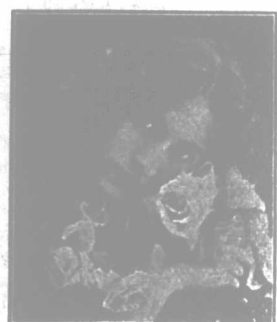


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considerable time, some experience, and much anxiety over this very thing. Dr. Emmet L. Holt is the authority I quote from, and he is regarded as one of the most experienced men on this particular subject, and I should not only recommend but urge every mother who must feed her babe artificially, to purchase his little book, "The Care and Feeding of Children," costing only seventy-five cents, yet useful every day your child lives up to three or four years. Of course, it deals only with feeding and clothing, etc.—it is not a medical work.

Before cow's milk can be fed to infants, it must be "modified" by the use of sugar, lime water, etc., to make it fit for the delicate stomach to digest. It contains only half as much sugar, yet three times more proteids, which are much more difficult to digest; has more acid and less fat than the breast milk of a normal mother. To overcome these difficulties we use "milk sugar" to supply one of the essential elements for the growth of the child, not just to sweeten and make it palatable. Cane sugar is much cheaper, but more difficult to digest and likely to produce colic. If you must use it, take a little less than half the quantities given below. Lime water helps to reduce the acid, and the boiled water dilutes the proteids. Since the milk can be obtained perfectly fresh, strain at once into a quart bottle and cool as rapidly as possible—in ice water or cold water—not just set the bottle in a cool place. When the milk has stood for at least four hours after cooling, the top may be dipped off—never poured off—and is ready to use. This dipping can be done with a spoon, or better with little dippers made purposely. Dr. Holt gives two series of formulas, one for ten per cent. milk, the other for seven per cent. milk: To obtain the ten per cent. milk, if your milk is quite poor (2½ to 3 per cent.) remove the top one-fourth from the quart. If of medium richness (4 per cent.) remove one third, and if rich Jersey milk remove one-half. To obtain seven per cent. milk from the poor milk take one-third, from the medium take one-half, or from the rich Jersey milk take two-thirds. Now, this is very important, for if you have no idea how rich your whole milk is, how can you know how rich your "top milk" is? It is also important to remove the entire one-third, one-half, etc., as directed, not just the number of ounces required to make the food. Having removed the proper proportion from the bottle to another vessel, stir well and dip out the number of ounces needed for the food. Dissolve the sugar in the boiling water. Have everything—hands, table, milk, bottles, spoons, nipples—absolutely clean. The quantities are given for making 21 ounces of food—larger or smaller quantities must be in the same proportions, as follows:

	I.	II.	III.	IV.	V.
Ten per cent. milk.....	2 oz.	3 oz.	4 oz.	5 oz.	6 oz.
Milk sugar.....	1 oz.	1 oz.	1 oz.	1 oz.	1 oz.
Lime water.....	1 oz.	1 oz.	1 oz.	1 oz.	1 oz.
Boiled water.....	17 oz.	16 oz.	15 oz.	14 oz.	13 oz.
	21 oz.	21 oz.	21 oz.	21 oz.	21 oz.

The milk sugar dissolves in the water, so you have 21 ounces in each formula. The foods made from seven-per-cent. milk are as follows:

	I.	II.	III.	IV.	V.
Seven per cent. milk.....	2 oz.	3 oz.	4 oz.	5 oz.	6 oz.
Milk sugar.....	1 oz.	1 oz.	1 oz.	1 oz.	1 oz.
Lime water.....	1 oz.	1 oz.	1 oz.	1 oz.	1 oz.
Boiled water.....	17 oz.	16 oz.	15 oz.	14 oz.	13 oz.
	21 oz.	21 oz.	21 oz.	21 oz.	21 oz.

These foods are made to be used from the birth of a child to the end of the fourth month, when stronger foods are required. For the eight-weeks-old babe, I would think one might start with the III. or IV., of whichever series one decided to use. The first series is suitable for a large, strong child, with a fairly good digestion. The second for a small weak child, or may be used if the first does not seem to be suitable. Remember this, that all changes must be made very gradually, not over one-quarter ounce at a time, being added to the food, and let an interval of a week or 10 days elapse before going from one formula to the next. If the child is not satisfied he will be greedy when taking the food, and will cry for it before next feeding time comes. If it is too strong he will vomit and have sour stomach—colic and various other signs of indigestion. Do not overfeed nor feed

too frequently; from the third to the fifth month, every three hours, with one feed at night, and from four to six ounces at a feed, is often enough.

To measure the sugar, count three level tablespoons (not packed) to the ounce, two tablespoons of milk or water make an ounce.

To make lime water, shake several times a day a quart of boiled water in which is a heaping teaspoonful of slaked lime; let stand 24 hours, and pour off the clear liquid.

The milk sugar can be obtained at any drug store at about 40 cents per pound.

Make up all the food for the day, having separate bottles if possible, putting each into its own bottle, and cork with clean cotton. Keep it cool and in sweet, pure air.

Change gradually from your prepared food to the modified milk—say use one fed a day at first—then two, and so on. If the patent food is agreeing well, go very slowly, as the milk may not agree so well at first.

Good luck to mother and her baby.  
JACK'S WIFE.  
Middlesex Co., Ont.

**Another Answer.**

Dear Dame Durden,—May a new-old member come in to your charming Nook? I want to tell an "Anxious Mother" my recipe for home-prepared baby-food. I got it from a very successful doctor, and have had the best success with it, both in my own family and others.

It is two teaspoonfuls milk, one teaspoonful cream, two teaspoonfuls barley water, and one of lime water; mix fresh just before using. This recipe is enough for a young baby, given every two hours, unless the baby is sleeping. As the baby gets older and stronger, increase the quantities. I have had good success, too, with sago, after the baby was three months old. Boil a teaspoonful of sago in water until clear, and rather thin; put in a little cream and a small teaspoonful sugar. If baby is costive, add a few drops Castoria. Hoping "An Anxious Mother" will find these recipes as helpful.

**ANOTHER MOTHER.**

Perth Co., Ont.

**Yet Another.**

Dear Dame Durden,—I have often thought I would like to answer some of the queries of the Nookers, but have always put it off. Now I really feel I must tell "An Anxious, but Thankful Mother" about a little experience I had last summer. A Chicago lady and her wee son came to spend a month with us in hope that the country mountain air would help the poor, wee babe. When I met them at the station the tears rolled

a long time. His feet, legs and stomach were kept warm; he never wore a hat or cap while here; he had a warm bath every morning. Everybody was amazed at the progress he made in the month. Even the village doctor, who saw him when he came to us, and saw him when leaving, said to me, "You certainly have done wonders with that child!" His father was so pleased on his return that he took a house out of town, where they could get real cow's milk. In a recent letter from the child's mother, she says: "I wish you could see baby; he weighs twenty-two pounds; his face is bursting with color, and his brain is bursting with mischief. He runs all over the house, and not a year old. Can you believe it?"

Now, poor Lankshire Lass, how my heart aches for her! I am so well and strong, I feel for her all the more.

This is a very old family recipe for mincemeat: One pound raisins, seeded; one of currants, washed; one of candied peel, mixed and shredded, one pound suet, chopped fine; one pound yellow sugar; two pounds of apples, chopped; one teaspoon of ground cloves, one nutmeg, grated; wine and brandy to taste. Seal tightly or flavor will evaporate.  
MRS. R. L. S.

Brant Co., Ont.

Several others have answered "Anxious Mother's" query. We thank all heartily. Will reserve the rest until some future time, when the question will be new again.

**Forget-me-not Reappears.**

My Dear Friends of the Ingle Nook,—One simply cannot defer calling any longer after that remarkable "Conference of the Shades." Dear chatters, did you ever hear anything like it? Is not Dame Durden a veritable genius? I only wish I could adequately describe her to you, but I fear I am incapable. One might be inclined to think on reading her rhetorical articles, so full of profound experience and actual knowledge of human nature, that she is one of those walking encyclopedias, who unconsciously embarrasses you with her illimitable fund of knowledge. But don't you ever imagine it, Chatterers, for she doesn't look a day over 21; and let me whisper it to you: She is "of the puffed hair, and her hat has the droop that spells the acme of style."

I wonder if you all enjoyed as much as I that imaginary half hour ensconced in a railway station. How frequently I have realized similar thoughts and wondered if others found themselves unconsciously students of human nature.

It is true that letters from the Ingle Nookers have been conspicuous by their absence during the past few months, and no doubt we may attribute the cause to that universal evil, procrastination. Are not each and every one of us more or less prone to that weakness, even in our daily routine of life, to say nothing of correspondence? However, at this memorable conference, I believe our "Shades" have promised to write at least twice this year, which accounts for the appearance of Forget-me-not.

Dame Durden, my curiosity prompts me to ask you a question? Are you not the author of "Carmichael"? That idea dawned upon my consciousness recently, and I have almost convinced myself that the conjecture is accurate. If so, we solemnly trust that Dick will remain away in foreign lands for an indefinite length of time, for should he return to claim his Peggie, what a catastrophe for the Ingle Nook!

My husband and I attended Toronto Exhibition, and I visited "The Farmer's Advocate" and Women's Institute pavilions in the hope of accidentally meeting you. I wonder if you were on the grounds, either of the days we attended?

Now, since Forget-me-not is such a tiny note she should occupy but a tiny space, so allow me to conclude by wishing all our Ingle Nookers all possible happiness and prosperity during the New Year.

**FORGET-ME-NOT.**

Perth Co., Ont.

"Now, didn't I stir you all up?—and now are actually more letters on hand to follow." Verily, I believe Conferences of the Shades are a good scheme—if, only, such good schemes didn't grow stale with repetition, one might try them again. Yoursense aside I am genuinely glad to see hands with you all again at this