

More than one quart daily during the second year should not be given, as it destroys the child's appetite for other necessary food.

After the first year the diet which should keep up the high proteid percentage, should consist of cereals, always well cooked; scraped beef, beginning with one teaspoonful daily, and in a short time increasing the amount to two teaspoonfuls daily. Soft-boiled eggs may be given by the twelfth or thirteenth month, and one-half of an egg at first, mixed with bread crumbs, later can be increased to one egg daily. Of all the cereals the one most valuable is oatmeal, because it is rich in proteid; peas and beans have a still higher percentage, and by the fifteenth month these can be given in small amounts, served as purées.

Do not deprive the delicate child of fresh air; it is essential that it should have plenty of it—even more so than though the child were perfectly well. Of course during the warm weather, the child should be out of doors practically all the time. In cold, inclement weather, a splendid method is to dress the baby as for outdoors, and put it in its carriage in a room where all the windows are open, and it should stay there for at least five hours daily. The baby may be dressed warmly and kept before the open window, as much as ten or twelve hours per day, only being brought into a warm room for its feedings. Its feet can be kept sufficiently warm by placing a hot water bottle near them. The same rule for fresh air applies to sleeping hours; the delicate child requires more sleep than his robust brother.

Diseased Tonsils.

Mrs. P. E. N.: From what you write it is evident your physician is justified in his opinion that your little girl's tonsils harbor germs and feed them to other parts of the body, making good health very uncertain. Tonsillitis is exceedingly weakening and gives rise to the wandering pains you mention in different parts of the body.

Mrs. R. T. D.: Your little boy of three years is depending too much upon a milk diet. Encourage his taking more solid food, such as cereal and milk, eggs, and bread and butter for his breakfast. Broths, rare meats finely divided, suitable vegetables, stewed fruits, and light desserts will give variety at noon. Bread and milk, cereal and milk and cream toast are good for supper. He needs other elements at this time than those furnished by the milk.

The Use of Eggs.

Mrs. L. F., N.Y.: The following will suggest some ways of using eggs for your little people:

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the shell on in boiling water; remove from the fire, and cover closely for seven or eight minutes. Serve with salt and a little butter.

Egg Float—Whip the white and yolk separately; add a teaspoonful of heavy cream and one teaspoonful of sugar, also one teaspoonful of prune juice to the yolk; then add the whipped white slowly to the mixture.

Egg and Milk Shake—Beat up an egg thoroughly and add one tablespoonful of pure maple syrup and two-thirds of a cup of milk. Strain into a glass, season with a very little grated nutmeg or vanilla.

Soft Cooked Egg—Place egg in saucepan; cover with cold water; bring to boiling point quickly; remove from fire immediately.

Poached Eggs—Drop a freshly broken egg into boiling salted water. Draw to the back of the stove and cook below the boiling point from five to eight minutes. Remove the egg on a buttered skimmer and place on a round of milk toast.

Fried Eggs—Beat white until stiff; add a little salt. Place the beaten white in a buttered cup or ramekin. Make a little dent in the center of the beaten white. In this place a small piece of butter and the unbroken yolk. Set the egg dish in a basin of boiling water, cover, and cook from three to five minutes.

Scrambled Eggs—Older children of four or five years may have scrambled eggs. Avoid them fried or in omelet form.

The Red Cross Nurse

By ARTHUR GUITERMAN.

She goes amid the maddened press
Of Teuton, Briton, Slav and Gaul,
Our Nation's White Ambassadors,
The foe of none, the friend of all.

Above the guns, above the cheers
For Flag and Kaiser, Folk or King,
The common cry alone she hears—
The cry of human suffering.

And tears will fall and lips will pray,
And hearts beat warm in every land
For her who saves white heroes slain,
Oh, valiant soul; oh, gentle hand!

The Red Cross Societies need all the help possible. Women everywhere are

knitting and saving and giving for this noble society. Society teas now require a pair of socks for admittance instead of the engraved calling card. A pair of blankets buys admittance to a ball. God bless our noble self-sacrificing generous Canadian people.—P. R. H.

Home Economics

The members of the Home Economics societies will be pleased to learn that Mrs. Beattie, wife of Rev. Mr. Beattie, formerly of Miami, has been appointed to represent the Home Economics society at the "Employment for Women and Girls Bureau," which is being managed by the Local Council of Women in Winnipeg. Mrs. Beattie knows the West so well that her appointment has met with general approval, by the women of the Bureau as well as by the Home Economics Society. Mrs. Beattie has the interest of women in rural towns and communities at heart and she is keenly sympathetic with women and girls out of work. She is trying to send out girls that will be helpful to the women in the country. There are discouraging features about the work at times. Girls do not always keep their promises and some fail to go after having made complete arrangements. The women at the Bureau always feel greatly disappointed when this occurs, but it is no fault of the women in charge. Then some unscrupulous bachelors and widowers send in for help and it is difficult to investigate every place when the work is so large. One woman with her little boy went out to the home of a widower and found most deplorable conditions and unpardonable insult. The neighbors kindly collected enough to send her back to the city. When I saw the discouraged woman with big tears in her eyes while the manly little son clung to her skirts, my heart was sorely touched. I might add that this woman was the wife of a reservist. I might mention other similar cases—but this is enough to convince our readers that the work is difficult to handle.

But the pleasant features are blessings. One little tired under-fed woman with her twelve months babe appealed to me most pathetically. Her husband

had deserted her. Every night I could see her wistful face and my heart ached for her. One day when her last cent was gone, she dropped into the chair mechanically—all hope lost. That very morning one of our Home Economics women engaged her and she went to her home in the country where she and her little one are happy and comfortable and well nourished. Occasionally girls register from the country. (Please do not come to the city this year, girls). I registered one yesterday and urged her to go back to the country.

Then there are the girls. Some are anxious to go to the country. Many are afraid of work. They do not know or realize that the very best homes and opportunities are in the country. We spend hours trying to persuade them that our rural homes are full of comfort and helpfulness. But there are always girls and women who are chronic whiners and spineless. They are the real home-wreckers. One woman with a pathetic tale of desertion begged for a home. I called up for a reference from the home where she had been staying and learned that she had a furious temper and was not honest. Some husbands are justified in their search for more peaceful quarters.

Having spent my girlhood on a farm, I have no patience with girls who will not go to the country. I have urged girls to go during the past few weeks and have actually talked with many who would rather starve or go bad than go to the country. This situation makes me feel that the present crisis is a good thing for girls. It will make them go into homes. It will make it necessary for them to learn to cook. Most of these unemployed girls cannot cook and furthermore have no desire to learn. Too many girls are in offices and stores. Too many young girls are out of home work.

This week I received a letter from a girl asking me to recommend to her a place where she could take a course in domestic science. She said she was engaged to be married and felt after reading my department that she must know how to cook. I recommended to her the course at the Manitoba Agricultural College. What a splendid preparation for a girl to make before her marriage! I should like to congratulate that young man.

Girls are girls—and women are women

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