

reason why cow's milk disagrees is—when a baby swallows its mother's milk, as soon as it reaches the stomach, it is met by an acid fluid which "turns" the casein of the milk into little solid flakes, which are thin, and distinct from each other and are digested by the gastric juice and absorbed through the walls of the stomach and intestines.



Trevor E. Lewis and Wilfred Reece Lewis.

When cow's milk enters the stomach, it clogs in hard lumps which is digested with difficulty, and sometimes causes diarrhoea by passing intact through the bowels. That is why, in preparing cow's milk we must make it more digestible, which can be done in three ways. By boiling, by diluting with boiled water, and by adding citrate of soda or bicarbonate of soda, or lime-water can be added in the proportion of one sixth of the feed. My mother was a trained medical and surgical hospital nurse before her marriage and is now nursing amongst the farmers wives here on the prairie of Saskatchewan.

When I came out six years ago to be married, my mother gave me a book recommended among nurses, and I have raised my two healthy children entirely from the advice contained in its pages. It contains a food chart for a child from 3 days old to 10 months, which I followed for my little girl most conscientiously. Regularity in feeding, is one of the most important details in the successful rearing of hand-fed children, and is most essential with bottle fed babies.

My husband was so proud of our little girl, for he was never once disturbed in his night's rest, and he often wondered if she ever cried at all. We found if ever she did, it was sometimes when I bathed her and when her meal was due. After her bath I used to lay her with a fresh bottle of milk, out-of-doors in her baby hammock, over which I had fixed a white awning.



Twin Girls of Mrs. I. H. Ironside.

Then I would get all my cooking done and generally we would be half way through dinner before she awakened, cooing happily to herself. There is one thing I would never do—take my babies out at night, or to a dance or social. The noise, dust and atmosphere of a dance room is not good for children. Their nerves are better if they always get their proper night's rest. Every

night they go to bed at 7 o'clock, and always sleep with the bedroom window open a little.

I manage by simply inserting a board, the exact width of window frame at the bottom, thus letting window rest upon it, and fresh air can enter between the two sashes in centre of window, then there is no rush of air to the bed. A baby must always be kept dry, clean and comfortable to be contented. My baby girl first walked around the room alone when 13 months old, and now daily walks with me there and back to the next farm three-quarters of a mile away with no trouble. Mothers give the young children, mostly a farinaceous diet, and plenty of exercise, fresh air and cleanliness and they will be as perfect as Nature intended them to be.—Yours sincerely, Mrs. Harry Hill.

If any mother would like the food chart for giving cow's milk to infant from 3 days old to 10 months I will gladly write a copy, as it was of such benefit to my bonnie little maid.

Minnedosa, Man.

Dear Mrs. Hamilton:—I am sending photos of my two little boys. The oldest, Trevor Elias Lewis, was born February 23, 1914. When born he weighed 6½ pounds. Now at 4 years and 7 months he weighs 40 pounds, height 42 inches, chest 21 inches, waist 21 inches, head 19½ inches.

Wilfred Reece Lewis was born August 4, 1915. When born he weighed 7 pounds. Now at 3 years of age he weighs 39 pounds, height 39 inches, chest 21 inches, head 20¼ inches, waist 21 inches.



The Lewis Boys fairly started as "Soldiers of the Soil."

I was only able to nurse my babies for three months, then I put them on cow's milk. At first I used two parts water, boiled and cooled, to one part fresh sweet milk. I increased the quantity of milk and decreased that of water each month until at 9 months they were taking pure milk. In addition to this I sometimes put a teaspoonful of sweet cream in as well. For the first 6 months I put half a teaspoonful of lime water into each prepared bottle of milk. It made the milk more easily digested. I found it a little difficult to get baby started on cow's milk, but after a week or so you could see them gaining right along.

Wilfred was slow to start to fill out, but once he started he put rolls of fat on. At 3 months-of age he only weighed 9 pounds, and at 9 months of age he weighed 25 pounds. Now he is a strong, sturdy little fellow with brown eyes and light brown curly hair.

Of course great care must be taken to have both milk and bottles pure, sweet and clean in every respect. I also gave them boiled then cooled water to drink in between feeds. When 4 months old I gave them arrowroot biscuits, crushed, with warm water and a little sugar on it. This I fed with a teaspoon. As they got older I gave them easily digested foods, such as cereals, custards, etc.

They cut their teeth without any trouble, other than being restless at those times. I believe castor oil is one of the best medicines to keep baby healthy and happy. My boys are very fond of milk. I think children should have all the good milk they can drink. Also they should get lots of sleep.

When Wilfred was cutting his teeth

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