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that the makers of PURITY FLOUR buy the highest grade of Western hard wheat. This company owns nearly a hundred elevators in the Prairie Provinces, where the world's best wheat is grown.

A discriminating purchase of raw material enables the miller and chemist to produce a high grade and uniform flour of known goodness and quality. PURITY is Canada's standard. Try it when you bake again.

WESTERN CANADA FLOUR MILLS CO., LTD.
MILLERS TO THE PEOPLE

EXPERIMENTAL MILL

FLOUR TESTING LABORATORY

You saw this advertisement in this magazine. Don't forget to say so when writing.

Mothers' Corner

The Mother.

By Mary Leonard.

Steadfast, secure, she moves within the sphere

Of home, guiding the steps of Innocence,
Content to find in love her recompense
For sacrifice; counting no price too dear,
To guard her hostages, and ever near
She meets the trivial needs of every day,

Yet of the Future dreams, and goes her way,
Uncowed by Birth or Death, by Pain or Fear.

She sees again through Mary's yearning eyes,
The holiness and power of her place,
And all her strength conserves, a greater part

To yield unto her sons, and thus serene and wise,
She stores that latent fires that light the race,
Bearing the torch of life beneath her heart.

The booklet, "Helps for Expectant Mothers" will be sent to any wife who requests it. Kindly enclose stamp address, P. R. H., 983, Grosvenor Ave.

From New Zealand we get the story of doing things to save baby lives. In one city in New Zealand—Dunedin, a place of 50,000 inhabitants—as the result of a really determined baby-saving campaign, the percentage of infant deaths has in five years been reduced from eight to less than four.

A big-hearted doctor, Truby King, started the ball rolling. He inspired and guided the organization of a society, with which pretty soon, nearly every-

body was co-operating. It hired nurses and built hospitals and started upon a campaign to teach every parent in the neighborhood how to get ready for baby, what to do when baby came, how to feed baby—how to do all these things somehow or other (with help if necessary), even if father's wages were only \$2 a day.

This service was free, but those who could were invited to contribute to carry on the work. Any mother whose baby wasn't doing very well could have a nurse or a doctor or could go with baby to a hospital to have the trouble looked into.

There hasn't been any magic in this New Zealand experiment. No wonderful new discoveries have been evolved. All the processes are familiar to doctors, nurses and mothers elsewhere. What was new was the willingness of a whole community to join in a fine pursuit of baby culture—to join in saving babies no matter how poor they were.

Children must go to school, even though half the world is at war, and they must be neatly dressed, even though "mother's" allowance is cut down and the buying power of money greatly reduced.

Under these circumstances "mother" very wisely looks over the clothes left from last year to see if there isn't something that can be remodeled into pinafores, waists or little skirts for the children's school wear.

It is very easy to make a little Oliver Twist costume out of old material. The top of an old navy blue skirt that is ragged about the bottom can be made to do duty for the skirt, and the simple, little, white or gingham waists can easily be fashioned from old blouse waists.

The "style" of these dresses is in the short, double-breasted waist to the skirt. The skirt is buttoned.

The children were dressed in this fashion in the time that Dickens wrote his immortal stories. Consequently they are dubbed Oliver Twist.

The Pinafore.

These little dresses may be made from "big sister's" discarded gowns. They are made in a kind of pinafore style, with a long waist belted about the hips. They are made with very large sleeve holes and a deep point in front and back. This is worn over a white gimp which allows the wearing out of all the half-worn shirt waists.

An old black serge with a white blouse and bright red tie would make "Little Miss" 8-year old look as though she had a new dress straight from the best child's dressmaker in town.

Using Two Materials.

Two half worn wash dresses may be made into one pretty, little frock for a schoolgirl by combining part of an old gingham gown with another of white.

For the first two years of a child's life, the principal article of food is milk, and a quart at least should be given daily. You will very often find debilitated children, who cannot take that much milk, without developing severe indigestion, with coated tongue, constipation, and a foul breath. This is almost always due to the child's inability to digest the fat in the milk, but as the milk is so rich in proteins, we cannot dispense with it, and in these cases you will secure surprising results by giving the milk skimmed entirely of the cream, to which you have added either milk-sugar or malt-sugar in sufficient amount to bring the sugar percentage up to seven per cent. It then constitutes a most valuable food, for in the skimmed milk we have practically all the proteins found in the whole milk, and the sugar added in such increased amount, helps very materially to make up the loss in food value, as a result of having to remove the cream.



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