

have been especially careful of their ears, and even during the summer when driving nights keep them covered. I have never huddled up their necks but always keep the chest covered in winter. Their clothing is made for comfort.

Fresh air—This is my hobby; but mind you not exposure, nor necessarily cold air. To keep fresh air in the house during the winter I wrap the boys up well, get good fires on and then leave the doors open for fifteen minutes more or less several times a day. I try to keep the temperature of the room at about 68 deg. F. I always air the house out well after I put them to bed and also before they get up in the morning. I always have them out some each day, but with wraps on and I never allow them to stand in a draft, such as an open door. During the summer they are out, but not when the wind blows bad, and I have them sleep outside whenever possible in the day time.

Exercise—Beginning at three months they have had their exercises, at first with just a few simple ones such as moving the arms or legs gently up or down a few times. However, I would not advise anyone to do it without first getting a book of instructions from a doctor which explains it fully, as it must be done right or much harm might result. Now they are strong enough to "chin with one hand," that is lift themselves up until the chin touches the hand.

Sleep—They have always had their own little bed; as their bodies are a different temperature than adults; it is more comfortable and also more healthful for them. On cold nights they had something warm at their feet. But I have always been careful, and am yet to see that they are not uncovered during the night. They have a sleep every

afternoon; of course they often object, but I lie down with them and they soon become reconciled and fall asleep.

Medicine—Practically none; in fact they have had not a drop for over nine months, unless you could call the fruit juice such. As little infants, I gave them a little peppermint, very weak, for wind colic. And for the head rash I used Cuticura ointment and vaseline. I prefer milk of magnesia to castor oil, but oftentimes a teaspoonful of New



William John Struthers

Orleans molasses will have the same effect, though I never gave it to them before they were a year old. As soon as I notice that they have the least symptoms of a cold I give them a hot foot bath and rub feet and chest with camphorated oil or something similar. This summer they were exposed to the measles and in due time the rash came on, but there was no irritation or sickness whatever. I am going to start them using a tooth brush soon, in fact they want their little teeth cleaned every day now. I try to keep them playing and often take a few minutes to get them started with blocks, books, buttons, sand or other amusements, which are so many. I never permit them to be teased and try to keep them from being frightened or excited.

Bath—I always give them a bath in a warm room in plenty of warm water at least every other day, but never feed them before the bath. I do not wash the head so often, as it takes the natural oil off the hair, which is so necessary to it. Now as to their general condition, they have been in perfect health, and have always been ready as a rule to take their cup of milk.

These are not their best pictures only insofar as they show their development. —Very sincerely yours, Mrs. Archie McCauley, Carmangay, Alta.

McNutt, Sask., Sept. 25, 1918.

Dear Friends:—As I was reading in "The Canadian Thresherman and Farmer" I saw this contest for babies. I will send a photo of my twin girls which are prize takers of this part of Sask.

When this photo was taken they were a few days past five months. They now are past six months, and weigh 21 lbs. each, height 26 inches, chest 17 inches, head 16.6. These babies weighed 6½ lbs. when born.

These were breast fed for four months, and then put on bottle, entirely using cow's milk from one cow and not from herd. I gave them five ounces of rich milk and three ounces of water, which has been boiled. I will soon start to give them other soft food that can be digested easy.

These babies have always been as healthy as babies could be. They have always slept alone in a small iron bed. They never have been cross. They want to be fed every three hours and expect their bath every morning and kept clean. When they are uneasy I give them a dose of castor oil. These babies have always had plenty of water.

I am mother of five boys before these twin girls came, and can say have never called a doctor for one of them, as they all seem healthy and hardy.—Yours truly, Mrs. J. H. Ironside.

Landis, Sask., Sept. 23, 1918.

Dear Mothers:—I am enclosing a photo of my first baby boy, William John Struthers, born Oct. 1st, 1917. He was a strong healthy child at birth, weighing 7 lbs. He is at present eleven months and a few days old, weighing 20 lbs. Height 28 inches, size head 19 inches, chest measurement 18½ inches. Baby has had nothing but breast milk and boiled water until he was seven months old, then I gave him one tablespoonful of well-boiled oatmeal daily, increasing the amount as he grew older. He was weaned when he was eleven months. At present, I am feeding him on oatmeal, rice, tapioca, custard and arrowroot biscuits, with cow's milk. All this is well cooked. His only medicine has been castor oil and castoria when he needed it. His first tooth came when he was eight months old; he has six now. He has always been a lively boy, gaining in weight right along.

Thanking you for your corner.—Yours truly, Mrs. W. B. Struthers.

P.S.—He is fed every four hours in daytime; nothing at night since weaned. The measurements are taken when naked.

Ninga, Man., Sept. 28.

I am sending a snap of my baby boy born May 14th, 1917, and weighed 9 lbs. at birth. He was breast fed, and was quite cross the first month or so, not being able to sleep at long intervals, especially at night. This was due to myself not feeling well I think, because as soon as I began to gain strength he improved, and has since been contented and happy, giving little trouble. I used to wash his mouth with clean water



Joseph Gordon McCauley at six months.

each day to prevent sore mouth; also gave him a drink of cool water. I fed him regularly, not every time he began to cry. He didn't care for his long clothes, not being able to kick so well, so I shortened him early, and used to lay him on a blanket on the floor, where there was no draught. This he always enjoyed. He was fed with a little softened arrowroot biscuit, with sugar and milk occasionally, about four or five months of age. Gordon was almost eight months when he cut his first tooth. I didn't have much trouble, except that he always took a cold when each tooth came, and once when cutting two together he was quite feverish for four or five nights, and could not sleep any longer than fifteen or thirty minutes at a time during nights. For this I gave Steadman's Powders, which are very good, and put goose oil on a flannel on his chest for cold. He crept backwards for a while, and at a week before thirteen months he walked. I weaned him at a year old, gradually giving him milk (diluted with water at first) from a cup, bread and milk, arrowroot biscuit and oatmeal. He enjoyed this food, and I didn't lose any sleep, giving him a meal before retiring. His chief diet since has been oatmeal porridge, strained the first month; potatoes and milk, sometimes a light boiled egg, bread and fruit, and milk to drink. He was dressed according to weather, and went out each day during winter when fit, wrapped warmly in a blanket over his cot. Gordon never slept very good out-

## MANITOBA Extension Schools

Gas Engine Operation, Agriculture, and Home Economics

November 25 to March 14

During this period Twenty-one Extension Schools will be held. If the work on your farm prevents your taking one of the excellent courses provided at the Manitoba Agricultural College, do not fail to enroll for the Short Course School to be held near your own home.

Circuits are being arranged as follows:

Nov. 26-Dec. 6—St. Louis, Binscarth, Benito.  
Dec. 9-Dec. 20—Lenore, Shoal Lake, Swan River.  
Jan. 7-Jan. 17—Oak Lake, Minnedosa, Dauphin.  
Jan. 21-Jan. 31—Elkhorn, Hamiota, Gilbert Plains.  
Feb. 4-Feb. 14—Wellwood, Gladstone, Roblin.  
Feb. 15-Feb. 28—Emerson, Cartwright, Oakville.  
Mar. 4-Mar. 14—St. Anne, Killarney, Langruth.

**SUBJECTS**—Gas Engine, Live Stock, Field Crops, Farm Accounts, Dressmaking and Millinery for the girls and women.

**EQUIPMENT**—Good use will be made of material and stock which can be obtained locally, but in addition a carload of gas engines and other equipment will be taken to each school. An advance enrolment of 25 is required.

### Live Stock, Dairy and Poultry Course

In six years Manitoba has changed from a province which imported a million pounds of butter to one that exports five million pounds in a year. To meet the demand for information on the selection and care of the dairy herd, the care of milk and cream, and how poultry can be made a profitable side line, Four Day Courses will be held at the following places if a sufficient number of farmers enrol at the organization meeting.

Melita, Waskada, Cypress River, Holland, Balduin, Belmont, Glenboro, Somerset, Camper, Ashorn, Moonshorn, Speer Hill, Grahamsdale, Gypsumville, Fisher Branch, Arborg, Sprague, Piney, Stuartburn, Inwood (district), Laurier, Erickson and Elphinstone.

Advance enrolment required is 15. Watch your local paper for an announcement of the organization meeting.

For further particulars in regard to any of these Schools, write the

Agricultural Extension Service

Parliament Buildings, Winnipeg, Man.

doors, the least noise or wind seemed to wake him. Now at sixteen months and two weeks he weighs 27 lbs., height 32½ inches, chest 19 inches. His name is Joseph Gordon McCauley; is very fair, lots of beautiful hair, and blue



Joseph Gordon McCauley at 16 months.

eyes. Everyone remarks he is the picture of health, and certainly is a downright mischief.

Thanking you for your interest. Yours sincerely, Mrs. Joel McCauley.

THE COSTLY WAY  
SALESMAN  
BUY YOUR  
BROKER  
LUMBER DIRECTLY  
ENTRUSTED  
FROM MILL TO CONSUMER  
MILL  
THE  
F.M.T.C.  
BETTER LUMBER FOR LESS MONEY  
CONSUMER  
WE SAVE YOU  
ONE-THIRD

Cut out the middlemen. Buy direct from us. Everything in lumber, shingles, sash, mouldings, doors, windows, etc.

Our Quality—The Best

F. J. Melner, Lussland, Sask.: "Your lumber is as good as you claim it to be. I saved fully one-third on the price."  
Michael Schumers, Welling, Alta.: "The grade is first class. I saved \$15.45 per 1000 feet or about \$300 on the car."

We Pay Freight

A small house or barn usually makes a carload. If you do not need that much make up a club order with your neighbors. We allow inspection before payment. WRITE TO-DAY FOR PRICE LIST OR SEND YOUR BILL FOR DELIVERED PRICE.

F.M.T.C. LUMBER CO.  
Standard Bank Building  
VANCOUVER, B.C.

ARTIFICIAL LIMBS



It will be to your own convenience to buy nearest to your home. We make the slip or solid socket, also fibre legs. Write for descriptive booklet.

CALGARY ARTIFICIAL LIMB CO.

606 1st Street East, Calgary