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about every four hours, or nearly that. He gained right along until I got the flu, so had to wean him. We got Nestle's Food and a bottle, which he took to without a bit of trouble, in fact, he seemed more content and satisfied than when I nursed him. We fed him Nestle's till he was ten months old, then I changed to cows' milk as he was always constipated and I thought the change might help him. It agreed with him fine and I am still giving him whole milk.

I had a lot of trouble with him being so constipated, although he had plenty of water and orange juice. I found that to put cream in the milk helped a bit; also to take one teaspoonful of flaxseed and pour about half a cup of boiling water on it with a bit of warm sugar and lemon juice. I let it stand till cool and gave it to him from a spoon or bottle, whichever was the easiest for him. That helped fine, also cascara—the plain cascara that is pure. I gave him about a teaspoonful every night for about a month. He never got too loose, although some babies would not need this amount. There again the mother must use her own judgment, but now my baby is fine, hardly ever give him any medicine for that at all. Plenty of fresh water and he eats quite a lot of apple and fruit.

When he was eight months old he got a cold. He caught it from us as we all seemed to get a sore throat and a cold. It settled in the bronchial tubes and he could not breathe. The doctor said to put mustard poultices on but they did not seem to help, then we went back to an old-fashioned remedy



IRWIN D. MYERS

Son of Mr. and Mrs. R. Myers, Bulwer, Sask.

of taking onions, frying them till soft, in goose grease, and put them on (as a poultice) as warm as he could stand them, on his neck and chest and at his feet and I can truly say it saved his life.

We did that two or three times during the day and by night he could breathe all right. He slept then and was soon all right again and I have never seen the least sign of bronchitis. He has only had one little cold in his head since then. He is now seventeen months old. About bathing. I found it so much

easier and nicer to dress and fix him up to lay a pad on the table with a large bath towel on, and when you have him washed lay him on the towel. Have things ready beside you and it is lots the nicest way.

I am sending you a picture of my boy. We call him Irwin. He weighs 27½ pounds, is 29½ inches in height, measures 22 inches in the chest and is walking and running all over the house. He does not say any words, only baby chatter, of course, but he knows nearly everything you tell him to do. He has six teeth but was late in cutting, being thirteen months before the first one showed up, but they never made him sick or cross at all, having come through before we knew anything about them.

When a tiny baby I used to rub him with olive oil quite often. It is very strengthening and the rubbing is good for baby, too.

He never had colic very much, but a wee bit of warm water helps, with a little peppermint sometimes if it is severe. I never rocked him to sleep. I was too busy when he was small, and I have been glad since that I was for he goes to bed so good, never looking to be rocked. He sleeps good at night. I put him to bed about half past six or seven and he generally sleeps through till five or six in the morning. He believes in "early to bed and early to rise" and it seems to be true in his case, for he is as healthy as can be. Well, I am afraid I have taken too much room up in your paper but hope it will help someone. Also to give my boy a chance for the prize baby. Yours sincerely—Mrs. S. R. Myers.

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