

MOTHER!

Child's Best Laxative is
"California Syrup of Figs"



Hurry, Mother! A teaspoonful of California Syrup of Figs—"Califig"—now will thoroughly clean the little bowels and in a few hours you have a well, playful child again. Even if cross, feverish, bilious, constipated or full of cold, children love its pleasant taste.

Tell your chemist you want only "Califig"—California Syrup of Figs, which has directions for babies and children of all ages printed on bottle. Of all chemists and stores 1/9, or 2½ times the quantity for 3/-. Look for "Califig" on the package.

CHILDREN WHO WON'T EAT

by A CHILDREN'S DOCTOR

DISINCLINATION for what is considered the normal amount of food is a frequent source of worry to parents. Like the majority of the ills which beset the young, it is more alarming than dangerous.

With "only" children want of appetite frequently springs from the self-centredness of these isolated little beings. From babyhood every little ailment has been a signal for the upheaval of the household, and they speedily learn that to refuse food is the easiest method of focusing attention on themselves. Indeed, to all children the spectacular in a refusal of food appeals.

In the nervous child of ill-nourished body very slight causes will lead to a disappearance of appetite. Emotion of any kind inhibits hunger, and the association of a particular variety of food with a previous disturbance will often act as a deterrent should the dish be set before the child again.

One of the most vicious habits of parents is the substitution of a delicacy for food which has been refused. Not only does this encourage the child in its line of conduct, but also the food which tempts is often ill-suited to the young digestion.

For the capricious appetite of a child there is often a physical cause. The brown-eyed child with sallow skin inherits a weakness with its temperament: it is subject to an easily disordered digestion. To the frail little stomach of these children plain food appeals little, and the stimulation of rich or highly seasoned food is necessary to produce appetite.

The cutting of a child's first teeth is an event in the household, and the little sufferer is anxiously tended. When the second, or permanent, teeth begin to appear, little notice is taken of what is transpiring. Yet the mouth of a five or six-years-old child, busy with its second dentition, may be painful, and this pain will give rise to a disinclination for food.

Therefore, when a child begins to go off its food, the possibility of dental trouble should not be overlooked, the state of its digestion should be ascertained, and if the conclusion is arrived at that the phenomenon is nervous or psychical, placidity is the course to adopt.

It is better that a child should go twenty-four hours with very little food than that an incident connected with the forcing of food on it should be stamped on its wonderful little memory. *In fact, with the child of weak digestion a twenty-four hours' fast is not at all a bad thing:* it gives matters a chance to right themselves.

Above all, keep the little actor as much as possible out of the lime-light. Let the child believe that the taking of its food is an event on a par with its refusal, and suggestion and natural appetite will speedily bring about a change which will dispel the maternal fears.

GIVE BABY GOOD TEETH

THE future of baby's teeth depends almost entirely upon the mother. Seven whole months before he is born the work of teeth-forming is going on, and a healthy mother-to-be means that this teeth-forming process goes on in the best possible circumstances.

If baby must be bottle-fed, see to it that the rubber teat is satisfactory. He must work for his food, so that the milk must not drip through without any effort on the child's part. These teats deteriorate very quickly, and should be watched carefully for this reason. The milk should drop at the rate of one drop a second if the bottle is held upside down.

The inside of a baby's mouth does not need any attention in the way of cleansing till he has at least six teeth. This is contrary to advice very often given, but it is proved beyond doubt that swabbing out the mouth of a young child very often injures the delicate lining. Leave baby's mouth alone till it is time to start cleaning the teeth.

The first brush should be of the special small and soft variety sold for infants. But the bristles should not be flat-edged; they should have the same kind of saw-like finish as the best kind of adult brush, and also the curved handle with a hole in it that enables the brush to be hung up to dry. Great care should be taken not to hurt the delicate gums, and baby should not be allowed to suck the brush and swallow the water from it.

'Safety First'

Use

"IDEAL" MILK

For

Baby!

Pure and Free from Harmful Bacteria.

CHILDREN may suffer from overfeeding, or from being fed with food too rich and nutritive, no less than from receiving too little nourishment. As the amount proper for one child may be too much or too little for another, a hard and fast rule cannot be laid down. The doctor, nurse or mother must determine in each case the strength and quantity of food to be given.

With the instructions below you can make humanised milk that is pure and free from injurious bacteria.

To make Humanised Milk.

To make a quart of milk which is as near in composition as possible to human milk, take:

One 11-oz. Tin "Ideal" Milk
Half ounce Milk Sugar (One Tablespoon)
Two ounces Cream (Two Tablespoons)

Place in receptacle, add sufficient boiling water to make one quart, and cool immediately. When made up, the milk must be kept in a cool place and used within twenty-four hours.

When required for the bottle, warm to new milk temperature (95 degrees Fahrenheit) and add a few drops of orange or other fresh fruit juice.

When starting to feed an Infant on "Ideal" humanised milk it is advisable to add more water for the first few days and gradually work up to the full strength.

"Ideal" Milk is also put up in half-size tins, which, with half the quantity of the other ingredients, will make one pint of Humanised milk.

Haines 1

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Hobson Street	-	1512
Remuera Branch	-	4040 (2 rings)
Kelvin Dairy, Epsom	-	1426 (3 rings)
Wakefield Street	-	A2459
Karangahepe Road	-	A1159
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(The Misses Smith)

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