

as he grew older and understood better, he looked with awe and respect on the forces of Nature which his mother explained to him were the workings of the mighty God.

There is such a thing as going to the other extreme and making children carelessly reckless in storms. Every person should be taught that proper precaution must be taken in a thunderstorm. One should never, if possible, take shelter under a tree, should never sit at the open window in a direct draught, should take proper measures for self-preservation. The mother who does not impress this necessary conduct on her children is as culpable as the one who instills unreasonable fear and nervousness into her family. There is a happy medium. The mother should teach the children that there is danger in exposing oneself unduly to an electrical storm, but that when proper precautions are observed, if one is in a safe place—preferably in the house with the windows closed but not darkened—a thunderstorm is not a source of terror but a delightful and interesting panorama which Nature affords those who have eyes to see and heart to enjoy it. A thunderstorm is grand, inspiring, wonderful. Children should be taught to look upon it rightly, free from dangerous carelessness on the one hand and from unreasonable fear and nervous lack of self-control on the other.

To Spank or Not to Spank

Mrs. G. C. Sturgiss

To spank or not to spank—that had been my problem. As a school teacher before my marriage I had strong theories to advance upon the uselessness, harmfulness and utter folly of the whipping of young children.

As a mother I have to plead guilty to having resorted to the spanking method many times to enforce obedience. It troubled me that I must exhibit my own weakness and my inability to control my own children without recourse to the rod.

One day my little daughter had been more than ordinarily naughty, and two spankings had been her portion during the day. When I undressed her that evening I told her how sad her behavior had made me, that having to spank my dear little girl gave mother great unhappiness.

Quickly she turned her little troubled face toward me, and in a voice full of emotion she said, "But let me tell you, dear, when I am naughty den you wants to luz (love) me. When you spanks me you most broke my heart, you must dess luz me."

The little lady, three and a half years old, had preached a wonderful sermon to me, and I believe it was the answer to my troubled prayers for guidance in this matter.

The very next day when she was naughty I took her quietly into my room. Together we lay upon my bed, and I reminded her that she had asked mother to love her when she was naughty and that was what I was going to do. At first she struggled and was rebellious, but as she felt my arms about her, her little body gradually relaxed and her little grievance was poured forth. I talked to her soothingly, loved her, showed her where she was wrong and unfair in her play with her younger sister. Her arms crept around my neck and her assurance, "I will try to be good girl, dear muzzer. I do luz you, dear," was my reward for the time and energy and self-control required.

This is a child, self-willed, and hard to control. It is easier to resort to chastisement, but if you are looking for the ultimate good of your child, if you seek to steady him until he shall have learned control over his actions and his temper, and above all if you want to gain his full confidence, and retain his undivided love and respect, when he is naughty just love him, love him! In a month's time you will see such a change that you will not want to abandon the "love system."

Bathing the Baby

Mary Cook

So many mothers, especially young mothers, do not know how to properly bath a baby. I have seen mothers who did not give the baby a tub bath until

he was a year or more of age. But it is a very easy matter, if one once learns how.

First have everything ready before you begin,—water, wash cloth, soap, powder, towel, clothing, etc. Have the temperature of the water about 95 degrees and a warm room with no drafts. A very small child may be bathed in a large wash bowl, but I used a small tub bought especially for the baby. When the baby is ready for the bath, hold him with the left thumb and fore finger about the neck, and the third or little finger about under his left arm, his back being against your hand, with your right hand under him for support. Then when he is safely in the water, use the right hand for giving him the bath, still supporting him with the left.

When one learns just how to hold the baby, it is no trouble to give him the bath, and there is no danger of letting him slip into the water. The bath can be given in a very few minutes, when he should be rolled into a warm blanket and kept covered until he can be dried with a soft towel. He should then be dusted with some good baby powder and dressed in his simple little clothing, fed and put down for his nap. He should be bathed before he is fed and at a regular time each day.

Experience Extracts

If sour milk has become very thick put it into a bowl and beat until light with an egg-beater. It will then be smooth and much better for baking purposes.

Upon removing a cake from the oven set the pan on a thick cloth wrung from hot water, and in a few minutes the cake may be slipped from the tin without further trouble.

Some Good Advice on Cook Stoves.—On a warm morning after a cold night the fire will not burn as readily as it does on cold mornings. This is due to the air in the chimney being colder than the outside air. To remedy this hold a burning paper to the bottom of the flue to heat the inside air.

A piece or scrap of zinc thrown on live coals will clean the stovepipe of soot from soft coal.

Soak some corncobs in coal oil, place two or three cobs under the top lids and under the oven, then close the dampers and light cobs to burn out soot which has collected. It is best to do this on a damp day.

A good cement to fill cracks in stoves is made by using equal parts of wood ashes and salt. Reduce this to a paste with water.

A Salt Water Bath—It is not necessary to go to the sea-shore to enjoy a salt water bath. One can purchase a bag of good salt at any drug store for a few pennies. Dissolve a couple of handfuls of salt in a bowl of water, add it to the water for your morning bath, sponge quickly with the salt water, rinse with fresh cold water, dry the body quickly with a Turkish towel, and you will feel as if you had indeed been bathing in the briny deep. The salt bath is too little used. It is one of the best tonic baths we can take, and one which is particularly helpful in the summer.

Essence of Beef for Invalids—Take a pound of gravy beef (leg for preference), cut it up small, and put into a jar with half a cupful of water and a pinch of salt. Cover closely, stand in a saucepan of cold water, bring to boil, and keep boiling six or eight hours. Remove meat, and when the gravy is cold it will be a solid jelly ready for use at any time by adding a little warm water. If the sick patient is too weak to swallow much, put a small piece in the mouth to dissolve. This you will find is very nourishing as well as being inexpensive.—Hilda White, Holloway, N.

Blackberry Cordial (for diarrhoea).—(From Grandmother's Cookbook.)—You boil together two pounds of white sugar and half a gallon of blackberry juice. Remove the scum, then add half an ounce of cloves, half an ounce of cinnamon, and two grated nutmegs. When boiled let it settle, and add half a pint of brandy. Dose for a child, one tablespoonful, and for an adult one sherry glassful.



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