

Sunday
July 15, 1945

Dear Mom,

Well we got the trip in to the doctor. He looked Betty over carefully, tried her heart, lungs, poked at her stomach and weighed her, also drew a finger down the center of her feet to get her reaction, I guess. He told me to put a band on her, her stomach hasn't poked out any yet but he says some doctors don't believe in wearing bands, but he does. I asked him how long she would be wearing it and he said til she is 3 months old. When he put her on the scales he said she hadn't gained much. Because she weighed 7 lbs 10 ozs (his scales) with shirt, diaper, & dress. Then he asked how much she weighed at birth & when we told him he said oh - that's all right then, He said the average baby weighs 7 lbs & he had forgotten

her weight. I told ⁽²⁾ him how she was
awake with gas in her bowels. He said
that would be because my milk doesn't
agree with her. He asked if she drew
her knees up and if her chin & lower part
of her face turned blue-purple & if she
strained - we said no, that she had no
expression when her bowels moved or passed
gas. The above is the true definition of Colic
so I guess she doesn't have that. He said
tho that she should have a couple of bowel
movements a day. But hold your breath -
He said to offer her a bottle after every feeding
he gave us the same formula which the
hospital had given us. So poor Len is back
to sterilizing bottles & mixing Canned milk.
He said to let her take all she wanted -
that a baby won't take more than it needs.
From 10 o'clock P.M. till 10 o'clock P.M.
(Sun) she has taken anywhere from $\frac{3}{4}$ of an
ounce to $3\frac{1}{2}$ ounces. I asked him what I could
do to help my milk along and he said nothing.

you can't do anything about it. Goodnite,
 and I have been guzzling milk, and eating
 everything I that I should. I have looked
 over all my books & pamphlets trying to
 see if there is something I have overlooked
 and can't get any light. I have even taken
 to having a nap in the morning & afternoon,
 now it seems like it takes 2 hours to feed
 her - I have less time than ever. But she
 is sleeping better. And that is the main
 thing. He said not to keep her too warm.
 I asked how many hours she should be
 sleeping & he said she should be sleeping
 all the time that she isn't eating, till she
 is 3 or 4 months old.

I asked him about foods I could
 or could not eat, he said I could eat anything
 except onions or garlic which would taste
 the milk. I can eat tomatoes, cucumbers,
 fresh fruit etc. The only things that will
 affect her are drugs, such as the lapa-tine
 pain a mint, alcohol & cigarettes.

He looked me over and I am O.K. after he examined me, and said I was alright and asked him about the dropped stitch. He said that it fell out too soon but that didn't matter. It is whether the muscles are tight inside or not. And he showed us that it was. He said he had to cut me quite a lot. - From the vaginal wall to the rectum and up inside, I asked him about stitches on the womb + he said no there were none. I asked about exercises and he gave me a leaflet on abdominal exercises.

We are to take her back in a month.

If you have any suggestions on the milk situation send them along.

It is late + we are going to bed.

I got a letter from Aunt Flo. she said she was mad you didn't stay longer, they thought you would stay a week. The little dress came in the same mail. It is real nice looking.

Good night, + love from
Everybody - Jean

I can go up & down steps & hills as
often as I like - won't hurt now he
says.

He said to use hygieia bottles
so that the ... said you
used to use ... the wide
mouth ...

[The remainder of the page contains extremely faint, illegible handwriting, likely bleed-through from the reverse side of the paper.]