

given, know that it comes from a dairy where the cows are healthy, well kept, and well fed. The milk should be put up in bottles, so that it cannot be contaminated with bad air, and is not likely to be tampered with by a middleman. In this way each customer gets exactly a quart of milk with all the cream that belongs to the milk. Where it is not possible to get milk put up in jars, search for the cleanest dairy and see that the milk is delivered as quickly as possible after being received at the dairy. Never buy milk from the small stores. After it is received in the house it should be sterilized, cooled and covered. When it comes in bottles this may have already been done. The child should be given this milk at a temperature of 100°F. As cows' milk is richer than human milk it should be diluted with a small proportion of water. Remember that the water also must be sterilized and tightly covered.

The albuminous properties of cows' milk differ somewhat from human milk in the way in which they coagulate in the stomach or in the presence of acids. Human milk forms into small, light, feathery curds; cows' milk into large and compact curds that are not easily digested by an infant. It is necessary, then, to use some harmless substance to dilute the milk, and to prevent its coagulating into larger curds. Something is necessary that shall partially predigest the milk, and, if it is nutritious, so much the better.

Lime water neutralizes the acid of the gastric juice so that the milk is not acted upon strongly by the acid of the stomach, and consequently forms into lighter curds.

(To be continued.)

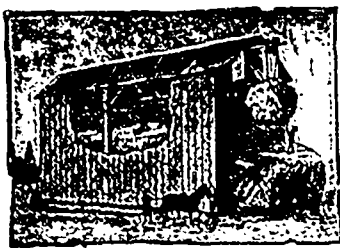
Papering Pointers

A good paper is much easier to hang than a cheap one, will hold its color better, and will protect old walls.

Study your room. Large figures are out of place in a small, low room. Dark papers, though stylish and rich-looking, require high walls, strong light and spaciousness.

Low rooms require narrower borders. Eighteen-inch border may be used by extending the upper half up on the ceiling. In this case the border should be cut in two and joined again to match perfectly. This method tends to heighten the room in appearance. If windows are set well up toward the top of the room let the lower edge of the border come just to the top of them. Sometimes when there are only one or two windows in the room the lower part of the border may be trimmed to fit around the casing without spoiling the general effect, but it is not often best to do so.

Select a warm, sunny paper for a north room, a cool shade for sunny rooms, light papers with floral patterns for bedrooms. The more delicate the better. In choosing paper for any room the carpets and other furnishings should be considered lest the color scheme be spoiled. Don't try to live amidst a profanity of colors. Have



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