THE FARMER'S ADVOCATE.

300

One of the

many

PREMIER

Styles-\$25up.

according to

type and

fittings

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.

1364

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.

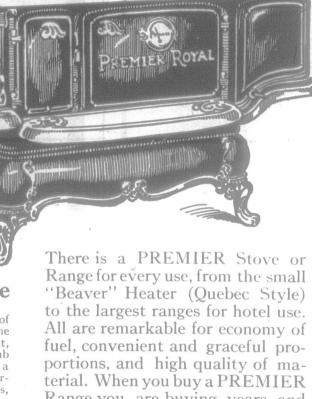
Thus there are three walls between the hot air within and the cold without, saving the heat and ensuring those even baking qualities which so delight the cook.

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





FOUNDED 1866

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 cat 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 bas 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

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 haby must be wakened 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 When the baby