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pain in the abdomen with more or less distention of gas in the intestines. Its presence (when it truly appears without doubt) indicates that the little sufferer has been given once or very often—as a rule the latter—food of the sort his stomach can't manage. Or he is receiving too much or too little of the food he actually needs. If he is at the breast, it means that his mother's diet needs adjusting, that she requires a certain amount of fresh water and milk for herself, that her habits are not regular, that she needs rest or exercise.

Again, when the child has colic, it may be that if fed from the bottle, that the food he is taking even though supposedly excellent milk, is as a matter of fact poisoning him. In each case the remedy is an appointment with an efficient, alert physician. He, though not a grandmother or mother himself, will first determine exactly whether the baby certainly has "colic," if not the ascertained trouble will be removed, if so, he will set about to determine exactly what the baby needs, that is what causes the colic. Then he will write a prescription, not for drugs or for the pharmacy, but to alleviate for the time being the tummy ache, but one for the dairy or milk laboratory, and for the mother.

The word "prescription" brings up the idea of teas, herbs, paregoric, ipecac, nitre, patent medicines, and all the other ancient contents of the infantile medicine chest. The doctor, however, intends nothing of the sort. He readily recognizes that the baby needs pure, nourishing, assimilable food. When a good maternal supply fails—the most perfect food in the world—cow's milk properly modified, so that its native cow-sugars, cow-proteids and cow-fats are made to nearly approach human milk, is made to fit the infant's digestive powers. What the clinical thermometer is to fever, so colic is the test of digestion.

Plain cow's milk is poison to many babies. Even though freed from the various harmful germs by boiling, colic may be manifested. It lacks certain constituents that an infant needs, and contains others that are indigestible. Properly modified, and taken at the hours and intervals laid down by the up-to-date doctor, the child's colic will have faded away forever.

If the summoned doctor, upon a thorough examination, finds that the

nocturnal bawling is not due to ill health, the fault lies with the mother. She fed it whenever it cried, she caused it to associate the act of crying with the acquisition of a meal, she fastened upon it the habit of feeding when it should have been asleep. Such reflex responses are apparent in an infant ten days old. Such habits are formed early and insidiously.

Next to foolish feeding, as a source of apparent colic, comes overcoddling. Pampering, juggling and kissing a baby after it has been fed is more than likely to produce nausea, if not vomiting. The child cannot tell you of its nausea, so it merely groans, draws up its little legs, screws its face into pitiful moulds and exhibits other signs of discomfort and unhappiness.

The desire of all aunts, cousins, sisters, grandmothers, neighbors, parlor-visitors, cooks, maids, domestics and other members of the affectionate sex to see and "hold the baby," or to kiss it, and of all uncles, beaux, granddads and bachelor friends of the family to hoist it to the ceiling, ride it upon ankles, or even to touch it, should be rigorously tabooed.

Now and forever, let there be an end to home doctoring! Though some mothers have with difficulty learned to beware of soothing syrups, most parents retain an unwholesome respect for and faith in paregoric. For colic it unhappily remains a dangerous favorite. For while giving a dippy relief, thus removing the pain, but not the intrinsic cause of the trouble the morphine that is contained in it, often causes the sleep that is mischievous. One or two drops overdose may remove the infant from all future pain. Paregoric should never be used without the advice of your doctor.

Your baby does not need drugs at all. Pure food, fresh air, and a modern physician are his requisites. Throw away pernicious pacifiers, cast your stock of chest protectors and belly bands to the winds. Give him loose clothing and muscular leeway. Clean frocks, clean milk, clean air and lots of sunshine to make him free.

Heart Disease

Diseases of the heart are sometimes organic and sometimes functional; in some cases there is a material change in the tissues of the heart itself, and in

HORROCKSES

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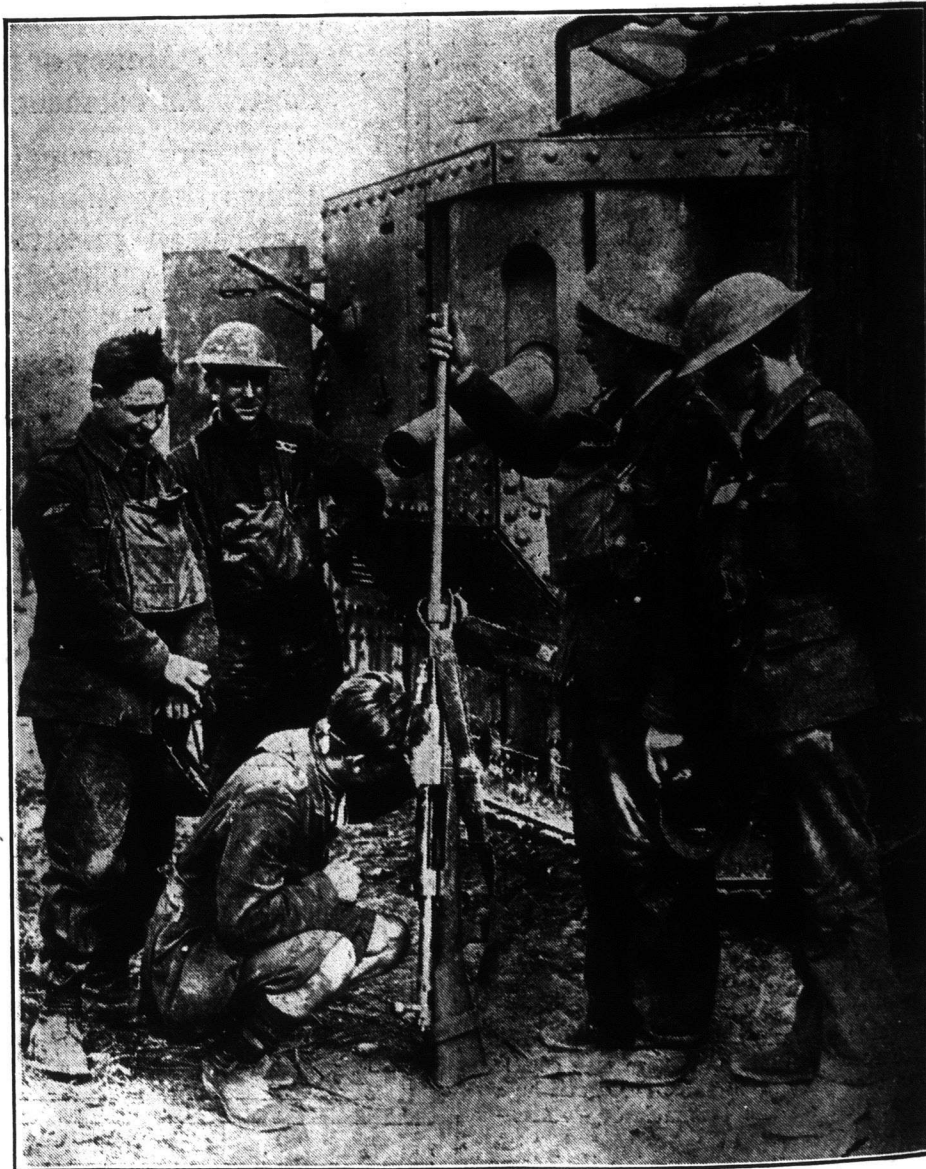
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A tank officer and his crew are interested in an anti-tank rifle which has been captured by the Canadians during their recent drive. The rifle fires a cartridge about five inches long, and has a bore of one-half inch.