

The Country Homemakers

Continued from Page 10

food is prepared daily, bottles, dipper and spoons should not only be washed with soap and water, but should be boiled, and the measuring glass and mixing pitcher scalded with boiling hot water.

There should be a nipple for each bottle used in the twenty-four hours. These should be thoroughly washed and boiled once each day, and kept in a covered tumbler ready for use. After the baby has emptied a bottle, both the bottle and nipple must be thoroughly rinsed, the bottle filled with cold water and the end of the nipple placed in the neck of the bottle. This nipple, of course, must not be used again till once more boiled. As the child grows older and uses barley water or cereals, a double boiler and strainer for this use only should be provided.

Colic is caused by indigestion and may indicate that the food is at fault. A simple remedy is the injection of a half cup of warm water into the rectum. A soda-mint tablet dissolved in a half ounce of warm water fed to the baby

from a bottle will often relieve the pain.

Never use paregoric or any form of soothing syrups, except when ordered by a doctor. Disregard of this rule may prove very serious—retarding a child's development and otherwise injuring it.

By the fourth week a baby's bowels should be regulated and move twice daily. Before it is a year old it should be trained to use a chair, and its bowels to move at a regular time daily. If there is any trouble in this connection which a small dose of castor oil does not correct, by all means consult a physician.

Headcolds in the infant are not serious, and usually only amount to "snuffles." For this, squeeze a little white vaseline from a tube into each nostril, and hold the head down so that it will dissolve in the nose.

In the case of a cough which lasts for any length of time, the doctor should be called.

A tiny pink rash coming with heat, can be alleviated by adding baking soda to the bath water. After patting the skin dry, use carbolic talcum powder freely.

A creeping child will often pick up things and swallow them. If this happens, do not get panicky and give medicine to move the bowels. Nature will take care of it, and it will pass off more easily if the intestines are filled with solids rather than if their contents are liquefied by a cathartic.

If a child is choking, pick it up by its heels, let its head hang down and the little trap at the back of the throat should immediately dislodge the foreign substance.

Bowed legs are caused by lack of proper nourishment in food, and consequent weak bones. A child with such tendency should be kept off its feet till a doctor can prescribe for the bone treatment and outline a proper diet.

A child who breathes with its mouth open, snores when asleep and looks drawn and pinched, has a third tonsil, or adenoid. This should be removed by a throat specialist as soon as possible.

When a child has a convulsion, its muscles become rigid and twitch—a physician should be sent for at once. In the meantime the child should be placed immediately in a warm—not hot—bath, and iced cloths applied to its head. Do not even wait to undress the child.

Before leaving the subject I want to reiterate to mothers not to allow themselves to become over-anxious and fussy. I have seen so many women make themselves very unhappy and more or less ridiculous by exaggerated fears, to say nothing of the discomfort caused to family and friends by the atmosphere of continual apprehension and anxiety.

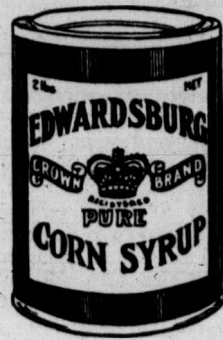
In one family where I stayed a month the mother seemed to be haunted by the fear that her baby might come upon a germ. The child had but two sadly faded toys, which were boiled each morning and gingerly handed to him; if he dropped one, it was snatched up and boiled again while he sat pensively waiting. A friend who used to be at the house a good deal was fiercely reprimanded when she put in his hand a pretty silver bangle which, bored by the monotony of his two much-boiled playthings, the youngster craved. She insisted that if the baby ever did happen to get a germ, instead of digesting or otherwise disposing of it calmly and harmlessly he would promptly have a spasm. And when I met her a year later she said: "Whether that baby ever did get a germ or not history does not record, but I have always felt that the reason the poor little fellow has developed crossed eyes is because he has been looking so hard both ways at once trying to avoid them."

Of course the friend may be somewhat extreme in one direction—certainly the mother was in the other.

One of the funniest things I ever saw on this subject was a poem published somewhere. The verses were full of how this was boiled and that was boiled, and each one ended: "But we can't boil his thumb." Be conscientiously clean in the ways mentioned throughout this article, and then don't worry about chance germs. We can't possibly avoid them all, and they are by no means all deadly. Let common sense be your watchword in rearing the baby!

Keep Your Children Healthy

During the cold weather by giving them plenty of

Crown Brand
Corn Syrup

That nourishing, heat-producing food with the delicious flavor.

Crown Brand is the ideal table syrup,—clear as strained honey, and absolutely pure.

It adds immeasurably to the enjoyment of Griddle or Buckwheat Cakes, Biscuits, etc.

Children love Crown Brand,—it satisfies that craving for sweets; and they can eat all they want of it because it is so easily digested.

NEXT TIME TRY CROWN BRAND.

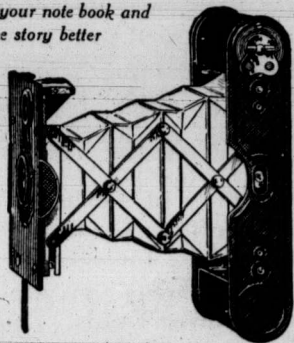
Your grocer has it

THE EDWARDSBURG STARCH CO.
LIMITED
MONTREAL—CARDINAL—TORONTO—BRANTFORD—VANCOUVER

As small as your note book and
tells the story better

Pictures
1 5/8 x 2 1/2
inches

PRICE
\$7.00

Vest Pocket
KODAK

Simple, efficient. So flat and smooth and small that it will slip readily into a vest pocket. Carefully tested meniscus achromatic lens. Kodak Ball Bearing shutter. Fixed focus. Loads in daylight, for 8 exposures. Made of metal with lustrous black finish. Quality in every detail.

Catalog free at your dealers or by mail

CANADIAN KODAK CO., Limited
TORONTO - CANADA

\$35.00

Pays for a
Three Months'
Course in

Success
Business College
WINNIPEG - MAN.

Commercial, Shorthand, English and
Special Farmers' Courses

Write To-day for Large Free Catalogue
G. E. WIGGINS, Principal

WE WANT AGENTS

Everywhere in Western Canada for

C.O.W.L. BRAND
Ranch and Farm Remedies

Preparations made from Refined Coal Tar and
compounded with suitable emollient oils

LIBERAL COMMISSION

Full Particulars, Prices, etc., on application
Write to Dept. G. Remedies

The Carbon Oil Works Limited
WINNIPEG - CANADA

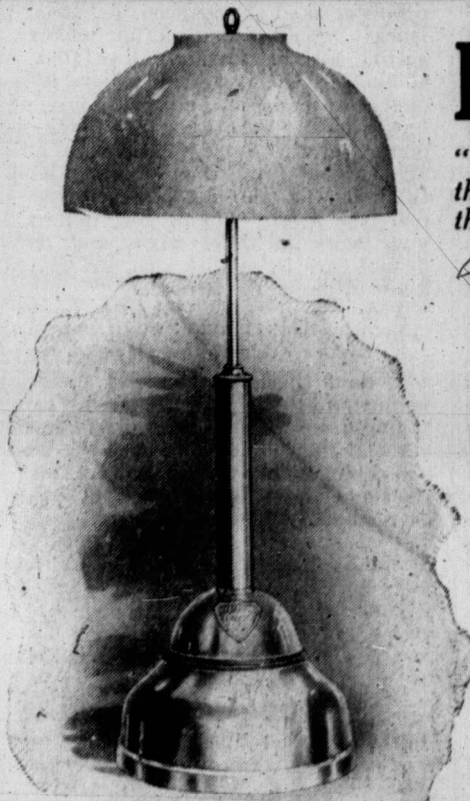
Harness
Catalogue

WRITE
FOR
IT

Thos. McKnight
166 Princess St. Winnipeg

Pitner
Portable
Lamp

"The Lamp
that has stood
the Test"



Here is another picture of this perfect lamp, with a plain opalescent shade. Thousands have been sold all over the world, and no farmer should be without one. Impervious to drafts, and can be carried from the house to the barn with perfect safety.

Watch this space for a series of little table talks. Avoid imitations, and insist on seeing the name "Pitner" on every lamp. Guaranteed for five years. Claimed to be, by connoisseurs, "the only good lamp."

PITNER DEPT.

Lighting Systems Limited
62 ALBERT ST., WINNIPEG

MARQUIS WHEAT
CHEAP

Save money by ordering before advance. Get my special, low, early order Prices and Free Samples of specially grown stock. Seed secured from Indian Head Experimental Farm. Get Marquis Wheat with a known history. Beware of ordinary mixed stuff. Get genuine, early-ripening, heavy-yielding, World Champion Marquis. The World's Championship Wheat for 1912—Marquis—was grown from seed supplied by me. Quality counts.

SPECIALLY BRED SEED OATS AT SLAUGHTER PRICES
Write for Samples Now.

Chambers of
Commerce

HARRIS McFAYDEN
FARM SEED EXPERT

Winnipeg
Man.

WHEN WRITING TO ADVERTISERS PLEASE MENTION THE GUIDE