



FERNIA.

Many and many and many a time upon the fern and kill it, for then the fairy, too, would die. They gnawed at the stalks and gnawed, and I suppose the witch's scheme would have succeeded, but just then the Wind came blowing along, blowing along, blowing along in a hurricane.



England is going to see if she cannot grow most of her own food within the Kingdom this year. To that end some of the big parks of London are being ploughed up for seeding.

HOW TO CURE STOMACH TROUBLE

The Common Cause is Lack of Blood Therefore You Must Build Up the Blood. There is the most intimate relation between the condition of the blood and the activity of the stomach.

HOW TO KEEP WELL

BY JOHN W. S. McCULLOUGH, M.D., D.P.H., CHIEF OFFICER OF THE PROVINCIAL BOARD OF HEALTH.

INFANT WELFARE—ARTICLE No. 6.

WET-NURSE. If for any good reason the baby cannot be nursed by his own mother, milk should be secured from a wet-nurse. The most important requisite in an otherwise satisfactory wet-nurse is that she is well, and especially that she has no disease such as syphilis.

Wearing the Baby. The period of weaning should occupy two or three weeks. It must not be carried out suddenly. A bottle feeding should be substituted for a nursing every third or fourth day until all the feedings are from the bottle.

Substitutes for Cow's Milk. Condensed Milk. Condensed milk is milk from which the water and every drop of the cream has been removed. In many cases sugar has been added and the condensed product is frequently made from an inferior grade of milk.

Hours of Feeding. The hours of feeding for a bottle-fed baby are the same as for a breast-fed baby. By the end of the third day he should be fed every two hours in the day time and every four hours at night, ten feedings in the twenty-four hours.

Things to Remember. Buy only clean milk, from a clean milkman. Keep it clean in your home. Buy for the baby the freshest milk you can get, but not necessarily the richest milk. If your town has not a Milk By-Law, or if it is not enforced, have the mothers unite and get after the town council about it.

OUR DAILY PATTERN SERVICE. Valuable Suggestions or the Handy Homemaker—Order Any Pattern Through the Courier—Be Sure to State Size. LADY'S APRON. By Anabel Worthington.

One of fashion's surprises in aprons is offered by this design. It will serve for slipping on over the dress in which one will prepare dinner for invited guests and can be slipped off in two seconds to greet them; or one may do the morning's work in absolute comfort with such a garment.



Rippling Rhymes

I watched a wonderful machine count up five miles of figures; the operator, all serene, just pressed some keys and triggers; it didn't sweat or tear its hair, it didn't make a blunder; it counted all the figures there, and put the product under. A set of books used to keep when I was young and husky, and home-work would creep when dusk was growing dusky.

SIDE TALKS

THE ADDING MACHINE. I watched a wonderful machine count up five miles of figures; the operator, all serene, just pressed some keys and triggers; it didn't sweat or tear its hair, it didn't make a blunder; it counted all the figures there, and put the product under.

PIGEON HOLES FOR PEOPLE. You simply can't pigeon hole people. There is a time in our early youth when we think of people only as individuals, and don't try to class them as types.

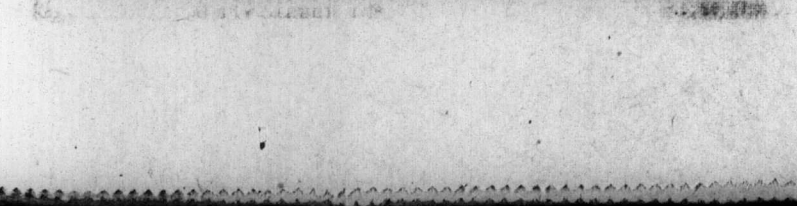
THE CASE OF THE THREE BROTHERS. And then there is the case of the three brothers. The oldest is an other out-of-doors man, large voiced, large hearted, loves to swim and hunt and fish.

NOT LIKE DOGS. He is a big, typically out-of-doors man, open-hearted and open handed, indifferent to clothes and appearances. It seems as if he must love dogs. And he has no use for them—says they are dirty and stupid—turns from them with a aversion that one might expect from a little over-dressed fop.

THE INVESTIGATIONS ATTENDANT UPON such withdrawals, show that the wages for youths now range from 20 to 70 and more marks a week, averaging in the neighborhood of 30 odd marks a week.

NEWS NOTES. Lincoln county councillors have increased their own pay from \$3 to \$5 a day. Stewart Lyon, of Toronto gave an address at Orangeville on railway nationalization.

Men Wanted for the Navy. The Royal Naval Canadian Volunteer Reserve, wants men for immediate service Overseas, in the Imperial Navy. Candidates must be from 18 to 38 years of age and sons of natural born British subjects.



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