



Conducted by "ISOBEL" Save The Babies

Owing to the many immigrants who crowd into Winnipeg during winter without sufficient food and clothing to withstand our rigorous climate, considerable hardship and sickness often prevails. To alleviate the temporary distress of these unprepared strangers a group of humane medical men conceived a plan for their relief in the opening up of what was termed a "free dispensary," or depot where those doctors gave advice at certain hours daily and such medicines as were necessary, absolutely free of cost to the patients. This good work necessarily entailed great effort and expense. The doctors began to feel the strain, but such a work being started could not be abandoned. For as immigration grew, so also did the demand for aid. Larger quarters had to be found and more men pressed into the service. As the work grew, the imperative needs of others than adults began to press heavily upon the humanity of these heroic workers. There were the babies—doubtless strangers in a bleak and frigid climate where food, food and clothing is want. But where there is a babe there also can a woman be easily interested. Quite naturally, these doctors fell back upon their wives for counsel and aid, nor did they plead in vain. In an incredibly short period there was formed in conjunction with the free dispensary a diet kitchen, the chief object of which is care of babies.

Diet Kitchen

The diet kitchen of Winnipeg's free dispensary is the first organization of its kind in Western Canada, the chief officers for this year being Mrs. Boyd, president, and Mrs. G. O. Hughes, secretary. In this diet kitchen there is a trained nurse in charge, one specially qualified to cater to the varied ailments of his majesty, the babe. Here is kept and dispensed, free of charge, where necessary, milk, pasteurized, or modified or medicated, as each particular little patient requires. (Soups, jellies, etc., for the sick poor are also dispensed.) The rule is that the mother brings her babe to the kitchen so that it shall have a daily morning inspection. Food for the half day is sent home with her; each feed in a separate bottle. She returns or sends in the evening for the night supply. Some worthy student of human nature attached to the kitchen has hung up a prize for the mother whose babe has the cleanest appearance during a certain term. In special cases the nurse or assistant goes to the home, to give fuller instructions to the particularly ignorant. An important feature of the work of the diet kitchen is to educate the mothers in the prime factors of health, ventilation and cleanliness. It has been shown by actual experience that the crusade against dirt is really a crusade against disease and death; and the death rate among infants has been greatly reduced by the spread of such information as emanates from our diet kitchens.

Keeps Children Healthy

The prime object of the kitchen is to help needy parents to keep their healthy children well and to assist them in healing their sick babies. This is best done by teaching mothers how to keep and feed them and to nurture them in the kind of food a babe should have. To this end a few general instructions are given which will doubtless be of value to many an inexperienced reader of Fireside, who is called upon to tend a babe without the knowledge that such exceedingly important work requires, even though the mother has a full appreciation of absolute cleanliness.

Now, when we think of the warm weather near at hand and the number of babes sprinkled about the country without nurse, we won't be squeamish, will we? But treat our subject in the way of doing

the most good and one page of Fireside is not too much for our babes, surely! Here, then, are the general rules.

General Rules

Nurse your baby. Mother's milk is the best of all foods. Do not wean the babe in hot weather.

Nurse the babe regularly, never oftener than every two hours in day and every four in night time.

Do not nurse the babe every time it cries.

If you cannot nurse your babe, consult a doctor before giving it the bottle.

If you must bottle-feed give the babe only good milk. Keep it always cold and covered.

In hot weather remove most of baby's clothing. He feels the heat more than you do.

Bathe the babe in a tub every day. Wash the baby whenever the diapers are changed.

Give a babe fresh air day and night. Keep windows open all day and all night.

Let the babe sleep alone. Give him

one feed only in each bottle, and corked or covered at once. Keep in a cool place. Never open the bottle again until the babe is ready to feed. Then put bottle, uncorked, in a basin of hot water for about five minutes. Then open the bottle and put on the mouthpiece. The bottles should be such as are made on purpose and can be had cheap at any drug store. Never warm the milk a second time, nor use a left-over for baby. Take a fresh bottle for every meal. No other food should be given unless specially ordered by a doctor. Rinse the bottle in clean hot water as soon as used, and thoroughly wash the mouthpiece, turning it inside out and leaving it soaking in a weak solution of borax water.

Boil all water before adding it to the milk.

Cow's milk must be prepared with great care. In a general way this is the correct formula:

For a babe under two weeks: Milk, 1 tablespoon; boiled water, 2 tablespoons; and half small teaspoon sugar.

From one to two months: Milk, 2 tablespoons, gradually increasing to three; boiled water, 3 tablespoons; sugar.

From two to four months: Milk, 3 tablespoons, increasing to 4; water, 3 tablespoons; sugar.

From four to six months: Milk, 3 tablespoons, gradually increasing to eight; water, 3 tablespoons, decreasing to 4; sugar.

From six to nine months: Milk, 9 tablespoons to 11; water, 3 tablespoons; sugar.

As the feeds increase, the time between feeds also increases.

Do not feed too quickly. Each meal should take about 15 minutes.

Pasteurizing

According to your babe, so is your quantity of food to be. But, in each and every case in the country since cows are

expert baby raisers. The diet kitchen is doing its best to put us on the right track. Long may it flourish and expand and spread its sheltering arms around and about the infancy of this new land. All credit to these mission workers who give their means and labor gratuitously to help rear the helpless little ones, whose only hope of a fair chance in life comes from their praiseworthy efforts.

HANDICRAFT GUILD

Dear Isobel—I saw in The Guide, May 3, an article about Handicrafts Guild. I wish further information about this interesting matter of making fancy and useful articles at home. I suppose I live too far away to send articles to Montreal. May 10, 1911. E.M.S.

Note—Not too far away.

Dear "Fireside"—Will you please furnish me full information on the making of fancy work to be sold by the Canadian Handicrafts Guild, as to where I should have to send it and the kind of articles which bring the easiest sale. Hand embroidery is the kind of work I make in white or colored.

Very truly,

FANCY WORK.

May 9, 1911.

No Use

"John," asked Mrs. Dorkins, "what is a political con. game?"

"Why, it's—it's a frame-up, you know."

"Yes, but what is a frame-up?"

"A—er—piece of bunk, of course; can't you?"

"What is a piece of bunk?"

"Oh, shucks!" exclaimed Mr. Dorkins, "what's the use of trying to tell a woman anything about politics?"

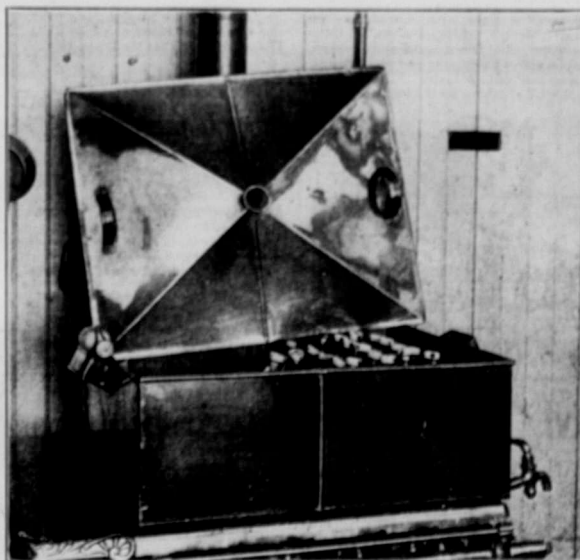
SHE WON'T FAIL

Dear Isobel—I have been a reader of The Guide ever since it was published and have been especially interested in Fireside and Sunshine pages.

In this week's issue "Aunt Fanny" has been giving farmers' wives advice on "how to make pocket money," and as I cannot agree with all she says I will be obliged to you if you will let me have my "say."

In the first place, I think her remarks would apply to women in towns or cities rather than to women on the farms. We need the collies to help us as I don't think a Pomeranian would be much use after the cows when they were in mischief. And a collie makes a fine pet, too. We keep cats to catch mice generally, and there are lots of calves and colts to pet.

I don't think there would be much of a market among her farmer neighbors for Pomeranians or Persian cats. Canaries might be better, but for my part I would stick to the old reliable hen—or rather the young reliable hen—in spite of Aunt Fanny's disparaging remarks. And I think a woman would get as much real pleasure out of raising chickens as anything else, and possibly more profit. Of course, that is if she likes fowl. But I think if she would get pure bred fowl she would take quite a pride in them. If hubby is going to give her a start in anything, why not give her a setting of pure bred eggs of her favorite breed, and see if she is not pleased and the children as well will be delighted with the chicks when they are hatched. Of course, if one keeps only 25 or 30 hens there is not many eggs to trade out at the start for groceries, but if one had a flock of 100 or so laying hens, Willie could get his suit and Mollie her best hat, too, with eggs. Trading is alright, I think. A hat bought with eggs might be just as nice as one bought with cash earned some other way. If one has pure breeds, some of the eggs could be sold for breeding for a good sum. One dozen eggs for hatching will bring as much as ten dozen sold to the store, and the surplus cockerels could be sold as breeders, too, if people know you have them, and the way to let them know is to advertise. Put an ad. in The Guide and sign your own name to it and then if there are any orders no danger of hubby getting them and thinking the money is his. Don't be afraid of seeing your name in print. But why be obliged to wait till hubby gives you a start? Just make up your mind that you have a right to get them if you can, and where there is a will there is a way. Bake a few sacks of flour into bread for some of your bachelor neighbors or knit him some socks or mitts, or plant some potatoes or other "garden sass" and sell it. Then hang on to the



Pasteurizing Device at Diet Kitchen

two or three teaspoons cool-boiled water several times a day.

Stop all feeding if he vomits or has diarrhoea, and give only cool-boiled water. Constipation in the nursing mother often causes colic in the babe.

Breast-fed babies often vomit or have diarrhoea because the mother is overheated or sick or over-tired and the milk is poor.

Nursing mothers should eat three plain well-cooked meals every day, drink plenty of water between meals and not over-work.

Do not drink strong tea or coffee.

Keep the babe quiet. Let it sleep alone and sleep as much as possible.

Lay it on a firm bed and not on feather pillows.

Do not give "soothing syrup," nor let the babe suck a "comforter."

Keep the rooms free of garbage, soiled clothes and rubbish.

Care of Milk

The milk properly modified or reduced should be put fresh into the feeding bottles,

milked twice a day, it would be well to prepare a supply morning and evening by measuring the right quantities into the feeding bottles and pasteurizing in a contrivance such as the accompanying sketch. This is a picture of the pasteurizer used in the diet kitchen, Winnipeg. When the bottles have the right amount, properly modified (one feed only in each bottle and as many bottles as feeds are needed till the next supply is at hand) then they are placed in the pasteurizer which is filled up nearly to the necks of the bottles with cold water, set on the fire to heat to a temperature of 140 to 160 degrees, kept there for 20 minutes, then lifted out, the corks loosened slightly and contents cooled as quickly as possible to as cold a degree as possible. Then, when baby is to be fed, one bottle is taken, warmed properly and—there you are. Everything clean, convenient, wholesome, sanitary and baby thrives spare.

Certainly we are learning, and there is much to learn before we women become