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The Borden Co. Limited

That the Canadian Mother May Have Quick and Ready Information On Feeding Her Child

BORDEN'S EAGLE BRAND MILK

In the following charts and data we provide the Canadian mother with the necessary information she may require for the use of Borden's Eagle Brand Milk for her child. You will note that the directions provide for a child from three days of age through until the child is 24 months old.

In addition to the directions for feeding Borden's Eagle Brand Milk, the mother should read carefully the suggestions which should be adopted in connection with the use of Borden's Eagle Brand Milk. The Borden Company Limited is proud of the fact that it has been helpful in the raising of many, many Canadian infants into sturdy boys and girls and men and women who are a credit to their country. For further information, do not hesitate to write direct to The Borden Company Limited—Vancouver.

TABLE OF DILUTION STRENGTH AND TIMES OF FEEDING "EAGLE BRAND" CONDENSED MILK

AGE	Hours Between Feedings	Feedings During the Night	Quantity At each Feeding	Quantity Fed in 24 Hours	Teaspoonfuls of "EAGLE BRAND" to ounces of boiled water	Feedings in 24 Hours
3 to 7 Days	2	2	1 to 1½ ozs.	10 to 15 ozs.	1 teaspoonful "EAGLE BRAND" to 1½ ounces water	10
2 to 3 weeks	2	2	1½ to 3 ozs.	15 to 30 ozs.	1 teaspoonful "EAGLE BRAND" to 2 ounces water	10
4 to 5 weeks	2	1	2½ to 3½ ozs.	22 to 32 ozs.	2½ teaspoonfuls "EAGLE BRAND" to 4 ounces water	9
6 weeks to 3 months	2½	1	3 to 4½ ozs.	24 to 36 ozs.	3 teaspoonfuls "EAGLE BRAND" to 4 ounces water	8
3 to 5 Months	3	1	4 to 5½ ozs.	28 to 38 ozs.	4 teaspoonfuls "EAGLE BRAND" to 5 ounces water	7
5 to 9 Months	3	0	5 to 7 ozs.	30 to 42 ozs.	5 teaspoonfuls "EAGLE BRAND" to 6 ounces water	6
9 to 12 Months	3½	0	7 to 9 ozs.	35 to 45 ozs.	5 teaspoonfuls "EAGLE BRAND" to 7 ounces water	5

IMPORTANT.—In preparing feeding mixture, it is imperative that all utensils, bottles, nipples, etc., should be sterilized in boiling water before using. Use a dry spoon in removing contents from the can, and in measuring be careful to pour from can to spoon, allowing the milk in the spoon to level itself. Repeat this procedure with every spoonful measured, using the same spoon every time. This will insure accurate measurement and produce the best results.

DIET FOR CHILD DURING THE SECOND YEAR

Usually after the twelfth month, the mother should select a diet schedule. Every new article of food should be carefully prepared, and given at first in very small quantities. All meals are to be given regularly, with nothing between meals. With many children this expansion of the diet list is attended with considerable difficulty. They are thoroughly satisfied with milk, and refuse all other forms of nourishment. In such cases, withhold the milk until the more solid articles of food have been eaten. If both are given at the same time, the child will prefer the milk and when he has finished drinking, he will refuse the solid food. The following diet schedule will permit the mother to select a suitable meal from the foods listed. It is never advisable to make a change in diet during very hot weather.

NOTE: One teaspoonful of EAGLE BRAND CONDENSED MILK added to one ounce of boiled water results in a mixture equivalent in nutritive value to whole milk. Whenever the word milk appears in the following diet, EAGLE BRAND should be diluted accordingly.

12th TO 15th MONTH—FIVE MEALS DAILY 15th TO 18th MONTH—FOUR MEALS DAILY 18th TO 24th MONTH—FOUR MEALS DAILY

- 7 A.M.—Oatmeal, barley, or wheat jelly, one to two tablespoonfuls in 6 or 8 ounces of milk. Stale bread and butter, or rusk and butter.
- 9 A.M.—The juice of one orange.
- 11 A.M.—Scraped rare beef, one to three tablespoonfuls, mixed with equal quantity of bread and moistened with beef-juice. Or a soft-boiled egg mixed with stale bread-crumbs; a piece of rusk and 6 or 8 ounces of milk.
- 3 P.M.—Beef, chicken, or mutton broth, with rice or stale bread broken into the broth. Six ounces of milk, if wanted. Stale bread and butter or rusk and butter. Many children at the above age will take and digest apple-sauce and prune pulp; when these are given, milk should be omitted.
- 6 P.M.—Two tablespoonfuls of cereal jelly in 8 ounces of milk; a piece of rusk. Stale bread and butter.
- 10 P.M.—A tablespoonful of cereal jelly in 8 ounces of milk.
- 7 A.M.—Oatmeal, hominy, cornmeal, each cooked three hours the day before they are used. When the cooking is completed the cereal should be of the consistency of a thin paste. This is strained through a colander, which upon cooling will form a mass of jelly-like consistency. Of this give two or three tablespoonfuls, served with milk. 8 or 10 ounces of milk as a drink. Toast.
- 9 A.M.—The juice of one orange.
- 11 A.M.—A soft-boiled egg mixed with stale bread-crumbs, or one tablespoonful of scraped beef mixed with stale bread-crumbs and moistened with beef-juice. A drink of milk. Rusk or bran biscuit, or stale bread and butter.
- 3 P.M.—Mutton, chicken, or beef broth, with rice or junket or with stale bread broken in the broth. Custard, corn-starch, plain rice pudding, junket, stewed prunes, baked apple or apple sauce.
- 6 P.M.—Farina, cream of wheat, wheatena (cooked two hours). Give from one to three tablespoonfuls, served with milk. A drink of milk. Rusk or stale bread and butter.
- 7 A.M.—Cornmeal, oatmeal, hominy (prepared as in the above schedule). Serve with milk, or with butter and salt. A soft-boiled egg every two or three days. Hashed chicken on toast occasionally. A drink of milk. Bran biscuit and butter, or stale bread and butter.
- 9 A.M.—The juice of one orange.
- 11 A.M.—Rare beef minced or scraped; the heart of a lamb chop, finely cut. Chicken. Spinach, asparagus tips, squash, strained, stewed tomatoes, stewed carrots, mashed cauliflower. Baked apple or apple-sauce. Stale bread and butter. After the twenty-first month, baked potatoes and well-cooked strained beans.
- 3 P.M.—Chicken, beef or mutton broth, with rice or with stale bread broken into the broth. Custard, corn-starch, or plain rice pudding, junket, stewed prunes. Bran biscuit and butter or stale bread and butter.
- 6 P.M.—Farina, cream of wheat, wheatena (each cooked two hours). Give one to three tablespoonfuls, served with milk, or with butter and salt. A drink of milk. Rusk or stale bread and butter.

The following suggestions have proved to be helpful when properly used with bottle feedings, and they may be used in conjunction with Eagle Brand Condensed Milk.

Always pour the milk from the can into the spoon—allowing it to level itself but not run over. You can readily understand that by dipping the spoon into the can you get more than a level spoonful, because of the milk that would adhere to the bottom of the spoon. When you have added the milk to the water stir thoroughly. This is important. After opening, it is safe to leave the milk in the original can. We recommend that you cover the can tightly with an inverted cup, and keep it in a cool, clean place.

- ORANGE JUICE**
When baby is four months old, give one teaspoonful of strained orange juice, diluted with equal quantity of boiled water, once daily before feeding time. Gradually increase the amount until you are giving the strained juice of a half of an orange undiluted, once daily before feeding time. Orange juice may be continued until child is old enough to eat other fruits as well as oranges.
- OATMEAL JELLY**
When baby is five months old, add one teaspoonful of oatmeal jelly to each feeding. Gradually increase the amount until you are adding three tablespoonfuls of oatmeal jelly to each feeding. To make oatmeal jelly add four ounces of oatmeal to one pint of water; boil for three hours in a double boiler, and add enough water so when cooking is completed a thin paste will be formed. This while hot is forced through a strainer to remove coarser particles. When cold a semi-mass will be formed. Oatmeal jelly may be continued until child is old enough to eat well cooked whole cereals.
- CONSTIPATION**
Oatmeal water very often relieves this condition. To make oatmeal water add one heaping tablespoonful of oatmeal to one pint of water, and boil for three hours in a double boiler. This will make a little more than half a pint of thick gruel to which add one pint of water that has been boiled. After straining mixture through fine strainer, you should have a little more than a pint of whitish liquid. This should be used with each feeding instead of the plain boiled water. If you find that this makes bowels too loose, dilute oatmeal water with plain boiled water.
Barley or rice water may be used instead of oatmeal water. If necessary two to three drops of plain codliver oil may be given twice daily added to the morning and night feedings.
- DIARRHEA**
Give nothing but plain boiled water for twenty-four hours. Then start feeding with barley water, or rice water, to which has been added a little salt to improve the taste. If these feedings are retained, and bowel movements lessened, small amounts of very weak regular feedings may be started and gradually increased according to baby's condition. If your baby does not improve after trying the above suggestions, consult your doctor at once.
- BARLEY WATER**
Obtain the very best barley flour. Add one rounded tablespoonful to one pint of water. Boil for thirty minutes, strain, then add enough water to make one pint.
- RICE WATER**
Add one tablespoonful of rice to a pint of water. Boil three hours, adding water from time to time so that you will have one pint of rice water at the end of the three hours.
- LIME WATER**
It is seldom necessary to use lime water with Eagle Brand Milk but should there be undigested particles of food in the bowel movements (which seem to be otherwise normal) or should there be vomiting of large curds shortly after feeding—or colic—it would be then advisable to try lime water. Obtain freshly prepared lime water at the Druggists, of which add 1 to 2 teaspoonfuls to each feeding.
- COLIC OR VOMITING**
These conditions may be due to over feeding, or constipation. Reduce quantity of food and use constipation formula, or lime water formula, as given above.

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ARCHDEACON RIX CHOSEN BISHOP OF THE DIOCESE

(continued from page one)
by His Grace, The Archbishop, seconded by Rev. J. S. Brayfield.
The delegates present at the synod were as follows:
CLERICAL
Atlin—Rev. Roy Manwaring.
Anyox—Rev. J. S. Brayfield.
Aiyannah—Rev. Flores.
Burns Lake—Rev. J. H. Kerr.
Endako—Rev. William Sweetnam.
Greenville—Rev. W. S. Cooper.
Hazelton—Rev. T. D. Proctor.
Kincolith—Rev. Oliver Thorne.

Massett—Rev. C. O. Darby.
Ocean Falls—Rev. E. Hodson.
Prince Rupert Coast Mission—Canon W. F. Rushbrook.
Prince Rupert—Ven. Archdeacon G. A. RIX.
Stewart—Rev. Walter Allen.
Smithers—Rev. J. B. Gibson.
Vanderhoof—Rev. L. J. Hales.
Telegraph Creek—Rev. Oswald T. Hodgson.
Terrace—Rev. A. W. Robinson and Rev. T. J. Marsh.
LAY DELEGATES
Atlin—G. P. Tinker.
Anyox—Mrs. J. S. Brayfield.

Aiyannah—Charles Morvan.
Burns Lake—Mrs. J. H. Kerr.
Forsdale—Mrs. Robert Clarge.
Endako—Mrs. W. Sweetnam.
Fort Fraser—F. W. Makins.
Greenville—S. A. Robinson.
Hazelton—R. S. Sargent and Mrs. J. C. K. Sealy.
Kitwanga—James Ryan.
Kincolith—Stephen Barton.
Massett—Henry Edenshaw.
Ocean Falls—F. Morrell.
Alice Arm—Mrs. Ernest Moss (absent)
Kitkatla—John Nelson.
Metlakatla—William Leighton.
Port Simpson—John Flewin.

Port Essington—Mrs. W. H. Mory (absent).
Prince Rupert—R. L. McIntosh and H. T. Cross.
Stewart—A. Russburn.
Smithers—S. H. Hoskins.
Vanderhoof—G. C. Holt.
Telegraph Creek—C. V. Evelt.
Terrace—W. Sims.
The session for the election of the bishop was opened by His Grace, Archbishop DePencier, and the singing of the well known hymn "O God Our Help in Ages Past."
The synod continued this morning with general business, closing at noon.