



What Future Does She Face?

Q ONLY a Little Girl to-day—what will She be To-morrow? In your heart you want her to be happy—you want to care for her—protect her and educate her. But—what future does she face? That is a question you must answer *Now*. Her future is yours to make. Next year and all the years of her life are *in your hands to-day*. What future does she face? Will you help her to face life with the same clear womanly gaze—will you make her an honored and happy wife and mother? Or will her eyes close over hot tears of betrayal—will you make of her a Magdalene—because she did not know and never was taught to understand?

Answer these questions fairly. Meet your responsibility squarely. You've either done your duty or you haven't. Is her future safe or is it in peril?

HOW SHALL I TELL MY CHILD?

Written by that friend to mothers, Mrs. Jean Blewett, will be an invaluable friend and guide to you. There is no mistaking the earnestness, the tender sweetness and the flaming heart of mother-love that lies behind her appealing message. Every mother with a child's future in her keeping needs Mrs. Blewett's womanly counsel and advice. It will be sent to any EVERYWOMAN'S WORLD reader for 25c., to cover cost of publication and printing. Send at once for your copy—only a limited edition has been printed. Or, with any new or renewal subscription to EVERYWOMAN'S WORLD, a membership card will be given to the Home Library Association entitling you to 50c. worth of books FREE, including "How Shall I Tell My Child?"

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need not be accompanied by pain and suffering

There is really no need of women enduring headache, backache, nervousness, lassitude, and misery. These weakening and depressing symptoms may be prevented or quickly relieved in a safe and natural way by taking, in season, a proper tonic and corrective medicine.

Women are made Happier and Healthier by

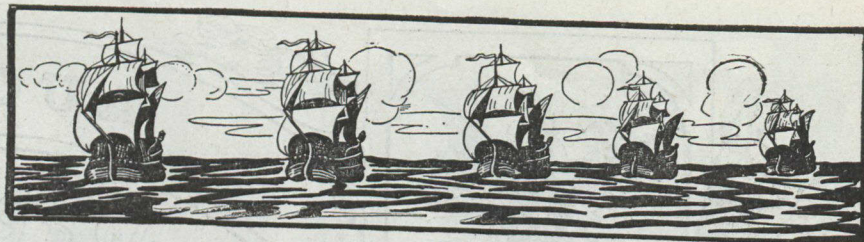
Beecham's Pills. They bring welcome relief from those debilitating conditions to which so many women, at times, are subject. This famous family remedy relieves the head, strengthens the nerves, tones the stomach, regulates the bowels, stimulates the liver and acts favorably on the organs. After a few doses the blood becomes purer, the eyes brighten, the complexion takes on a healthier tint; appetite improves, and the system properly performs its functions. Every woman should know and experience the relief that follows the use of

BEECHAM'S PILLS

Directions of special value to women are with every box

At All Druggists, 25c.

"The Largest Sale of Any Medicine in the World"



The Care of Your Baby During the Hot Weather

By CONSTANCE NICHOLSON LEA

THE month of August is probably the most trying month of the whole year for little babies. Summer Complaint is the dreaded menace of the hot days. It is one of the chief causes of infant mortality, and the hotter and drier the summer the greater number of deaths there are found to be.

Infant mortality from Summer Complaint, or rather from diseases of which it is the most noticeable symptom, begins to rise about the middle of July and rises steadily, reaching its maximum at the end of August or beginning of September, then falls as the cooler weather of October comes.

Happy the mother who is able to nurse her baby during these "dog days." She should by no means wean him until it is cooler. At a large children's hospital in Manchester, England, records show, that among infants up to the age of twelve months who have died from diarrhoea, over ninety-five per cent. were fed on artificial foods, and less than five per cent. had been breast fed.

Let the mother of the less fortunate bottle baby see to it that she is most vigilant. If she can keep her little one in health during the next few weeks, the cooler days of autumn and winter need have no terrors for her.

While chill and indigestibility of food are well-known causes of diarrhoea, by far the most common cause is infected milk. The high temperature favors the growth of bacteria, and unless the most scrupulous cleanliness is observed as regards bottles, nipples and the different utensils used in the preparation of the baby's food, you will not be able to prevent this dreaded ailment from attacking your little one. One of the most common carriers of infection is the ordinary house fly. Keep him away from your baby at all costs. Do not allow refuse food, dirty milk or feeding bottles to stand about on the kitchen table or sink. This will serve to attract flies into the house. An accumulation of garbage by the back door is unsafe, for even a screen will not keep them all out, when they are gathered in swarms about the entrance of your dwelling. Do not let flies settle on your baby's face. A couple of yards of white mosquito netting will cost but a trifle, and this thrown over his crib while he sleeps may save you endless trouble. Be careful about soiled diapers. Do not leave them about. If you cannot possibly wash them as soon as they are removed, place them to soak in clean water in a covered slop pail, and then wash them out at your earliest opportunity.

If your baby is bottle fed, you are no doubt giving him one of the modified milk formulas, or else some food recommended by your doctor at the time of weaning. All infant foods are more or less unsatisfactory substitutes for human milk. The breast fed baby has what Nature intended him to live on. He receives it sweet, warm, fresh and practically sterile. Thus, for him, there is no danger of disease infection by milk. The food of the bottle baby, on the other hand, goes through various processes, and is often handled by many different persons before it is finally prepared and ready for his use. As modified milk, i.e., the changing of cows' milk to resemble as closely as possible human milk, is the food most often recommended by physicians, it is very necessary that the milk you get is pure and clean. The milk from a herd of healthy cows is said to be better than that of a single cow. The Holstein and Ayrshire cows give the best milk for little babies, hat of the Jersey and Guernsey breeds being too rich in fat for very young infants, though excellent for older children.

If you live in the city you will have to be satisfied with the bottled milk left every day at your door by the milk man, and you can have no choice of the sort of cow that it comes from! But at least you can be very particular as to the firm you deal with. We are living in the days when Government inspection of dairies is insisted upon, and for this we should be truly grateful. Procure your milk from a dairy that is above reproach, even though you have to pay a cent or two more for it. As soon as your milk is delivered, place it in the ice box or in a cool cellar until you are ready to prepare baby's food.

If you live in the rural districts, see that the stables, milk-pails, and every individual who has the handling of the milk is as clean as it is possible for them to be.

The percentage of cream your baby has been getting in his feeding bottle should be lessened during the hot weather. He does not require the same amount of fat in his diet as when it was cooler. During short periods of excessive heat it is a good plan to dilute his food considerably with water, and he should be given plenty of cool, boiled water between feedings. A teapot kept just for his drinking water is excellent. His bottle can so easily be filled from it. A small piece of absorbent cotton placed in the spout of the teapot will keep germs out. All babies should be taught to drink water. If given with a bottle during the first few days of life, not much trouble will be experienced later. One or two ounces daily may be given to a new-born baby and as he grows he will take more. A baby twelve months old should take three or four ounces twice or three times a day.

It seems almost unnecessary to urge that your baby be allowed to have all the fresh air possible these days. Do we not all, old and young alike, pant for cool breezes during the hot weather! If there is a shady corner of your verandah or garden, let the baby spend his days there, his crib or carriage (as before mentioned) covered with mosquito netting. Let his clothing be as light as possible, and do not handle him yourself, or allow others to trouble him any more than you can help. It will be necessary, however, for you to change his diaper frequently. Do not allow him to have a wet or soiled diaper on for a minute in the hot weather. It is only thus that you can prevent chafing and great discomfort to the poor little one. Sometimes, in spite of the greatest care, a baby with very sensitive skin will chafe. When this happens, dusting with Fuller's Earth will be found better than talcum powder. In severe case, take some lump Fuller's Earth, moisten it with water and bathe the parts with the water. A little of the wet earth which collects like mud at the bottom of the dish, can be smeared on the affected parts and will be found to be wonderfully healing.

Avoid taking baby away from home in August. Travelling on either street-car or train is hard on babies at any time, and it is doubly hard in the hot weather. If, however, you are leaving the city for several weeks to stay in the country, where the air will be purer and the milk better, it is of course worth the risk. See that food sufficient to last him till you reach your destination is ready prepared in sterilized nursing bottles, stopped with absorbent cotton and packed in a grip or basket where they will not come in contact with anything dirty. Have plenty of rubber nipples well scrubbed and scalded, and wrapped in a clean table-napkin. Take with you a supply of cool boiled water. Do not attempt to take food in a Thermos bottle. I recently heard of a baby who lost his life because this convenient device was used constantly for keeping his food warm from one feeding to another. The Thermos bottle is most useful and is a splendid thing, but it is not suitable for baby's food. Take hot water in it, and heat the feeding bottle by placing it in the hot water until it is the right temperature for baby to take.

If, in spite of all your care, your baby gets the dreaded Summer Complaint, it would be wise for you to see a doctor at once. If you are far from a doctor, there are a few rules that are always safe to follow. The first is to give a teaspoonful of castor oil at the outset. Then dilute his food to the proportion of one half with water. In severe cases, discontinue all food for twelve hours, giving only cool boiled water at his feeding times. It is possible that with care, the trouble will pass with no serious results.

It means constant care and watchfulness to keep baby in health during these hot, hot weeks, but if you can manage it you will be amply repaid for your trouble. Babies, like plants and animals, grow best in the summer, if they are well and strong. If your baby has escaped the dangers of August, he will most probably be well equipped with health and vigor for the coming winter.