

# RED ROSE

**COFFEE** For particular people—  
Roasted and packed same day in airtight cans



## Between Babyhood and School Age

A child from two to six years often lacks necessary attention in the matter of feeding. The importance of caring for young infants is generally recognized in the home. The health of school children in up-to-date communities is supervised by the school authorities, but the child of pre-school age is allowed too often to weather the dangers of a more or less hazardous existence during the years in between "being a baby" and "going to school."

These years are of extreme importance in a child's life. Development is very rapid and the character of the development depends to a large degree on the health of the child. No health habit is more important than food habits.

**MILK THE INDISPENSABLE FOOD.**  
Milk is absolutely essential for children because it contains food elements necessary for growth which are not found in sufficient quantity in any other food. Every child needs a quart of milk a day but it is not necessary that this be taken entirely as a drink. Part of the milk ration may be given in other forms such as milk soups, milk puddings, custards, junket and blancmange. Variety in serving will save many a child from becoming tired of milk.

A child who will not drink milk readily may be helped to do so by the use of a straw in the glass or bottle. A child who dislikes to drink a glass of milk will often consume the same quantity through a straw and pronounce the process "great fun." A child will often enjoy milk better if allowed to pour it out of his own pitcher into his own cup.

Tea and coffee should never be allowed to take the place of milk, in fact, they should never be given to children. Tea and coffee are stimulants; they have no food value and their high flavor makes it difficult to persuade a child to drink milk after the taste is acquired for tea or coffee.

**MEAT.**  
Meat should be given to young children only in small quantities and not more frequently than once a day. In fact, a child who takes a quart of milk a day with other suitable foods, does not require meat. Meat is highly flavored and a child does not desire the bland milk and vegetables when meat is common in the diet.

Meat should be roasted, broiled or boiled. Roast or broiled meat should never be given meat, chicken or fish that has been fried.

**SOUPS.**  
Clear soups have no food value but meat soups to which vegetables and barley or rice are added, are useful food. Thick soups, especially those made from peas or beans with the addition of milk, are both cheap and nourishing and may be used to replace meat and eggs in the diet.

**VEGETABLES.**  
Vegetables are very good for children. A selection may be made from potatoes, mashed turnips, mashed carrots, fresh beans, fresh peas, spinach, cooked celery or squash. Corn, cabbage, cucumbers or egg plant should not be given to young children.

Fresh vegetables should be used whenever possible. They should be cooked until tender but not allowed to soak in water. Vegetables are most appetizing when seasoned carefully

and served hot, sometimes with a butter or cream sauce. Potatoes should be baked or boiled with the skins on and peeled afterwards. Peeling before cooking wastes the most valuable part of the potatoes.

**SWEETS.**  
Most children have a sweet tooth, but sweets should not be given in large quantities and never between meals.

The best kinds of sweets are those which give the most pleasure with the least amount of sugar. Hard cookies contain a small amount of sugar and the hard chewy substance gives the teeth good exercise. If the cookies are cut in interesting shapes, the child is encouraged to nibble the cookies slowly. Hard candies that require sucking are better than soft ones. Dates, raisins and figs make agreeable substitutes for candy and are more wholesome.

The best time for sweets is at the end of a meal. If children have sweets between meals or during the other part of the meal, the appetite is satisfied before the body receives food necessary for growth and development.

**FOOD HABITS.**  
Good food habits in a child require co-operation of both the parent and the child.

The parent should endeavor to make meal-time a happy gathering and serve the meal punctually. When a new food is served for the first time it is best to serve only a small quantity and not to suggest that it be disliked. A child is interested in having his own dishes and enjoys a meal better if the chair is high enough to enable the child to sit comfortably at table. If necessary use cushions or a foot rest.

The child should come to the table with clean hands and with clean face. He should learn to accept cheerfully suitable food that is set before him and not to ask for other kinds of food. Food should be eaten slowly and chewed thoroughly. The meal should be leisurely and the child stay at table for a reasonable length of time. The skillful handling of utensils can be made an interesting game to a child.

**SAMPLE DIETS.**

Two to Three Years—Breakfast, 7 a.m.: Fruit, as half an orange, 6 or 8 stewed prunes, pear or peach pulp. Cereal, 3 or 4 tablespoonful with milk; or egg, soft-cooked or poached. Bread, white, or whole wheat, or Graham, or toast, with butter. Milk, 1 cup, warm or cold. Lunch, 11 a.m.: Glass of milk, with bread and butter, or Graham or oatmeal crackers. Dinner, 2 p.m.: Broth or soup. Meat, as fine cut beef, lamb or chicken; or fish, broiled. Vegetables selected from the foregoing list. Bread and butter. Junket or custard, or blanc-mange. Supper, 6 p.m.: A cereal or egg (if not taken for breakfast); or custard; or milk toast; or macaroni. Bread and butter. Stewed fruit. Milk, warm or cold; or cocoa.

Three to Six Years—Breakfast, 7 a.m.: Fruit, as oranges, apples, pears or peaches. Cereal. Egg, soft-cooked, poached, or scrambled with milk. Bread or toast and butter. Milk or cocoa. Dinner, 12 noon: Broth or soup. Meat, as beef, lamb, button, or chicken; or fish broiled. Vegetables, selected from the foregoing list. Bread and butter; simple puddings or custard. Supper, 6 p.m.: Rice, or macaroni, soup, or cereal, or milk toast, or thick soup or corn bread. Fruit, or custard, or junket. Milk, warm or cold; or cocoa.

**HORSE.**  
Fistula of the withers in horses is usually caused by a bruise on the shoulder.

The first symptom noted is a swelling just above and in front of the shoulder blade, where the collar is attached. This rapidly grows and resists all local treatment.

If at this period the swelling is operated on, before the pus has a chance to burrow down into the backbone, a cure can usually be effected in a few weeks. If the parts are blistered and

# EFFICIENT FARMING

## SANITATION IN POULTRY YARD.

There are several reasons for emphasizing the importance of sanitary conditions in the poultry yard. In the first place, almost all contagious diseases of poultry are spread through the droppings. Some of them are spread through other channels, but in every case contaminated premises play an important role in the dissemination of communicable diseases of domesticated fowls.

Second: No diseases of this character can successfully be treated medicinally without the simultaneous application of preventive measures, including cleaning, disinfection and isolation.

Third: When soil has once become contaminated with disease-producing organisms it is not so easy to obtain a complete disinfection. Thus the ground may become a future menace to the flock, especially so in the case of worm infection. Eggs of intestinal worms are very resistant to the common agents which in most cases would destroy disease-producing bacteria. The following are some of the requirements that every modern poultry plant should meet as far as yards are concerned. There should be no pools of stagnant water. The soil should be light and there should be sufficient room so as to prevent crowding. Shade should be available, but owing to the fact that direct sunlight is an excellent disinfectant the shade trees should not be placed so that portions of the yard are permanently prevented from being exposed to the direct rays of the sun.

The yards should be divided into a number of pens so that the rotation system of pens may be practiced and frequent inspections may be facilitated. This is indispensable if certain contagious diseases should make their appearance because of such a system one may move the flock to clean, un-

contaminated pens while the infected ones are being disinfected and exposed to the purifying effects of sunlight and air.

Without such an arrangement it would be exceedingly difficult to get rid of intestinal worms because of the resistance which their eggs possess against the common agents employed in yard disinfection. It is also now known that the eggs of the *Heterakis papillosa* (a round worm of poultry) may harbor the cause of blackhead. The *Histomonas meleagridis* (cause of blackhead) may remain for years in the soil without losing its disease-producing power, owing to the protection it derives from being contained in these eggs. The practice of moving the birds from one pen to another, allowing the vacated pens to remain unused for several months should aid materially in the elimination of communicable diseases and especially so if the soil is covered with lime and turned over before returning the birds.

## THE DUST BATH.

This is a most important adjunct to the comfort and good health of poultry. In the dust bath the birds find opportunity for ridding themselves of loose feathers, dead scales and scurfs of skin and at least a considerable number of external parasites. It also is a great aid to individual cleanliness. The dust bath should consist of dry, light sand and the addition of a little cheap snuff will increase its usefulness in combating parasites. If conditions permit, the best place for the dust bath is in the open. If, however, be placed in a convenient place in the house to almost equally good advantage.

## FEEDING.

It is not the purpose of this paragraph to give full instructions regarding feeding of poultry. However, as the main purpose of feeding very often seems to be that of obtaining



## Mother's prescription

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Every day your children touch dirty objects and cover themselves with germ-laden dirt. Give them Lifebuoy—the health soap.

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high production, a few remarks relative to this matter should not be wasted. It should not be forgotten that health is at least to some extent dependent on proper feeding and that although a ration brings excellent results as far as production is concerned, it may nevertheless in time prove disastrous to health. The inner secrets of proper feeding are still far from being known, but we do know a few things which have a direct relation to the subject under discussion.

Spoiled feed, whether it be of plant or animal origin, should never be fed. Too much beef scraps or tankage should not be given. Leg weakness and diseases resembling roup, together with a number of other disturbances of health, have been linked up with nutritional deficiency. The feeding of roughage in the form of paper pulp, or tissue paper, ground and mixed with a wet mash, has been found beneficial in certain forms of leg weakness. Food rich in minerals and vitamins, such as tomatoes, sprouted oats (fed before they turn completely green), bran, buttermilk and similar substances have proved their value in promoting health and their influence should not be lost sight of.

In order to keep the feed clean and free from contamination with droppings, hoppers should be used. It is a very common practice to feed scratch feed in the litter. This has the advantage of inducing the birds to take exercise. It has, however, one rather serious disadvantage, namely, that of forcing, as it were, the fowls to pick their feed out of a more or less contaminated mass. In the pres-

## Tonics for Horses and Cattle.

Fowler's solution of arsenic, dose one tablespoonful night and morning, sprinkled on feed or given in a little water, is an excellent tonic for a thin or hidebound horse or one affected with chronic skin disease or heaves. Cattle take one-third larger doses. A good tonic powder is composed of equal quantities of dried sulphate of iron (powdered coppers) and powdered saltpeter, gentian root, nut vomica, and fenugreek. The dose for a horse is one tablespoonful night and morning, in dampened feed, for two weeks. Cattle take one-third larger doses.—Dr. A. S. Alexander.

Most women would sooner become wives than angels.

Avoid self-pity, and you will escape most of your grief.

# CHEVROLET

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## The Sunday School Lesson

MAY 25.

**Jeremiah and the Babylonian Crisis, Jeremiah 7: 1-26; 9: 1-9; 15: 1-10; 18: 1-12; 25: 1-14; 26: 1-24; 36: 1-32; 38: 1-28. Golden Text—Amend your ways and your doings, and obey the voice of the Lord your God.—Jeremiah 26: 13.**

The last century of the kingdom of Judah had both dark and bright pages. Manasseh, son and successor of Hezekiah, was unlike his father. The history declares him to have been the worst of the kings of Judah, and worse even than the Amorites who had been driven out by their fathers. He persecuted to death the followers of the prophets, introduced into Jerusalem many of the worst practices of the surrounding heathenism, and wrought vastly more evil than his late repentance could undo. In spite of persecution, however, the teachings of the prophets took deep root in the hearts of the people, and found expression in the reforms instituted by Josiah, the grandson of Manasseh, in the year B.C. 621.

But reaction was not dead with the passing of Manasseh. There remained a strong party opposed to change and attached to the old order, which Josiah's reformation was sweeping away. When Jehoiakim came to the throne in B.C. 608, this party came again into power and once more the prophets were persecuted. The story told in our printed lesson shows how staunchly and fearlessly Jeremiah stood for the right.

Jer. 25: 11. *Had made an end of speaking.* A great calamity had recently befallen the nation, and trusted for his goodness and his justice, had fallen in battle with Egyptian invaders. For a few years the Egyptians were masters of Palestine, and they made one of the sons of Josiah, king, exacting of him a heavy tribute. What sort of man he was appears both from the history (2 Kings 23: 36 to 24: 4) and from Jeremiah's comments upon him, Jer. 22: 13-19. It was in the beginning of his reign that the prophet made this speech in the temple court, of which we have the substance only in vs. 4-6. His warning that continued disobedience to Jehovah's laws would end in the destruction of the temple and the city, brought upon him the anger of some of the priests and of the other prophets, who stirred up the people against him. He was seized and brought before a tribunal of the "princes of Judah." The charge was that he had "prophesied against this city." It was hard for them to understand that the true patriot must sometimes speak against his city or his country and warn the people of the inevitable consequences of evil doing.

Vs. 12-16. Jeremiah's answer to the charge is spirited and full of courage. "The Lord sent me." "I obeyed the voice of the Lord." "Do what you will with me." He promises deliverance from the threatened evil. The earnestness of his speech was convincing and the princes pronounced him not guilty. "He hath spoken to us," they said. "There were some who recalled that Micah (or Micah) had made a similar prediction in the days of Hezekiah. (See Micah 3: 12.) Hezekiah feared the Lord and repented

and sought the favor of the Lord, and that is what the people should do now. With this incident in the ministry of Jeremiah should be compared the speech reported in 7: 1-28, and the terrible indictment of the sins of Judah in 9: 1-9.

**APPLICATION.**  
The poet Browning says somewhere, "How hard it is to be a Christian." Let us inquire what made it doubly hard for Jeremiah to be a religious man, and keep his faith bright and unshaken.

1. *The difficult situation in which he found himself.* The people of Judah and Jerusalem wanted a prophet who would lead in with their own ideas, and assure them that the Lord would bless and deliver them from all their perils at the hands of any other enemy.

2. *His very sensitive constitution.* He shrank from incurring the opposition of his fellows. He was timid, shy, emotional, unhappy when he had to contend with others. (See ch. 1: 7; 8: 21; 9: 1.) These two facts made it "hard" for Jeremiah to maintain his religious faith.

Jeremiah, one of the greatest saints in human history, was put on trial for his life. Why? Because he was charged with heresy. The heresy charged consisted in the fact that he declared that the temple would share the fate of Shiloh; it would be overthrown and destroyed. Those who hated him exclaimed, "This man is a revolutionist. He is laying unholty hands on our sacred religion. Away with him." What Jeremiah was really doing was the opposite. He was endeavoring to save their "sacred religion," but he declared that one of the outward things or institutions of religion would pass away. No doubt there was another reason why those who posed as the guardians of the faith, demanded nothing less than Jeremiah's death. He did not look back to the past as they did, indeed he denied that the watchword of the past was sufficient for the crisis with which they were faced in their new day. He said in effect, it was the religious duty of Isaiah, a century ago, to maintain the inviolability of Zion, but now the situation is changed, and it is certain that the purposes of the Lord will be fulfilled, and Jerusalem and the temple both fall.

3. *Jeremiah is an illustrious example of a man who had great convictions, and was loyal to them at all costs.* Sometimes we have been told that the end of life is to multiply pleasures, but the best and noblest of our race have generally walked a hard and thorny path, and have counted it joy that they were privileged to help mankind through their own hardships and sufferings. The men we esteem highest to-day, the men and women who win the admiration of our young people, are such as Paul, Luther, Wesley, Knox, Booth, Livingstone, McKay of Uganda, McKay of Formosa, Florence Nightingale, and a host of others who gave themselves in utter love for others.

# GRATEFUL

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Recently, in spite of children, Mrs. John, age 6; Elvito, 2—had been less than we were about them. Their appetites poor, their cheeks, their less, and during the just more around, in play or anything. They began to eat almost from the first and have picked up couldn't find three active children in eat ravenously, the returned to their



"I'd rather have a dozen others." "I think that's a dozen in a lot."

## A SPLENDID FOUR

Mother should guard to keep baby freely and his little ones suffer no traumas or to bowels. Baby's Crisp laxative for babies and children. It is a safe, reliable, and efficient guaranteed remedy for either or the growing child on the bowels and its out-constipation. Break up colic and make the dreaded easy. The Tablets come in boxes of 10 or 20 from The Dr. Williams' Pink Pills Co., Brockville, Ont.



Not Considering Friend. "Did you bright than President of the 'New' than President."

Keeping out of the first stitch toward a sarcasm is a very for argument.