

MILK MUST BE PURE

IMPOSSIBLE TO GIVE TOO MUCH CARE TO BABY'S FOOD.

"Artificial" Feeding Means Constant Watchfulness if the Health of the Little One is to Be Properly Preserved.

(Prepared for This Paper by the Children's Bureau, U. S. Department of Labor.)

When, for any reason, the baby cannot have breast milk, he must be fed on a bottle. This method of feeding is known as "artificial" feeding, because it is an imitation of the natural way.

Since it was not nature's intention that a baby should be fed on cow's milk, the baby finds it very hard oftentimes to adapt his digestive organs to the strange food, and consequently many thousands of babies, who would have lived and thrived on breast milk, die every year because they are unable thus to adapt themselves.

On the baby's account, first of all, every mother will do all in her power to secure breast milk, but on her own account, there are many reasons why she should choose to do this.

Artificial feeding requires the constant attention of some one person and necessitates daily, painstaking work, which can be left undone only at the risk of the baby's health.

The mother must first of all study her milk supply. Then after clean, fresh milk has been obtained it must have the most careful attention, and bottles, nipples, and all the utensils employed in making up the feedings must be scrubbed and sterilized every day.

In addition, the baby must be constantly watched to see how his food is suiting him. His weight, the condition of his skin and of his bowels must be noted, and the strength and quantity of his food increased or decreased in accordance with these conditions.

A simple rule for feeding the average healthy baby after the first month is to give him $1\frac{1}{2}$ ounces of milk in 24 hours, for every pound of weight. Thus, a ten-pound baby will need 15 ounces of milk in 24 hours, diluted with water and sweetened according to his age.

On the first two days of his life the artificially fed baby should have nothing to eat except a little slightly warm water, to which a very little sugar may be added.

The following directions for feeding the baby have been prepared by a committee of the American Medical association.

"Beginning on the third day, the average baby should be given three ounces of milk daily, diluted with seven ounces of water. To this should be added one tablespoonful of lime-water and two level teaspoonfuls of sugar. This should be given in seven feedings.

"At one week the average child requires five ounces of milk daily, which should be diluted with ten ounces of water. To this should be added one and one-half even tablespoonfuls of sugar and one ounce of lime-water. This should be given in seven feedings. The milk should be increased by one-half ounce about every four days. The water should be increased by one-half ounce every eight days.

"At three months the average child requires 16 ounces of milk daily, which should be diluted with 16 ounces of water. To this should be added three tablespoonfuls of sugar and two ounces of lime-water. This should be given in six feedings. The milk should be increased by one-half ounce every six days. The water should be reduced by one-half ounce about every two weeks.

"At six months the average child requires 24 ounces of milk daily, which should be diluted with 12 ounces of water. To this should be added two ounces of lime-water and three even

tablespoonfuls of sugar. This should be given in five feedings. This amount of milk should be increased by one-half ounce every week. The milk should be increased only if the child is hungry and digesting his food well.

"At nine months the average child requires 30 ounces of milk daily, which should be diluted with ten ounces of water. To this should be added three even tablespoonfuls of sugar and two ounces of lime-water. This should be given in five feedings. The sugar added may be milk sugar or if this cannot be obtained cane (granulated) sugar or maltose (malt sugar). At first plain water should be used to dilute the milk.

"At three months, sometimes earlier, a weak barley water may be used in the place of plain water; it is made of one-half level tablespoonful of barley flour to 16 ounces of water and cooked for 20 minutes.

"At six months the barley flour may be increased to one and one-half even tablespoonfuls cooked in the 12 ounces of water.

"At nine months the barley flour may be increased to three level tablespoonfuls cooked in the eight ounces of water."

In the hottest weather the baby's food should be weakened by pouring out one-quarter of the usual contents of the bottle and adding an equal amount of boiled water.

He should be fed with absolute regularity, once in every three hours, for the first five months of his life, and the interval should be gradually lengthened until at six months it is four hours.

Give the baby plenty of cool drinking water between meals, especially in hot weather.

SUBSTITUTE FOR ICE BOX

Food May Be Kept Cool in Contrivance Which is Not at All Hard to Put Together.

A box fitted up to hold food helps to solve the problem of keeping food during the heated months. If the cover is removed and the bottom taken out, and the remaining frame fitted with a shelf or two, and then stood in a window that is free from sun and to which the breeze has access, it proves quite a good cooler. But its construction is not complete until it is covered with strips of heavy cloth, such as burlap, sacking, or flannel. These are fastened on top of the box and hang down over the sides, completely covering the whole. On top of this again is placed a dish of water, with narrow strips of material laid in it and hanging over on the cloth covering of the box. The water oozes through these and keeps the cloth covering wet, it having been first given a good wetting. The air reaching this causes evaporation which in turn creates cold. The vessel of water must be kept constantly filled. The degree of cold obtained will depend greatly upon the condition of the atmosphere. When this is very dry, the evaporation will be much more rapid, and the cold will be increased correspondingly.

Cleaning Fine Fabrics.

Delicate fabrics like crepe meteor or crepe de chine generally require professional skill to clean properly. However, the homemaker can remove stains herself if she acts promptly by placing the soiled spot over steam issuing from the nose of the teakettle. The fabric can then be pressed between clean white blotters or brown paper, with a warm iron.

Pineapple Ade.

Cut slices of very ripe pineapple into small pieces. Put them with their juice into a large pitcher and sprinkle them well with sugar. Pour on boiling water, allowing a small half pint to each pineapple. Cover and let stand until quite cool, occasionally pressing down the pineapple with a spoon. Strain the infusion and serve in tumbler with ice.

DISEASE WILL FOLLOW WAR

Certain That It Must Be Years Before Travelers Can Tour Europe in Comfort.

War's terrors will not be over in Europe with the ceasing of the cannon's roar. A more deadly foe—disease—will stalk the ravaged lands after the cessation of hostilities and it behooves the traveler to think of this before planning his trips abroad.

The miles of trenches in northern France and Belgium will be the breeding places of germs. Every battlefield is already a pest region. The debris of thousands of ruined towns in western Europe, unfortunate Poland and Serbia are making hotbeds of pestilence. It will take months to purify the water of streams supplying these regions before disease can be stamped out.

The great war hospitals are being equipped to battle with the coming scourges and the staffs of all are being enlarged with doctors and nurses from every land to fight the conflict that is to follow the dawn of peace.

Typhus and cholera, the two most dreaded of epidemic diseases, is predicted by eminent surgeons and bacteriologists, will ravage Austria this summer and undoubtedly reach its near neighbor and ally, Germany. Thirty thousand cases of typhus have already been reported in Serbia. In one town alone, it is said, a hundred patients are dying daily of the dread affliction. Smallpox and scarlet fever are present in some communities and cholera is expected with warmer weather.

According to cabled dispatches every community on the main lines of travel is in the clutches of typhus. Smallpox is also prevalent in Turkey and Palestine. Thus there remains but little territory in Europe immune from the threatened danger. The starvation and privation that will inevitably follow the war will menace Europe's health for an indefinite period.

It will be years before the traveler can tour Europe as he did 12 months ago, without lurking fear of sickness.—Kathleen Hills in *Lealie's Weekly*.

Words Worth Remembering.

It is impossible to turn our eyes on any starlit vista of human history without being overwhelmed by the heartbreaking sense of the immense treasure of radiant human lives that have gone to its making, the innumerable dramatic careers now shrunk to a mere mention, the divinely passionate destinies once all wild dream and dancing blood, now naught but a name huddled with a thousand such in some dusty index seldom turned to, even by the scholar, and as unknown to the world at large as the moss-grown name on some sunken headstone in a country churchyard. . . . The snows of yesteryear! Who knows if, after all, they have so utterly vanished as they seem. Who can say but that there may be somewhere in the universe secret treasures where all that has ever been precious is precious still?—Richard Le Gallienne in "Vanishing Roads."

Explosive Needles.

The present war has been responsible for various inventions to slay mankind, and the French war office has now in operation an invention for combating Zeppelins.

The new weapon consists of a long needle carrying a small shell. These needles are very light, and so is the shell they carry. When the needle pierces cloth or any light substance—and not till then—it explodes the shell. If fired against a brick wall it is harmless.

The needles are so small that a quantity can be carried on an aeroplane. They can also be fired from a very light gun, and when once they strike a Zeppelin and explode they will also explode the gas contained in the envelope, and so destroy the whole machine.

JACOB'S LITTLE JOKE

ELABORATE LUNCH NOT APPRECIATED BY "TRAMP."

No Doubt He Enjoyed It, but Snowy Table Linen and Other "Fixings" Were Something That He Could Have Done Without.

Just as Sarah was putting the finishing touches to the dinner, Jacob came in from his store down town, and, sniffing the pleasant odor of food, remarked: "Sarah, could thee fix me up some lunch for a poor tramp?"

"Why, of course, Jacob, I could fix it up for thee; but why not bring the tramp in here, so that no one may see him eat?"

"Well, the poor fellow has traveled many miles today, and I left him down at the store; but if thee will fix me some lunch, I'll carry it down to him on my return."

"All right, thee go ahead and eat thy lunch, and when thee is ready to go back, I'll have his lunch ready for thee."

So saying, Jacob passed into the dining room, and when Sarah had him safely employed eating her delicious and substantial meal, she left him to his own devices and repaired to the kitchen, where she first lined a large basket with one of her snowy damask napkins, then, thinking that tramps would enjoy having a meal look inviting as well as anyone else, she got out her best covered dish, in which she placed a liberal piece of steak, then bread and butter, and small dishes, each with its separate cover, in which she placed mashed potatoes, green peas, stewed tomatoes, a bottle of coffee and custard and cake for dessert. She then covered the basket with another snowy napkin, and when Jacob had finished his lunch, gave him the basket to carry back to the store.

Upon Jacob's return home that evening, with the basket and empty dishes, Sarah asked: "Did thy tramp enjoy his dinner?"

"Did he enjoy it?" asked Jacob, "Well, I guess he did. He ate everything but the tomatoes and coffee, and I finished them for him."

"Strange that he did not drink the coffee," murmured Sarah.

"Why, not at all strange, Sarah. I never yet saw a dog that drank or enjoyed coffee," Jacob answered, striving not to smile.

"What does thee mean, a dog? Jacob, I am ashamed of thee for speaking of a poor fellow in such a manner," Sarah chided him.

"But, my dear Sarah, I tell thee it was a dog," dryly remarked Jacob, then, unable to contain himself any longer, he shouted with laughter.

Needless to say, Sarah has never forgiven Jacob for allowing her to go to all the fuss she did, over a tramp dog, and whenever the name of dog is mentioned she looks at Jacob in a commanding way, warning him not to attempt to tell of her tramp.

Building Character.

When an architect plans a great building, and specifies the dimensions of pillars, arches and walls, he has to be guided by a knowledge of the strength of the material he is to use. Bricks and floor tile must be tested as to the pressure they will bear, for crumbling stone and defective iron may bring loss and disaster later. But we are not so careful in the building of character. We fancy that weakness in one place may be counterbalanced by strength in another; that a few good habits set over against some bad habits average up pretty well, and that the days of careless building, when we are in no mood to do our best, may be atoned for by extra good work further on. Many a life goes down in ruin before some sudden temptation just because of this building into it of poor material unfit to stand a strain.