

She was more blissfully content than I.  
But ah! the dainty pillow next my own  
Is never rumbled by a shining head!  
My singing birdling from its nest has  
flown,  
The little boy I used to kiss is—  
dead!

## BOW LEGS

Mrs. L. H., La.: As you are still nursing your baby at fifteen months, I would consider it wise to wean him without delay. Mother's milk decreases rapidly in nourishing qualities after twelve months. He should be having a little thoroughly-cooked cereal, beef juice, delicately-cooked egg, boiled rice, mutton or chicken broth, and as soon as he has teeth enough, a little rare, scraped meat. Zwieback and a little crisp, dry toast will help develop the jaws. Give him a little thin cream on his cereal. The following will indicate feeding times:

6.30 a.m. a cup of warm milk.  
9.00 a.m. fruit juice.  
10.00 a.m. breakfast of cereal, zwieback, and warm milk.  
2.00 p.m. dinner of beef juice, egg, and a little rice; or, broth and zwieback.  
6.00 p.m. cereal and milk.  
10.00 p.m. warm milk.

Massage the limbs gently but thoroughly night and morning, using a little fresh coconut oil which is a fragrant semi-solid. Iron in some form is indicated there is anaemia.

## EARLY FEEDING

Mrs. A. L., Mich.: At eight months baby is largely dependent upon his breast or bottle feeding. If the child is pale or anaemic, give him beef juice. Broil fresh beef steak and press the juice out. A little metal press which screws down is excellent for this purpose. Give him a teaspoonful diluted with an equal quantity of warm water fifteen minutes before his mid-day feeding. In a couple of weeks double the quantity, and later he might have six teaspoonfuls of the dilution. At a year he will not have more than two ounces of the beef juice.

You might give him half of the codded white of an egg, and later the whole white. Two or three teaspoonfuls of sweet, strained orange juice mid-way between feedings is desirable. At a year old, he can have his regular seven o'clock morning feeding of milk, at nine o'clock his orange juice, at ten o'clock his milk, at one thirty to two, a couple of ounces of beef juice, or egg with bread crumbs broken in it, or two-thirds of a cup of mutton or chicken broth, together with five or six ounces of milk. At five thirty milk, also at ten p.m.

## CAVE OF TEETH

Mrs. M. J., Cal.: Wash baby's mouth carefully and thoroughly a couple of times a day with a solution of boric acid. Use a fresh pledget of absorbent cotton each time. As soon as she has a number of teeth,—six or seven, begin to use a soft brush, letting her see you clean your own teeth with a large brush until she gets the idea. When any little specks appear on the teeth, sprinkle a little prepared chalk or milk of magnesia on the brush and clean with this. Milk and other foods lingering in the mouth become acid and soon the enamel of the teeth is destroyed.

## AN ANAEMIC CHILD

Mrs. J. C., S.D.—The extreme paleness of your little one who is twenty months old, coupled with the facts that he has a very poor appetite, and has gained but slightly in weight during the last months, shows that for some reason or other he is not thriving. Pay particular attention to his diet and hygiene. He should be in the open air whenever the weather permits. By all means have your physician examine him carefully and prescribe the particular tonic which his condition indicates. Evidently the red blood corpuscles are much too few in number. He may need some form of iron, but anaemia does not always yield to this alone. His digestion and possible

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symptoms of nervousness will all be taken into account by your doctor.

Be particular to provide him with beef juice, well-made broths, carefully-prepared and finely-divided, suitable meats such as beef steak, broiled mutton chop, or roast beef. Thoroughly-cooked cereals with rich milk and fresh eggs will supplement the milk for which alone, he seems to have a distaste. Stale bread and butter, zwieback, and unsweetened graham crackers will also be relished.

You speak of beating up a fresh egg in milk, sweetening the mixture, and giving him this. This makes a very heavy, rich drink which perhaps, he does not digest very well. Either divide and dilute the egg nog, omitting all, or very nearly all of the sugar and replacing it with a sprinkling of salt, or try codding the egg and fixing the milk with part of a junket tablet.

## WOMEN'S HOME KHAKI

Mrs. Flora Annie Steel, the novelist, shows in the Common Cause how we must re-plan our home life.

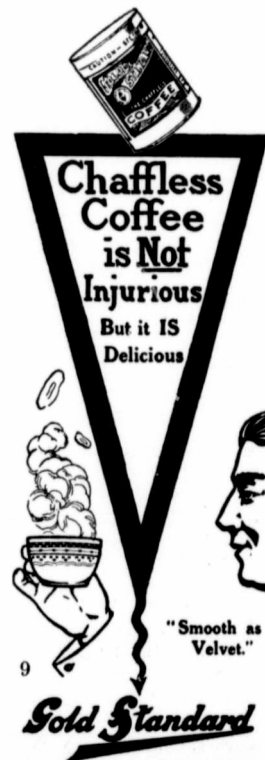
"More than three-quarters of the adult women of Great Britain are still unemployed," she writes. "Until every available one of these is at work the wails about overtime and shortage of hands is puerile. We are beginning to realize that the so-called 'skill' can be acquired by anyone of average intelligence in the course of a very few weeks' training. Naturally, there are exceptions, but the majority of the so-called skilled trades can be learnt by anyone who wishes to learn. That is the crux. But if work is held to be a curse, as it is by the mass of the workers of England, you cannot expect quick learners.

"That both these points, if pressed home, would cause a dislocation of our

present ideals of liberty and comfort is true. The first would, of course, bear hardest on the upper classes, who have surrounded themselves with so many dispensables. This house in which I am writing, with fourteen bedrooms and five sitting-rooms, would have to be shut up wholly or in part. The gardens would either have to be worked by women on business lines or lie fallow. Briefly, the 'stately homes of England' will have, for the time, to go by the board. Without motors, possibly without carriages, life in the country will revert to what it was a hundred years ago. But the lack of servants and the lack of money to pay them, will give women of the upper classes plenty of interesting occupation, which their great-grandmothers, who could get a village girl to train on £4 a year, had not.

"The great secret will be to do away, as far as possible, with the dirty work, and the great discovery will be the shortness of the time necessary to do work, provided you have an intelligent interest in it. I have cooked, with only a little bare-foot lassie as aide, for a party of sixteen in a big shooting-lodge, and have been congratulated by a gourmet, at the end of a ten days' stay, on the goodness of my chef. I have done every servant's work in my house from start to finish, and found it light beyond compare. I have always had leisure to write silly novels between times, instead of reading them, as so many servants do, for hours and hours. But we must use every appliance that is made to save labor.

"Women of the upper classes will have to do their own household work to a very great extent. I do not think any intelligent woman will find it necessitates much dislocation of life. Her own dress will be more of a wrench. To dispense with stitchings and frills will go to many a woman's heart; but her let devise some kind of garment for herself, call it her khaki, and I'll warrant me she will not regret even Worth or Paquin."



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