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Sherlock - Manning Organ Co., Ontario.

ALMA COLLEGE

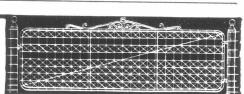
Gives Practical Practical as well as Artistic **EDUCATION**

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They remain staunch and rigid through all kinds of rough usage. The frame is



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\$50,000,00

In prizes for products of the farm, the home and the garden.

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In live-stock premiums. For information and prize lists write:

J. O. ORR, MANAGER, CITY HALL, TORONTO ALL ENTRIES CLOSE AUGUST 15TH



ORCHARD GROVE HEREFORDS

Young bulls and one- and two-year-old heifers, of show-ring quality and most fashionable breeding; thick-fleshed, smooth and even.

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water two or three times daily, two or three ounces from bottle or spoon, they suffer from thirst the same as an older person, and often cry for a drink when the mother thinks they are hungry.

In all cases of illness accompanied by fever, make the food thinner, just making it half the strength; feed the baby as if it were half the age, gradually increasing when the child has recovered. until it is restored to health Watch the stools, and when you see them of uniform thickness and a pale yellow you can be satisfied that digestion is all right, but when stools are hard and white food is not digesting. When they are green the babe has cole

When baby is four months old it needs but six meals during the day, and should be able to shep from 10 p.m. to 6 am without nursing. At nine months it needs five meals a day, and should sheep from 7 pm. to 6 am without

Never give the harby the lastice in the cradle, as it is apt to take it souls.

Never give baby an Indian-rubber comfort"; it teaches them a nasty habit, besides often causing deformity of the roof of the mouth with the constant sucking.

CLEANLINESS.

Cleanliness is a very important part in the feeding process. Use only a bottle with the ounce marks, and nipple fitting right onto it, never use the tube bottles. The best bottles are the graduated boat shaped feeding bottles, with opening at both ends, as the bottle can he placed under the tap and flushed right out without the use of an unsanitary brush. Where bottles are used that are not open a: both ends, use peas, beans, small particles of paper relied up, or even shot, to remove what adheres to the inside of the battle

Food should never be allowed to stand in the bottle to be warmed up for next time. Pour into a covered pytcher and cleanse the mittle at more by dropping a Whet Make a particle or laway or crystal of washing and drows to sensetines stretchine and sold into the bestie of warm water, and the strength and thus the major and hours are intermed with and the dispersive organs upon 1 m. To upon and hold in the curve of the are as when numbers from the breast 1 m. In to tablespoon to a technical water or intermed to the breast 1 m. In to tablespoon to a technical water or intermed to the shake it is and and water to the right water of tablespoon to a technical water or intermed to the shake it. 15 minutes is the usual tree a built dry them canalas and keep in a neat shoold take to draw its food cardboard how. For them every near cardinard hox. It , then every facts, was, a feet the

or fifteen minutes. A good plan is to also in cases of diarrhea. keep the necessary outfit on a small a white enamel tray.

The moment a nipple becomes slimy and worn, throw it away. If a baby gets sprue or has a sore mouth, the nipple being neglected is, as a rule, the cause of it.

DIET FOR BABY.

From the time a baby is six months old it should have 1 or 2 teaspoonfuls of orange juice, one hour before the morning meal. This should be increased a teaspoonful at a time, until at one year it can take two or three ounces. It is good for the blood and bones.

Baby may also safely take prune juice if constipated, barley water, egg water or albumen water in times of sickness, and cracker, also a few spoons beef

The second year baby can have strained patmeal gruel cooked over night, fresh milk, beef juice, white of coddled egg. mutton and chicken broth, and cracker crumbled in broth, potatoes mashed very fine and thinned with cream or butter and milk peach, raspberry or strawberry juice, dry toast, junket, boiled custard. or flaked rice boiled.

Between two and three years a child may begin to eat a chop, a small piece of steak or chicken cut very fine, baked potatoes, green peas and beans mashed very fine, stewed fruits.

RECIPES FOR CHILDREN'S DISHES Beef Auice (Pressed).-1 lb. rare round steak, cut in thick strips. Broil slightly over coals, press the juice out in a emon squeezer or meat-press into a warm cup standing in hot water. This gives 2 to 4 ozs. Add a little salt, and serve by spoon from the warm cup.

Beef Juice (by the cold process)-A more economical way.-1 lb. finely chopped round steak, 6 ozs. water and a pinch of salt; put in a covered jar. let stand in a cold place 5 or 6 hours; strain through cheesecloth, twisting to press all out; warm it slightly. The clear red juice of beefsteak or roast, if clear of fat, is just as good for a child. Never give bottle extract.

Mutton, Chicken, Veal or Beef Broth.-1 pound finely-chopped lean fresh meat and some bone, 1 pint of water and a pinch of salt; put in a saucepan and cook slowly for 3 hours, until reduced to one pint; strain through muslin, cool add salt, and serve with squares of thin dry toast

Cream Broth.-May be made by adding a little cornstarch and 3 ounces of milk to 1 pint of meat broth.

Barley Water.—Take 1 rounded tablespoon of prepared barley flour; mix it perfectly smooth with a little cold water; into this stir slowly a quart of If you retreat, if you pursue, boiling water. Cook for 20 minutes in a double boiler; salt to taste.

Barley Water, Rice Water, Oatmeal Water from the Grain -3 tablespoons of pearl barley; soak over night; place in 2 quarts of water and let boil steadily for 3 hours in a double boiler; add water from time to time. When boiled down to one quart it should be strained and salted. It is then ready for use in diarrhea or severe stomach troubles. H the barley gets too thick, dilute to the thickness of thin mucilage by adding water and heating

Rice and oatmeal water may be made in the same way, without previously soaking the grains

Junket. Warm 1 pint of fresh milk until it is at blood heat of the milk gers too hot junket will not sets, add a pinch of salt, a teaspoon of sugar, a few drops vanilla or named; then see in 1 Jukes tablet or 2 tea peres signal remot dis r stand in a walls . our Torraler with the punket has or while a have be placed in the see how to seem of and very good present

The state of the Market of the State of the

ing in a small saucepan of water for ten a child can retain nothing on its stomach.

Dried Bread.-Thin slices of bread table covered with white oilcloth, or on should be placed in the oven with the door open, and let stand until crisp. This and crisp toast is better than most crackers. It should be used instead or fresh bread for months after a severe attack of gastritis or cholera infantum.

Milk Toast.-Toast two small slices of bread till crisp. Cut the crusts off. Butter the slices and cut in small squares. Pour 1 pint of scalded milk with a pinch of salt over the squares. Feed when the toast is soft. A little cornstarch to slightly thicken it is a pleasant addition.

Never give a baby potato that is undercooked or soggy; it is sure to cause indigestion.

Coddled Egg.-Instead of allowing an egg to boil 3 minutes, put it, with the shell on, in boiling water, and take the saucepan from the fire. Let it stand seven or eight minutes, or until the water is nearly cool. The white is by this process coagulated to a jelly-like substance. The white of coddled egg may be given to a baby or sick child before the yolk can be digested.

Cereals for Children.-Cook oatmeal, hominy, rice and wheat preparation for three hours in a double boiler. Cream of wheat, flaked rice and farina do not need such long cooking. Don't give cereals that require no cooking until the fourth year at the earliest.

Articles of diet to be avoided for young children are ice water, tea, coffcider, wine, beer, soda water, lemonade piecrust, candy, nuts, grapes, cherries, pineapple, cake, celery, cabbage, plumpudding raw vegetables, uncooked cereals, overrup fruit, fried food, such as eggs, meat and potator-

To be continued.

Ballad of Talk.

Oh, if you sleep, or if you wake. And if you smile, or if you sigh, And if you mar, or if you make, And if you sell, or if you buy, And if you praise, or villify, And if you spurn, or if you woo. If you pollute, or purify,-Why, folks will talk, what'er you do

Oh, if you give, or if you take, If truth you tell, or if you lie, If you be saint, if you be rake, If you disgrace, or dignify, If you enrage or pacify. to jelly and remove fat. For use warm. If creeds you preach, or creeds pooh-pooh. If you amuse, or terrify, Why, folks will talk, what'er you do

> Oh, if you build, or if you break, If you be hold, if you be shy, If you be brave, or if you quake, If you be slow, if you be spry, If you admit, if you deny. edity Why, folks will talk, whate'er you do

ENVOY

Oh, be you low, or be you high, If you he false, if you be true, And if you live, and if you die,-Why, folks will talk, what'er you do -Harold Susman, in Life.

What He Doesn't Know.

" My little boy is eight years old, He goes to school each day, He doesn't mind the tasks they set, They seem to him but play. He heads his class at raffia work. And all stakes the lead At making dinky paper boats-But I wish that he could read

"They teach him physiology; And on that challs our hearts To hear our practing innocent. My up his inward parts le also leades astronomy. And the substant by night: the could write

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