

Empire & **W**reaths

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it on my finger at night, and in the morning the soreness is gone, and the crack begins to heal. I have poulticed my fingers in this way for years, and as soon as a crack makes its appearance, I never have any more trouble with them. Some people have cracks come upon the feet, especially the heels; a cracker poultice acts like a charm upon these also. In both cases the cracks are the result of dryness of the skin, and a consequent hardening of the flesh around them; upon these harder places the poultice has a softening and soothing effect."

This remedy is simple, and within the reach of all. It is a sure and tried

Christmas Cards

they are marked 10 cents each.

This is only one of a thousand and one suggestions which greet you on every side, if you're watching for them. Gay little Japanese prints—done on rice paper, passepartouted in black, with a red border—show a girl in a kimono over the edge—cost but a little more, yet have an element of individuality about them. But, charming as this kind of card (or the inevitable calendar?) is only too apt to lack.

Cards have places, and calendars quite important ones, but it is trying to be fairly moved upon a plain, either one or the other, many little things

give the baby just a little. Now, pastato contains so much starch that it is very difficult for a baby's stomach to digest. It should be given until the baby is at the very least 2 years old. Gruels, broths and soups are easy to digest. But until he is a year old.

Convulsions are often caused by a little too much food. The baby should be allowed to eat from the table. It is much better to keep on the safe side and give him less than to let him eat too much. It is for him and suitable to his special needs.

An 8-month-old baby will usually eat 12 ounces of milk a day. At 10 months, 18 ounces of milk, 8 ounces of oat milk, skimmed from the top of a quart bottle of milk, and a few drops of cod liver oil, twice a day. At one year of age, seven teaspoonfuls of milk, seven of oat milk, and a few drops of cod liver oil, twice a day. A pinch of bicarbonate of soda and a pinch of salt. This should be bottled and given to the baby in a spoon. Give the baby every three hours up to 10 P.M.

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A SIMPLE remedy for the painful cracks that often appear upon the ends of the fingers is suggested by a lady of the day, who says that it is the best thing she has used them all," she replied, "when I spoke of compound tincture of benzoin, I meant the simple one; but there is nothing that gives me so much relief as a cracker poultice. I put a cracker in a mortar and pound it in the morning the soreness is gone, and the crack begins to heal. I have used it for years, just as soon as a crack makes its appearance, and I need not use any other remedy. Some people have cracks come upon the feet, especially the heels, and a cracker poultice will cure them upon these also. In both instances the cracks are caused by dryness of the skin, and the cracker softens the dry flesh around them; upon these hardened places the poultice will act by drawing out the dryness.

This remedy is simple, and a fitting

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