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The Women's Quiet Hour

By E. Cora Hind

"I know not what the future hath
Of sorrow or surprise,
I only know that life and death
His mercy underlies."

The outlook for 1918 is not a cheerful one. The most sanguine feel that it is full of doubt and uncertainty. It is at times like these the old faiths and the old promises come back with comfort and assurance. 1918 will be a year of stern duties for both men and women in Canada a year of sacrifices, of learning to take orders of learning to do without.

We are only just beginning to realize the war, we have not fully realized it yet. We have gone on day after day, saying "business as usual," and though we did not say it, we thought "pleasure as usual also" and now we have come to the time when we must realize that neither business nor pleasure can ever again be as usual, in our time.

But even so, life is not without its compensations. There are no more care free days and dreamless nights, but there is the honor and satisfaction of work well done; of responsibility shouldered. There is the solemn joy of feeling that we are helping not only in making history but in making a nation. Will the women of Canada measure up to the tasks required of them? I hope so and with the hope goes the fervent wish that the verse quoted above may echo the sentiment of the heart of every reader.

Many will have already read Mrs. McClung's new book "The Next of Kin." It is a very human document. It is taken almost entirely from the incidents she has met with in her personal work among the foreign peoples of the West. She speaks with authority. Not the least interesting part is the introductory chapter in which she describes how she came to write the book. The story of the little Russian girl who came seeking an education is a strong lesson on our neglect of the foreigners within our gates. There is some excellent verse and the "Prayer of the Next of Kin" will find an echo in thousands of hearts. It is a book to buy and keep, wholesome and wholesome as the woman who writes it.

The Next of Kin

One of these days, perhaps when this hideous war is over, Mrs. McClung will write another novel. She has been gathering material for it during the years and the ripening experiences of her own life will make of it a deeper and stronger work than she has yet done. That, in the rush of helping with election campaigns; lecturing for the red cross; managing a household and helping with every good work and word in her community, she has found time to write a book with chapters as strong as some of those in "The Next of Kin" is the best proof that someday, when there is more leisure, she will bring forth from her treasure house a great and

good book, a monument to the women of the West among whom she has lived and worked and whom she has loved and helped, as no other woman of her time has done.

In December I wrote something of the need for the saving of actual food stuffs, for our soldiers overseas and the civilian population in the warring countries.

Since that was written the need for saving has increased enormously. First because returns show that there is less wheat in Canada even than was supposed. Second because \$25,000,000 worth of food stuffs have been destroyed in the United States through fires which have nearly all been of incendiary origin. Third because, through the Halifax disaster, large supplies of foodstuffs ready for overseas have been destroyed. Every loss of this kind means that there must be increased saving to make it up.

I would like to say to the women in the country and in the small town, where it is the habit to lay in considerable stocks of flour, try and substitute, oatmeal, oatmeal flour, cornmeal and if you can get any, rye flour, to such an extent that your present supply of flour will last twice as long as usual. In country homes it is possible to control the use of white bread much more easily than in the cities, where the great bulk of the population must eat baker's bread. The millers and bakers of Canada are not behaving well in this matter of wheat and flour saving and only very drastic measures will bring them to time, but the housewife who makes her own bread has the whole matter under control. Even such small matters as a few cups of well boiled oatmeal or cornmeal porridge put into the weekly or tri-weekly baking will make a material saving and produce an equally wholesome loaf. It is the many mickles that will make the muckles needed to send overseas. Remember it is not possible to increase our supply of wheat until next August; we can only accumulate sufficient for their needs overseas by saving and substitution.

There will be a concerted effort to induce people to keep pigs on the outskirts of the smaller towns and villages so as to grow their own meat supply and thereby lessen their demands on the commercially raised hogs at the same time utilizing the kitchen and garden refuse which at present is not only wasted, but which causes heavy expenditure to get rid of. Germany in her back yards, long before the war, raised more pigs than are raised in the whole of Canada, and at the same time had a higher rating for sanitation than our smaller towns and villages have ever enjoyed. A pig and a few chickens in the back yard need endanger the health of no community. They would furnish a wholesome interest for growing children and would teach a lesson of thrift to all.

The Village Pig

One lesson that Canada must learn and that is to save, to utilize waste material and to support herself. We must cease to spend money abroad and devote ourselves to the task of producing practically all that we need. If the war were over to-morrow the burdens left behind would be enormous and we would have to strain every nerve to meet them, but the war is far from over, democracy and freedom still tremble in the balance. To end the war in such a way that permanent peace may be secured will need every resource of men and money that the allies can muster. To this end rigid economy and ceaseless diligence are needed, and as yet we have not made a faint attempt at practising them. The indifference to thrift on every hand makes one long for the fiery cross to be carried through the land to arouse the people to the danger. At present the attitude of Canada is very much that of the old scripture "to-morrow shall be as this day and much more abundant."

The Change Should be Gradual

Weaning is not a difficult process when undertaken in a systematic manner, and if done gradually there is little fear of upsetting the baby's digestion. A baby who has had one or two bottle feedings daily during the last month is well on the

way to being entirely weaned. Otherwise the process takes about one month. During the first week the baby may have daily two breast feedings, alternated with two feedings of milk and water (three parts milk and one of water). During the third week there should be three substitute feedings to one at the breast and the baby should be entirely weaned during the fourth week. If the baby has been raised entirely on the breast up to the tenth month, he may be fed with a spoon in preference to a bottle, thus doing away with the danger and annoyance of bottles and nipples. It sometimes happens that a baby will not take very readily to the change of diet. Then it is better to wean him abruptly and let him remain without food until he is so hungry he will be glad to take whatever is given him. This plan, followed for two days, is usually sufficient to produce a willingness to take anything. If the mother can have some one take charge of the baby at this time so that she can keep out of sight as long as possible, the weaning will be accomplished with less annoyance. If the baby is very delicate he may be given a few feedings of mother's milk that has been pumped into a bottle. However, when there is any question of debility it is always advisable to have medical advice.

The proportions of three parts milk and one part water are given only as a guide. Some babies require more milk and others less. The following is a good formula to use when the weaning is completed:

Six ounces of milk, two ounces of water, two teaspoonfuls of cream and one teaspoonful of sugar.

After about the tenth month some farinaceous food should also be added to the baby's milk. This serves the double purpose of supplying more nourishment and also of making the milk more digestible. As the ordinary cereals require at least four hours' cooking, it is better to use one of the prepared infant foods. They are made expressly for infants and delicate stomachs and being manufactured under the most hygienic principles with this end in view, are always safe to use. They also require less cooking than the ordinary cereals. When using a starchy food, experience has shown that the addition of extra cream to the milk is not necessary. These foods are usually prepared by mixing one or two teaspoonfuls of the food with a little water and then stirring it into one pint of boiling water and boiling for ten minutes, adding a little water to make up for that lost by evaporation. This is then used instead of plain water. Begin by using it for the last feeding in the evening. If it agrees, add a little to the first feeding in the morning and so on until the baby can take the quantity specified in the directions sent out by the manufacturer of the food you are using. These are always calculated and arranged by physicians and are always about right for the average baby.

If there is any decided change in the diet there will also be a change in the action of the bowels. There may be constipation or there may be looseness. This may be due to overfeeding or to the change from mothers' to cows' milk, or in part to the starchy food. Try relieving the constipation by making the food weaker and the looseness by making the food thicker. Experiment with one ingredient at a time. There may be too much milk or the milk may be too rich in cream. As mothers' milk is alkaline and cows' milk is generally acid, you may add a quarter of a teaspoonful of bicarbonate of soda to the day's feeding when prepared in the morning. Try to regulate the bowels by regulating the food. Do not give any drastic medicine; but you may give the juice of half a sweet orange, a little apple sauce, or freshly prepared prune juice. Up to the fifteenth month the diet should be much the same as indicated above, excepting that beef, mutton or chicken broth may be given for the mid-day feeding, and a few teaspoonfuls of tapioca by way of a change.

At this time of the year, the diet of older children should consist of more starchy material than is customary in hot weather. The increased activity of children at this time means increased appetite so that to supply enough material to meet the demand for more heat and more energy, they should be allowed to eat heartily; always, however, forbidding eating between meals. A good diet for cold weather should be selected.