

a pleasure he will soon see what he must do before getting it.

Do not handle a little baby too much. If it cries and is not hungry, examine to see that there are no wrinkles in the clothes, give a teaspoonful of warm water, or turn it over on its stomach. A change of position often stops a baby from crying, and do not rock a baby. Why should an infant be rocked tho if it is started it is hard to stop?

Little ones often want to help. Well, let them! It takes a few minutes more, but children think they are doing something wonderful when they carry a cup or a spoon from the table, and do not get so busy that you cannot stop, say five minutes, to play with the little tots. The work may go behind, but when the children grow up they can look back and think with pride of their younger days, that mammy was their friend and companion when they were young.

MOTHER OF TWO

FOR BOTTLE-FED BABIES

Use milk from a fresh cow, if possible, and milk from only one cow. Do not boil the milk, as some of the salts are thus destroyed. Do not use a Thermos bottle, except to keep food cool when visiting or at night. Use little sugar. The utensils for summer are two pails for cold water, to be kept on earthen floor in cellar, and three two-quart glass jars, and mark each with a file at one and a half quarts and three-quarters of a quart.

From morning milk strain one and a half quarts into jar and cover with moist cloth, so warmth can escape, and place in pail of cold water in cellar. In the evening take this jar and by tilting and with a long spoon draw off the cream from the top and the upper half of milk into second jar, making it three-quarters of a quart. This may also be done by drawing off bottom half of milk with a rubber tube used as a syphon, or, better, have made a small tin cone-shaped dipper to lift off cream and upper half of milk with.

Next, take Robinson's patent barley flour (to be obtained at drug store), one dessert spoonful, moisten with a little cold water, then pour on two cups of boiling water and boil slowly ten minutes. This is for a child over three months. Directions are enclosed in tin for other ages.

Now strain this, which will leave about three-quarters of a quart, and after it has cooled add to three-quarters of a quart of milk and cream in second jar. Sugar of milk (prepared from whey), can be bought at the drug store, and a teaspoonful added. This will make food enough for one day. Set in second pail of cold water in cellar.

If child becomes constipated, give one teaspoonful of olive oil in the morning. If severe, make it half castor oil, otherwise, do not use castor oil. After nine months, apple sauce juice, orange juice or scraped raw apple may be given. Simply increasing the amount of cream is at times all that is necessary. Use baking soda to wash baby's milk utensils, and rinse well. Questions will be answered if above is not clear.

MRS. EDGAR O. EBY

Laird, Sask.

NO TWO BABIES ALIKE

Dear Miss Beynon:—I see you want experienced mothers to write to you for this number. I suppose I may call myself experienced as I have three small boys, the eldest five years and the youngest seven months. First of all I would say that no two children can be treated exactly alike as their dispositions are entirely different. My first baby was very troublesome and cross. I knew nothing about children and used to take him whenever he cried, also had him in bed with me at night. Consequently I did not have one good night's rest for quite a year. The next baby I treated quite differently. He was a very delicate child and had to lie down, as it was better in every way for him, and as he was a bottle-fed baby, I don't think he was nursed one hour during the day and never bothered me at all during the night after the first three months. He would sleep from ten p.m. until six a.m. without a bottle. He is now three years old and a very loving, happy little chap, as healthy as possible.

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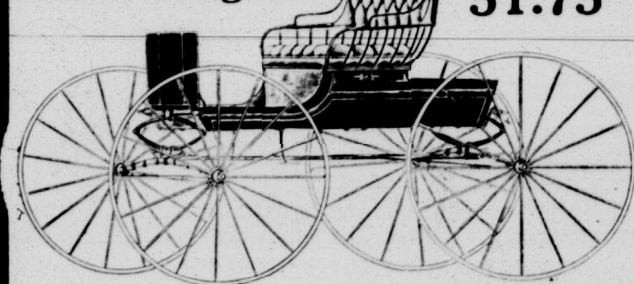
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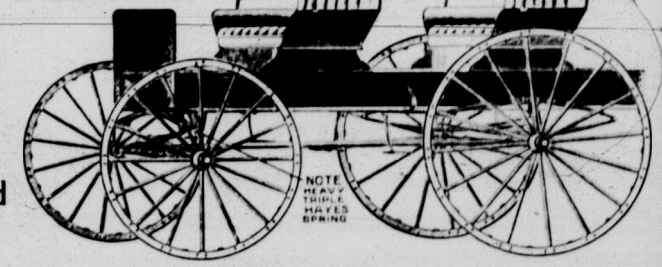
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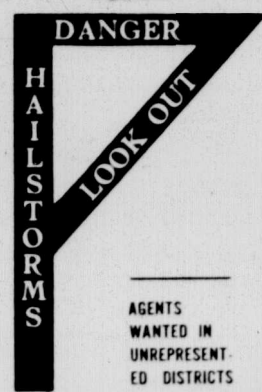
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