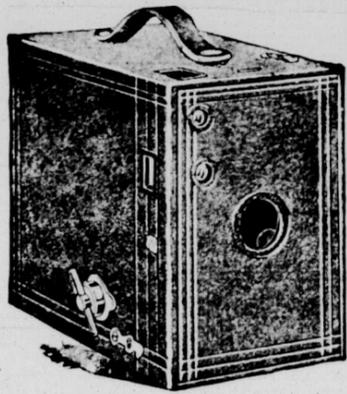


An Excellent little Camera for taking — Baby



A SIMPLE CAMERA FOR THE LITTLE FOLKS TOO

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MUCH NEEDLESS SUFFERING

Dear Miss Beynon:—I was most pleased to learn that you were to have additional space given to your department, as I have enjoyed it so much, but always thought there was not enough of it. In fact I would say the same about the whole paper, for there is not another that is so relied on and enjoyed from beginning to end by both my husband and myself as The Guide.

The more experience I have, the more I feel that we should give our girls special training in housekeeping and home-making, besides an equipment of sterling character, courage, and health; all of which are needed in a woman's life business. So often we are taught our lifework by being thrown into it and left to shift for ourselves, as a dog is taught to swim. When I see references to the noble pioneer women, who have toiled and suffered, my bosom swells with pride that I am one of that noble band, but had I been trained to an intimate knowledge of housekeeping I'm sure I would never have toiled and suffered so much, neither would one noble pioneer man; this is taking into consideration the handicaps of a new country, where we seem so often like the Israelites, compelled to make bricks without straw.

I think my daughters will have as much knowledge as I can give them, and can afford to pay for, of the correct, and therefore the easiest and most economical method, of doing the work that falls to the lot of the average housekeeper and mother. I shall try to give them a feeling of reverence for the noblest occupation of womankind, that of making a home, with all the duties it includes. Their training must be built on a sound mind, in a sound body, for on the health depends one's outlook on life, and the courage to take up duties which must many times be burdensome in the extreme. Health, I firmly believe, is largely a matter of training in right habits of living.

I do not for a moment believe that we can secure for ourselves or anyone else an untroubled life, but we may set our children's feet in the way of success, which we ourselves may, perhaps, have won at too high a cost.

A WOMAN GRAIN GROWER.

DON'T BE SLAVES

Mothers, why thru your great and natural love for your baby, do you allow it to play the tyrant over you? Your baby scratches your face, pulls your hair, and beats its arms until it gets what it wants. When it gets what it wants it wants more, and there is more scratching, pulling and beating. You all but ruin its character by pampering its every whim. In the foolish idea that you are doing your "duty" you consent to pick the ball up from the floor sixty times a minute for him to throw down again. And "Bless his little soul, if he is going to cry like that, he shall have the other half of the banana"—which, of course, he should not have at all.

Mothers, haven't you walked miles and miles until your feet dragged from weariness just to please the little scamp who would be better off if he were to kick about on the bed? Your baby knows it is much nicer to be carried than to lie still, and to be jiggled beats sitting down.

The scientific method of baby training is a very sensible method. A baby is taught to sleep at night and not play abroad. He is also taught that he can have some things, and some things he cannot have, and he is just as content as when he gets everything he cries for. One can train a healthy, full-of-life baby easily enough if common-sense is applied.

The mother who permits her judgment to be overcome by her complete love and devotion for her baby, is doing herself an injustice and her baby a great harm. Also, she soon finds wrinkles in her face that should not be there, her shoulders are drooping, and she loses her great feminine asset, beauty. And what is gained? She has trained her baby to wilfulness and that you cannot stop without heroic measures.

DANDELION

Your Baby Will Be Happy and Healthy



if fed on PORTER'S FOOD. Many mothers need assistance in nursing their children and must have an efficient substitute either in cow's milk or a suitably prepared food.

Porter's Food is made entirely from Canadian Wheat-Flour and Oatmeal. The process by which it is manufactured renders it perfectly digestible by the youngest and most delicate babies. It is to be used with cow's milk and water, and

will prove to be the best means of diluting cow's milk, making it the best possible substitute for Mother's Milk.

The accompanying picture shows a year and a half old boy, whose mother was unable to nurse him longer than ten weeks. He was then fed entirely on Porter's Food, and was still taking it up to the time this photo was taken. Porter's Food is sold by druggists in Winnipeg in 35c and \$1.00 tins, and being an entirely Western Canadian product of the highest merit, approved by the medical profession, will appeal to Western Canadian Mothers.

I am prepared to supply this food anywhere in Canada, and make a special offer to Guide readers to deliver free, by parcel post, a 3-lb. tin for one dollar. There is nothing to equal this in Canada, and you get the food fresh, pure and wholesome, direct from the manufacturer. If you require a feeding bottle for the baby I will send two 1-lb. tins and the best kind of bottle, with teat and brush, for \$1.00, delivered free at your post office. Pin a dollar to the coupon and mail it to me today. This food may be just what your me today.

George Porter
309 Victor Street
Winnipeg, Man.

COUPON

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Enclosed find one dollar for which please send me a 3-lb. tin of Porter's Food, or 2 lbs. and bottle outfit.

Name _____
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NOTE.—State whether you want a 3-lb. tin or 2 lbs. and bottle outfit.

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