

EVERYWOMAN'S WORLD SERVICE DEPARTMENT

Borden's EAGLE BRAND

Condensed Milk

Nurse baby if you can, but if mother's milk fails don't experiment with foods. More healthy babies have been raised on Eagle Brand than on all other infant foods combined.

Send for free baby book. Dept. M.

The Borden Co. Limited MONTREAL



"You're Beautiful This Morning"

(Did your husband say that this morning?)

Young wives, young maidens, have you learned the secret of keeping your skin fresh and fair . . .

Has anyone told you of the method of complexion care which is better, safer, more satisfactory than cosmetics . . .

Do you know that a good aperient is the certain key to a beautiful complexion? Have you tried this method of clearing your complexion from within . . .

Nature's Remedy (NR Tablets) a vegetable aperient, acts naturally to clear the skin of blemishes, and preserve a healthful, youthful appearance. It improves the general health and prevents and relieves constipation, headaches and biliousness.

Nature's Remedy does more than a laxative. Take a tablet tonight, and tomorrow notice the improvement, not only in appearance, but with a healthy buoyancy, free from the usual headaches, irritations and nervousness.

All Druggists Sell The Dainty 25c. Box of NR Tablets

Used for over 30 years



Chips off the Old Block

NR JUNIORS — Little NRs One-third of regular dose. Made of same ingredients, then candy coated. For children and adults.

Have you tried them? Send a 2c. stamp for postage on liberal sample in the attractive blue and yellow box. A. H. LEWIS MEDICINE CO., Dept. GW Windsor, Ont.

WE REQUIRE PARTIES TO KNIT

for us at home, either with machinery or by hand; write for information, send postage. The Canadian Wholesale Dis. Co., Dept. S., Orillia, Ont.

IS YOUR BABY HEALTHY

Our Aim is to Help You Keep Him So. Our Specialist Will Tell You How He Should be Fed and Cared For, to Give Him the Best Possible Chance in Life.

All Questions About Your Baby are Answered Promptly by Mail. A few which are of General Interest are Printed in These Columns.

By One of Canada's Leading Child Experts

More Solids Needed.

Q. Will you kindly send diet schedule for a baby 15 months old? She is very healthy, weighed 6½ lbs. at birth and now weighs 25 lbs. She was brought up on the bottle and cow's milk always agreed with her. Since she was 9 months old I have been giving orange juice in the mornings, oatmeal porridge in winter but in summer cream of wheat; bread and butter, arrowroot biscuit, creamed potatoes at noon, milk, and beef juice a few times, though not in hot weather. I also tried fresh eggs, but she does not like them, so I am puzzled to know what else to give if you think she needs more. I give her the bottle at night to get her to sleep easily, but make her drink out of a cup during the day.

A. Your baby has done very well to pull up to 25 lbs. in fifteen months, considering the smallness of her weight at birth. The food you have been giving her is all right, as far as it goes, with one exception—the creamed potato. Potato should not be given to children until they

We should advise you to discontinue the use of the bottle altogether, now, as there is nothing to recommend it, and it only forms a bad habit if she has to go to bed sucking something—besides tending to spoil the shape of her mouth.

A Curious Habit

Q. I wonder if you could help me find some reason for the trouble we are having with our small son, age 16 months. He is strong and healthy, goes to bed at 6-30 p.m. after a supper of cereal, milk and bread and butter. At half-past four or five next morning he wakes with a scream and goes right on screaming until the family gets up at 6-30. This has been going on for 6 months, and we have tried everything from slapping to coaxing. He sleeps on an enclosed porch with his sister of three years.

A. We think you should have your boy examined by a child specialist to see if there is any reason for his curious habit of waking. We have seen similar cases, but could not make any definite

DO YOU KNOW

that, in addition to answering personally any specific question about baby's health, this department provides, for free distribution to members of the Service Institute, the following:—

Breast-feeding schedule for babies up to 9 months of age.

Bottle-feeding schedule for babies up to 9 months of age.

Diet schedules from

10 months to 12 months

12 months to 18 months

18 months to 24 months

24 months to 10 years

Simply send a stamped self-addressed envelope and a coupon and state which schedule you wish to have; it will be sent by return mail. The Mothers' Club letters, containing valuable information on pre-natal care, the confinement, and the proper treatment of the newborn infant, will be gladly sent on

receipt of 25c to cover printing and postage.

If you have not yet sent for the coupon book which entitles you to ask for service 100 times, use the coupon on page 46.



are about 14 months old, and then only with other, more nourishing food. We are always surprised to see how many mothers give potato as the first solid food; there is practically no nourishment in them, and certainly nothing that can benefit a young baby.

You are right in thinking that your child needs more solid food than she has been getting. A schedule has been mailed to you that tells just what may be given during the next three months. If your baby dislikes boiled eggs, try them poached or scrambled, or broken into a cup with some breadcrumbs and a little butter and salt. By the way, as many people do not know the correct way to scramble eggs, let me explain that they should be well beaten in a bowl, and then have added to one egg a tablespoonful of milk and some salt. Put a tablespoonful of butter into a pan; when it bubbles pour in the beaten egg and stir rapidly until it thickens. By lifting the pan up from the direct heat as soon as it begins to "curd", you will be able to keep the contents a soft, creamy mass instead of the indigestible, leathery lumps that pass for scrambled egg in too many kitchens.

pronouncement without a personal examination. Sometimes the presence of adenoids or diseased tonsils causes this kind of trouble, or a too-active brain which results in bad dreams. At the same time, many children get the habit of waking early and refusing to sleep again, though usually their behaviour is different from that of your son—they wake normally or with a fretful cry, and simply continue to cry because they are not taken up. In such a case there is nothing for it but leaving the child severely alone, until he learns that nothing is gained by his noise and fuss; or else thoroughly punishing in such a way that the boy realizes he is beaten.

We would recommend, as measures likely to help in overcoming the trouble, that the child be not allowed to get excited for at least an hour before his bedtime; and that he be given a warm sponge bath before being put into bed. See that the clothing over him is not too heavy or warm—of course, on the porch there would be plenty of air, otherwise this also might be a factor, since the absence of fresh air often induces early morning nightmare.

All sections of the Service Department may be consulted free by subscribers; non-subscribers should send a fee of \$1.00 for each question asked.

Gassy Stomach

Bloating, Belching, Sour Risings, Heartburn, Pressure—Be Sure To Use Stuart's Dyspepsia Tablets

Chew one or two after meals, or any time, and note how the stomach settles down, feels fine, stops gas, acidity, sour risings, belching and such troubles due to indigestion. They neutralize the sour acids, give the stomach an alkaline effect, and you need have no fear to eat whatever you like. Get a 60 cent box today of any druggist. No more drowsiness or heavy feeling after a hearty meal. And you get the benefit of your food in more solid flesh. Most people have a tendency to acid, gassy stomach, just after eating, or drinking coffee, etc. If a Stuart's Dyspepsia Tablet is chewed at this time it neutralizes the acids, your stomach is sweetened, the gas is prevented and you feel good all over. Try it. Remember you can get Stuart's Dyspepsia Tablets anywhere in U. S. and Canada.

What Cities Are These

TEA	ORO	MON	10
	TO		Wrist
HAL	WIN	AL	100
F	P		Fountain
			Pens
			1000
			Other
			Prizes

The above prizes are offered FREE to every person who sends us in a correct answer to the above puzzle and will also sell 24 Frozen Perfumes at 10 cents each among their friends and neighbours. If you are willing to do this for us, send in your solution at once with name and address, and if correct we will send you the perfumes to sell. This is very easy so send right away to

SELFAST SPECIALTY CO. Dept. W. Waterford, Ontario

MOTHER AND BABE

Every Mother Should Have This Book

Tells just what to do the instant baby is sick, before the doctor arrives. Take no chances losing baby. Every year thousands of little children suffer or die because the mother didn't know what to do. 500 pages. Fully illustrated, beautifully bound.



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for information on how to avail yourself of the advantages of Everywoman's World Service Department.

Seven different departments, each under expert supervision, make this service one of the best and most comprehensive to be found in any magazine. Be sure to take advantage of the excellent opportunity which is yours to get expert advice on your knotty problems.