

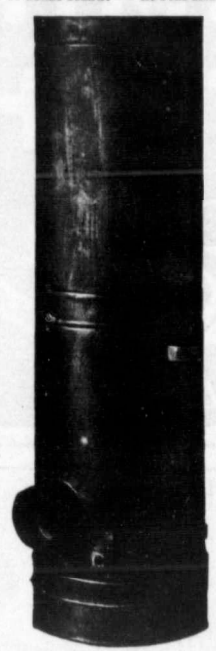
condition. She should avoid worry, fretfulness, fatigue, anxiety and all mental disturbance. Such affect the milk and the condition is mirrored in the child, showing itself by fretfulness, and oftener yet by indigestion. It is difficult for a young mother to avoid trying conditions; but it is essential if you would have a thriving, good-natured, happy baby. In order to determine scientifically that the milk is right it should be examined by a doctor. He can tell by use of the microscope and other means whether it is rich enough or not.

Another writes:—"My child cries a great deal nights. I walk the floor with her sometimes half the night, and the minute I put her in her cradle she is at it again. I am worn to a shadow with it. I hate to hear a child cry, it racks my nerves so. I do not want to give her medicine, but sometimes I do give her some soothing syrup. Please advise me what to do to have a good baby at night. Yours, Watchful.

You probably began in the wrong, old-fashioned way with your baby. In the first place you speak of a cradle. The cradle is an out-of-date piece of furniture which should be consigned to the attic. It is not good for a child to be rocked. From the very first a child should be left to go to sleep by itself and not carried in the arms. It becomes ac-

THE STERLING STRAW HEATER

IT BURNS STRAW. NO FUEL BILL.



(PATENTED)

FUEL FAMINE NOW IMPOSSIBLE

CONSIDER THESE FACTS:

- I.—Our Sterling Heater Burns STRAW. You don't need to go ten or twenty miles for a load of wood. Your fuel is at home.
- II.—Our Sterling Heater SAVES WORK. Simply remove the detachable cylinder, fill it with straw, place it again in position and it will burn for 12 hours without attention.
- III.—Your Fuel COSTS YOU NOTHING. Straw is all you burn. Count up the saving to you: ten, twenty, thirty dollars per year.
- IV.—The Money Saved in fuel each year will buy several Sterling Heaters.
- V.—There are no Agent's Profits. We sell direct to you, thus giving you the benefit of a low price.
- VI.—If After a 30 Day Trial our Heater does not do the work we claim, return the Heater to us and we will refund your money.
- VII.—Many of our friends desire a second cylinder so that they can always have one filled and ready for use. If ordered with the stove, we supply this for \$4.00.

WHAT OTHERS SAY:

Wolsley, Sask., Nov. 19, 1909
The Sterling Straw Stove Co., Somerset Block, Winnipeg, Man.
Gentlemen:—I used your Straw Stove last winter and found it would do all that is required of it. I had a good coal cook stove, but it would not heat my house. After putting in the straw stove I had no more trouble. I only used the coal stove for cooking and then let it go out; and used the straw stove altogether for heating. By filling the cylinder night and morning, which took me from five to ten minutes I had a steady heat night and day at a cost of getting a load or two of straw during the winter.
Yours truly,
(Signed) GEO. C. CARRUTHERS

Wolsley, Sask., Nov. 19, 1909
The Sterling Straw Stove Co., Somerset Block, Winnipeg, Man.
Gentlemen:—I purchased one of your Sterling Heaters last fall and found that it proved a success. Our kitchen was always cold before I got one of your heaters, especially in the morning, but after I got one of your heaters it seemed a new kitchen. My expense was nothing with it, whereas if I had burned coal in a stove all winter it would have taken three tons of coal and a cord of wood. My advice is for everybody to get a Sterling Heater for the winter months.
Yours truly,
(Signed) FEARD M. COLH

Wolsley, Sask., Nov. 19, 1909
The Sterling Straw Stove Co., Somerset Block, Winnipeg, Man.
Gentlemen:—I purchased a Sterling Straw Heater in my shop last winter. I have a large and very cold building and finding a coal stove insufficient, supplemented it with your stove for the very cold weather. Finding it a better heater than the coal stove, I used it entirely the balance of the winter and found it gave better and even heat, with no attention for twelve hours at a stretch. My fuel bill was \$1.25 for a load of straw and \$2.20 for coal. Saved the price of the stove in three weeks.
Yours truly, (Signed) H. W. WOOLLAT

Our terms are cash with the order. Send all remittances by Exp. or P.O. Money Order.

OUR PRICE TO ALL IS
F.O.B. YOUR STATION \$9.00

THE STERLING STRAW STOVE COMPANY

413 Somerset Block

Winnipeg, Manitoba



MAKES POOR BAKING AN IMPOSSIBILITY. A TRIAL WILL CONVINCE YOU OF ITS MERITS. BUY A POUND TIN FROM YOUR GROCER TO-DAY. SEND US YOUR NAME AND ADDRESS, AND YOUR GROCER'S NAME. FOR A FREE COOK BOOK.



customed to whatever is done for it, and goes to sleep more easily and quickly if this method is adopted. If it cries it should not be taken up, for it will not be long before it will demand such an attention if it is once begun. If a child cries one should ascertain if there is a cause. A child does not cry for nothing. A pin may be sticking into it; its clothing may not be right; it may need a drink of water. It should not be forgotten that young babies, notwithstanding their liquid diet, need to have water as well, but when you have found that all is right with the child it should then be left to go to sleep, as it soon will do. A baby should not have soothing syrups, and indeed very little if any medicine. Do not get into the habit of dosing the baby. An infant often cries from hunger or colic. Be sure that the baby's nourishment is right.

I pity the child of two years whose mother gives it mince-pie, peanuts, candy, all kinds of meat, and rich foods, in fact anything it asks for it gets to eat. I have seen mothers give small children just such food and when I ventured to protest the mother would say: "She seems all right, it does not hurt her."

I answer:

"She may appear well now but in a few years you will see the

result in a weak stomach and a nervous, frail constitution. Mothers, give your children plain food.

What Stories Do You Tell Your Children.

We grown-ups must remember that the simplest facts and objects in life and nature are strange and wonderful to the child. The real world is as wonderful to the child as fairyland. Consequently, nature studies adapted to children are usually popular, whether they be plants or animals. It may seem strange but the fact remains that nothing has yet been found that just takes the place of Old Mother Goose; it seems to fill a need, and I, for my part, can see no reason why the children should not have it. Stories from mythology, fairy tales and accounts of the lives of the world's heroes have a fascination for children because of their joy in seeing man overcome natural forces. The classics bring out this feature so strongly that it seems to account for the fact that modern stories can not supplant them. The great literature of the past has made men nobler.

If you ask a child what story you shall tell him, he usually chooses one that he has heard many, many times; he does not ask for a new one. He takes the

same delight in meeting familiar characters and situations that he does in being recognized in a game of hide and seek or in seeing mother after she has been gone for a day. It is the parent who grows tired of telling or reading the same story so often. There is more danger of the child having too many books than of his having too few. Stories or history and biography can be made very interesting and are much better than tales of impossible children who do quite unreal things.

We have in books and stories our greatest instrument for teaching morals and inculcating high ideals. Children like stories with a moral, and the love of the heroic is such a fundamental part of human nature that it is a great mistake not to take advantage of it to waken in the child an admiration of the good and the beautiful. Let the child live through the history of the race in Bible stories, the stories of the early heroes, the chivalrous deeds of the knights, the more modern martyrs in the cause of freedom. Show him the wonders of nature, and you open the door for him to poetry, to art, and to the beautiful world in which he lives.

Do NOT FRIGHTEN THE CHILD.

There are some stories on the order of Jack the Giant Killer