



"Petone" Bathing Suits

DESIGNED TO
GIVE FREEDOM
OF ACTION
WHILST
MAINTAINING
BEAUTY OF
LINE.

All the
Newest Colours

The "PETONE" brand protects you against uncertainty

her a glass of warm milk after she has dressed again.

The best time for bathing is midway between breakfast and lunch, not directly after breakfast, for it is well known one should never have a sea-bath after a meal.

Some parents let their children bathe again in the afternoon in very warm weather, but the morning bathe should be quite sufficient.



Holiday Hobbies

The summer holidays, eagerly awaited because they bring with them the joys of a stay at the seaside or in the country, will soon be here again. To the children themselves the weeks bring relief from lessons, and the prospect of having "nothing to do" holds for them none of the terrors of boredom it does for their elders. But the holidays may flag, and something very much like boredom result if holiday occupations are lacking. As Kipling wisely moralises, apropos of the camel in "Just-so Stories,"

"If we haven't enough to do,
We get the hump,
Cameelious hump,
The hump that is black and blue."

Holiday hobbies are needed by the children if the holidays are going to be as jolly as they anticipate and if the parents are not to become rather impatient at the length of modern school holidays. There are hobbies suited to a country or seaside holiday; hobbies for out of doors and indoors, for wet days and fine, in any of which the children may find an absorbing interest. They will be disappointed if the grown-ups of the family do not share their interest, at least to some extent; for children do like to be encouraged in their small undertakings.

Making Collections

Most young folk like to make collections of things that appeal to them; the actual work of collection is interesting, and the arranging of the specimens is an interesting pastime for a wet day.

At the seaside there are shells, pebbles and pretty seaweeds for the children to collect as playthings or some ornaments. Small scallop shells, long razor-shaped shells, in fact, any prettily coloured or shaped shell is worthy of inclusion in the collection. They all need washing well to get rid of the sand and dust they harbour.

The Collector's Spirit

Star-fish, sea-urchins and many pretty seaweeds also attract the young collectors. There is fun in collecting and there is also fun in preparing and arranging the specimens. Some children tire of their hobby before it reaches this stage: but they have not the true spirit of the collector! When the holiday is over the children can stick their shells on to cardboard or on to wooden boxes, the little pebbles come in handy as counters for card games.

The Children at the Seaside

Seaside days are glorious days for children. For during the holidays not only is school routine forgotten, but home routine is, to a certain extent, suspended, a fact which appeals a great deal to boys and girls of all ages. Nevertheless during the holidays it is unwise to allow the children to run about without any kind of supervision, as many parents do.

If not watched very carefully, for instance, elder children may stay too long in the water when bathing; the younger ones may paddle exposed to a fierce sunshine without any kind of head-covering. Cases of sickness, and even at times sunstroke, are often caused in this way. We do not believe in letting the tiny ones go hatless on the beach, even when they are not paddling. Some

sort of head covering is always necessary for boys as well as for girls on very hot days.

Sea-Bathing

Most children delight in sea-bathing, but very often it will be found difficult to induce a four or five-year-old boy or girl to go into the sea for the first time. In these circumstances the child should not be forced, but should be gradually coaxed and led in bit by bit, until at last he realises that sea-bathing is a delightful and not a terrifying experience. Children are great imitators, and as a rule the younger members of a family of boys and girls will take to the sea quite easily, because their big brothers and sisters bathe; but there are some

highly-strung nervous children who have to be reckoned with, and it is a mistake to just plunge them into the water in spite of their protests: A great deal of harm can be done in this way.

Children's bathing costumes should be simple, but colourful and pretty. Stockinette is an ideal medium and can be had in many bright colours. Navy blue piped with scarlet, or all scarlet swimming suits look well on children, who simply love their bathing suits to be embroidered in some pretty design.

Waders are essential for the small child who can only just toddle, for they protect his garments while he is crawling about on the beach.

The children should not be allowed to wander about the beach in their wet bathing suits when they come out of the water, although some parents believe this is a valuable hardening process. It is never wise to let a child remain too long in the sea, and it is a good idea to give