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OUR SPECIAL OFFER

The Free Press Prairie Farmer

AND

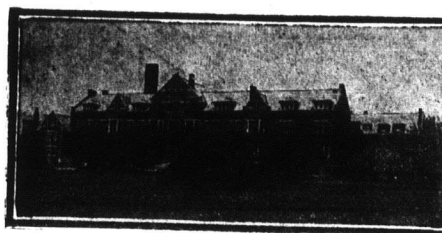
The Western Home Monthly

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Woman and the Home

The New Ship

Oh, the old ship has sailed, love,
That brought us pain and pleasure!
Oh, the old ship has sailed, love,
Full of our tears and treasure!
She sailed away last night, love,
Some other port to win;
Oh, the old ship has sailed, love,
But a new ship is in!

Oh, the old ship has sailed, love,
I watched her late departing,
And heard the midnight chant a song
In sad voice at the starting.
Thro' tears I saw the leaving,
Mid snow and wind and din;
Oh, the old ship has sailed, love,
But a new ship is in!

—Scharmell Iris, "The Woman Beautiful."

How I Raised My Baby

Our June baby was a bouncing baby who weighed fourteen pounds at birth, and at three and a half months weighed this picture was taken, weighed twenty-three pounds. He is now eight years old and in the fourth grade, as big and bonny as he was when a baby. His father often remarked when Alton was a baby, "It's a pity he isn't a commercial food baby instead of being breast-fed for we'd have his picture in all the magazines in the country, showing the advantages of their particular food."

For this "bouncing baby boy's" first toilet there were provided a small woolen blanket, a cake of pure castile soap, an ounce of absorbent cotton, a box of talcum powder, boracic acid

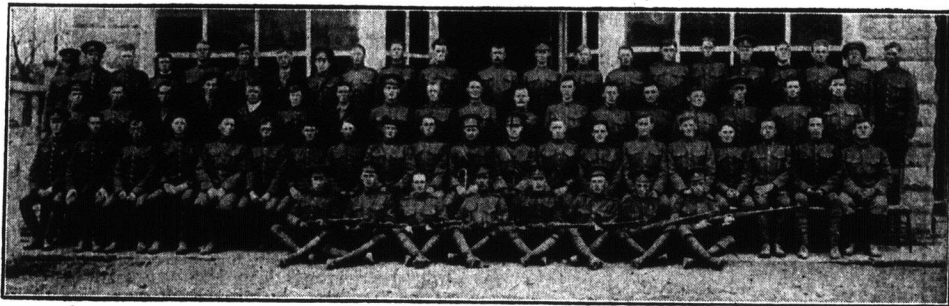
The cereal diluent was made by cooking fifteen minutes one-half to one teaspoon of oatmeal, barley, sago or rice in one-half pint of boiling water, strain and add to it a teaspoon of lime water and a tablespoon of cream and a little taste of sugar. As he approached one year, in addition to his regular milk food, stale bread and milk, cornstarch pudding, well cooked cereal with cream and sugar, crackers, plain cookies and milk, were given him. After the age of one year, till past two, he was allowed soft egg, chicken or beef broth, meat gravy eaten with bread, custard puddings, cooked fruits of all kinds, rejecting skins and seeds, bread and plenty of butter, honey and fruit jelly, plain cookies, but all the time milk was the chief article of diet. He was never given meat but once.

A Lesson

At the age of two years while he was cutting his back teeth he was given a chicken leg with considerable meat on it and a few hours after he went into a severe convulsion. This was a terrifying experience but he was at once placed in a tub of very warm water followed by a large dose of castor oil. Also given a rectal enema of a pint of slightly salted water. Needless to add his diet was restricted and the experience was never repeated.

To Avoid Colds

All his bathing and dressing was done in a warm room. A sponge bath was considered sufficient till he was a month old. He was never allowed to get chilled,



No. 8 Platoon (Gladstone Detachment) who were recruited here during the winter by Lieut. Morton, and who are now at "Camp Hughes." On two inspections they were picked by the Colonel as being the best on parade

powder, safety pins, large and small, a jar of coconut oil, a soft towel, a wool shirt, two cotton squares, a bandage and a wool petticoat and muslin slip.

These were all kept together in a small basket.

Six night gowns of outing flannel, six wool petticoats, six slips, all 24 inches long, cut princess' and open down the front, 3 pair woolen stockings reaching to the knee, one-half dozen woolen bands, four wool long-sleeved shirts; fifty cotton diapers were also provided. These are all necessities, and extras were added in the way of white embroidered skirts and dresses. Fine cloths, however, add nothing to baby's comfort.

Regular Feeding

He was nursed regularly at the breast every two hours at first, later every three hours, twenty minutes at a feeding.

It is important that this habit of regular feeding be impressed from the start, as nothing can add so much to baby's health and mother's comfort. (I know, because I've tried both ways. My oldest boy was nursed whenever he cried, if it was five times an hour. I could always stop him crying for the time being by nursing him, and in my inexperience I knew no other way. He was naturally a strong child, and thrived despite this treatment, but he was the crossiest baby and liked to wear us all out.) If the milk is too rich, as it usually is at first, I would interrupt his feeding and give him a teaspoon or two of plain warm water or lime water. At the age of three months he was given a bottle of cereal diluent in place of one of his regular nursings and at eight months old, two bottles a day. Thus weaning was an unconscious performance. He never knew he was being weaned for gradually the cup and spoon were substituted for the bottle, and there was no wear and tear on mother's or baby's system.

hence the importance of having him wear wool stockings, band and shirt. The sides of his crib were lined to prevent draughts and the large drygoods box, painted gray on the outside, was lined and padded for warmth and to prevent bumps. This box was a source of much satisfaction to us both, for a creeping child means a croupy child oftentimes, to say nothing of the danger and mischief the little one was kept out of while mamma was busy.

Here he had his toys and when older, learned to stand upright by grasping the sides of the box.

Bow Legs Straightened

He walked at the age of eleven months, in spite of his excessive weight and because of it he developed a distressing case of "bow legs." By persistent rubbing his legs on the outside of the curve and also rubbing his back every night and morning with a little warm coconut oil, the ugly curve was obviated and at eighteen months he had as sturdy and straight a pair of legs as any one could wish to see.

Valuable to Remember

It's very hard to "doctor a cold" in a young baby, so prevention is better than cure. The best remedy I used was a little warm vaseline dropped in each nostril and a warm outing flannel (not flannel) night cap for his bald head, worn till his cold was relieved.

I do not suppose it is necessary in this day and age to say "Never give soothing syrups or paregoric." They all contain preparation of opium, cover up real conditions, are detrimental to digestion, to say nothing of the danger of an overdose. I have never allowed it in the house.

Fresh Air and Sunshine

It was my custom to allow my baby to take his daytime naps in his carriage on the porch on sunny days in the winter, and you may be sure he was warmly dressed in coat, cap, leggings,