

He is Dr. F. Truby King, President of the Royal New Zealand Society for the Health of Women and Children and founder of the famous Karitane hospitals of that country. Dr. King was received in this city as a man with an important message at a time when the country was about to make a great drive to save the lives of 100,000 babies during the coming year.

New Zealand, in 1907, had a mortality record of only 80 babies per 1,000; this good record, through the work inaugurated by Dr. King, was made even better in 1915, when the rate was reduced to the remarkably low figure of 50 per 1,000. New York City has the lowest death rate for its population of any city in the United States, and is constantly reducing it. Yet, in 1907, the infant death rate in this city was 144 per 1,000 and in 1917 it was still as high as 88 per 1,000.

Dr. King's work, which has aroused the admiration of medical men all over the world, is not confined to any one class of people. Almost invariably public health work is for the very poor, and only the very poor feel that they can take advantage of it without the stigma of receiving charity. Dr. King, when he began his work, interested Lord Plunket, then Governor of New Zealand, and his wife. Lady Plunkett enlisted her friends not only as patrons but beneficiaries of the work. The Karitane Hospital was founded, nurses took graduate courses in the care of children, and mothers' stations were opened in different cities, where mothers could go for advice and take their babies.

There are now some seventy of these stations in New Zealand and there will soon be six of the Karitane hospitals. The peculiarity of these hospitals is that they are not for the very ill; mothers with small complications which may become serious can go to them either before their babies are born or afterward with the babies. They may remain perhaps a day, perhaps two or three days or a week. Their trouble is diagnosed and simple remedies are prescribed.

The society lays great emphasis upon the nursing of the babies. Sometimes, when this seems impossible, the mother goes to the hospital and, with judicious

feeding, rest, care and a little simple treatment the difficulty is overcome and she goes home with the assurance that her baby has a good chance for life and health. And all this is done for rich, poor or women of moderate means, and free of cost. Those who have money can always make donations to the society or become members, but it is primarily a national institution for the benefit of all the people. Through funds and donations it is partly self-supporting, but for every \$5 that the society puts into the work the Government gives \$6.

New York has its stations where mothers can go with their children for aid and advice and to obtain the right modified milk for their babies and its low death rate shows the value of the work, but it only reaches the poorer classes of people.

What our New Zealand women realized was that practically none of them had had adequate practical knowledge and training for motherhood, and that this was not a class question but a universal failing of civilized communities," said Dr. King, when asked for a description of his work. "Our committees were selected to embrace all creeds and classes, to meet on a common ground of motherhood and humanity, with no trace or suggestion of patronage or charity. Our members aimed to acquire accurate information on matters affecting the health of women and children and then to disseminate the knowledge. We have sought above all to make it clear that the first things to be considered are fresh air, sunlight, cleanliness, proper feeding, exercise, rest, sleep and regular habits. When breast feeding is not possible, mothers are taught to modify milk, the proper times to feed the baby, the curse of 'pap-feeding,' the need of dry, hard food for the baby before the end of the first year.

"Going along our streets to-day, what is it that strikes us? As the crowd passes before us, how many youths or adults of either sex could we pick out who would compare favorably, as samples of human perfection, with the beautiful babies who are comparatively common? The vast majority of adults are out of the running altogether.

"I am greatly impressed by the re-

markable reduction on infant mortality during the last few years in New York City and the systematic way in which this whole problem is being treated. It appears to me that the plans are admirably adapted to bringing about the best results under the extremely difficult and complicated conditions which necessarily exist in a city of such enormous size, with its social and racial complexities and vast housing problems.

"In these respects our problem in New Zealand is much simpler, and we have the additional advantage of a less trying climate. I do not mean to suggest that marked climatic variations are prejudicial to fitness or efficiency. Indeed, I think that it is rather the other way. No one would suggest that the severity of the climate of Scotland and Scandinavia, as compared with that of England, has rendered the people of those parts inferior either in body or mind.

"The whole outlook, as regards the health future of any country, is bound up in the problem of training and educating girls to make them fit for motherhood, and capable of caring properly for their babies."

Flour Substitutes

Rye flour, as we all know, is no longer considered a substitute for wheat. But rye and wheat are the only two flours on the market now which produce a sufficient amount of gluten to make a good loaf of bread. Gluten is the elastic substance in flour which holds the gas bubbles caused by fermentation. It stretches the dough when yeast is used in the making of bread. Wheat or rye flour must, therefore, be used to some extent in all yeast breads. Barley, cornmeal, corn flour, rice, rice flour, potatoes, buckwheat, banana flour, or dasheen flour may be substituted for a part of the bread flour called for in the recipe usually followed in the making of wheat bread. However, not more than one-third substitute should be used, and very often one-quarter substitute makes a bread that more strongly appeals to the palate. It is false economy to make a bread that the family will not eat, leaving all pampered appetites out of considera-

tion. Substitute flour can be used in many ways to make delicious cakes, cookies, doughnuts, biscuits and muffins. There is no question, however, that a saving of wheat will result which will be greater in amount if these articles are made of substitute flours than if a loaf of bread is practically wasted by the housekeeper in her efforts to use up the war flour she must buy.

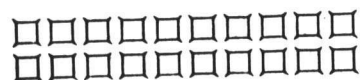
No bread in which substitute flours are used will equal the wheat loaf we are accustomed to, either in color, or flavor or texture. But this statement does not mean that breads made with substitute flours are not good. It simply means that they are different.

Perhaps it would be just as well to do away with the word substitute. It has a psychological effect that hardly gives the substitute a fair chance. Since our mental attitude towards foods in general affects digestion, any word or act that would impair it should be omitted. Let us then eat corn bread, oat bread, barley bread, rice bread, etc., without a thought to any substitution that may have been practiced. These breads will soon be liked for what they are, and not for what they pretend to be.

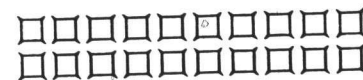
The usual bread recipe reads as follows: 3 cups flour, 1 cup liquid, $\frac{1}{4}$ yeast cake, 1 teaspoonful salt, 1 tablespoon fat, 1 tablespoon sugar.

If substitute flours are used several changes will have to be made in the foregoing recipe. For instance, cornmeal is a heavier medium than wheat flour, and a little more yeast will have to be used, or else the time of fermentation will have to be prolonged. Barley flour absorbs more water than wheat flour and decreases the time of fermentation. Both rye and barley mixtures result in a sourish, sticky mass if the time of fermentation is prolonged. Both rye and barley bread require a slower oven and a longer period of baking.

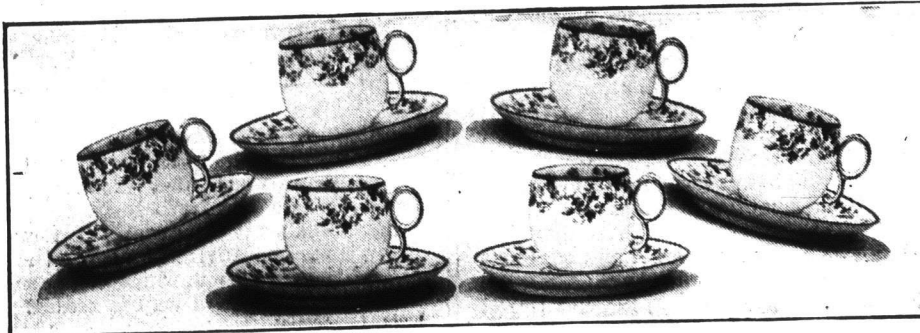
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