

Ponoka, Alta., Sept 21, 1918.

I have been much interested in the letters written by mothers, on the care of babies and have received much valuable information from same, but as my experience along this line has been much different than the majority of them. I might give a few pointers that may be



Mary Beulah Odell, with her soap-bubble pipe.

of value to those who find themselves in a similar situation.

The enclosed photo is a picture of my little sister, whose natural supply of food and care was taken from her when a month old, through the death of her mother, whose request was that I take charge of baby.

I will not take up your valuable space as to bathing, clothing, etc., but the more important part, nourishment.

To begin with, I tried cows milk, but it did not agree with her, so I changed to condensed milk, using the Reindeer brand, about two teaspoonfuls of the milk to 7 ozs. of boiled water, gradually increasing to 1 part milk and 7 parts water until she was 7 months old, then I changed her feed and gave her cows milk, three-quarters cows milk and one quarter boiled water, I added to this two-third teaspoonful of sugar and pinch of salt. I put her milk in a nursing bottle and fed every two hours at first, but now she is taking whole milk and takes it about every five hours. From the time she was about two months old she has had from two or three arrowroot biscuits a day. This nourishment seemed to agree with her, and she has done well on same, as photo will show.

In fact she has done so well that I am going to enter her in your Baby Contest. I paid strict attention as to her food, but otherwise she has had no special care. I have worked out away from home the



Mildred May Cofer.

entire time, done the housework for an averaged sized family, so had very little time to spend with baby. She was very good, would lie on the bed for hours at a time, and when she got strong enough would sit in a chair.

At the present time she is 19 months old. Her name is Mary, but as she was raised on a farm and is very fond of all animals kept on the farm, she is known as Punkin. She had 16 teeth at 16 months, weighs 32 lbs., height 34 inches, chest measures 23½ inches, has brown hair, blue eyes, and very rosy cheeks, is very active on her feet. In fact she is a real lady, very fond of nice clothes and shoes, a great favorite with every one, trying to say things they say and do things they do, even thinks she is capable of running a car, or smoking a pipe. Of course I do not recommend the performance shown in picture to be of any special benefit, yet I have noticed no after effects. This photo was taken by one of the boys on the ranch and as it is a good picture of her I decided to send it. Any other information as to how this Punkin was raised will be furnished with pleasure for the asking. —Yours truly, Miss Amanda Odell, Ponoka, Alta., c/o C. O. Cunningham.

Viking, Alta., Sept. 26, 1918.

Dear Editores:—I am sending some snaps of our girlie—Florence Clarissa Ruby Hanson, one at six months and one at nine months. I had quite a little difficulty with her until five months old, as she absolutely could not take cow's milk, barley water or oatmeal as generally preferred. My two boys had taken cow's milk naturally, so I was without any previous experience to help me. We worried along with a barley preparation, which I was assured by experienced professional advice would agree with any baby. During this time the buttock



Florence Clarissa Ruby Hanson.

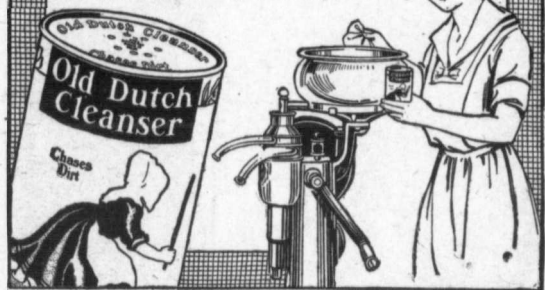
became very sore, but was healed by using a wash of half-teaspoonful of soda in a cup of warm water and dusting over with a powder of four tablespoonfuls wheat flour, and half-teaspoonful of nutmeg added. This I used freely. I never use a diddle or napkin more than once without washing, and I always use a small protecting square or cloth that can be burned to do away with unpleasant laundry. When baby girl was five months in desperation I tried the following, which agreed with her like a charm, by omitting cream: one teaspoonful powdered oatmeal, two tablespoonfuls water, five tablespoonfuls milk, one tablespoonful cream, one teaspoonful sugar of milk. Have the water hot but not boiling. Sift in the oatmeal powder, watching that it does not lump, bring to a point just below boiling when it will be thick, smooth liquid, add the other ingredients, stir well and put in a cold airy place. Baby could not take the cream, so I let the milk stand and removed the first two ounces from a quart of milk, using the partly skimmed milk and olive oil in place of the cream. Baby girl began to sleep and gain in weight. I now give her seven rounded teaspoonfuls of oatmeal powder to seven ounces of water and twenty-one ounces of whole milk. I sift the rolled oats to get the powder. I could have taken the bottle away a month ago, but I prefer not to, as she eats only when hungry, and I prefer a liquid food until one year. She has seven teeth.

Florence now weighs 20½ lbs. (at birth was 9 lbs.), is 29 inches tall, chest 19 inches, abdomen 16½, around head 18 inches, over from ear centre to centre ear 12 inches. Crept when four-and-a-half months, at five-and-a-half I put her in a walker to keep her off the floor. At seven months she walked by chairs,

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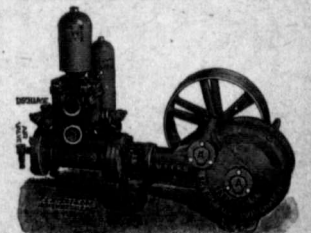
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