

Weaning The Baby

Mrs. Horace P. Cook

I want to tell you my plan for weaning the baby. My mother raised seven children, and when my first baby was almost old enough to wean, mother began to pity both me and the baby, as she had always had such a time with the baby, herself, and the process of drying up the milk. She would sometimes send the baby to grandma's to stay several days. Then she would have a terrible time in getting rid of the milk. Grandma would have a terrible time with the baby crying, and in getting him to take food. He would almost starve before he was willing to change his mode of eating. Then they had to run the risk of the sudden change of food making him sick. But this method is all nonsense. When I got ready to wean my baby I did not change the food suddenly. I began by nursing her one time less each day and substituting the modified cow's milk for the breast. I fed the milk through a nursing bottle, warmed in hot water. In a short time I fed her twice a day with the cow's milk. I kept nursing her less often, until finally she was weaned and did not know it. Then I began with her food in the same way, first by giving her one feed a day of codded egg, soft toast or cream of wheat. In this way she became accustomed to food and it did not hurt her. I did the same way with my little son and I never had the least trouble in any way with them at weaning time. The milk will generally dry up by less frequent nursing, but the process may be aided by bathing the breast with camphor. Do not draw the milk with a breast pump unless absolutely necessary and then only enough to relieve the fullness. If I had a dozen babies I would wean them all in this way. The old-fashioned way is cruel to both mother and child.

Household Jottings

If it is too much trouble to stoop to the toaster in your gas stove, try putting a thin piece of sheet iron or tin over the burner. Hold the bread over it in a bread toaster and it will neither blacken nor taste.

Do not keep food of a damp juicy nature in paper bags. Chemicals are used in preparing the paper and when damp it should not touch food.

If the spurs of a chicken are over a quarter of an inch long it is an old bird. Remember that the skin of a young fowl peels easily.

Turpentine will quickly remove tar stains.

Keep a sharp watch over the bread box. Bread moulds in a day in summer. Besides scalding the box, air it frequently.

Did you ever try soaking ham that is to be boiled or fried, in sweet milk overnight? The flavor is greatly improved.

A few drops of lemon juice added to the water in which rice is boiled will make the kernels whiter.

Every housekeeper experiences, from time to time, annoyance in finding stains on delicate fabrics. There is a way to use the sun and moisture in removing such stains. I spread the stain on a large platter and wet it with whatever is best for that kind of stain: lemon juice and salt for ink; oxalic acid for fruit, tea, coffee, etc.; soap and water and starch for scorch. I cover this with a sheet of glass and place it in the sun, wetting from time to time.

Carbolic Tallow—Shred mutton suet fine and put it in a glass jar. Place the jar in a pan of cold water on the fire. Let it cook until the oil is dissolved. Pour off the clear oil and as it cools beat in a few drops of carbolic acid. This tallow is excellent for chapped hands or face. It is also good for sensitive or tired feet. I get the kidney suet for this tallow.

Cleaning the Soiled Edges of Books—Rub the edges with a rubber ink eraser and they will look fresh and new.

Effect of Acids on Brass and Copper—A strong acid, like oxalic acid or vinegar, will remove the coating of oxide from brass or copper, leaving it bright and clean. But if the acid is not immediately washed off it corrodes the metal, producing copper acetate (verdigris), a deadly poison. Articles cleaned with an acid do not remain bright for any length of time unless they are afterward rubbed with rottenstone and oil or Tripoli and oil.

A Crust on the Tea Kettle is generally caused by lime in the water. Acid will dissolve the lime. Try vinegar, or dilute sulphuric acid. When the lime scales off wash the kettle in plenty of clear water, then rinse with hot soda water. The acid must be removed the moment it has done its work.

When the Drain-Pipe Freezes—I have frequently found that pouring salt down the pipes was one of the best means of thawing the ice. It will hasten matters if, in addition, hot woolen cloths be wrapped around the pipes.

To Destroy Moths in Stuffed Birds take the birds out-of-doors and saturate them with naphtha. Keep them in the open air until the naphtha has evaporated.

To Prevent Beds from Creaking—If you can trace the sound to the place where it is made oil that place. If it is not possible to trace the noise to its source oil all the joints in the bed, even places where one piece of wood might rub upon another. I think you will find the trouble at an end after this treatment.

Spots on the Dining-Table—Methods for removing spots caused by heat on a varnished surface have been given several times. I give a few of them again: If the stain is slight hold a hot plate over it for a few minutes. A hard rubbing with kerosene and a woolen cloth will remove stains that are not deep. When these simple remedies fail rub with a mixture of rottenstone and linseed oil.

Household Hints

Tomatoes are most hygienic when uncooked.

Too rapid boiling makes most vegetables tough.

As a rule, vegetables should be cooked uncovered.

Rapid boiling dissipates the flavor and spoils the color of vegetables.

Potatoes should be cooked unpared, as the mineral matter is near the skin.

Bread mixed with skim milk is more nutritious than when mixed with water.

Milk is a very nutritious drink, containing all of the elements of nutrition in a quickly available form.

Never pierce anything, while frying, with a fork, and in place of a basket use a long-handled skimmer.

The use of tin vessels is in general to be avoided, because of their tendency to rust, and the liability of open seams.

All uncooked vegetables used in the preparation of salads should be fresh and crisp; the cooked ones perfectly tender.

Nothing appeals so much to the appetite in the spring as fresh green stuffs of various kinds, and it is unfortunate that there is usually a scarcity of these foods and that they are often very expensive. We can partially overcome the difficulty by making use of fresh fruits, which are easier to obtain, and furnish a variety of pleasing flavors together with wholesome fruit acids. Half an orange or grape fruit, or a few prunes (which have been soaked in a little cold water overnight and eaten raw without sugar) if eaten the first thing for breakfast, will be a good tonic for the system.

Daily Cooking Recipe—Hashed Mutton on Toast

This appears to be a season when many people indulge in roast mutton, which is all right when it is hot. Cold roast mutton is the abomination of desolation as the chief dish for any meal. Why not hashed mutton on toast? Cut the mutton in small squares and put it in a stew pan, add any gravy left from the roast, a good large cup of strained tomato and if this does not make sufficient moisture, a little water. If there are a few cold green peas put them in, also a finely chopped onion, and if possible a few shreds of green pepper, though peppers may be difficult to get at this time of the year. Thicken with some flour and a good sized piece of butter rubbed together and a couple of tablespoonfuls of condensed cream. Let the seasoning be pepper and salt with a good dash of red pepper, which by the way should rarely be omitted from any dish to which pepper is to be added, as it has a flavor all its own. Keep the hash piping hot, set it in a double boiler if necessary, but keep it hot. Have thin slices of crisp toast, butter lightly, arrange on a hot side dish and pour over them the hash and send to the table at once. Any man who has this substitute for cold roast mutton will rejoice and be exceedingly glad.—T.M.

Retaining the Attractiveness of Youth



There is no good reason why every woman should not continue to increase in attractiveness as she grows older, until long after she has attained middle life. The most fascinating women in history were well along in years at the time of their greatest triumphs. Josephine was 34 years old when she captivated and married Napoleon; Cleopatra was upwards of 40 when Anthony sacrificed the whole world rather than be separated from her at the battle of Actium; and Madame de Malmesbury was almost 50 at the time of her marriage to Louis XIV. In everyone's list of acquaintances are women no longer young, but well preserved, and possessing a charm and graciousness of manner that make them extremely popular.

And yet, how often does it happen that women who were belles in their younger days, sought after and admired by their acquaintances of both sexes, lose, to a large extent, the bloom on the cheek gives way to an expression of care, and she becomes fretful, easily discouraged and losing the regard of her husband and friends.

Why is it that some women continue to improve in appearance and womanly qualities, while others rapidly lose their beauty and their agreeableness? The explanation lies wholly in the perfect or imperfect operation of the female functions. If perfect circulation be maintained in the womanly organs, all waste matter is regularly eliminated, and the nerves and tissues are properly nourished by the blood circulating freely and without obstruction. There is a very close sympathy between the nerves in these organs and those which give expression in the face and eyes, and with proper circulation in the womanly organs the nerves of the face and eyes are strengthened and invigorated, giving that happy, contented and magnetic feeling and expression that goes with true womanliness.

If, however, the circulation in these organs is imperfect or obstructed, the blood becomes stagnant and congested, the nerves and tissues are not properly nourished and they are oppressed by the presence of waste matter which should have been eliminated, but which is still held on account of the impeded circulation. This condition is bound to cause fretfulness, irritation, lack of confidence, etc., as well as of more or less physical suffering, and unless it is corrected it will certainly lead to some of the graver forms of what are usually called female disorders.

To overcome this trouble and restore the right conditions, it is evident that the circulation in the organs must be improved. This is exactly what ORANGE LILY is designed to do. It is applied direct to the suffering parts and is absorbed into the circulation. The first effect is that the waste matter which has been accumulating is discharged, giving a feeling of immediate relief, and the nerves and tissues are toned and strengthened, so that in a comparatively short time Nature restores normal circulation, with all which that implies.

Dear Mrs. Ladd,—I have been intending to write to you for several days because I want to tell you how much better I have felt since I commenced using ORANGE LILY about four months ago. Before I started I felt half the time as if I didn't have a friend in the world, and I was always worrying over something. I would be so despondent I could cry by the hour, and I could give no cause. I have used three boxes of ORANGE LILY, and feel like a new woman. I never bother about the trifles that used to worry me and wonder how I could be so foolish. I am cheerful and keep in good spirits and know I am looking better. I enclose \$1.75 and ask you to send me one box of ORANGE LILY and one bottle of Blush of Roses. I have not used ORANGE LILY for the past few weeks, and I do not feel that I need it now, but I do not want to be without it in case any of the old symptoms should return. I will always remember you with gratitude, for I know that this great change is due to ORANGE LILY.

MRS. B. C. C.

There are hundreds of women in every part of the country who are suffering more or less like this lady. They are not sick in the ordinary sense of the term, and yet they are far from being well. They can easily be cured if they attend to the trouble now, but it will surely get worse if left to itself. As ORANGE LILY acts entirely and only on the nerves and tissues where the trouble exists, it effects a rapid and positive cure, and the result is noticeable from the start.

Free Trial Offer

I will send without charge, to every reader of this notice who suffers in any way from any of the troubles peculiar to women, if she will send me her address, enough of the ORANGE LILY treatment to last her ten days. In many cases this trial treatment is all that is necessary to effect a complete cure and in every instance it will give very noticeable relief. If you are a sufferer you owe it to yourself, to your family and to your friends, to take advantage of this offer and get cured in the privacy of your home, without doctor's bills or expense of any kind.

Should any lady desire medical advice or information on any special feature of her case, I will be happy to refer her letter to the eminent specialist in women's diseases, Dr. D. M. Coonley, President of the Coonley Medical Institute, Detroit, Mich., and he will answer her direct. Dr. Coonley is the discoverer of ORANGE LILY, and has had over 30 years' experience in the treatment of these diseases. No charge will be made for this medical advice. Address, enclosing 3 stamps, Mrs. Lydia W. Ladd, Windsor, Ont.

ORANGE LILY is recommended and sold in Winnipeg by The T. EATON CO., Limited Drug Department.