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rouble to come in after years

rouble to come in after years. d is a very simple proposition add have simple proposition add have simple food at reg-crvals. You cannot show your r children by shoving a con-ation of indigestible stuff at all the time; you are merely g your own thoughtlessness, the child's 'njury. my nursing work I have seen youngsters who lived on milk he age of three. This, however, be a very difficult thing in most holds where the little ones insist ting at the table with "Daddy." t milk is the ideal food for them. issible, milk should constitute al-the sole food the first year. Then 'foods may be added to the diet, iy, and with the exercise of good ment as to combinations. I the second year boiled or poach-eggs may be given. Plain corn-ch puddings are good. Good bread butter is fine if the little one will w it well. Meat should not be fed, it does no harm to give the child siece of tough meat that can be wed but not swallowed. Meat thes are good. A raw apple, scrap-fine, is excellent. Baked apples are id if not loaded with sugar. An ex-lent evening meal is well toasted ne-made bread softened in warm t boiled) milk. After the second year the child may.

ot boiled) milk. After the second year the child may a wider variety of food but indi-duble mixtures should be avoided care is taken first to satisfy the ager with plain, nourishing food, n a little dissipation in the way of in a fiftle dissipation in the way of ac or candy may be indulged in asionally. But do not "stuff" the le ones. Let the motto be: "Plain, urishing food at regular times."

Home.

Home. have not seen them, but I know orchards cool the apples grow; d every Bartlet beauty bears burden rich of ripening pears. would I were a vagrant bee some dear, well-remembered tree.

ave not heard them but I ken w sound the songs of thrush and

d mocking tirds their voices raise matin hymn and vesper praise, ould I could put my tasks away id list their songs again to-day.

forest, mountain side and eld, stream, ere daisies nod and willows dream.

shaded lane, a farmhouse old, dcorway bright with sunset gold. est am I still where'er I roam, cause I still can call them home.

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Take Care of Its Trees.

Take Care of its frees. The Hydro-Electric Commission and Parks Department of the City of Thomas have placed the trimming the trees on the streets where hyd-wires are strung under the superin-dency of the Horticultural Society. e St. Thomas Horticultural Soviety ve as their chief plantsman, Mr. R. Smith, formerly superintendent of ks of London, who is an expert ig this line. The trimming is be-done in a sane manner. That part g this line. The trimming is be-done in a same manner. That part he work on the tree that it is ssary to remove to protect the s is paid for by he Hydro Com-ion, and the balance of the work ake the tree symmetrical is paid by the City Council. The snirit

Make your light food nourishing

4 NOV/20

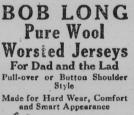
Put a spoonful of Bov-ril into your soups, stews and pies. It will give them a delicious new savouriness, and you will be able to get all the nourishment you require without making a heavy meal.



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Good Advice.

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Keep inflammable material away from stoves, stove pipes and gas jets.

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ft to tell my tune by, ch.

anyway. Harry I can see the money, and I'll help It certainly takes less."

he lunen an homes of refragment yet arty welcome in the humbles home cup, at each meal, by 365 days, comes considerable

because the



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