

Instructions for the Care of Children.

RECOMMENDED BY THE MONTREAL LOCAL COUNCIL OF THE NATIONAL COUNCIL OF WOMEN OF CANADA.

CLEANLINESS.

BABY should be bathed once a day, all over, in warm water.

Test the heat of the water with your elbow. Do not use highly scented soap; use only pure soap. (Baby's Own Soap is very suitable.)

Do not bathe for an hour after feeding. Never use hair-pins or anything hard or pointed to clean a child's ears.

Wash the baby's mouth several times a day, with a rag dipped in weak borax and water.

FOOD.

Up to the age of six months a child requires no food but its mother's milk.

Never give a newly born infant honey, gruel, butter, sugar and water.

Nurse an infant, up to the age of six weeks, every two hours during the day, and every three or four during the night, but as it grows older not so often.

Do not wean a child suddenly, but by degrees, and not in warm weather.

If the mother's milk is scanty, cow's milk mixed with boiled water and slightly sweetened may be used.

Never use a feeding-bottle with a tube, and keep the bottle itself which must be emptied at once after using) scrupulously clean with soda and hot water.

Sour milk kills countless children. Keep milk covered and in the coolest possible place.

When milk is not pure and fresh, it is safer to use condensed milk.

Always boil the water used in making babies' food. Give even the youngest child several teaspoonfuls of pure cold water during the day.

Never give a child, under six months, arrowroot, cornstarch, or baked flour.

Never give a child pork, and remember that a child under three years does not require meat, but will thrive on milk, porridge, light puddings, and soft boiled eggs.

SLEEP.

A young infant should sleep most of the time. But never give it sleeping drops, soothing syrups, or cordials.

Baby should sleep in its cot, not in the bed with its parents.

Up to the age of six a child should take a nap in the day-time.

If the baby is sleepless, consult the doctor.

DRESS.

Dress baby warmly over all, except the head.

Fasten the clothing by strings and buttons, not by pins.

Children should never wear low necked, short-sleeved dresses, nor tight, high-heeled shoes.

Children should never sit on stone steps nor play bare headed in the sun in summer.

FRESH AIR.

No one can be well without pure air.

Rooms in which children live and sleep should be aired several times a day, even in winter.

Remove the children to another room while the window is open, and do not let them return until the air is warmed.

Never keep slops in a sleeping room.

ILLNESS—CONVULSIONS.

Put the child at once into a warm bath. Apply a cloth wrung out of cold water to the head, and afterwards give a dose of castor oil. Consult a doctor.

CROUP.

Give an emetic, such as syrup of ipecac in teaspoonful doses every half hour till the child vomits. If you have no ipecac try mustard and water, goose grease, or tickling the throat with a feather or the finger. If necessary, give a hot bath.

SUMMER COMPLAINT.

Give a dose of castor oil. Boil the milk and add lime water to it. If the child does not improve, call in a doctor.

CONSTIPATION.

Rub the bowels with olive oil night and morning. Give oatmeal gruel once or twice a day, if the child is old enough. Cut a piece of castile soap into a cone and introduce it into the bowel. Try from the first to establish regular habits.

SORE EYES.

If the child's eyes are sore, separate the lids gently, cleanse the eyes with a stream of warm water, letting it trickle over the eye-ball. If the eye-lids stick together use pure vaseline on them, and be sure in so doing that your hands are quite clean.

Change.

SOLACE.

"THE traveller in the Old World," says J. I. Holland, "notices that the agricultural population of foreign countries are gathered into villages"; and the early settlers in this country, knowing there was safety in numbers, in order to defend themselves from the Indian, lived close together. That this is the way in which farmers ought to live, there can be little doubt. It all comes to this, that isolated life is death to many natural social natures. Young people have an overwhelming desire to see life and to be among the multitude; and farmer's daughters resort to shops and factories, rather than be buried in the country; while the sons seek for insignificant clerkships, salaried positions of any sort that will support them, in a town or city. Even the poor of the city streets refuse to be coaxed into the country with the promise of better pay and comfortable fare. They would rather strive and starve and sink in the roar of the city streets.

Whatever the reason for this may be, it is not because of the nature of the work or its rewards, as the farmer is plainly better off than the worker in the city. He is more independent, has more time, fares much better at his meals, has a much softer bed, and gets a better return for his labor.

Is not then the real reason for this state of things due to the social starvation of agricultural life?

The average farmer, in all his planning and building, considers only the means of getting a living. Everything outside of this—everything relating to society or culture—he ignores. His children come home from school with new ideas and new wants, and if they find no way of satisfying these wants they become restless and fly from home at the first opportunity. When young people apprehend the difference between living and getting a living, they can never be satisfied with the latter alone.

Their father does not realize this. He goes to market occasionally, to the post office and the general store, and enjoys the change; he subscribes to one weekly paper perhaps and keeps an interest in politics. This gives him something to think about; but how about the stayers at home? What pleasant things have they to look forward to? What chance have they to ripen in mind and heart? Yes, if the farmer would keep his family with him, happy and contented, he must strive to make agricultural society attractive. Fill the farm-houses with books and magazines; establish central reading rooms and periodicals; club neighborhood societies; and, as far as possible, form neighborhood societies. Above all, have an occasional change from drudgery. Do not let the mother be altogether sacrificed. Think what it would mean to her to be able, say once a year even, to leave her dairy, with its glittering pans, her sewing machine, with its endless buzzing, and take a trip. Think what it would mean to her, to visit Niagara Falls, the Thousand Islands, Quebec, or any of the numberless points of interest. What delightful memories would be hers. Frequently a complete rest and change will keep the doctor's bill at bay, and act as a tonic on tired nerves.

The excursion rates offered by the various railroads through the summer months make such a change possible for both the farmer and his wife, if he could only be made to realize the need of it.

There is no need to make one's self ill in preparation for such a journey; time must be taken beforehand to look over one's garments and pack the necessary articles.

Packing is a bug-bear to some people, but it is very simple if everything to be taken is laid out on a table or bed, and the heavy articles, such as boots, boxes and books, put in the bottom of a trunk; then the underclothing and skirts; reserving the trays for the waists and hats. Liquids of any kind should be carried in a handbag, with the corks firmly tied on. Both bag and trunk should be plainly marked with the owner's name and address.

When the traveller returns do not tell her how badly the children have behaved, or how awful the cooking has been, or how hard you have had to work. Let her pleasure be complete with a happy welcome home.

If farmers would only take time to live, the dread of being lost in the country would be done away with; the young would be more content, and the loneliness and hardships of isolation, which falls heaviest upon the women—to an extent that men, with their out door labor, cannot at all appreciate—would also vanish, and the lonely farmhouse would become a bright and cheerful home.

Black pepper mixed with cream and sugar will destroy flies.

Pennyroyal or sage tea is efficacious in removing ants from closets, pantries, chests, etc.



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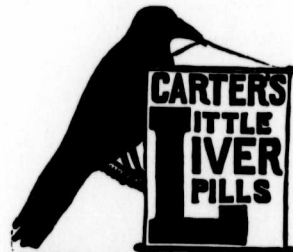
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