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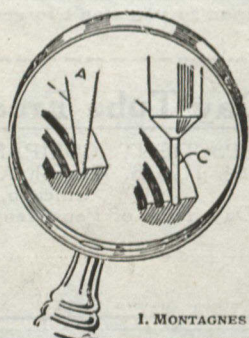
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NEARLY ALL SONORA MODELS ARE MADE IN CANADA

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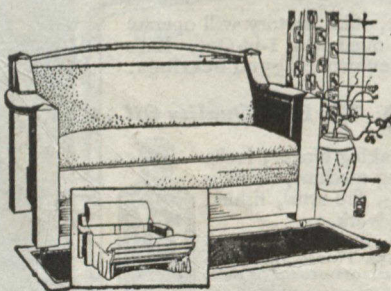
Figure "A"—Ordinary Steel Needle fitting record groove. It is quite logical that the ordinary needle becomes of larger diameter at the engagement point as the needle wears down (owing to its taper form) and thus tends to wear off the edges of the groove of the record.

Figure "C"—Sonora semi-permanent needle, with parallel sides, which fits the record groove accurately always while wearing, and prolongs life of record.

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The Proper Feeding of Babies--- Artificial Feeding

IN OUR last two articles, the importance of breast feeding, and the proper method of breast feeding have been the subjects of discussion. The importance of a weighing scale for determining the exact amount of breast milk the baby is receiving at a feeding was emphasized. One can likewise see how much the baby gains each week and so guard against the baby gaining too much or too little—which together constitutes about 75 per cent. of the troubles of the breast-fed child. If one can keep the baby just at the point where it is just getting sufficient food to grow normally, no trouble arises and the mother has a happy baby. But if the baby is receiving too much or too little, it becomes a very uncomfortable patient—causing untold trouble to those about him.

If this condition be not recognized and corrected at once, the weaning of

Make up your mind during the prenatal period that you are going to nurse your baby. When the baby comes, care for it properly, feeding it intelligently, and wean before nine months only on the advice of your physician.

Artificial Feeding

BY ARTIFICIAL feeding is meant using a food other than breast milk. Sometimes one says "bottle feeding." If bottle feeding is to be resorted to, use the right food and the right method. In breast feeding, as pointed out, the two chief difficulties depend upon the amount of food given. Here many factors enter into the question and it will be the writer's purpose to make you see the advantage and disadvantage of different foods, etc. The principles laid down here are those used in the best children's hospitals. We have no

BREAST FEEDING SCHEDULE

Baby's Weight	Feeding Interval	Amount Each Nursing	Times
6 pounds	3 hours	2 ozs.	6 a.m., 9 a.m., 12 noon, 3 p.m., 6 p.m., 9 p.m., 12 midnight.
7 "	"	2 1/3 "	" " "
8 "	"	2 2/3 "	" " "
9 "	"	3 "	" " "
10 "	4 hours	4 1/2 oz.	6 a.m., 10 a.m., 2 p.m., 6 p.m., 10 p.m.
11 "	"	5 "	" " "
12 "	"	5 1/2 "	" " "
13 "	"	6 "	" " "
14 "	"	6 1/4 "	" " "
15 "	"	6 1/2 "	" " "
16 "	"	6 3/4 "	" " "
17 "	"	7 "	" " "
18 "	"	7 1/8 "	" " "

To be used to check up feeding by weighing scale.

the baby is a rapid sequence, the parents thinking that the mother's milk is not agreeing with the baby whereas the fault lies really in the quantity of milk the baby is receiving.

In the writer's experience, the mother's milk practically always agrees with the baby. Seldom do we examine a breast milk now, unless it be to estimate the quantity of fat present.

It is well known now that the feeding troubles in nursing infants are in quantity and not quality. Give the baby the correct amount of any normal mother's milk and that child will grow and be happy. So buy a scale and, following along the instructions laid down previously, see that your infant is getting just the proper amount for its weight. For the benefit of those who missed this particular information, the amounts are repeated above. Cut it out and keep it handy for reference.

It is hoped the writer will be pardoned for harping about the apparently innocent practice of early weaning of infants. Mothers should only wean their baby after thoroughly trying all the measures laid down previously for maintenance of breast feeding. Early weaning of babies is a cause of many thousands of infant deaths each year.

Half the infants dying the first year of life die during the first six weeks after birth. If all the infants were breast-fed, this high mortality would be very considerably reduced. The breast-fed infant has twice the chance of surviving that the bottle-fed infant has. Give your baby that advantage.

axe to grind. At the request of the Editor of EVERYWOMAN'S WORLD, the writer is trying to convey to every mother the best and most up-to-date teaching on these subjects, having in view the saving of infant life and the building up of robust children. This being the case, it will be understood that anything which may be said against certain foods, is said, not for our benefit but for yours. The market is fairly flooded with patented foods. Every paper one reads has an advertisement for one or more of them. The posters show what look to be healthy babies which have been raised on such and such a food. Even during the first few days after confinement, the mother receives booklets advising certain foods. Through this paper, the writer wishes to protest against this vicious practice, which, in the very beginning, tends to take the mother's mind and attention from breast-feeding her infant and concentrating it on some food which is lauded to the skies by the ones who want to sell it. Surely such an action in itself should suffice to warn any thinking mother against any food which is put forth as a substitute for breast milk—the food *par excellence*. So, we advise against all so-called patented or proprietary goods and advise in their place a properly prepared milk mixture (i.e., cow's milk, water and some form of sugar).

Mothers should not use patented foods: 1st. Because they contain too much carbo-hydrate (either sugar or

(Continued on page 57)

DIAGRAM SHOWING YEAR'S DEATH RATE FROM DIARRHOEA IN A CERTAIN DISTRICT

