ear cap can be made which will keep the ears flat. Perhaps two sets of wraps are necessary so that they may be washed frequently. A veil of silk or mull is the only covering suitable for the face. When the baby can walk out for its airing, a good costume for cold weather is *knitted leggings and sweater* with overshoes and mittens. In severe weather a coat should be worn over the sweater to break the wind.



XIII.

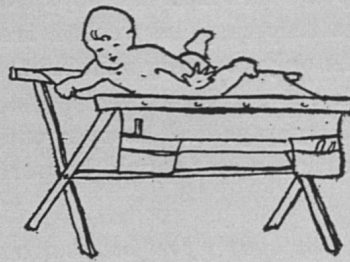
A clothes basket for baby's first bed.

The *baby's first bed* is often a padded clothes basket; a hood can be made to shut off the light and drafts. The baby's eyes are sensitive to bright light and are injured by it. After a few weeks in this bed a screened in bed will serve the purpose bet-



XIV.
Kiddie Koop with adjustable
springs.

large enough to tuck in at all sides. Do not use a pillow until the baby can sit alone, at least, and preferably let it grow up without the use of a pillow, or only a small one. It is generally understood that the baby should from the beginning have its own bed. Baby blankets are relatively expensive, so single wool blankets folded crosswise will easily take the place of them. For comforts, wool filling is the only desirable kind. Cover it with cheesecloth first, then put a light-weight white or fast colored material on top of this; the outer covering is easily removed for washing when the wool filling is not soiled. It may be necessary to pin the bed coverings



XV.
Table for dressing baby.

The *bath equipment* may vary in elaborateness, but these things are desirable:

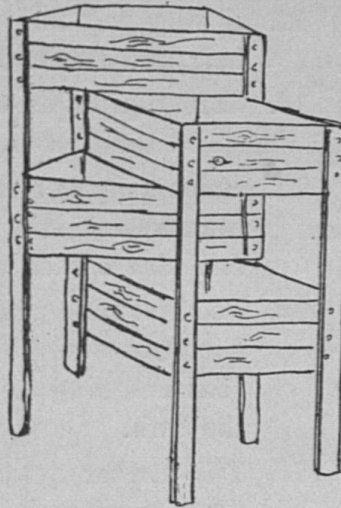
1. Tub of enameled ware, tin or rubber. One very good rubber one is on a frame which clamps on the family bath tub.

ter. It should have a simple framework of wood with no unnecessary posts or trimmings. The mattress should be of hair or crude cotton. Over this keep a rubber sheet or oil-cloth to protect the mattress, but take away the harshness of this by using a quilted or outing flannel pad over it. The pads require frequent washing, so three or four are needed. The sheets need to be

at the top on each side of the baby with safety pins to keep the baby covered. Carriage blankets may be knitted, or they may be made of flannel or eider-down, bound with washable ribbon, or simply hemmed, with catch or feather-stitch.

2. Enameled tray or baby cabinet in which to keep the toilet articles. The cabinet may be made at home from dry goods boxes and painted or enameled white.
3. A table on which to dress the baby. If the garments are all opened down the front, they may be placed one inside the other in proper order on the table, so that when the bath is finished the baby can be placed inside them all at the same time and the dressing process be much simplified. One handling of the arm puts it thru all the armholes and sleeves at once.

4. A screen is very useful to break the draft from the baby while it is being bathed. It should be covered with washable material so that it can be kept as sanitary as all the other things about the baby.



XVI.

Dressing cabinet which can be bought or made at home from boxes.

5. An apron for the mother, made out of outing or terry cloth, to be used only when bathing the baby.
6. Two Turkish towels are needed to use as a pad on the bathing table. About six soft linen towels are needed. Squares of cheesecloth serve best for washcloths because of the softness of the material. It is well to have a supply of old gauze and linen which has been cut into squares.
7. Use only pure, white soap, preferably castile, for bathing, for soap with any free chemicals in it irritates the skin. Of course, babies now-a-days have their own individual soap and towels just as grown-ups do.
8. Boric acid solution, made by dissolving one level teaspoonful of boric acid in one pint of boiling water, is used to wash the eyes to keep them free from infection.

9. Absorbent cotton is needed to apply the boric acid solution, and also to make a swab on the end of a toothpick for cleaning the nose. The ears must be carefully cleaned, but never use anything sharp like a toothpick for this purpose, for the mechanism of the ear is very delicate and easy to injure.
10. Talcum powder, borated, is good to use after the bath to soothe the skin and stop chafing.
11. Vaseline should be at hand; buy it in a tube container, for each bit used comes from the tube entirely fresh.
12. A very soft hair brush is required for the baby's fine hair and tender scalp.
13. Safety pins, in three sizes, kept on the tray always, speed the dressing process.
14. Since baby is more sensitive to changes of temperature than we are, it is well to have a small wall thermometer and also a bath thermometer.
15. To determine growth from week to week, scales with a flat basket may be kept with the bathing equipment so that weighing can be done while the clothes are off for the bath.
16. The mother needs a low chair, without arms, for use when nursing the baby.
17. A screened-in pen, about twenty by forty-three inches, which can be folded up and put out of the way when not in use helps to take care of the baby. A large dry-goods box, padded, will serve the purpose, tho a screened-in pen can be made at home.

Turn the baby as little as possible while bathing and dressing him. Make the toilet as speedily as can be done, for this procedure tires the baby, especially when it is very tiny. When more clothing is needed to make the baby comfortable, his hands and feet will feel cold and perhaps he will be fretful or a bit blue about the mouth. Too much clothing will cause the baby to become very sensitive to change in temperature and to catch cold easily.

Laundering. No baby can be kept sweet and clean unless its clothing is properly washed. The cotton and linen garments should be soaked for at least an hour before washing; then wash the dirt out before boiling, for dirt can be set in the cloth by hot suds. Put the washed clothing into warm suds, then bring it to a boil and boil for five minutes. Boiling whitens and sterilizes the clothing, but boiling too long makes the clothes yellow. Use a pure, white soap but no washing powder of any sort, for it is an alkaline substance and if not thoroly washed out will irritate the baby's skin. Rinse two or three times to remove all the soapy water, but do not blue or starch. Dry out-of-doors and in the sun, for both sun and fresh air are purifiers. Many of the garments may be worn without ironing; the ironing takes out harshness and makes them softer. Ironing is not tedious when the clothing is plain. If there are but three shirts, dresses and nightgowns and twelve diapers it will be necessary to wash for the baby each day.

The laundering of woolens is a bit more important than of cottons and linens, for if not properly done they will shrink, yellow and grow very harsh. Keep a lukewarm temperature thruout the whole washing process. Use a suds of soft water and a good white soap, such as castile or a wool soap; do not rub soap on wool fabric. Never rub woolen materials, for that helps to make them shrink; only squeeze them, thruout the whole washing process. Squeeze in place of wringing, too. Place them to dry in as nearly as possible the same temperature as that in which they were washed, because a very great change in temperature causes shrinking. It is often best to stretch stockings, shirts and sweaters into their proper shape, then lay them flat to dry, for the weight of these garments when hung up may pull them out of shape. Still better, have drying frames for these garments which will stretch them and keep them from shrinking. To press, use an iron only moderately hot, since wool scorches easily.

