

The Farmer's Wife— Is a Business Woman!

Her duties on the farm make her so. She forms a co-partnership with her husband. Poultry raising, dairying, etc., is usually the wife's end of the business. The profits derived go to the credit of her account. As a result, there is a harmonious business agreement between husband and wife. Consequently the wife's business propensity is well developed. Carefulness and foresight on her part make money. It is to the business women of the Prairie Provinces we are making this appeal. Will you talk this proposition over with your husbands?

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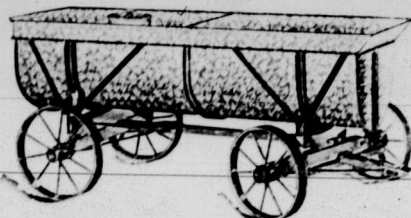


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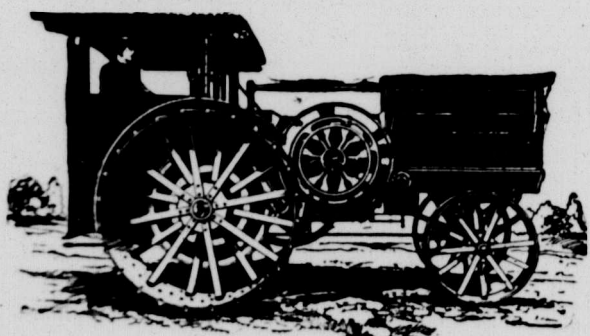
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WHEN WRITING TO ADVERTISERS PLEASE MENTION THE GUIDE

My last baby I am treating very much the same, as regards letting him lie down and amuse himself. I think a child should be allowed to cry for, say half an hour at least, during the day. It is nearly all the exercise they get. Then I bath my baby at five-thirty every evening and put him to bed. Of ten he lies awake for an hour or so, crooning and kicking, but never wants to be taken out of bed. The older I invariably have in bed by seven every evening.

I give them plenty of water, fourteen hours' sleep and plenty of plain, wholesome food, also all the time possible out of doors running around. As soon as the weather permits I put their cots out on the verandah (which is enclosed with wire, and curtains to draw at night), and they sleep out there all summer, unless, of course, the thunder storms drive them in, as they did a few times last summer.

MOTHER

CONVULSIONS

I will tell you how I do and I have three children. First, I watch their bowels. If they do not act during the day I give them a laxative of syrup of rhubarb or powdered licorice root, stirred up with a little water and sugar, a teaspoonful or more of each. They are both perfectly harmless. By letting the bowels get lazy they, in time, throw poison to all parts of the body, which will cause sickness.

With bad colds and summer complaint I use castor oil.

The first thing on rising in the morning I give them half a cup of warm water each, about half an hour before breakfast, and give them plenty of fresh air and plenty of exercise every day.

If they take a severe cold, I use an ointment I make myself of ten cents worth of camphor gum and a cup of olive oil (or melted lard, unsalted) and three teaspoonfuls of turpentine. Put the oil and camphor gum in a pan on the stove and heat until dissolved, then add the turpentine. Put in a can or bottle and cover tight, and warm it when you need it. Apply freely to the chest and back and under the arms, covering up with a wool cloth. Apply night and morning, and give castor oil, too, to keep the bowels open.

Any of these remedies cost but very little, and I know they do good. People that see my children remark how healthy they look. I think it is the way I manage their health.

I have had some experience with sickness, my first two children being sick a great deal of their first three years, but it has been five years since we had a doctor in our house and very little medicine outside of what I have mentioned.

I am going to tell how to treat convulsions, as I have had plenty of that to do. When my first child took them it scared me so I ran and left it, and went for a neighbor across the road. I found out I should not lose my head that way. I get four thicknesses of muslin wrung out of cold water and place on the head, and raise the head higher than the feet. Keep changing this cloth, as it gets hot quickly, the blood rushing to the brain causing this. Then I get a pan of hot water, first trying my elbow in it (if I can stand it they can), and then put their feet in it, throwing a shawl over the pan and up over the child to keep the steam in around the legs. When they come out of it, I give them an injection of a pint of warm water and a teaspoonful of table salt, emptying the bowels as quickly as possible. I never had them take the second one after I did all this. After the head gets cool there is no danger of another. I have called doctors and they would say, "Don't be alarmed," and they all said I had done the wise thing. They would give some medicine for the nerves. I got so I never called a doctor but treated them myself. My children were subject to them. The least bit of fever would bring them on with mine.

MOTHER ON THE FARM.

CHOLERA INFANTUM

Dear Friends of Our Country Home-makers:—I have had some experience with summer sickness in children, and I think I can give a few simple direc-

tions which may be safely followed in any sickness of this kind. If summer sickness really turns into Cholera Infantum, it is a poisoning in the intestines, with the result that the child will have a very high fever, perhaps 103 or 104 degrees.

The first thing to do always, and this is very important, is to give no food, either solids or liquids, and give only water which has been boiled. In hot weather it is well to give only boiled (and cooled) water to drink. This will help prevent this sickness.

Do not be afraid of weakening the child by starving it, for it will weaken it more to give food, which it is in no condition to digest. In an ordinary case don't hesitate to give the stomach a complete rest for forty-eight hours. Then, if there is a decided improvement, give the white of an egg, beaten and mixed with one-half cupful of water previously boiled. Give a few spoonfuls of this every two hours. Then, if this agrees with the patient, you may give cornstarch cooked in water, and gradually work back to ordinary diet.

Always, at the first appearance of this trouble, keep the child very warm. Put a woollen binder on snugly over the abdomen. A piece of an old woollen undershirt will do nicely for this. If the child is old enough to run about, put on an extra sweater also, and keep the feet dry and warm. This is important. Keep as quiet as possible.

In cases where the motions are very frequent and there is much straining, give an injection of equal parts glycerine and warm water. This may be given, even to an infant, by means of a small syringe, such as is used for an ear syringe. This may be used twice a day. Frequent small doses of brandy may be given, also castor oil, but use with care.

These are suggestions for home treatment, but this is a very serious disease and should never be trifled with. Much may be done to prevent it, and great care must be taken with bottle-fed babies. The bottles and everything used must be kept very clean and thoroughly sterilized, and everything must be jealously guarded from flies, which are, perhaps, baby's greatest enemy.

READER.

MOTHERS SHOULD NOT FAST

Dear Miss Beynon:—I would like to say to expectant mothers, don't starve yourselves. Eat in moderation, and leave out anything that disagrees with you, however much you like it. Eat as little flesh meat, such as beef and pork, as you can get along with, but don't be afraid of eggs, chicken and fish, as they are good for you.

About talking to the children, I believe in it when they begin to wonder and ask questions, but I think three or four years old is too young. My little girl is nine, and it is just a few months since I explained things to her, and I think that is about the right age, as before that they are too young to understand.

I don't believe in giving medicine to children, but if they need any, a teaspoonful of castor oil is quite safe. I think a lot of babies are hurt by giving them teething powders and soothing syrup. A comforter is another dirty thing that should not be used. I only know one case where it was really good. The baby had indigestion with over feeding, and when it was put on a strict diet by the doctor he advised the mother to use a comforter to keep it from fretting, until it was able to take its full meals again. I think country life is very healthful for the children. I know mine are out all the time, and in the summer we have a tent and they sleep in it from April until November. I suppose, if it was necessary, they could sleep out all winter here, as our winters are not very severe, but we have quite a lot of wind. Thirty below zero is the coldest we have had this winter, and that was only for two days, other wise we have had a very mild winter. I suppose most of the members will be busy with setting hens and looking after young chickens now. I keep hens, turkeys and geese here, and have very good luck with them all. My letter is getting too long, so, wishing success to the Mothers' Number, I remain,

A YOUNG OLDTIMER

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