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Why don't *some* flours behave?
Why don't they *keep* good?

Because they contain too much of the
branny particles, too much of the
inferior portions of the wheat—may
be little pieces of the oily germ.

Which *act* on one another—that's why
some flours "work" in the sack.

FIVE ROSES is the purest extract of
Manitoba spring wheat berries.

Free from branny particles and such like.

It will keep *sound*, and *sweet* longer than
necessary.

Keep it in a *dry* place, and when needed
you find it even *healthier*, *souder*,
fresher, *drier* than the day you bought it.

Buy lots of FIVE ROSES.

It keeps.

18

Five Roses Flour

Not Bleached



Not Blended

LAKE OF THE WOODS MILLING COMPANY, LIMITED, MONTREAL

ing it easier to digest. On very hot
days, keep him at the breast a shorter
time, and offer him boiled water that has
been cooled in a nursing bottle.

One whole meal of barley-water may
be substituted if there is any tendency
towards indigestion, and equal parts of
barley-water and mutton broth, if he is
over six months old.

Bottle-fed babies are much harder to
bring through the summer, and quick
action and good judgment are needed on
the part of those in care of them.

Weaken the regular meals by leaving
out an ounce of the regular mixture and
adding an ounce of boiled water. If the
gain in weight seems less than usual each
week, it does not matter so long as there
is no great loss. Always use milk from
a mixed herd of cows, never from one
cow. Even if the food agrees with him,
it is wiser to give one meal of gruel or
broth on an intensely hot day.

The Hygeia nursing bottle, is the best
device we have seen for the purpose of
feeding the infant. It is the invention
of a physician, and is not a bottle, but
a wide, open cell, with nipple made to
resemble in every way, the natural source
of babies' food. Both tip and bottle
may be easily cleansed, doing away with
brush and funnel. These bottles may be
purchased for a small amount at almost
any druggists'. On the surface of the
cylinder is a measuring scale in ounces.
All milk bottles should be thoroughly
cleaned by rinsing first with cold water,
and then washing thoroughly with hot
soap suds; rinse in flowing clean water.
If they are then placed in a rack in a
moderately-hot oven, they will be sterile
and ready for use. Never leave the empty or
half empty bottle standing for any length of
time after the infant has been fed. The
tip should be turned, thoroughly washed,
and left in a cup containing boiled water
in which a small lump of either borax or
baking soda has been dissolved.

Another great help to the mother is the

It Pays The Housewife

to use the best sugar—because
poor sugar means poor cooking.

St. Lawrence Sugar

is the genuine "Montreal Granulated"—absolutely pure,
sparkling crystals of the most inviting appearance.

Ask your grocer for a 20 lb.
bag of ST. LAWRENCE
GRANULATED—also sold
by the barrel and in 100 lb. bags.

The St. Lawrence Sugar Refining Co. Limited

MONTREAL.

32

Thermos bottle. The milk is heated and
poured into the bottle, where it remains
at the desired temperature indefinitely.
This bottle can also be purchased at your
druggists'.

Too much attention cannot be given to
the care of the milk, heating at 167
degrees F. being the only safe plan.

The older child must also be watched
carefully, and care taken that he does
not indulge in unripe or unsound fruit.

Cereals (with the exception of oatmeal,

which is heating), may be given when
well-cooked and daintily-served; eggs only
two or three times a week. A few, not
more than five or six ripe strawberries,
sweet enough to be eaten without sugar,
may be given for breakfast; also a few
perfectly-ripe cherries. When these are
given, watch the results. Add to the
menu dainty slices of well-baked whole-
wheat bread and butter, asparagus well-
cooked in salt and water, and well-boiled
rice nicely seasoned.

Try to please the fancy of the child;
build houses of small pieces of bread and
butter, with here and there a few bits
of fat broiled bacon instead of the
butter.

Wheat should be sparingly used during
very hot weather, milk, eggs and maca-
roni taking its place. Baked potatoes,
rice and tapioca supply the starchy foods.

Avoid the use of sweets, under-ripe
fruit and stale vegetables. The old-
fashioned bread and milk cannot be im-
proved on for a supper dish.

Do not give fresh fruit to children after
dinner; it is much better stewed, and for
a child under five, is preferable that way
even for breakfast.

The habit of drinking cold water is a
good one to cultivate, especially in the
morning and evening.

Serve both water and milk in wine
glasses or fancy cups occasionally, in-
stead of in the usual tumblers or cups,
and you will find the child tempted to
drink when he would otherwise refuse.

The commonest diseases of childhood
during the summer months are diarrhea
and prickly heat.

To prevent diarrhea, feed regularly, and
do not overfeed; keep everything about
the food perfectly clean, and where no
flies are likely to alight on it.

If there are signs of diarrhea, give a
dose of castor oil and stop all milk.
Diarrhea is a poison which milk only
aggravates. Give barley-water and pure
cold water; it is a mistake to stop water.
If not cured in a day, send for a physi-
cian.

Frequent cold sponges in very warm
weather will often prevent prickly heat.

When developed, sponge with either of
the following: Equal parts of vinegar
and water, tepid water with a small
lump of bicarbonate of soda dissolved in
it, or water in which a lump of starch
has been dissolved. You must find out
for yourself which of these agrees best
with your child. After a bath, use the