# NEWS OF SPECIAL INTEREST TO WOMENO

## **OUTINGS PLANNED** FOR SICK BABIES

Child Hygiene Department Busy With Means to Check Infant Mortality.

In view of the increase of infant mortality, a movement is now on foot, under the instructions of the department of child hygiene, to give sickly babies born in the congested parts of the city an opportunity of gaining health and strength. The "Well Baby Clinics," which have already brought splendid results, in a number of the large American cities, have been started in Toronto, there now being ten branches.

ed in Toronto, there now being ten-branches.

Pure air and pure milk are natur-ally the essentials to attain the best results in this immense undertaking. Accordingly, arrangements have been made by which milk will be furnished from the pasteurized plant of the Hos-pital for Sick Children, and Lol Sol-man, president of the Toronto Ferry Co., has donated the Island Queen to the cause.

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Between the hours of 2 and 6 each day 200 sickly babies and their mothers will be carried on the Island Queen to cool shady spots on the bay and out into the cool breezes of Lake Ontario, where these little creatures will have the opportunity of breathing all the clean fresh air they need. It is understood that the ferryboat will ply to and from on its mission every day in the week except Saturday. The work of arranging the trips will be done by the Well Baby Clinics of the city.



Theodore Van Flect

along the street They're sure to throw



### VACATIONING AT HOME

HESE are days when many of us are flitting to camp and seashore but many of us must stay at home tied down to the regular grind For such of us it is still possible to get some vacation joys by deciding to camp out at home and to run our household as much as possible like a suppose season.

ciding to camp out at home and to run our household as much as possible like a summer camp.

Why is it that it takes us only half an hour to do the necessary cleaning in camp or bungalow? Why is it that the odious cooking of three square meals is reduced to almost nothing in a summer cottage? Why is it that the laundry question vanishes to a point in the sensible vacation camp?

Just because when we go to cottage or bungalow we are willing to lead the simple life in truth. But why is it necessary to go to some other place, to some other setting, to lead the simple life? Why not let us vacation at home just as well as elsewhere? To de this we must first simplify the furnishings, lay away useless ornaments and remove every heavy hanging that will keep the house from easy care. Then let us simplify our home meals and not try on hot summer days to copy the more elaborate dinners of the winter season.

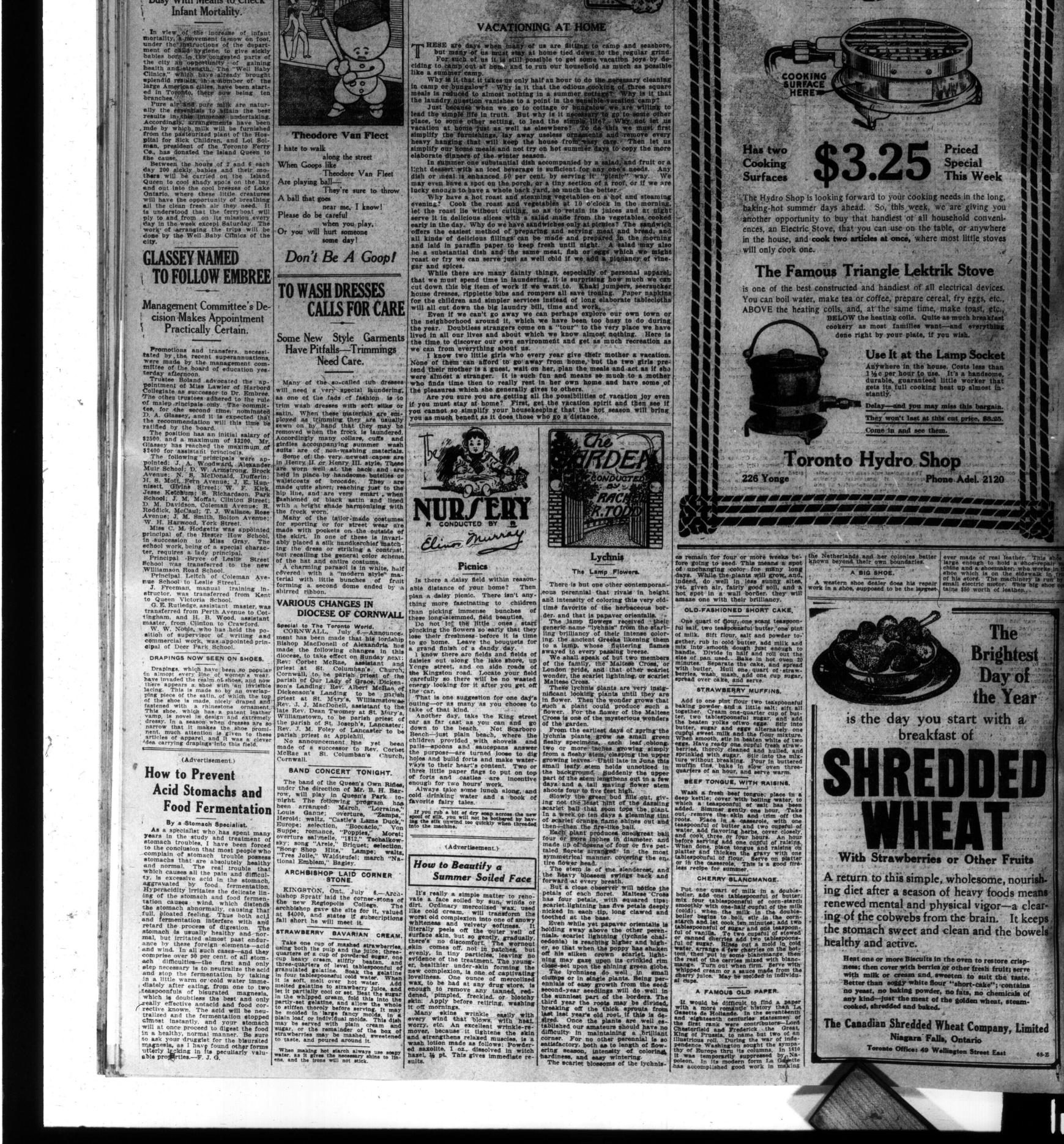
In summer one substantial dish accompanied by a salad, and fruit or a light dessert with an iced beverage is sufficient for any one's needs. Any dish or meal is enhanced 50 per cent, by serving it "plente" way. We may even have a spot on the porch, or a tiny section of a roof, or if we are lucky enough to have a whole back yard, so much the better.

Why have a hot roast and steaming vegetables on a hot and steaming evening? Cook the roast and vegetables at 10 o'clock in the morning, let the roast lie without cutting, so as to retain its juices and at night serve it in delicious slices with a salad made from the vegetables cooked early in the day. Why do we have sandwiches only at picuics? The sandwich offers the easiest method of preparing and serving meat and bread, and all kinds of delicious fillings can be made and prepared in the morning and laid in paraffin paper to keep fresh until night. A salad may also be a substantial dish and the same meat, fish or eggs which we might roast or fry we can serve just as well cold if we add a piquancy of vinegar and spices.

While there are many dainty things, especially of pe









A return to this simple, wholesome, nourishing diet after a season of heavy foods means renewed mental and physical vigor-a clearing of the cobwebs from the brain. It keeps the stomach sweet and clean and the bowels

The Canadian Shredded Wheat Company, Limited

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