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ouble to come in after years.  
d is a very simple proposition  
ould have simple food at reg-  
ervals. 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 injury.  
ny 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  
ating at the table with "Daddy."  
t milk is the ideal food for them.  
ossible, milk should constitute al-  
the sole food the first year. Then  
e foods may be added to the diet,  
ly, 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  
piece of tough meat that can be  
wed but not swallowed. Meat  
ths are good. A raw apple, scrap-  
fine, is excellent. Baked apples are  
ed if not leaved 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  
a wider variety of food but indis-  
tible mixtures should be avoided.  
care is taken first to satisfy the  
nger with plain, nourishing food.  
n a little dissipation in the way of  
ce or candy may be indulged in  
asionally. But do not "stuff" the  
le ones. Let the motto be: "Plain,  
rishing food at regular times."

**Home.**

ave not seen them, but I know  
orchards cool the apples grow;  
d every Bartlet beauty bears  
burden rich of ripening pears.  
ould I were a vagrant bee  
some dear, well-remembered tree.  
ave not heard them but I ken  
w sound the songs of thrush and  
wren,  
d mocking birds their voices raise  
matin hymn and vesper praise.  
ould I could put my tasks away  
d list their songs again to-day.  
eld, forest, mountain side and  
stream,  
ere daisies nod and willows dream.  
shaded lane, a farmhouse oid,  
doorway bright with sunset gold.  
est am I still where'er I roam,  
eause I still can call them home.

**BUY "DIAMOND DYES"  
DON'T RISK MATERIAL**

Each package of "Diamond Dyes" con-  
tains directions so simple that any  
man can dye any material without  
bleaching, fading or running. Druggists  
and color card—Take no other dye!

**Take Care of Its Trees.**

The Hydro-Electric Commission and  
the Parks Department of the City of  
St. Thomas have placed the trimming  
of the trees on the streets where hy-  
drewires are strung under the superin-  
tendency of the Horticultural Society.  
The St. Thomas Horticultural Society  
have as their chief plantsman, Mr. R.  
Smith, formerly superintendent of  
parks of London, who is an expert  
in this line. The trimming is be-  
ing done in a sane manner. That part  
of the work on the tree that it is  
necessary to remove to protect the  
wires is paid for by the Hydro Com-  
mission, and the balance of the work  
to make the tree symmetrical is paid  
for by the City Council. The spirit

**Make your  
light food  
nourishing**

Put a spoonful of Bovril 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.

**BOVRIL**

**COARSE SALT  
LAND SALT**  
Bulk Carlots  
TORONTO SALT WORKS  
C. J. CLIFF TORONTO

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Absolutely moth-proof and wonder-  
fully handsome pieces of furniture.  
Direct from manufacturer to you.  
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You want him good and healthy,  
You want him big and strong,  
Then give him a pure wool jersey,  
Made by his friend Bob Long.  
Let him romp with all his vigor,  
He's the best boy in the land,  
And he'll always be bright and  
smiling,  
If he wears a Bob Long Brand.  
—Bob Long

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Made for Hard Wear, Comfort  
and Smart Appearance  
**R. G. LONG & CO., Limited**  
Winnipeg TORONTO Montreal  
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Known from Coast to Coast

**Good Advice.**

Pour the oil of encouragement on  
the wheels of progress and watch 'em  
whirl; but don't pour coal oil on a fire  
to light or quicken it. It may cost  
you your life.  
Keep inflammable material away  
from stoves, stove pipes and gas jets.

Minard's Liniment For Burns, Etc.

Safety is the aim of new gas hose  
connections, which are screwed into  
all sockets, the operation of turning  
them turning on the gas, while re-  
moving them stops the flow.



...ff to tell my fortune by, eh,  
...anyway. Harry I can see  
...ke the money, and I'll help  
... It certainly takes less."  
...the linen in homes of refinement you  
...ary welcome in the humblest home,  
...cup at each meal, by 365 days,  
...comes considerable

because it's  
**me!**

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