

## BRIDGES' COLLAPSE RECORDED IN DIARY

The Natural History Society has been again enriched by contributions of the Misses Patton, Spring street, this time in the form of the personal belongings of Elizabeth Innis, who was born in 1786 and lived to an old age in this city. The most interesting part of the gift is a sort of diary kept very systematically by the lady. It is many items which bear on the history of the city, and of several old families who have lived here.

Besides the diary are such things as personal adornment, as silk bonnets, black muffs, a silk shawl, a calico gown, a two-pronged fork and small trunk and a book of common prayer.

Miss Innis was the daughter of Sergeant Innis, of the Garrison on Fort Howe previous to the coming of the Loyalists. He was a younger son of the Duke of Roxburgh, of Scotland. In her diary are notes on the con-

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firmations in St. Luke's church, Port-  
land, on Nov. 1, 1840, and on the ar-  
rival of the first Lord Bishop of New  
Brunswick from England at St. John  
John Medley, on June 8, 1845.

Among the deaths she has listed the  
following: "Killed in action with the  
Sikhs on Nov. 22, 1848, at the River  
Chenal, Capt. John Foster Fitzgerald

of Her Majesty's 14th Light Dra-  
goons. He was the grandson of the  
late Hon. William Hazen of this place."

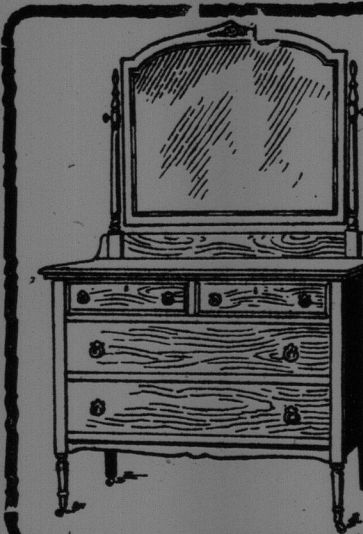
Other items are: "The bridge below  
the Falls that crossed from Portland

to Carleton, fell on August 8, 1837, at  
9 o'clock in the morning, killing seven  
men. Seven others were very much  
hurt by the fall of it.

"The Suspension bridge fell on

Wednesday, March 24, 1858, at 7 o'clock  
in the evening."

"A balloon went up in St. John on  
August 10, 1840, at 5 o'clock in the  
afternoon."



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## The Borden Co. Limited

# That the Canadian Mother May Have Quick and Ready Information On Feeding Her Child —BORDEN'S EAGLE BRAND MILK—

In the following charts and data we provide the Canadian mother with the necessary information she may require for the use of Borden's Eagle Brand Milk for her child. You will note that the directions provide for a child from three days of age through until the child is 24 months old.

In addition to the directions for feeding Borden's Eagle Brand Milk, the mother should read carefully the suggestions which should be adopted in connection with the use of Borden's Eagle Brand Milk. The Borden Company Limited is proud of the fact that it has been helpful in the raising of many, many Canadian infants into sturdy boys and girls and men and women who are a credit to their country. For further information, do not hesitate to write direct to The Borden Company Limited—Montreal.

## TABLE OF DILUTION STRENGTH AND TIMES OF FEEDING "EAGLE BRAND" CONDENSED MILK

AGE	Hours Between Feedings	Feedings During the Night	Quantity At each Feeding	Quantity Fed in 24 Hours	Teaspoonfuls of "EAGLE BRAND" to ounces of boiled water	Feedings in 24 Hours
3 to 7 Days	2	2	1 to 1½ ozs.	10 to 15 ozs.	1 teaspoonful "EAGLE BRAND" to 1½ ounces water	10
2 to 3 weeks	2	2	1½ to 2 ozs.	15 to 30 ozs.	1 teaspoonful "EAGLE BRAND" to 2 ounces water	10
4 to 5 weeks	2	1	2½ to 3½ ozs.	22 to 32 ozs.	2½ teaspoonfuls "EAGLE BRAND" to 4 ounces water	9
6 weeks to 3 months	2½	1	3 to 4½ ozs.	24 to 36 ozs.	3 teaspoonfuls "EAGLE BRAND" to 4 ounces water	8
3 to 5 months	3	1	4 to 5½ ozs.	28 to 38 ozs.	4 teaspoonfuls "EAGLE BRAND" to 5 ounces water	7
5 to 9 months	3	0	5 to 7 ozs.	30 to 42 ozs.	5 teaspoonfuls "EAGLE BRAND" to 6 ounces water	6
9 to 12 Months	3½	0	7 to 9 ozs.	35 to 45 ozs.	6 teaspoonfuls "EAGLE BRAND" to 7 ounces water	5

IMPORTANT—In preparing feeding mixtures it is imperative that all utensils, bottles, nipples, etc., should be sterilized in boiling water before using. Use a dry spoon in removing contents from the can, and in measuring be careful to pour from the can to spoon, allowing the milk to level itself. Repeat this procedure with every spoonful measured, using the same spoon every time. This will insure accurate measurement and produce the best results.

## DIET FOR CHILD DURING THE SECOND YEAR

Usually after the twelfth month, the mother should select a diet schedule. Every new article of food should be carefully prepared, and given at first in very small quantities. All meals are to be given regularly, with nothing between meals. With many children this expansion of the diet list is attended with considerable difficulty. They are thoroughly satisfied with milk, and refuse all other form of nourishment. In such cases, withhold the milk until the more solid articles of food have been eaten. If both are given at the same time, the child will prefer the milk and when he has finished drinking it he will refuse the solid food. The following diet schedule will permit the mother to select a suitable meal from the foods listed. It is never advisable to make a change in diet during very hot weather.

NOTE: One teaspoonful of EAGLE BRAND CONDENSED MILK added to one ounce of boiled water results in a mixture equivalent in nutritive value to whole milk. Whenever the word milk appears in the following diet, EAGLE BRAND should be diluted accordingly.

### 12th to 15th MONTH—FIVE MEALS DAILY

7 A.M.—Oatmeal, barley, or wheat jelly, one to two tablespoonfuls in 6 or 8 ounces of milk. Stale bread and butter, or rusk or butter.

9 A.M.—The juice of one orange.

11 A.M.—Scraped rare beef, one to three tablespoonfuls, mixed with equal quantity of bread and moistened with beef-juce. Or a soft-boiled egg mixed with stale bread-crumbs; a piece of rusk and 6 or 8 ounces of milk.

3 P.M.—Beef, chicken, or mutton broth, with rice or stale bread broken into the broth. Six ounces of milk, if wanted. Stale bread and butter or rusk and butter. Many children at the above age will take and digest apple-sauce and prune pulp; when these are given, milk should be omitted.

6 P.M.—Two tablespoonfuls of cereal jelly in 8 ounces of milk; a piece of rusk. Stale bread and butter.

10 P.M.—A tablespoonful of cereal jelly in 8 ounces of milk.

### 15th to 18th MONTH—FOUR MEALS DAILY

7 A.M.—Oatmeal, hominy, cornmeal, each cooked three hours in water before they are used. When the cooking is completed the cereal should be of the consistency of a thin paste. This is strained through a colander, which upon cooling will form a mass of jelly-like consistency. Of this give two or three tablespoonfuls, served with milk. 8 or 10 ounces of milk as a drink. Toast.

9 A.M.—The juice of one orange.

11 A.M.—A soft-boiled egg mixed with stale bread-crumbs, or one tablespoonful of scraped beef mixed with stale bread-crumbs and moistened with beef-juce. A drink of milk. Rusk or bran biscuit, or stale bread and butter.

3 P.M.—Mutton, chicken, or beef broth, with rice or junket or with stale bread broken in the broth. Custard, corn-starch, plain rice pudding, junket, stewed prunes, baked apple or apple sauce.

6 P.M.—Farina, cream of wheat, wheatena (cooked two hours). Give from one to three tablespoonfuls, served with milk. A drink of milk. Rusk or stale bread and butter.

### 18th to 24th MONTH—FOUR MEALS DAILY

7 A.M.—Cornmeal, oatmeal, hominy (prepared as in the above schedule). Serve with milk, or with butter and salt. A soft-boiled egg every two or three days. Hashed chicken on toast occasionally. A drink of milk. Bran biscuit and butter, or stale bread and butter.

9 A.M.—The juice of one orange.

11 A.M.—Rare beef minced or scraped; the heart of a lamb chop, finely cut. Chicken. Spinach, asparagus tips, squash, strained stewed tomatoes, stewed carrots, mashed cauliflower. Baked apple or apple-sauce. Stale bread and butter. After the twenty-first month, baked potatoes and well-cooked strained beans.

3 P.M.—Chicken, beef or mutton broth, with rice or with stale bread broken into the broth. Custard, corn-starch, or plain rice pudding, junket, stewed prunes. Bran biscuit and butter or stale bread and butter.

6 P.M.—Farina, cream of wheat, wheatena (each cooked two hours). Give one to three tablespoonfuls, served with milk, or with butter and salt. A drink of milk. Rusk or stale bread and butter.

The following suggestions have proved to be helpful when properly used with bottle feedings, and they may be used in conjunction with Eagle Brand Condensed Milk.

Always pour the milk from the can into the spoon—allowing it to level itself but not run over. You can readily understand that by dipping the spoon into the can you get more than a level spoonful, because of the milk that would adhere to the bottom of the spoon. This is important. When you have added the milk to the water stir thoroughly. After opening, it is safe to leave the milk in the original can.

### ORANGE JUICE

When baby is four months old, give one teaspoonful of strained orange juice, diluted with equal quantity of boiled water, once daily before feeding time. Gradually increase the amount until you are giving the strained juice of a half of an orange undiluted, once daily before feeding time. Orange juice may be continued until child is old enough to eat other fruits as well as oranges.

### OATMEAL JELLY

When baby is five months old, add one teaspoonful of oatmeal jelly to each feeding. Gradually increase the amount until you are adding three tablespoonfuls of oatmeal jelly to each feeding. To make oatmeal jelly add four ounces of oatmeal to one pint of water; boil for three hours in a double boiler, and add enough water so when cooking is completed a thin paste will be formed. This while hot is forced through a strainer to remove coarser particles. When cold a semi-mass will be formed. Oatmeal jelly may be continued until child is old enough to eat well cooked whole cereals.

### CONSTIPATION

Oatmeal water very often relieves this condition. To make oatmeal water add one heaping tablespoonful of oatmeal to one pint of water, and boil for three hours in a double boiler. This will make a little more than half a pint of thick gruel to which add one pint of water that has been boiled. After straining mixture through fine strainer, you should have a little more than a pint of whitish liquid. This should be used with each feeding instead of the plain boiled water. If you find that this makes bowels too loose, dilute oatmeal water with plain boiled water. Barley or rice water may be used instead of oatmeal water. If necessary two to three drops of plain cod liver oil may be given twice daily added to the morning and night feedings.

### DIARRHEA

Give nothing but plain boiled water for twenty-four hours. Then start feeding with barley water, or rice water, to which has been added a little salt to improve the taste. If these feedings are retained, and bowel movements lessened, small amounts of very weak regular feedings may be started and gradually increased according to baby's condition. If your baby does not improve after trying the above suggestions, consult your doctor at once.

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Dance and orchestra at Morrisdale  
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75 men's suits \$11.95 up, at Hart's,  
14 Charlotte street. 7-14

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Roller skating. Band tonight, ad. 10c.

Just arrived, Maroc wavers. Jones  
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Special sale tonight, sox, braces, ties,  
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at Bassen's, Cor. Union and Sydney  
streets. 7-14

WEEK END SPECIALS.  
Ladies' \$2 waists for \$1.40 at Bas-  
sen's, Cor. Union and Sydney streets.  
7-14

100 boys suits \$3.46 up at Hart's, 14  
Charlotte St. 7-14

Ladies' gingham street dresses for  
\$1.40 at Bassen's, Cor. Union and Syd-  
ney streets. 7-14

Arena. Roller skating every after-  
noon and night, ad. 10c. Instructors  
to teach you. Skates to hire after-  
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Ladies' knitted dresses, reg. \$12.50,  
now on sale for \$7.50 at Bassen's, Cor.  
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FAIRVILLE SCHOOL MEETING.  
The annual meeting, School District  
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2 lbs. Canadian Cheese ..... 50c

3 Cans PEAS ..... 50c

3 Cans CORN ..... 50c

3 Cans SOUP (Campbell's) ..... 50c

5 lbs. OATMEAL ..... 25c

PERFECT BAKING POWDER ..... 32c

### EXTRA SPECIAL

Cooking Butter 20c 3 lb. Tub Lard for 55c.

BULK COFFEE 50c SPECIAL PRICES COOKED ON BERRIES HAM LOAF 35c

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2 pkgs. Corn Flakes ..... 25c

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2 lb. Pulverized Sugar ..... 25c

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5 Rolls Toilet Paper ..... \$1.05

3 lbs. Fine Rice ..... 25c

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11 lbs. Fine Granulated Sugar ..... \$1.00

98 lb. Bag Rinswood ..... \$3.75

98 lb. Bag Cream of The West or  
Good Mixed Cakes, lb. .... \$2.00

24 lb. Bag Cream of The West or  
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24 lb. Bag Cream of The West or  
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Dairy Butter, 31c lb., 3 lbs  
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4 Tins Brunswick Sardines 25c

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1-2 lb. Tin Best Lobster ..... 35c

Corn Beef, tin ..... 22c

3 Tins Devilled Ham ..... 25c

2 Large Tins Carnation Milk  
27c

4 Small Tins Carnation Milk

3 pkgs. Shaker Salt ..... 25c

4 Bags Table Salt ..... 25c

5 lbs. New Onions ..... 25c

Quaker Corn Flakes, pkg. .... 10c

3 pkgs. Soap Flakes ..... 25c

4 Cakes Sunlight Soap ..... 25c

4 Cakes Napha Soap ..... 25c

10 Cakes Castile Soap ..... 25c

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4 lb. Tin Pure Fruit Jam ..... 44c

3 Tins Tomato Sauce ..... 25c</