

As a rule, the greater the weight of the child, the greater the stomach capacity. The danger lies in the fact of forgetting when the baby cries, under the delusion that the little one is always hungry when it cries and giving it food to "pacify" it. The probability is that the crying is from distress due to the distention of the stomach. Much more trouble would arise from this state of affairs were it not for the fact that nature has so started the infant's stomach that a surplus of irritating materials is more easily thrown off than is the case with older persons.

Letting a tube represent the digestive tract in the infant, the stomach is about the same as if this tube were simply dilated at the point selected for the stomach. Hence, it requires but slight spasmodic movements to eject material.

A large percentage of baby's troubles are owing to indigestion, an important fact to bear in mind.

A Perfect Physical Condition

Health is our most valuable asset. Without health everyone is seriously handicapped in the race for success and happiness. It matters not what the method may be—providing it is a safe, sane and common sense system, that will help us in attaining and maintaining this priceless "beauty" good health.

Bad health is caused by physical and mental stagnation, debased foods and foul air.

Good health is born of activity of both the brain and body cell, pure, natural, wholesome foodstuffs, sunshine and fresh air.

'Tis easy to choose—but it does require vitality, mental and physical, to dig into it until we develop a perfect mental and physical machine.

A gentle and wonderfully stimulating exercise is illustrated by a little girl athlete. Stand facing the wall with the weight of body balanced upon the balls of both feet. Fill lungs full of fresh air and gently push hands, or forearms against the wall. Relax and repeat ten to fifty times daily.

Mental and physical activity means more life and activity; inactivity means stagnation, weakness, disease and decay.

Corns are caused by the pressure of tight boots, but no one need be troubled with them long when so simple a remedy as Holloway's Corn Cure is available.

Delay

By Alice Van Leer Carrick

I thought to do a kindly deed,
Time slipped away too fast,
The deed is still undone, ah, me!
My chance forever past.

I meant to speak a cheering word,
Before that word was said
The idle world walked by, and now
The friend I loved is dead.

When water is drunk with your table rations, it helps to dissolve, to soften, macerate, and to break up the particles, which your indolent teeth bolted. It gathers up the food, washes it, and propels it onward. In solution, the food is more easily absorbed as well as digested.

FIVE ROSES

FOR BREADS, CAKES, PUDDINGS, PASTRIES, ETC.

THE ONLY FLOUR PUBLICLY GUARANTEED — NOT BLEACHED — NOT BLENDED.

When you want to save cooking a big meal — serve Pancakes.
When the appetite balks at meat, and fish becomes distasteful — serve Pancakes, — or Griddle Cakes — or Waffles.
But when you seek real nutrition in pancakes, dainty aroma and flavor, palatable richness and easy digestion — *then*, serve FIVE ROSES pancakes and griddle cakes.
Not only does FIVE ROSES flour bring the wonderful food value so plentifully stored in Manitoba's finest wheat but it

TO SERVE A VARIETY OF PANCAKES

The famous FIVE ROSES Cook Book gives 10 tested recipes and full directions. Also over 240 infallible cake recipes, and fully 50 directions and hints on bread-making. So indispensable to good house-keeping that already over 200,000 women couldn't do without it. To get a copy see panel opposite.

Makes Pancakes Delightful and Digestible

Fried on pan or baked on griddle, no cake can ever disturb the most delicate stomach, *if made from a FIVE ROSES batter.*

Simply because FIVE ROSES is such a sturdy and glutinous flour that it resists the absorption of fat, merely taking enough to brown becomingly with a golden contrast, to crisp with crinkly, curly edges. Serve pancakes *oftener*, since FIVE ROSES renders them so palatable, nutritious, *economical*. And when you become intimate with its wonderful quality and versatility, you will eagerly use FIVE ROSES for *all* your baking.

LAKE OF THE WOOD MILLING CO., LIMITED, WINNIPEG.

TO MAKE GRIDDLE CAKES and WAFFLES

A full chapter on these dainty cakes in the FIVE ROSES Cook Book. Together with notes and details on biscuits, fried cakes, rolls, buns, cookies, biscuits, etc. Do you want a copy of this popular 144-page cooking manual? Then send for the FIVE ROSES Cook Book. Mailed on receipt of 10 two-cent stamps. Address Dept. K.

