

noon to get your dinner, etc. In the winter time it is best to bath the baby immediately after breakfast.

Baby is Easily Spoiled

Up to three months of age feed baby every two hours from 6 a.m. to 10 p.m., and once during the night. Do not hesitate to pick the child up if it should be asleep. You won't have to do it many times before it will wake up of its own accord right on the dot of the hour almost.

Should baby cry in between times and you know it is well fed and perfectly healthy, then examine it carefully to be sure there is nothing sticking it or otherwise making it uncomfortable, turn it over on to its other side and if it still persists in crying just let it cry a bit. That is good exercise for its lungs, which will really benefit by the extra amount of air the child draws right into the bottom of them.

No matter how young the child, it doesn't seem hard to spoil them. One time I had a dear friend staying with me when one of my babies came, and I just hadn't the heart to refuse her when she begged just to hold the baby for five minutes in the afternoon. Of course her five minutes always meant a good bit longer and by the time she left baby had noted this afternoon treat. When I was alone again I just could not devote so much time to her (much as my mother heart would like to) and in order to break her off the habit of crying for this cuddling and also to prevent myself from breaking my own resolution not to take her I would saunter out to the garden for twenty minutes. First I saw she was comfortable and I knew that twenty minutes of crying would not harm her. By the time I came back she had cried herself to sleep. I did this only for three or four days when baby was entirely broken of her habit and instead of crying would lie awake and play with her fingers.

Another way I had of keeping myself from spoiling baby was that when she cried while I was doing a certain piece of work, instead of dropping it pell mell and rushing to her aid, I would think, "Well, I will just finish this job and if she is still crying then I will take her." Almost every time by the time I had finished my task baby had ceased crying and thus it

came that my neighbors always said, "My, what good babies you do have."

Cleanliness, regular feeding and habits, every doctor



A DOG'S LIFE

will tell you, are the essentials in raising babies and I have found it so in the little family of four to which I have so far administered.

LUCAS.

FORMING CHILDREN'S CHARACTERS

First Prize Article

The foundation of good behavior in a child is good health. A child who is given simple food, with no tea, coffee, pie, etc., who goes to bed at a regular early hour, who is not dosed with castor oil and cough syrup, will probably be a healthy cheerful child and one who will easily respond to the efforts made to train him.

The great mistake many mothers make is to leave training till too late. The habit forming age is from the time the child first responds to you until seven years. It is very hard to form any habit after that age; it is harder to break one then formed. This points to unremitting attention which seems too much for the busy mother. However, it is not as bad as it sounds. If the eldest child has formed any good habit, from brushing his teeth to speaking the truth, he will speedily teach the others. Let the mother consider the habits of neatness and cleanliness she wishes practiced and instruct the child in them, as soon as he is able to perform them intelligently. Long before the child is seven such habits will be part of himself. This may be at first a little more trouble than cleaning the child and tidying after him yourself, but after the habit is formed you need think no more about it.

Moral habits are a deeper question. So much seems to depend on what the child brought into the world with him. So much, too, depends on what example is shown him in the home. The observant mother will quickly see each child's particular failing and warn him against it. Children are generally willing to listen to reason and the question, "Suppose we all acted that way?" will often make them stop and think. One failing that every child needs to be warned against is that of dishonesty in little things. This fault is so common that few people seem to see anything wrong in a little lie; or a bit of cheating, for which they could not be prosecuted. Your children must be exposed to this spirit, it is in the air. Warn them early against it, teach them that nothing is more hateful to God than a lie, even the most trivial, and support this teaching by your example.

Continued on page 32

Planting about the Farm Home

Suggestions for driveways, shelter belts and yard of Guide House No. 9

The second version of The Guide's first house, now Guide House No. 9, proved such an all round, out and out favorite with the readers of this paper that it was decided to make a very special feature of it. So an arrangement was made with Mr. Norman Ross, chief of the Forestry Department, Indian Head, to prepare a planting scheme for it, which if followed out would make it not only a farm house, but a farm home. The Guide feels that the builders of this house are peculiarly fortunate in having an expert, with the reputation of Mr. Ross, to design a scheme of planting especially adapted to their own residence and it is hoped that all of them will avail themselves of his suggestions. But while this planting scheme was especially designed for Guide House No. 9, it is full of practical suggestions for all home builders. Notice, for example, the curved driveway and the planting of clumps of shrubbery to provide an excuse for the curves, for while a curved driveway is much more pleasing than a straight one, it is foolish unless there is something to curve around. Again, observe the difference between the broken, irregular lines of the planting about the lawn and the stiff forbidding rows of trees which surround so many homes. Mr. Ross has added a word of explanation.

General Scheme of Planting

The general scheme of planting provides for an open lawn with an irregularly planted border and a few groups

of shrubs in the angles of the driveway and around the house foundations.

In planting the border the taller growing trees are mixed in the back, the taller shrubs next and the low growing ones inside next the grass. The place for flowers is along the edges of these shrub borders and

ADVICE TO BEGINNERS

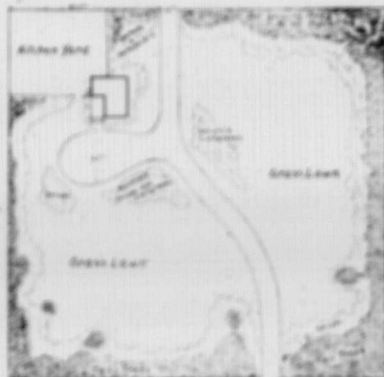
I am not going to grieve over the pathos of beginners, or try to discourage them with the depths of their ignorance. I would rather cheer them on to plant radishes and glory in their immense size, tho' only the little ones are palatable and nobody in the family eats radishes anyway.

It is no end of fun learning, and the only way to learn how to do anything is to start to do it. Go ahead and make mistakes, but don't make the same mistake more than twice. Keep a garden book (a loose leaf one) with notes on your successes, failures, seasons for planting, blooming, etc. Read the books written by charitable gardeners for beginners.

Don't sink into despair over "friable soil" and "compost." Take one mystery at a time and find out how idiotically simple it is except for its name. Dig out one flower bed at a time, fertilize according to directions, and plant it before you lay the whole garden waste in the strenuousness of reform.

Keep up a stout heart and hold on tight to your vision of "the perennial border."

If you are interested in gardens you have a hobby-horse that will carry you far afield to inspect the gardens of the world. It likewise supplies adventure if you must remain at home. It is far better and less expensive than any other form of exercise if your muscles or your liver have to be given sordid consideration.—Elizabeth C. White in Country Life in America.



should consist principally of hardy herbaceous perennials such as Peony, Delphinium, Golden Glow, Bleeding Heart, Oriental Poppy, Iceland Poppy, Campanulas, Sweet Williams and very many others. Annuals may be used for filling in bare spots, but no separate flower beds should be allowed for in the lawn.

Tall Broad-Leaf Trees:—

- x Cottonwood.
- x Russian Poplar.
- x Manitoba Maple.
- x Green Ash.
- Willow.
- x White Birch.
- x Mountain Ash.

Tall Shrubs:—

- x Saskatoon.
- x Choke Cherry.
- x Wild Plum.
- Caragana.
- Tartarian Honeysuckle.
- x High Bush Cranberry.
- x Red Twigged Dogwood.

Lower Growing Shrubs:—

- Japanese Rugosa Rose.

Scotch Yellow Rose.

- Caragana Pinnata.
- Albert Regals Honeysuckle.
- Flowering Currant.
- x Wolf Willow.
- x Snow Berry.
- Spiraea Arguta.
- Spiraea Bellardii.

Evergreens:—

- Scotch Pine.
- x Lodgepole Pine.
- x Jack Pine.
- Colorado Spruce.
- x White Spruce.
- Dwarf Mountain Pine.
- Dwarf Juniper Sabina.

Varieties marked x are native in certain parts of the prairie provinces.

