

Safe Milk Foods for Baby's Summer Diet

The cow's milk sold in towns and cities is so likely to contain harmful bacteria, particularly in hot weather, that it is recognized as unsafe for Baby unless it has been pasteurized. Yet ordinary pasteurizing makes the curd-forming portions of the milk tough and indigestible for his little stomach.

Allenburg's Foods

are prepared from fresh, clean milk, modified scientifically to the composition of mother's milk, and evaporated to dryness at a heat sufficient to destroy bacteria, but not high enough to lessen its digestibility.

Milk Food No. 1.

is suited to the first three months of baby's life.

Milk Food No. 2.

is just right from three to six months.

Malted Food No. 3.

is what he needs from that time onward until he can take solid food.

Write for Booklet, "Infant Feeding and Management".

The Allen & Hanbury Co. Limited
TORONTO

Woman and the Home

The Lesson

I did not know the sky could be
So very soft, so very blue;
I did not know the land and sea
Could spread so fair before my view,
Until I learned, one cloudless day,
To banish hatred from my heart,
To put my foolish doubts away
And bid my envy to depart.

I did not know how richly I
With priceless gifts had been endowed;
With health and strength, I knew not why
I might be glad and brave and proud,
Until I learned to cease to grieve
Because some other won success,
But strove the harder to achieve
The fair rewards of worthiness.

—S. E. Kiser.

Washing in Starch

Have you not often noticed when you wash your light dress of lawn, organdy or dimity that the color changes somewhat, even though it may not fade, or wash out, or run? The alteration can easily be detected on comparing the washed dress with the left-over pieces in your mending bag. Sometimes alteration in color is so great that the ribbons that you used for trimming or for accessories, and that perfectly matched the dress when it was new, are entirely out of key with it after it has been washed.

The change in color is due to the action of the alkali in the soap on the materials used for dyeing the goods. No matter how fine the soap you use, the color will be more or less affected. In this difficulty, as in all other household difficulties, there is a way out. Wash your delicate colored things in starch.

As a first step in the process, make a very stiff starch, using one-half cupful of starch to two quarts of boiling water. Add four quarts of cold water and strain. The mixture will now be lukewarm.

Wash your delicate garments in this just as you would in soap-suds, kneading them well in the mixture, and even, if necessary, rubbing the more soiled parts gently.

For the second step make a starch of medium stiffness, using a quarter of a cupful of starch to two quarts of boiling water, and add four quarts cold water as before. Subject the garment to a second washing in this mixture. This second step may be omitted if the garments are but slightly soiled.

As a third step, rinse the garments thoroughly in an abundance of cold water, changing the water two or three times, and swishing the things about as if it were necessary to get every particle of the starch out. Do not be afraid; the starch will not all come out; and after drying in the shade and ironing, the dresses will be delicately crisp, the color will be uninjured, and they will have exactly the finish of new goods. No other method of washing—even where there is no necessity for preserving the color—will give so perfect a finish, after ironing, as will this method of washing in starch.

Very much soiled garments require twice the quantity of starch in the first step of the process, but thin lawns and organdies are seldom sufficiently soiled to require so much as that.

Heavier shirt-waists and colored cottons—especially pinks, violets or greens,—which are likely to change tint in the washing, must never be soaked, boiled, rubbed with soap, or touched by washing fluids. These garments can be successfully washed in starch if you care to take so much trouble.

There are simple fixatives by which many delicate shades may be made permanent. For all shades of mauve, heliotrope or violet, immerse your shirt-waist in a mixture of turpentine and water, in the proportion of one to three. Let it stand an hour or two, then wring, allow it to become perfectly dry, and wash as usual. For green, use two ounces of alum in a gallon of water, and proceed in the same way. For pink, use two tablespoonfuls of vinegar to a quart of water. These fixatives can be applied before you make up your goods, or after the garments have been made and worn. They will not insure against changes caused by sunlight, but they will against those due to soap.

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