

Be Sure You See the PREMIER RANGES at Toronto and Ottawa Exhibitions

YOU'LL find our Exhibit in the Industrial Building at Toronto Fair, and in the east wing of the Main Building at the Ottawa Exhibition. There, besides a full line of PREMIER Stoves and Ranges, you see Frost River, Steel, Refrigerators, Sterling Washing Machines and Enamel and Tin Ware—all "Made in Canada" to satisfy particular Canadians.

This "PREMIER ROYAL" is a big Range at a small price—cast body—steel top

The cast iron body holds heat longer than a steel range, and consequently uses less fuel.

The oven top and lower flues are plastered, and the back of the oven is fully insulated by an interlining of pure asbestos and bright tin.

Thus there are three walls between the hot air within and the cold without, saving the heat and ensuring those even baking qualities which so delight the cook.

Like all the PREMIER stoves and ranges, the 'ROYAL' has a ventilated oven ensuring pure, fresh air for your baking.

The PREMIER ROYAL range appeals to your eye and to your pocket-book. It will give absolute satisfaction in every way.

THE NEW STYLE ALL-METAL "STERLING" Washing Machine



\$12.50

The body is of Rust-proof Galvanized iron, and the frame of steel, black japanned, light, yet absolutely rigid. The tub rocks back and forward like a cradle, while an ingenious arrangement of corrugated ribs, aided by the powerful suction produced, washes the clothes quickly and thoroughly. There is no agitator, dolly or anything else to wear or tear the clothes—no sharp corners or pockets to hold the dirt—and no wood to shrink and leak.

It will last you a lifetime—and look at the price!



One of the many PREMIER Styles—\$15 up, according to type and fittings

There is a PREMIER Stove or Range for every use, from the small "Beaver" Heater (Quebec Style) to the largest ranges for hotel use. All are remarkable for economy of fuel, convenient and graceful proportions, and high quality of material. When you buy a PREMIER Range you are buying years, and probably a lifetime, of satisfaction.

The Thos. Davidson Mfg. Co.
Limited
120 Duke St., Toronto
MONTREAL - WINNIPEG

Many Farmers Erect STEEL TRUSS BARN

MANY farmers throughout Ontario have erected fine Steel Truss Barns this year, and have mowed away their crops at less expense and with greater ease than in former years. The Steel Truss Barn has no cross timbers, which does away with lifting loads to the roof before swinging in over the mow, and at the same time allows of one-third more storage space.

One of these Steel Truss Barns, size 36 ft. x 56 ft., will be shown, equipped with all sanitary steel stable and barn fittings, at the TORONTO EXHIBITION, just east of the Poultry Building.

Farmers will do well to pay a visit to this barn.



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SHAW MANUFACTURING CO.
Dept. 74, Galesburg, Kansas, U.S.A.

Please mention "The Farmer's Advocate."

warm water, peppermint water or dill water.

8. When the baby still cries much, and all causes of discomfort have been removed, the doctor should be called, in case the baby is ill.

THE BABY'S FOOD.

You cannot buy the ideal baby food with money. The only person who has possession of the ideal nourishment for the baby is the mother. The baby nursed at the mother's breast will almost certainly live and thrive. It makes all the difference in the world to the baby's life and health to be nursed by the mother. Mothers and others are not yet aware of this fact. As soon as they are, we shall save our babies by hundreds and thousands. It is the business of everyone who knows the value of nursing by the mother to make it known. Avoid all the various advertised artificial foods. They are expensive, unsuited to the varying age of the baby, and will not give the promised results.

THE MOTHER CAN NURSE HER BABY.

Apparently the mother is often advised that she cannot or should not nurse her baby. Who told her? The family, the neighbors, the nurse, even the doctor, are accused of this. If so, they are not only all wrong, but they are wicked, for often this bad advice seals the baby's death warrant. There is no great mystery about nursing. There is no more reason that the mam-

mary gland should fail to secrete milk than that the salivary gland should fail to secrete saliva. And just as the sight or smell of something good to eat makes the salivary glands act so that the mouth waters, so the lips of the baby nursing the breast within twelve hours after birth, and other events connected with the birth, stimulate the mammary gland so that milk is secreted.

THE NEW BABY KNOWS HOW TO NURSE.

But if the baby is not taught to nurse within twelve hours after birth, it becomes more difficult with every hour. It is ignorance of this one simple fact which prevents many a mother from nursing her baby, and so often it costs the baby's life. Everybody should know that the baby must nurse within twelve hours after birth. Even if the milk is insufficient at first, the quantity and quality will always improve if the mother perseveres, keeps herself in good health, drinks plenty of good milk and takes some outdoor exercise. It is usual to advise the mother to give the baby one breast at each nursing, using the breast alternately. This is right if the supply is ample, but if the baby does not get enough, then the right breast should be nursed till it is emptied and then the baby should be allowed to nurse from the left breast enough to make up the right quantity. At next nursing the left breast should be nursed first, and so on. It will likely soon be found that the quantity has improved, so that one breast is sufficient for one nursing. About twenty minutes is the right time for each nursing. The nipple should be gently washed and dried after nursing.

HOW MUCH?

It is useful and interesting to weigh the baby before and after nursing, so as to see what quantity of the mother's milk the child gets at each nursing. At the first nursing there is hardly any, then about one ounce, which is enough at that time, but by the tenth day it is usually three ounces, and by the fifth month it is six ounces. As for the interval, about three hours is right, even from the third day of the baby's life. It is really not necessary to feed the baby oftener, unless when premature and delicate.

HOURS FOR MEALS.

The best hours are 6, 9 and 12 noon; 3, 6 and 10 p. m. The mother and the baby, and the father, too, will do better if they have a quiet night of eight or nine hours. If asleep at the hour for nursing, the baby must be awakened to be fed. But it will only be necessary to wake once or twice; no one gets a habit quicker than a baby. Feed by the clock, and the baby will soon be as regular as the clock. When the baby is about five or six months old, every four hours is often enough to nurse, say 6 and 10 a. m., and 2, 6 and 10 p. m.

When the quantity of the mother's milk is really not sufficient, each nursing should be supplemented by enough cow's milk (diluted and modified according to the doctor's directions) to make up the right quantity. But the maternal nursing should never be given up, even if only one or two ounces are obtained. It will gradually increase.

THE BABY'S EDUCATION.

The baby's education has been neglected unless a chicken bone (drumstick), with the flavor of meat on it, or a stale crust of home-made bread, has not been given as a plaything about the age of six months or so. The baby is getting teeth, and these playthings help to teach the art of eating. Some authorities recommend that at the age of nine months, when weaning takes place, the baby should be fed with a cup and spoon. Oat jelly and barley jelly are both excellent things to add to the baby's meals at the age of nine or ten months. The baby may also then begin to look at an arrowroot biscuit or rusk.

WEANING.

When the baby is nine months old it is time to think of weaning, unless the time happens to be in the hot weather. Do not wean in July or August. Wait till it gets cool again. Weaning takes about five or six weeks, as it must be done gradually. One feeding is substituted for one nursing the first week, two

ATTENTION

Cream Separator Dealers

See Our Exhibit

CANADIAN NATIONAL EXHIBITION
TORONTO, ONT.

Aug. 28th - Sept. 13th, 1915

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King Separator Works BRIDGEBURG, ONT.

Manufacturers Bldg., No. 2, Centre Aisle



Sow Rye and Vetch this fall on and potato land for next year. Plow under when ready to plant, and reap a greatly increased crop. Home-grown seed of hardy strain at \$2.25 per bus. f.o.b. Niagara. Apply: **NIAGARA LAND & FRUIT CO., Niagara-on-the-Lake.**

Please mention "The Farmer's Advocate."