



A WIFE'S HOUSEHOLD ALLOWANCE



EVERY woman likes to have money to spend as she pleases. Indeed, this desire is not peculiar to women, men share in it, but as it is universally conceded to be their prerogative, there is no necessity for emphasizing the fact in their behalf. To "do what I will with mine

own" is an instinct implanted deep in human nature, and when natural impulses are thwarted or perverted mischief is sure to follow.

At the time a woman marries, her husband theoretically takes her into partnership. She has as much right in the joint assets of the firm as he has. It is true that he earns the money, but it would be of little use to him in making and maintaining a home without the aid of his wife. By wise administration and prudent management she makes it go as far as possible, and greatly increases its purchasing capacity. We do not need Benjamin Franklin to remind us that a penny saved is a penny earned. She may justly be considered a direct contributor to the resources of the firm.

When a man has the misfortune to lose his wife, if there is no member of his household who can take her place he discovers that a housekeeper is a costly luxury. Beside the first expense, he finds that it makes a great difference in the out-go whether there is a person at the head of affairs devoted to his interests, or one who is serving merely for an expected return. One is faithfully striving to manage his property in the most economical manner, while he is fortunate if the other is not wilfully wasting it. The contrast will force itself upon him when he makes up his balance sheet, if it has not impressed itself before in a thousand ways. If the services which a wife renders in the home have a pecuniary value, why should she not be entitled to a fair share of the funds of the firm, whose money she is saving, to be expended at her discretion?

At first sight an allowance seems almost an insult to the woman who has a joint right with her husband to all his possessions. When two persons are truly one they can have no separate interests or belongings. But when one holds the purse strings and the other has to ask for every penny she receives from it, she is placed in what is to most women an extremely humiliating position. It is bad enough when there is perfect love and confidence to soften it; if, unhappily, these are absent, it is a constant source of irritation that might be avoided.

The husband, knowing the extent of his resources, or the probabilities of his income during the year, can decide what amount he can afford to spend upon his family, apportioning this as he does his insurance premiums, or any other legitimate business demand. If he places this sum unreservedly in the hands of his wife he will find that it is spent much more judiciously than if it were doled out as the necessity for each expenditure arose. A monthly allowance is usually the most satisfactory. The principle is the same, whether it costs fifty dollars, or five hundred, or five thousand to maintain the house.

A woman unaccustomed to the use of money will no doubt make mistakes at first, but she will soon learn by experience that if she exceeds her limit one month she must retrench the next to make up for it, and expenses will fall naturally into their proper proportion. If a woman is such an utterly incapable and irresponsible being that she cannot be trusted with money lest she should squander it, she is not fit to be at the head of any man's home.

It is always more satisfactory to pay in ready money; where this is impossible the monthly bills can at least be kept within fixed limits, and there should always be a margin of spending money. A sensible, energetic woman takes delight in making her allowance go as far as possible. Children and servants, dress, food, fuel and light all have their proper share. If by skillful management she can contrive to save something it will not be expended selfishly. When she makes gifts she will feel that it is her own she is giving. Instead of separating her from her husband, the sense that she is working side by side with him for a common object will only make the bond firmer and unite them more closely.

ELIZABETH ROBINSON SCOVIL.

THE BEST BOOKS FOR CHILDREN

BY HELEN JAY



THE secret of many a ruined life lies between the lids of a bad book read at the formative period. The home was protected against malaria, but the germs of evil thought were allowed free entrance. In other cases, habits of reading were not inculcated by placing near the restless little hands traps of information painted with illustration and story. There is, such a thing as mental dyspepsia. A child fed upon candy develops an abnormal appetite for sweets, rejecting solid food. So the brain may be surfeited with sentimental love stories and unnatural adventure until it loses all taste for anything more substantial.

Children and animals for a brief time in the lives of the former, associate upon terms of perfect equality. The little girl would not be surprised at any time to have her kitten pour her woes into her sympathizing ear. She cares nothing for Jack the builder, but is devoted to "the cow with the crumpled horn." Taking advantage of this fact, natural history can be taught in most delightful guise. Fable, fact and fancy can unite in sowing the seeds of habits of observation and love for all things both great and small. Books like Uncle Remus's "Little Folks in Feathers and Furs," "Queer Pets at Marcy's," "What Darwin Saw," and Wood's "Homes Without Hands," are a few of numerous class indicating the character of one division of the ideal library for the child. To these may be added Kingsley's "Water Babies" and Buckley's "Fairy-land of Science."

I would also enter a plea for "Mother Goose;" never let that dear old lady be banished from the shelves. Place her side by side with "Dollie Dimple" and the Rollo and Bessie books for the very little ones.

Every boy wants something to happen. He glories in adventure, and gloats over a narrow escape. Before he falls into the hands of "Dick the Scalper of the Plains," introduce him to the "Pathfinder" and all his kin. In order that he may have an intelligent idea of the Indians, for after those Indians in some fashion he will go, let him read Morehead's "Wauwata, the Sioux" and "Our Wild Indians," by Col. Dodge. The works of Schoolcraft, Francis Parkman and Catlin contain accurate accounts of the customs of the tepee lighted up by camp-fires and alive with hunting scenes. "A Century of Dishonor" and "Romona," by Helen Hunt Jackson, will make the average boy less eager to buy a scalping-knife and leave home in search of vengeance. From Mrs. Custer's "Following the Guidon" and Captain King's "Campaigning with Crook" he will get the genuine ring and dash of battle without profanity, or misleading statements of the delights of life free from family restraints.

The pit-fall that lies in wait for the sister of the boy reader of equal age is sentiment. She is apt to become devoted to novels not of the best type but those full of the love making of very commonplace people over whom the novelist throws a misleading glamor. She needs two things—occupation, and contact with wholesome characters. In a most successful educational institution the teachers have found the following books helpful in interesting girls in needlework and in the details of home life: "A Bundle of Letters to Busy Girls," Grace Dodge; "Beauty in Dress," Miss Oakley; "Our Girls," Dio Lewis; "What Girls Can Do," Phyllis Brown; "Manners and Social Usages," Sherwood, and "We Girls" and "Real Folks," by Mrs. Whitney, not forgetting "Gentle Bread-winners" and "Mollie Bishop's Family," by Catherine Owen.

The development of character is charmingly portrayed by Sophia May in her Quinnesbasset series, consisting of "Our Helen," "The Doctor's Daughter," "Quinnesbasset Girls," "The Asbury Twins" and "Janet," Miss Alcott's "Little Men," "Little Women," "An Old-Fashioned Girl" and "Eight Cousins," teach such sweet lessons of family love and loyalty that we cannot afford to banish them for newer comers. "One Day's Weaving" and "John Jack," by Lynde Palmer, teach the importance of self-control and the blessing of work for others. "A New England Girlhood," by Lucy Larcom, is a mental and moral tonic. "The Titcomb Papers" of Dr. Holland, and "Girls and Women," by E. Chester, meet almost every question which puzzles the growing girl. With equal profit a boy might read Mathew's "Getting On in the World," Thayer's "Tact, Push and Principle," Eggleston's "How to Educate Yourself" and "Thrift," "Self Help" and "Character," by Samuel Smiles. Washington's "Rules of Civility," may well be added.

Everyone knows the child's love for a true story. To meet this want are works like Drake's "Indian History for Young Folks," and his delightful "Legends of the New England Coast," Kingsley's "Heroes," Coffin's "Boys of '76," Fiske's "War of Independence," Mrs. Strickland's "Queens of England," "Historic Girls" and Abbott's smaller histories.

Perhaps there is no part of a child's education so overlooked as his political training. He should draw in Americanism with his first breath of literature. "Politics for Young America," by Nordhoff, will help him accurately to define his rights and duties as a citizen before he is trusted with the ballot, and Hale's "A Man without a Country" will clinch his patriotism. Edward Eggleston's "Hoosier Schoolmaster," Irving's "Sketch Book," Hawthorne's "Twice-Told Tales," "Old Town Folks," by Mrs. Stowe, and the "Grandissimes," by Cable, as types of American literature should be given preference.

Lamb's "Shakespeare for Children," Whittier's "Ballads," Longfellow's "Tales of a Wayside Inn" and "Hiawatha," satisfy a child's dramatic instinct and natural love of rhyme. Hawthorne's "Wonder Tales," and

the "Childhood of the World," by Clodd, are books which sow seeds of wide culture and pure imagination.

A book may be said to fail in its mission if it does not tend to make the body stronger, the mind clearer and the soul purer. It must not be simply good, but good for something. "A Noble Life," "My Mother and I," "John Halifax," "Ben Hur," "In His Name," "Ten Times One," and the "Boyhood of Christ," are builders of spiritual muscle.

Granted that the mother has these books, how shall she add to her store? First, by bearing in mind the general laws which we have indicated, and from time to time buying the best authorities on the subjects stated. Second, by never trusting to the name either of an author or publisher to the extent of placing in her child's hand a book of whose contents she is ignorant. Third, by clinging to the standard works of tried authors, instead of being allured by "Christmas literary novelties." Fourth, by realizing that most of the books delighted in by children were written for older people. Fifth, by carefully choosing a good periodical which, bound at the close of each year, will in time multiply itself into a library.



HOW I MANAGED A BABY

THIS is how I managed. I must tell you that I had been considerably impressed by the results of my sister-in-law's training of her one baby, and determined to be as successful with my robust and obstreperous boy as she had been with her delicate little girl. The exact system she had followed I had not at the time means of ascertaining; but this is what I did: When baby was three months old I began. Every morning I laid him down, and for five whole minutes left him free to kick or cry, or generally amuse himself. During that time I neither looked at nor spoke to him—had as it sometimes was to be firm. Gradually the five minutes grew to ten, and so on, till when he was ten months' old he would sit on the rug or scramble around unnotified for an hour, not only contented but happy, absorbed in play with his various simple toys. Meantime I was free to employ that hour or so in any way that seemed best to me. Then would follow a brief game of romps, and by that time the girl had finished with the chamberwork and was ready to carry baby out for his walk, after which he slept till dinner time. The advantages of this system are obvious, and even had I been able to hire a dozen girls I would never have deviated from it.

CARROL CAREW.

TREATING AN AFFLICTED CHILD

MY first baby, an eight-pound boy, was born the eleventh day of December, and I can truthfully say "then my troubles began," and for the benefit of any poor mother who, like myself, has faithfully searched through all her old JOURNALS for help in a similar trouble, I want to give my experience.

From the beginning I had not sufficient milk, and the little fellow could not digest cow's milk or condensed milk or anything with a suspicion of milk in it; then came a weary trial of prepared foods, almost all of which called for milk, but which we tried with and without, until we had tried eleven, and still nothing suited; our baby was not nourished and did not thrive. In the midst of it all we found he was ruptured. Day after day, and night after night, for hours at a time, we would sit and try to soothe his pain, but to no avail. The poor little fellow screaming with pain, until he was five months old. Hoping we would find a food to agree with him, which would fatten him, thereby healing the rupture and saying him the agony (as we supposed) of wearing a truss, we were finally advised to give the baby cream (one part cream to three of water, making it stronger as the baby could stand it), and to "put a truss on immediately in his first trial of the cream, which we found to agree with him perfectly, and then put on the truss which, much to our surprise, neither worried nor fretted him, and that week he began to gain. He is now eight months old, weighs eighteen pounds, has six teeth, is well and strong and has entirely recovered from his rupture. In closing, let me say to all mothers having babies likewise afflicted, put on the truss at once, and try the cream, without waiting to go through the whole catalogue of "Baby Foods."

BELL.

A MOTHER'S INFLUENCE

A MOTHER'S influence over her children begins at a very early age, earlier than one would think unless able to judge from experience.

How quickly the little ones imitate the mother. A neat, tidy mother will make a neat child, and a pleasant, cheerful mother will make a pleasant child, while the mother who habitually utters a frown and allows herself to speak in a sharp or fretful tone, will soon find her little ones following the example she has unconsciously given them, and probably wonder why they are so disagreeable or fretful, instead of being pleasant and cheerful.

If my boy comes in from school in a fretful mood and I meet him in the same mood, what would be the result? I would not in that way help him to overcome his fretfulness, and would an influence for good over him. But if I meet him with a pleasant word, and finding there is no particular cause for his fretfulness, pass it over for the time being and interest him in something else, to take his thoughts from himself and his fancied wrongs, how quickly the mood changes and he is my own pleasant boy again. When he is himself, I can successfully tell him of the wrong he has done in allowing himself to become so fretful.

But to always wield a good influence, a mother must be ever on the watch that she does not, by her own shortcomings, place any obstacle in the pathway of the little ones entrusted to her care. And above all things else, always keep a promise made to them.

A MOTHER.

A CURE FOR BOW-LEGS

CAN any of the mothers in "Mothers' Corner" tell me the best way to treat my baby's limbs. He has always gone out in his carriage until this summer when while away in the country. Of course he was running about out of doors all the time, and I noticed his little legs are getting quite "bandy." I think they call it, from the knee down; they curve slightly to the ankle. His feet do not turn over nor do they turn in, and it may be they will get all right again, but I do want his limbs to be straight and well-shaped. He is a healthy, chubby little fellow of nearly two years. I shall be glad to hear of any plan I can take, for I do not want his limbs to look "bandy" if I can help it.

A DEVOURER OF "MOTHERS' CORNER."

A simple mode of treatment for bow-legs is to have a layer or two of thick leather nailed the entire length of the soles of the shoes, on the outer edge. For knock-knees the leather must be applied on the inner edge, thus turning the feet out. Any shoemaker can put it on. The shoes must be without heels. Ordinary apparatus for these deformities, particularly knock-knee, is too cumbersome for little children. They cannot wear it with comfort.

PHYSICIAN.



TABLE MANNERS OF CHILDREN



THE pleasure of a meal may be greatly enhanced or entirely spoiled by the behavior of the children who are present. In most households children come to the table with their elders, and, whether it is necessary or not, they should always do so at least at the first two meals of the day. They learn the usages of good society far more easily and quickly by imitation than by precept, and can be taught what to do and what to avoid without the necessity for the constant repetition of "Do this," or "Do not do that," which is so tiresome to both parent and child.

CHILDREN should be provided with a knife, fork and spoon of a size suitable to the grasp of the tiny hands. It is as absurd to expect them to manage the larger implements skillfully and gracefully as it would be to expect them to work with the full-sized tools of the mechanic. As accidents will happen even to children of a larger growth, it is well to provide bibs, and to lay a napkin over the tablecloth to receive chance scraps of food that may be sent astray by a misdirected stroke. Except with very young children, a tray should not be permitted, as it encourages habits of carelessness by making the result of no consequence. The most dainty bib is made of a fringed doily with one corner turned over under the chin, and furnished with strings. A chair of proper height is indispensable for a young child, to give it full command of its plate.

ONE of the first lessons should be to take liquids noiselessly from the side of the spoon. This does not seem to be an easy accomplishment, judging from the small number of persons who possess it. Another should be to keep the lips closed when eating solids, to avoid the disagreeable noise that sometimes accompanies the action. Bread to be eaten with soup or milk should be laid at the left of the plate, and broken with one hand only. Meat must be finely cut and eaten slowly; vegetable food requires even more mastication than meat, as it must be thoroughly mixed with the saliva to insure proper digestion. It is better to help children to small quantities and to replenish the plate than to give too large a portion at once. When there is a decided dislike to any article of food, only a mouthful or two should be given at one time, and repeated when opportunity offers till the taste is acquired.

WHEN the chair is comfortable the child should be required to sit straight on it, keep still and not to put its elbows on the table. It is hard for the restless little ones to be quiet; this should be insisted upon as a matter of discipline. The polite request and the gracious expression of thanks should always be required. To see things that we cannot have and to do without them cheerfully is one of the lessons that we must learn as we grow older, and children should be taught to practice it. They soon find that there are some things that cannot be given to them, and submit to the restriction without complaint.

A CHILD should never be scolded at the table. If any reproof is to be given it should be conveyed by a gentle word or look. If it needs to be further admonished the rebuke can be given in private. Children should be encouraged to take part in the conversation at the proper time, but not to intrude themselves into it; nor to interrupt when their elders are speaking. A child's development may be greatly assisted by its being taught properly to express its ideas. Its little remarks should be listened to as kindly and courteously as those of a guest. Nothing is more terrible to a sensitive child than ridicule; it is felt all the more acutely because there is no ability to retaliate in kind. It is a weapon which must be very judiciously employed not to wound the feelings.

THE hours during which the family gathers around the dining table should be the happiest in the day. This is the time to air family jokes, to tell pleasant stories and give interesting bits of news or information. Perfect neatness and tidiness of dress should be insisted upon, as this throws a charm over the plainest surroundings.

The gentle courtesies of life must be learned in childhood; no experience of after years will give ease and self-possession at all times. Habits of politeness must be acquired so early as to become a second nature, or they will fail in some unguarded moment of passion or indifference. ELIZABETH ROBINSON SCOVIL.

DAINTY SCHOOL LUNCHEONS

BY ELIZABETH H. SHELLEY



CHILDREN love dainty things just as much as grown people do, and mothers will discover that a dainty lunch basket will help to cultivate in either girl or boy the refinement which every true mother wishes her child to possess. Children are apt to be sensitive, and do not like in the presence of their schoolmates to open a lunch basket that is not attractively arranged. Besides this, children grow very tired during school hours and if their luncheon is not tastily put up in a clean napkin and made appetizing it is apt to come home untouched. It is hoped that the suggestions offered in this article may be of some assistance to mothers, though they lay no claim to originality, being simply the results of practical experience and observation.

ALMOST all children like cake and pie, and cake and pie are accordingly put into too many baskets as the staple lunch. Is it possible that this constant feeding of cake and pie to our children may really be thought of as assisting in laying the foundation of the proverbial indigestion, the national malady of our country, and that it is not all to be laid, as it is usually attributed, to the door of hot bread? Let a piece of cake or pie be sent as an adjunct to the lunch, but by all means see that the crust of the pie is light and wholesome, and the cake not rich. Small, nicely-cut sandwiches, wrapped in a serviette to prevent them from getting dry. These, of course, must be more substantial for our sturdy boys. This for one day; for another, bread and butter and a hard-boiled egg, varied by olives, a little preserve, or a piece of cheese. Plain cookies or graham crackers are nice to make out with. Below is given a recipe for "Scotch tarts"—oatmeal crackers; these are very little trouble to make, are inexpensive, and if kept in a tin will remain crisp for months.

SCOTCH TARTS—One pound oatmeal, one-half pound flour, quarter pound lard or drippings, quarter pound granulated sugar, one tablespoonful of baking powder, a small teaspoonful of salt. Mix the oatmeal and the flour with the baking powder and salt sifted in it, and the sugar together. Melt the lard, and pour a beaten egg in it; then add this to the dry ingredients, using sufficient cold water to make the whole into a stiff paste. Now roll a piece of the paste to about the thickness of a dollar, cut it into rounds with a small cutter, and bake on a large tin in a moderately quick oven until nicely browned. When quite cold put away in a tin box until needed for use.

A CUP of custard made with one whole egg to each cup of milk, or one egg divided between two cups as preferred, and either baked or steamed, makes a nourishing lunch. Sweeten and flavor with lemon, vanilla or nutmeg, according to the taste of the children. If baked in the oven, be careful to set the cups in a pan of water to prevent the custard from breaking. Any kind of fresh fruit in season is wholesome for lunch, provided it is perfectly ripe and sound, and at times when not obtainable a little canned fruit in a jelly glass may take its place.

ANOTHER wholesome appetizer, and one that when tried proves a general favorite, is a Norwegian dish, made with sago and fruit juice after the recipe below; a little bottle of cream put into the lunch basket to serve with this is a great improvement. Fruit Sago—Draw the juice from a pound of any kind of fruit—red currants, raspberries, blackberries, plums and grapes are especially nice for the purpose—strain it off and add water to make the quantity one quart; put this in an agate saucepan, and when it boils add four heaping tablespoonfuls of small sago which has been well washed; stir this over the fire until it thickens and all the grains are clear, which will be in from ten to fifteen minutes; then sweeten to taste and fill into jelly glasses.

FOR THE CHILDREN'S MEDICINE

BY LAUREL

THOSE housekeepers who possess an old-fashioned clockcase about two feet high by one foot broad, or a trifle smaller, can turn it to good account in the capacity of a medicine closet. It should be first well cleaned and then revarnished or gone over with furniture polish on the outside. Inside over the open glass front to hide the bottles, which would not look very artistic showing through the glass, hang or tack a silk curtain of some pretty contrasting color. Now for the shelves. In a case of the stated dimensions, one or two shelves can be made according to the height of the bottles used.

For two shelves make four cleats about one-half-inch square, and tack to place on the inside of the case, being careful not to split either. Take some pieces of hard wood about one-half inch thick and fit into the case as tightly as possible so as to leave no crevices. Tack or glue each shelf to its cleats and, if thought necessary, two small blocks can be placed under each shelf at the back.

Fasten to the wall in some convenient place with screws and, if liked, brackets can be placed below in imitation of a shelf. This makes a very desirable place to keep the medicines which every housekeeper should have handy in case of emergency.

In the absence of an old clockcase, such a closet could be made by a cabinet-maker at a small cost, and decorated to suit the taste.

Bottles should be tightly corked and plainly marked; pills and powders put in neat boxes, labeled; liniments and outward applications kept on a separate shelf.



PUTTING BABY TO SLEEP.

MAY I say a word about "Putting Babies to Sleep?" I have brought up eight children, and made it a rule when the first one came, to have a little bed for it, and not have it sleep with me. Don't every mother know the tired, weary feeling they have in the morning after a baby has been restless and nursing all night? Now, baby would rest much better in its own little nest than it would in your arms, mothers. I know how hard it is to put the dear little one out of our arms, but try it, and see if it is not better for you both. Take it up and nurse it when you go to bed, and when asleep lay it back on its own little pillow, and if it should wake up in the middle of the night, sit up in bed and nurse it, for if you don't you are more than apt to fall asleep with it in your arms, and never wake until time to get up, then your getting up wakes the baby, and you have to get breakfast for "John" with it in your arms, or have it crying. R. Y. H.

THE CARE OF BOTTLE-FED BABIES.

PREPARE each meal when wanted, and this only at regular intervals. Dilute the milk with boiling water, and never sweeten after the baby has learned to take it freely. Never use what is left in the bottle, but clean at once, and set away ready for the next meal-time; should it need an extra cleaning, put in a handful of coarse sand or small pebbles, add enough water to wet thoroughly, and shake for a few minutes; rinse, and you will have a clean, sweet bottle.

WASHING BABY'S SOCKS.

MAKE a strong suds with cold water, let them lie in it about half an hour, rinse up and down, rub gently a little, rinse in cold water,—with only a little soap in the water,—wring (gently also) in a dry towel, and pull out evenly to dry.

A HINT FOR OTHER HOUSEWIVES

MRS. H. A. J. has my sympathy. Having tried all the stuffs recommended by as many different people, viz., alum powdered, borax and sugar, insect powder, pennyroyal oil, cedar oil, and "roach food," I finally tried Paris green. It is effectual, but dangerous. A large householder told me that tobacco steeped until the tea was strong was a good remedy. I procured some stalks and leaves from a tobacco grower, and made a very strong decoction. A brush—long-handled round brush—was used, and by thoroughly brushing over all crevices, and in fact over all the places they frequented, I am comfortable. To see a roach now is unusual. Of course, the brushing must occur often until the pests are exterminated, when a thorough going over once a week will prevent their return. My bath room was so infested with them that I disliked to use the bath. I exist in a flat.

PREVENTING CHILDREN'S COLDS.

I HAVE a little boy five years old, and during these few years I have had many colds, which have become invaluable to me, and perhaps may be helpful to some young mother among the JOURNAL readers.

Although colds, both severe and serious, have prevailed in the neighborhood and community, our little one has had but one slight cold. This I attribute to one of three things:

1. The care I take of his diet, giving him only the food that is simple and nutritious, seeing that his daily habits are regular, and that the bowels are kept open. 2. For some time I have made it a rule to every morning give him a little bath, which lasts about one minute. Before changing the flannel shirt which he has worn at night for the one he is to wear during the day, I make ready the little cold, salt-water bath—perhaps a quart of water and a tablespoonful of salt. The dash of cold water accents the throat, chest, and lungs to the cold, the salt is a tonic, and the vaseline or cocoa oil an excellent preventive against cold. A physician of great prominence and success says an oil rub after a bath is as good as an overcoat to resist the cold.

3. I have accustomed my boy, from infancy, to go out of doors every day, unless the state of weather positively forbade. When that is the case, and I have to keep him in all day, at least twice a day I open the windows, and let him have a good romp for a few minutes. The exercise prevents taking cold, and the air of the room is changed. A good breath of pure, fresh air, and a merry romp of this kind will do away with whining, teasing and discontent in a child quicker than anything I know.

When a child or any one takes cold, it can be "broken up" if taken at once with the right measures—not by dosing with drugs. From the same excellent physician above referred to, and from my own experience, I have learned that drinking hot water, as hot as possible, will break up a cold, and it is sure to do it. Make it into lemonade if more agreeable, and take it every hour; if you can, remain in doors, and do not expose yourself to changes of temperature.

BOYISH SUITS FROM BABY DRESSES

OUR little man was three years old this fall; time for kilt suits, grandma said; and he did seem too old for his baby clothes. But there were all those dainty little woolen dresses made last fall, with their short waists, only narrow lace for collars, and everything about them "babyish." Oh, no, they would not do at all this winter for our young man of three. We could not think of laying them aside, however (scarcely worn at all) and getting him a complete set of new suits, so out came the baby dresses.

They were found to be large enough about the neck and shoulders, and as the long skirts of last winter were now just the right length for the shorter ones required for a three-year-old, the only difficulty was in the short waists and sleeves.

This is how we managed: The dresses that had sufficient material left for a belt, sailor collar and cuffs, were altered first, and for the others we purchased enough material of contrasting colors to make these. The skirts were ripped off, and the waists pieced down about two inches, and over this we fastened broad belt with fancy buckle or rosette of ribbon; the sleeves were pieced down with a fancy cuff to hide the seam, and broad sailor collars, or fancy pointed or turn-over ones, replaced the baby lace at the neck.

For some of the dresses, three strips of the same material were set on the waist, both front and back, to imitate box-plaits; others had a finish of narrow gilt cord on the belt, collar and cuffs, and some were trimmed on waist and sleeves with fancy buttons.

The dainty white and blue flannel dresses being somewhat soiled, were carefully washed, and trimmed with ribbon belts, and deep collars and cuffs of pointed lace, without fuss.

Thus, with very little expense, all the baby dresses of last winter (for best and everyday wear) were converted into boyish suits, and only one new kilt, with fancy blouse and jacket, was required; and the little fellow looks quite as cute and manly as though all the suits were purchased this winter. PHEBE R.

STIFF SHIRT-BOSOMS

WILL some of the JOURNAL readers please tell me how I can make my husband's shirt-bosoms, collars and cuffs really stiff and glossy. C. W. W.

A QUESTION ANSWERED

Mrs. Walker.—Get from the druggist a quarter of a pound of quassa chips. Put a handful in a picher and pour in a quart of boiling water. Let them soak for twenty-four hours, strain and use the water to wash the hair thoroughly. It should be repeated once a week with children who are exposed to the danger feared.

CURE OF SPEECH IMPEDIMENTS

By EDWARD ECK

AS soon as the child afflicted with speech impediments is old enough to enter school, and becomes conscious of its defect, its life becomes unquestionably one of great suffering and constant mortification. The unfortunate habit of a stammering child will often cause interruption during the instruction hours, and make the other pupils restless and cause incalculable harm. In many cases the teacher has not the ability, patience or disposition to lessen the timidity of the unfortunate child. Encouraged by the careless parent they excuse themselves by saying: "Let the child alone, the habit will some day decrease."

How wrong this is! From such neglect the future career of the child will undoubtedly suffer. Finding himself excluded from the most desirable careers, he will be forced to strike out for himself in some new path for which, perhaps, neither his talents nor inclinations fit him. What shall we do to prevent stuttering in early youth? Being a teacher for eleven years of the cure of speech impediments, let me say this: By careful observation, a mother can in many cases perceive slight indications of it in the first attempt at speech made by the child. Sometimes we meet three or four-year-old children who already stutter. Parents do not consider the matter of sufficient importance, and the bad habit becomes a lasting defect.

When parents perceive that their child has the habit of repeating syllables or letters, or pronouncing them incorrectly, they should with the greatest calmness, slowly and distinctly utter in a correct manner the wrongly pronounced letter, syllable or word, and let the child repeat it in like manner until it is able to pronounce it correctly. If they fail to understand the little one, then let it repeat the words again, forcing it to pronounce the vowels in a long-drawn manner; for instance: "Good night," "sleep well," "Dear mama, please give me some cake." Avoid, by all means, speaking too suddenly or abruptly to the child. Persons whose task it is to instruct such children must never become impatient or speak in an angry manner, for the future of the afflicted child is decided by the treatment it receives the first nine years of its life. If the child by the negligence of its parents is not cured when ten years old, then it will have to undergo the troublesome cure with a specialist, which requires often a long time. For the benefit of the readers of THE LADIES' HOME JOURNAL I will give some main points in the methods to be used in remedying this defect:

1. Let the child stand passively erect, hands and arms hanging loosely; let it inhale and exhale slowly and quietly, without raising its shoulders. The child should not catch the breath suddenly through the mouth while exercising. The inspiration must take place through the nostrils, the expiration through the mouth. Repeat this exercise fifteen to twenty times. If dizziness ensue, discontinue for a few minutes.

2. Let the child stand passively erect, the back perfectly straight, with hands upon its hips, inhale slowly, filling the lungs; exhale through the mouth, and gradually with the sound of ha, holding this as long as possible.

Then: ha, he, ha, he, hi, ha, he, hi, ho, ha, he, hi, ho, hoo.

Then: ah, ah, eh, ah, eh, ih, ah, eh, ih, oh, ah, eh, ih, ooh.

The consonants must be repeated clearly and distinctly by their sound, not their name. Make combinations of the vowels with consonants, for instance: all, egg, ice, or, use, etc., after which you may proceed to more difficult words and sentences. Never forget that the vowel is the carrier of the word.

HOME AND MOTHER INFLUENCE

By MINNIE B. BELL

ONCE heard a learned man remark: "Many mothers have ruined their boys by their fretful, oft-repeated don'ts."

"Don't make so much noise, Johnnie!" "Don't put your feet on the furniture, Charlie!" "Don't leave the door open, Willie," etc. Suppose we endure a little more noise, if harmless noise is natural to Johnnie. We will some day look back upon his boyish prattle and clatter as the sweetest music of bygone years. Let us put into our family living room, furniture for our comfort and use, upon which Charlie's feet may rest. Has Charlie a "foot-rest"—one of those essentials to man's comfort? If not, give him one—with a mild suggestion as to its use. If careless Willie leaves the door open, suppose we close it; boys will forget sometimes. I would not make our boys selfish and extravagant—far from it! But if by patience, reasonable indulgence, and constant thought and watchful care we may throw round our boys a home influence, and give them a heart-felt love of home as the cosiest nook, the brightest, dearest spot in all the earth, is it not worth while? God bless our boys, and God bless the mothers, and give them strength and wisdom to discharge their mission, "for there is no sanctuary of virtue like home."

In response to many inquiries, the editor of the "Mothers' Corner" has prepared a little book called "A Baby's Requirements," giving practical advice as to the first wardrobe, the necessary toilet articles, the preparations needed for the mother's comfort, the food and general care of a young baby. It can be obtained from the Curtis Publishing Company for twenty five cents.



FORMING THE CHARACTER

WHEN I am tired with the noise of the children, and the many little cares that fill the life of a busy wife and mother, I like to take up a book and forget my small worries in the great thoughts of some one else. One or two bits I have met with lately have pleased me so much I have thought they might help some other tired mother, so ask you to put them in the "Mothers' Council." To form a character is the work of our personal life, and when once we see this the inequalities of our outward circumstances cease to be. If wealth, or fame, or knowledge, or length of days, were the final goal of human endeavor, then indeed the difference between man and man, would be an unspeakable injustice. The highest service can be prepared for and done in the humblest surroundings. S. N. H.

STARCHING SHIRT BOSOMS

I THINK if C. W. W. will try my receipt for starching shirt bosoms, she will have a satisfactory result. Of course, you starch them in hot starch first, so I will tell how to starch them the second time. To one shirt take a good half teaspoonful starch, and dissolve in as little cold water as possible. Then fill your dish (I use a common bowl) in which you dissolved the starch not quite half full of cold water, and add one teaspoonful of Kerosene. Stir the kerosene well into the starch; then dip your shirt bosom several times, rubbing thoroughly between your fingers. After this fold and roll the shirt very tight, and let it remain so at least three-quarters of an hour before ironing. L. W. W.

THOUGHTFUL MOMENTS

OUT-OF-DOORS a gloomy day and pouring rain; in doors, while hands are busy with sewing for the little ones, there is also time for thoughtful moments. 'Tis then we realize the blessing of work, and all the blessings we mothers enjoy in our home life, whose cares sometimes seem intolerable to the weary nerves. We realize when we look back to our own childhood. She whose province it is to keep the home in trim that the loving father provides, a cheerful smile and a contented mind, a clean table, with china and silver shining, salt and pepper bottles never empty, a well-filled larder, with plenty of good, sweet bread, no barrenness shirts or undarned socks. Oh! there are so many little things for mothers to do; and really, how much of our happiness does depend on the little things; it often takes but one cross word to make a whole family unhappy. How little it takes to please a child. A story told at the twilight hour, or a playmate invited in to tea are little things, but often make a child happy for days. A game or frolic before bedtime, with papa and mamma to join. It is these little things that make a child love its home home is but a memory. Sometimes I think we do not rightly appreciate our home blessings, the comfort of husband and children for whom to care. What loftier ambition is there for woman than to make home an attractive place for her loved ones? Sometimes we become almost discouraged, and think it almost to little, this great expenditure of strength and nerve that no one realizes but ourselves. How tired we grow, and we think the same expenditure in some other direction might produce so much greater results. Do not be discouraged; it is our own place each must fill and not another's; and at the end I am sure none of us could desire a brighter eulogy than this: "She hath done what she could." WINONA.

SUFFER THE LITTLE CHILDREN

LET us be very watchful over our little ones. They are precious gifts. In all their innocence and purity they come to us; let our highest aim be to keep them so, our greatest ambition to see them while still young giving their hearts to God. As we lay some little task upon them which it is our duty to see is done as well as little hands can do it, let us show pleasure at their obedience, and at the same time remind them that their heavenly Father is pleased with them too, for He has said: "Children, obey your parents." Let us teach them also that He has said: "Little children come unto me." A heaven-sent message to the little ones, an invitation direct from the King. Oh! may we, as we are true mothers, instruct our dear little ones that this is the most important invitation they can ever receive, and may we do all we can to insure its acceptance. AN EAGER READER.

BABY'S FLANNELS AND PILLOWS

MAY I come with my questions, for this is my first baby and I know so little? First—My baby's flannel skirts are shrunken from being improperly washed by servant girls. Can any one tell me how I can get the "fulness" out, so they will resume their former dimensions? Second—I am told that feather pillows are too heating for the little ones. Is this true, and if so, of what can I make a suitable pillow?

First—Nothing will restore them. Second—A feather pillow is not objectionable unless it is so soft that the head is buried in it. Curled hair is the best material for a firm pillow.

CARE OF CHILDREN'S HAIR

WILL the editor of the "Mothers' Corner" give space to an inquiry concerning children's hair? I have a little girl whose hair is soft and fine, but left to itself hangs in unbecoming strings. I have curled it a good deal, and combed it out in fluffy locks that look very pretty. But it gets so tangled then that it is a task to brush it, and I fear breaks the hair, as I notice a good many split ends. Does hair grow from the root or from the end? I would like some advice on the subject from some experienced person, as I do not want to injure her hair for the sake of her present appearance. I brush frequently every day, and am careful to keep the scalp clean and free from dandruff. It looks glossy and well kept, but still the split ends appear. Please don't tell me to clip the ends, for in my own experience I have lost all faith in that. R. H. A.

Hair grows from the roots, so that clipping the ends does very little good. I should suggest cutting the child's hair close, and keeping it so for a year or two, as there is an evident lack of vitality in the hair. Rub the head twice a week with compound camphor liniment, and use occasionally a little olive oil.

A BABY'S FIRST WARDROBE

EVERY month I read carefully your "Mothers' Council," but have never before ventured into the hallowed spot. Now, I want to ask you a few special questions, which I hope will not prove too troublesome to answer. Not long since the "Council" contained several suggestions as to "A Baby's First Wardrobe" which, while doubtless satisfactory to some of more experience, were not specific enough for me. Will you kindly answer the following questions. First—How many of each, and what articles do I need for a "first wardrobe?" Second—Of what materials are the dresses, gowns, etc., made? Third—Is it cheaper to buy the things ready made, or have them made?

THE YOUNG MOTHER

I HAVE taken much pleasure for years in reading your JOURNAL, and especially of late "Mothers' Council," and I venture to ask you a few questions, which I hope you will answer as soon as you can possibly do so. Please give me an idea of what I shall really need for baby's wardrobe, and also a first-class quality of toilet articles for the toilet. YOUNG WIFE.

These questions would have been answered by mail had addresses been sent. Full replies are given in the little book "A Baby's Requirements," referred to just at the left of this paragraph, and which the JOURNAL will send for twenty five cents.



THE BABY'S DAINTY BASKET

WHEN preparing for the baby, a pretty basket to hold the requisites for its toilet is indispensable. In no other single item can taste and skill effect a greater saving of money than in this dainty adjunct. They can be purchased trimmed and decorated at prices varying from three dollars and a half to twenty dollars, while clever fingers can cover one at home at one-quarter the cost. Suitable baskets can be obtained at from fifty cents to one dollar. A square, or oblong, shape should be chosen, twenty or twenty-two inches long, and with sides three and a half or four inches high. As the basket itself is entirely hidden from sight, a plain, strong one for a foundation is all that is necessary.

THEY should be covered with muslin, or lace, over some colored material. Silesia, glazed cambric, or sateen may be used, and any color chosen that is preferred. The French think blue the most appropriate for boys, and pink for girls. If any special color predominates in the nursery, or in the baby's other belongings, it is well to have the basket to match. Pale yellow is effective, crimson looks warm in winter, and a delicate green cool in summer. Line the sides of the basket inside and out, cutting the strips to fit, allowing for seams; joining them neatly round the top, and confining any extra fulness in tiny plaits at the lower part. Cut a piece of cardboard to exactly fit the bottom of the basket, cover it with the cambric, and afterward with the muslin, and lay it in place when the trimming is done. It will conceal the finishing where the sides and bottom join.

USE for the covering plain white Swiss muslin, dotted or figured muslin, point d'esprit net, which is net covered with fine dots, or one of the different kinds of piece lace. When a very inexpensive basket is desired, try fine cheese-cloth, serim, silkolene, or art muslin. China, India, or surah silk, in soft shades, makes a very pretty covering, and does not crease as quickly as muslin. Whatever the material chosen, line the sides of the basket with strips gathered or plaited on. Make a deep frill for the outside, and fasten it around the top, concealing the joining with a full ruche of the same.

THESE frills may be ornamented in many different ways, according to the taste and ingenuity of the maker and the material used. Muslin is pretty trimmed on the edge with valenciennes lace, or with rows of feather stitching in washing silk, or hemstitched. Net or lace may have rows of very narrow ribbon woven in and out through it. Silk can be daintily hemmed, or embroidered with a line of dots along the hem. The ruche at the top may be of silk, fringed or pinked, or of ribbon, or a thick silk cord may be substituted for it. Two little pockets must be made of strips of cardboard about six inches long and three wide, covered with the silesia and full frills of the muslin or lace. Bend to a semicircular shape, and sew them securely in opposite corners of the basket, or on opposite sides, if preferred. Tack them under the frills, or cover the stitches with bows of ribbon. In the remaining corners put two pin-cushions, trimmed in the same way, one for large and one for small safety pins.

A COVER of muslin, or whatever material is used for the basket, lined with silesia, and ornamented to match the frills, is sometimes provided to protect the contents when not in use. Although these daintily-trimmed baskets are very fascinating when they are new, they soon lose their freshness. It is really more sensible to have a pretty wicker basket, and decorate it with ribbons, which can be easily replaced when they are soiled at a small expenditure of time and trouble. The ribbon can be twisted through the openings in the wicker work, or tied in bows at the corners or on the sides. Pockets can be made of pretty figured silk to match, if desired. High standard baskets can be had for two dollars, or two and a half, and these are very effective with a bow tied where the three legs cross, and bows on the handle.

Common wicker baskets can be painted white, either with or without lines of gold, and varnished. In her first enthusiasm the young mother disregards trouble; but when the baby is three or four months old, and she has to renew the muslin furlowels, she may wish that she had chosen something more substantial. ELIZABETH ROBINSON SCOVIL.

EDITOR'S NOTE—Six "months" was misprinted for six "weeks" in the article on feeding in the April number.

A WELCOME GUEST

BY IDA WORDEN WHEELER

WHEN baby comes! The earth will smile,
And with her spring-time arts, beguile
The sleepy blossoms from their rest,
And truant song-birds to their nest,
To greet my guest.

When baby comes! Now fades from mind
All thought of self. The world grows kind.
Old wounds are healed, old wrongs forgot,
Sorrow and pain remembered not;
Life holds no blot.

When baby comes! Methinks I see
The winsome face that is to be.
And old-time doubts, and haunting fears,
Are lost in dreams of happier years.
Smiles follow tears.

When baby comes! God make me good,
And rich in grace of motherhood.
Make white this woman's soul of mine,
And meet for this great gift of Thine,
In that glad time.

THE FEEDING OF INFANTS

BY D. M. COOL, M. D.

DURING forty years of active practice, a large share of which has been spent in special attention to diseases of children and their hygienic care, I feel there is a great want of knowledge, especially among the masses, regarding this important

subject. There are many mothers who cannot nurse their infants, and I am sorry to say some who can, but will not; and again there are many, especially among our American mothers, who are not able to furnish the twelve or fifteen hundred pounds of milk a well-developed, healthy child requires the first year of its life. Under these circumstances the problem of correct artificial feeding of an infant becomes of importance. The food of a baby until the coming of its double teeth should be free from starch. If the child requires feeding, the question presenting itself to the mother is, what shall I feed baby? The nearer this food approaches to the mother's milk, the better it will suit the child. In other words, the closer we imitate nature, the more certain we will be of success. The only available food is the cow's milk, but this contains practically three times as much cheese as mother's milk. The baby does not require this cheese and cannot digest it. It was made for a calf that can run and play when it is a few days old, and is designed by nature to follow its mother in order to get its food, and consequently, in order to supply the necessities of the calf, must contain a large percentage of casein, or cheese, which is termed nitrogenous, or muscle-making material. On the side of the child it cannot walk, neither was it designed by nature to do so. If it goes from one place to another it has to be carried, consequently does not require muscular development, and its food is rich in carbonaceous material. The proportion of cheese to the butter in cow's milk is as one hundred to one hundred and five; in mother's it is as one hundred to one hundred and seventy. These proportions are necessary to each; the calf must have muscular development in order to follow its mother, and the baby must have the butter for more reasons than I have the space to enumerate here.

Prepare your food in this manner: Take the milk of a healthy cow, strain it in as many dishes as you expect to feed baby times from this supply, and never go to the same dish the second time, using morning's milk for the night's feeding, and night's milk for the day's feeding. So far we can be explicit, but as no two cows' milk is alike, we cannot formulate any precise rule for its dilution with water. This is the best you can do, and a little experience will teach you how this ought to be done.

Let the milk stand in a cool place (ice-box in summer with nothing in it but the milk, and in the winter a nice, clean place should be selected), and for a new-born infant (if it has to be fed) dip the spoon into the milk, and the cream that will stick to the spoon will be sufficient for one feeding. Add to this water that has been boiled and is still warm, sufficient to give it a bluish color, and add a little sugar of milk. One or two teaspoonfuls is sufficient for one feeding. As the baby grows older dip a little deeper and add less water. For a child three months old you can take the upper one-eighth of the milk and cream, and add to this enough water to make it a little bluish. This will require ten or fifteen parts of water to one of milk and cream. Good milk of a healthy mother contains eighty-nine and nine-tenths per cent. of water. You see, this is not diluting it more than mother's milk. But be sure that the water that you are using is absolutely without impurities.

After diluting in this way you will find upon examination that the butter is to the cheese as one hundred is to one hundred and seventy, the same as in mother's milk. This will agree with the baby, as it imitates mother's milk. This is so simple: When the milk is set at rest the cream being the lightest comes to the top, and the cheese settles to the bottom. For thirty-five years in clinics and in hospitals, as well as in private practice, I have been governed by the above rules, and am thoroughly convinced they are correct, and that a baby who is deprived of the nourishment which nature intended for it will thrive upon milk prepared in this way. Of course, great care must be taken that the child is fed at regular intervals



MAKE THE DOCTOR A FRIEND

A STRUGGLE with a sick child is a most pitiful sight. One's whole heart goes out to the poor, forlorn, little sufferer, who is making such vigorous efforts to escape from the necessity of submission, and yet we dare not disobey the doctor's orders and leave the remedy unapplied. If we succeed, the excitement of the conflict has probably done as much harm as the medicine can do good. If we shrink from the ordeal, weakly yield, and the worst happens, what a bitter sting there is in the thought: "If I had only been firm it might have been different."

A CHILD who has always had its own way is not likely to be willing to give it up when it is ailing and miserable. Bribes and entreaties are of little use then. The wayward will, unused to discipline, is only strengthened by the weakness and weariness of the body. A wise physician said to me not long since that he had known cases where children's lives had been sacrificed because they had not been taught to obey. No doubt any doctor of wide experience could confirm his statement. Is not this a fact to make mothers ask themselves: "Am I preparing my child for sickness as well as health? If not, what can I do toward it now, before it is too late?"

AS soon as the child is old enough to understand, teach it that the doctor is its best friend. Never hold him up as a means of punishment, as I have heard foolish persons do. If you say: "Don't eat that, Willie, or the doctor will come and give you nasty medicine," or: "Don't put your fingers near the sewing machine, Lucy, or the doctor will come and cut them off," when you are obliged to send for him, Willie and Lucy naturally will have extremely unpleasant associations with his name and be anything but glad to see him, or willing to carry out his suggestions. Where the doctor is a family friend, the children learn to know and love him, and will welcome and trust him. Even if a stranger has to be called in, he will win his way after a time if his name does not summon up dread visions of retribution in the childish mind.

IT is usually in diseases of the throat that the greatest difficulty is found in inducing the child to submit to treatment. In diphtheria and scarlet fever it is sometimes impossible to make any application to the tonsils, either with spray or brush, without so exciting and frightening the poor little patient that the consequent exhaustion tells sadly against its chances of recovery.

Accustom a child to open its mouth and have its throat examined. It can be done playfully, giving a sugar-plum as a reward when "mother can see way down his throat." The little one will never suspect that he is acquiring a habit which may save his life.

WHEN medicine has to be given in trifling ailments, make it as little disagreeable as possible, and then it will not be dreaded in graver cases. Powders can be put in a spoon between layers of jelly or jam. If they are comparatively tasteless, they can be sprinkled on a spoonful of cracked ice. Castor oil can be stirred in milk, flavored with essence of peppermint, and if possible sucked through a glass tube. I once administered a dose prepared in this way to a boy twelve years old. After it was down I said: "Do you know what you have taken, Tom?" "No, I don't," he admitted frankly, "but it tasted something like custard."

I knew an old gentleman who attributed the ease with which he could take pills to a facility gained by swallowing currants whole when he was a boy in his father's garden.

MEDICINES which as children we had to take in all their unmitigated bitterness and nauseousness, are so disguised by the skillful druggist that no reasonable child ought to object to them. Who that ever had it forced upon them does not remember the taste of "salts and senna," or "pure" cod liver oil?

When the physician dispenses his own medicines, as many country doctors are obliged to do, and has not time for the refinements of the modern pharmacist, the mother can make it more palatable by adding a little simple syrup made of sugar and water boiled together. A piece of ice held in the mouth before taking a bitter draught helps to conceal the taste.

Cod liver oil may be mixed with the beaten yolk of an egg, a few drops at a time—as in making mayonnaise—sweetened, and flavored with bitter almond.

ELIZABETH ROBINSON SCOVIL



I am afraid that some of the mothers who come to the Mothers' Corner for advice and assistance are disappointed at not receiving it sooner. A question cannot be answered in this column in less than three months after it is received. Letters requiring immediate attention should contain a stamp and the address of the sender to insure a personal reply.

STORIES FOR CHILDREN

OUR best story time is in the evening, after the house is straight for the night, the lamps lit, the fires blazing, the tea-table set, when each ear is listening for the sound of father's footsteps. The story is always something that I have read myself; an incident from some book, or perhaps the whole story; some real occurrence culled from the papers or from the life of some interesting person, which will be heard with sympathy or teach a lesson of love and helpfulness; or, again, something funny, but I make it a point always to be instructive.

ALICE W. HILL.

ONE MOTHER'S EXPERIENCE

MY little boy, not quite seven years of age, but as large as one of nine, is a vigorous, healthy child, having in his life only been confined to bed one-half a day on account of sickness. Thinking some of the simple rules adopted for his physical culture may be suggestive prompts me to give them to other young mothers. From early infancy my child has been accustomed to regular hours for nourishment, exercise and rest. Clear days, however cold, the nurse took him out in his carriage, and when brought in he was bright and rosy; but I have always been careful not to permit him to breathe a damp atmosphere. When very young, at his morning bath, he was rubbed with alcohol and salt to strengthen and keep him from taking cold. Now I use after his tepid bath every other morning a little violet water. Any eau de cologne diluted with water is good as a preventive of chilliness, as well as producing a fresh sweet odor. He partakes heartily of wholesome food, as he is not in the habit of eating between meals. He never touches candy, does not know its taste, though such tempting sweets are frequently offered him when I am not present. Consequently his stomach and teeth give me no trouble, and he is not often annoyed with phlegm. He does not attend any kind of evening entertainments, but goes to bed at half-past seven o'clock in winter and eight o'clock in summer. When between two and three years of age he seemed rather a nervous child, yet we trained him so that he has never had any more fear of the dark than the light. He has often been wakened and after he is cozy tucked in he falls asleep in a few minutes; sometimes almost immediately after a frolicsome romp. Up to last autumn he took his daily nap, which, I think, is somewhat attributable to his well-developed physique. He sleeps on a very low pillow, and in consequence is erect as a soldier. Despite these rigid rules, he is a rosy specimen of a genuine fun-loving boy.

PRACTICAL MOTHER.

GAMES FOR CHILDREN

IF the mothers know of any book containing games, or work of any kind, they wish to share with their children, from two to six years of age, and they will publish its name, they will confer a great favor on many mothers who have not had kindergarten training, and have not much invention in that direction. The house is full of toys, but their attractiveness lasts but a few days, then comes the question: "What can I do, mamma?" and tears and quarrels for want of something to keep the child busy and amused in the day? Of course, let us have a great many suggestions on this subject for mothers who have to keep house, sew, mend, receive company and can't give all their time to amusing the little ones.

C. S. A.

WEARING FLANNEL UNDERCLOTHES

WILL some of the JOURNAL mothers tell me what kind of underclothes the baby ought to have to keep the body at an even temperature at all times. If woolen underclothes are worn during the day, should a flannel gown be worn at night? If one cannot afford woolen night-gowns, should they wear cotton undershirts and a pair of socks? Or, if one wears a pair of socks, should wear an undershirt at night like that worn during the day. But is it well to wear woolen drawers during the day, and at night to change for a cotton gown? Also why should not a baby wear flannel diapers, so as to keep the lower part of the body as warm as the upper part? Should growing boys wear light woolen undershirts and drawers in summer?

IGNORANT YOUNG MOTHER.

Flannel should always be worn next the skin, light-weight in summer and heavier in winter. A jacket of Shaker, or outing flannel, should be worn over the night dress, or a thinner flannel undershirt than that used during the day. Woolen night-dresses are not necessary except for persons who suffer from rheumatism, because the blankets help to keep the body warm.

Flannel diapers would be apt when wet to irritate the tender skin. The needed warmth is supplied by the flannel shirt. Growing boys should wear light woolen underwear in summer.

BABY'S EVENING SLEEP

WHEN my first boy came I felt that he was too precious to entrust to anyone's care but my own during his babyhood, which seems to me the most critical time of a child's life; if at that time he is left to others, seeds may be planted for almost every trouble. Yet it is hard for the mother to give up all her time, such as she loves her little one, she must get wearied and impatient. I had led a busy, active life indoors, yet full of pleasurable excitements, church work and social duties outside, and I dreaded the change. Fortunately my nurse was a motherly, methodical woman (it is so important to have such a one for the first so young mothers don't make so many mistakes and have to learn too much through their own experience). She told me that before the four weeks was up she would train that baby to sleep from six to ten, so that my evenings would be free. How many times have I thanked her for it. I have had three boys since, and still my evenings are my own to receive company, go out, sew, read or do anything I like with. At six o'clock the moment I undress, rub thoroughly, dress warmly for the night, then nurse the baby to sleep. If he rouses before ten minutes him over; sometimes as he gets older give him a drink of water, but never nurse him till ten. He soon ceases to expect it.

Most of the mothers I know worry all through the evening with their babies, much to the annoyance of any friend who may be with them. It is as bad for the baby as for the mother, affecting his nervous system, and the artificial light injuring his eyes. Never leave your baby alone, but have some one within earshot in case of anything unusual occurring. I have always been fortunate in having an interested girl in the kitchen who would listen to baby whenever my husband and I happened to be out.

MOTHER LIZZIE.

A mother requires rest and change if she is to do her duty properly to her child. Her health of mind and body will be reflected in him.



SYMPATHIZE WITH THE CHILDREN

THERE are some people who come into our lives like a gleam of sunshine. We feel unaccountably rested and cheered and refreshed after meeting them. If we go to them in trouble they have time to sit down and listen to the story of our worries and anxieties without fidgeting to get away to something else. They enter into our cares as if they were their own, and in some inexplicable way our burden grows lighter as we tell how heavy it is, and we are comforted. They have the power of substituting "the garment of praise for the spirit of heaviness;" they have the blessed gift of sympathy.

THE dictionary tells us that the word comes from the Greek *sympatheia*, meaning conformity of feeling, that being derived from *sun*, together, and *pathos*, suffering. Perhaps it is because the griefs of life do rather overbalance its joys that we most often need some one to suffer with us, and so we find the origin of the common application of the word when we trace it back to its source. Yet in moments of great happiness we want some one to rejoice with us as truly as in times of woe we feel the necessity of some one to weep with us. There are heart-felt joys with which no stranger, and not even the most intimate friend, intermeddles, but there are many which we must recount to a sympathizing ear before we can fully realize our own good fortune. Our pleasure is doubled in the telling, and our friend's unselfish delight at our gratification makes it infinitely sweeter.

REALIZING as we do the comfort of sympathy for ourselves, it is strange that we are not more ready to bestow it upon children. Their sorrows seem so trivial to us we forget that they are very real to them. They have no past to compare the present with. When the cloud overshadows them they cannot remember, as we can, a hundred summer tempests from which we emerged unharmed and not the worse for the temporary wetting. It seems to them that the sun will never shine again. Each loss is irremediable, each disappointment overwhelming, each childish disgrace an indelible stain. They cannot look forward into the future and see there compensation. They need some one to enter into their feelings and to help them to bear the afflictions which compared to their feeble powers of endurance are anything but light.

THE mother, absorbed in her own trials, is not always ready to give it. A broken-nosed doll seems to her a small cause for a passion of tears, and yet the same chord is touched that moves her to despondency when her household idols are shattered, or her heart's dearest possessions taken away. A success at school, or a triumph in the playground, perhaps touches her more easily, and yet she does not always give that full measure of intelligent appreciation which is so dear even to a child. Children are quick to detect a false ring in any sentiment. If interest is only simulated they will find it out as certainly as an older person and more rapidly. Who does not know that chilly sense of repulsion, of being thrown back upon one's self, that comes when the friend upon whom we have relied for sympathy and comprehension fails to give it to us? The unsympathizing glance, which says in effect: "Go away, I am too busy with my own affairs to be troubled with yours!" turns our hearts to lead. Who that has ever experienced it would willingly inflict it upon anyone else?

DOES not the little child feel something of this when the mother is too hurried to listen to its tiny troubles, or to rejoice in its trifling pleasures? Is not the young girl deterred from turning to her mother for sympathy and counsel because she knows that the problems and events which seem so important to her will awaken only a half-hearted interest and be thought unworthy of being treated seriously? When a boy can say to himself: "Mother understands, she always knows what I mean, she'll want to hear all about it," he will not hesitate to go to her if he is in difficulties.

LET us be very tender with the joys and sorrows of these immature minds. Our ripper experience must help them to bear them well, to learn the lessons which each is meant to teach. They do not seem important, and yet they are, for in the plastic character of childhood each touch leaves an indelible impress. Let our sympathy be unstinted, so that they may always feel that nowhere is it as warm and ready as in their own home.

ELIZABETH ROBINSON SCOVIL.

DURING THE LONG VACATION
HOW SHALL WE AMUSE AND BUSY OUR CHILDREN?
BY HELEN MARSHALL NORTH

HALF of the mothers in the land, and two-thirds of the other half, are just now asking the question, What shall be done with the girls and boys during the long vacation? Private schools which close their doors early in

June and do not reopen them until the last of September, leave a large gap in the child's existence which must be bridged over in some manner. The public schools retain their hold upon their charges a little longer, but, in either case, thousands of children all over the country are released from steady occupation and confinement for four or five hours a day and thrown upon their own resources or those of their guardians, for occupation, for ten or twelve weeks of the most trying weather in our climate. No wonder the question arises, What shall we do with them? They are all in the growing period, full of life, eager, restless, interested in new things. No one head could supply suggestions for interesting such a great family of young people of widely different tastes and habits, but a few hints in this direction may not come amiss.

The difference between an occupation and an avocation is, of course, that the former refers to the principal business of one's life, the other—the avocation—to a minor interest, something calling one aside from his principal business. Going to school is an occupation for the boy or girl; fortunate is the child who has been taught an avocation. A young boy of my acquaintance finds his avocation in amateur photography. During the school months of the year, he has very little time to devote to his favorite amusement. There are tough problems to solve, long Latin lessons to learn, compositions to write or declamations to learn, beside a debating society, a reading club and other diversions which spring naturally out of school companionships. But from the middle of June he is quite free to consult his own inclination as to the spending of his time. He has taught his next younger brother to assist him in taking pictures, and so has always an agreeable companion in his pleasure. Last year, when they were at the farmhouse where the family spends the summers, Tom found an old tumble-down sugar-house which had been left to itself for a long time. With a few boards and some nails, and a little help from the hired man, the old sugar-house was transformed into a snug little den in which Tom keeps all his implements for taking pictures, and does most of the necessary work of finishing. This year he will have a small corner cut off for a "dark-room," and he has made some nice little cupboards out of old packing boxes, finished them with inexpensive portières, and they are already in the freight car, on their way to the farm.

The region abounds in picturesque views, and the boys will have glorious days tramping over the hills and by the brookside. For myself, I think it is much more manly employment than dragging fishes out of their river homes with sharp hooks, or sending swift bullets crashing into the tender bodies of birds. Then too, every member of the farmer's household, including the hired man, enjoy "sitting" for pictures, and before the season is over, they will all be done up in blue prints, at least. The walls of the "den" are decorated with the products of Tom's toil, and with sketches and pictures taken from illustrated papers and magazines which Tom has the privilege of cutting up. He generally selects the illustrations and little Ben does the cutting and pasting. There are also a few Japanese fans and umbrellas hanging about the walls of the "den," and at the front door some Chinese lanterns. Tom has transplanted a half dozen wild clematis plants around the building, and in a year or so it will be covered with a mass of the pretty summery vines. Great branching ferns grow in what the boys call their door-yard, and altogether the "den" is a source of infinite amusement and considerable benefit to the children.

Another family of children, most of whom are girls, living in the same region, inspired by the boys' success, have adopted a similar plan; but their small play-house is more elaborately decorated. They are interested in pretty much everything in this world, but dolls still hold a warm place in their hearts, and to their little house they carry all the small families and their wardrobes, furniture and games. They have taken a number of useful lessons in housekeeping, incidentally, and the little place is always neat and dainty, and ready for visitors, to whom their mamma is quite proud to show the ingenious devices of her little daughters. But they do not play here alone, which reminds me of a source of enjoyment which children are apt to overlook.

Making collections of things, from buttons to base-balls, always furnishes interesting employment for a bright child. Did you ever make a collection of leaves? Of course not in the city, where every flower and leaf is bought over the florist's counter or of a street vender. But out in the woods and fields there are countless forms of leaves, big and little, light-green and dark, veined with white or delicately shaded, no two of them exactly alike in shape, size, or color. If you have no book prepared to receive them, you can easily make one of wrapping paper which will serve to hold them in place until you can find something better. Take a long tramp in the woods or over the hills some morning, and bring back a leaf of every different sort that you have seen. Perhaps I should not have said take a long tramp, because if you attempt to bring a leaf of every sort that grows by the way, you may not be able to get so very far away from home. There are all sorts of trees to look for, beech, birch, maple, oak, pine, willow, and dog-wood, besides the ordinary orchard trees, apple, pear, cherry, peach and plum, and several varieties of many of these.



BABY LANGUAGE

IHAVE enjoyed the blessed boon of motherhood for twenty years, and the sweetest music I have heard has been furnished by eight babies, who have learned to talk in our home to time. Each baby had a language of its own; each had a surprising originality, an individuality in its expressions that was very dear to me, and I could not bear the thought of forgetting. So I adopted a very happy plan. I kept a record of each child's baby talk, spelled and sentenced just as it sounded, and these records have been a source of infinite pleasure and amusement to the entire family. This pastime may be pleasant for other mothers so old-fashioned as to love babies, and so devoted as to have found out that all babies do not talk alike.

TENNESSEE.

A MAN OF TO-MORROW

IAM an untiring reader of THE LADIES' HOME JOURNAL, and for the past few months a reader of the "Mothers' Corner." My baby weighed 12½ pounds at birth. He cut a tooth at ten weeks old, and at six months had eight. He has been very healthy. When the weather turned cold I made him two flannel dresses, which he wore time about, and turned his white dresses into aprons. By doing that way he has worn white all his life, and has been no trouble to keep clean and warm. Can anyone tell me where I can get patterns for baby shoes that I can make out of felt? M. D. C.

AN ECONOMICAL WARDROBE

IREAD with interest the "Mothers' Corner," as well as all of THE LADIES' HOME JOURNAL. I notice "An Economical Wardrobe" in the March number, and I think there is something left out of it. I see no provision for night-dresses, unless the outing flannel wrappers are considered as such, and I do not think they would take the place of cotton or cambric night-dresses. I usually have one half dozen or more slips for wear night and day, at first, and then when the long dress is assumed at about three months, I use the slips as night-dresses. And I don't see how a baby can be kept sweet and clean with only two petticoats if they are worn night and day. I think three or four essential, two for alternate night wear and two for day, that is to say, a weekly change. Three might do by having one washed out between times.

H.

SAFETY STRAPS FOR INFANTS

IHAVE received so much help from this page, I should like to tell other mothers a contrivance for my baby. When he was about six months old he would not sit still in his carriage when in the house, but was continually trying to lean over the sides so far that he was in constant danger of falling. So my husband planned a little harness consisting of three pieces of non-elastic webbing, with a buckle on the end of each piece. Two of the pieces are three-fourths of an inch wide and half a yard long. The other is twice as wide and long enough to buckle around the baby's body under the arms.

The narrow straps are buckled through the waist strap and then through the rings on either side of the carriage where the carriage-strap belongs. The waist strap should be buckled comfortably tight, the side straps tight enough to keep the baby in the middle of the carriage, or loose enough so that he can rattle about freely and get to either side but not over the side. As this simple contrivance has saved me many moments of worry while busy about my work, I thought it might be equally useful to others.

ANNIE W.

HELPFUL SUGGESTIONS

BABY will sleep very comfortably upon a bed made upon two chairs placed beside mother's bed. The little one can be easily handled by mother when necessary during the night, and both will rest much better. Have baby sleep in various places in your house in the day time, then when you go elsewhere he will not take cold so easily. Don't be too regular and exact in his care, for when change is necessary it will come that much harder on him and cause greater commotion. I have been greatly helped by "Mothers' Council," and hope to be helpful in return. AN OHIO MAMMA.

REMEDY FOR STOOPING

WHAT can I do with a little girl who is growing very fast, and whose slender blades are becoming very round-shouldered. She also turns her toes in in walking; this last habit she comes naturally by, nevertheless I would very much like to be able to break her of the awkward habit.

ANXIOUS MOTHER.

1. Stand, feet together, weight over the center of each foot, hands at side. Raise arms sidewise to level with shoulders, taking a deep breath at same time; lower arms slowly, exhaling.
2. Raise arms sidewise over head, inhaling; lower arms, exhaling. See that neither the head nor the abdomen be pushed forward.
3. Bend arms at elbows, hands in front of shoulders, brought as far sidewise as possible, elbows close to side; extend upward, palms in, arms carried back and stretching up as far as possible. Avoid tendency mentioned in second exercise.
4. Same as in 3. Extend hands straight out at side, fingers leading.
5. Same as in 3. Extend hands downward and back of the hips.
7. Bend arms at elbows, lift sidewise to horizontal, elbows drawn well backward, palms down, forearm and hand on a straight line; fling forearms out and back till on a line with the upper arm. Keep chest well expanded. This throws the chest out, presses the shoulder blades down, and corrects the tendency to round shoulders.

These exercises educate, strengthen and develop the muscles designed by nature to hold the body in an erect position. Repeat each exercise several times.

A word of caution: Don't tell the children to throw their shoulders back, nor make them self-conscious by repeatedly calling attention to their stooping. And above all, don't allow them to place a book upon the table and lean over it.

WILLIAM S. BATUS.

THE BABY'S BLANKET

IAM always much interested in the "Mothers' Council" and thought I would add my mite of experience. I invented something in the line of baby blankets that I have found to be very satisfactory. I had blocks cut for an outline quilt, and one-half of them already worked in red; so I set them together, and then worked the other half of the blocks in yellow and sewed them together. Then I got the very finest white canton flannel and lined each, finishing the edges all around with orange lace, and tying bows of ribbon to match the working in each corner. As long as baby needed to be wrapped in something I found these very nice. They were soft, warm, and could be easily kept clean. They were also dainty and pretty. Now he sleeps in one; I pin it in the back and that keeps his little hands covered at night.

A. L. H.

RUBBER TOPS TO NURSING BOTTLES

RUBBER tops to nursing bottles can be boiled from time to time without injury. This keeps them perfectly sweet in the hottest weather.



INDOOR SUMMER AMUSEMENTS



WHEN the mother packs the trunks for the summer holiday in the country she must not forget that there will be rainy days and cold, dull evenings, when the children cannot go out of doors, and will want amusement in the house. If she provides for this beforehand she will have occupation ready for them, and will not be worried lest their fidgeting should disturb the other boarders. Children's tastes differ as much as those of their elders, and in making provision for their entertainment each mother must be guided by the inclinations of her own family. Some children ask for nothing more delightful than to be read to. An interesting book will hold them enchanted until the reader is exhausted. In after life they will always associate certain pages with the dear voice that interpreted them. It is a great gift to be able to read aloud with ease to one's self and pleasure to the hearer. Children can be trained to do so with a little trouble, if they have daily practice in the right way, and if the story is absorbing they will not discover that they are at the same time acquiring an accomplishment.

THERE are so many amusing games that the difficulty is to choose between them when the family purse is long enough to permit their being purchased. *Onija*, or the talking board; *Halma*, *Tiddledewinks* and numberless others may be found at any toy shop. Variations of the ever-popular "Authors," dominoes, checkers, the old favorites that amused us when we were children, have not lost their power to charm. A box of letters is a most satisfactory investment, they can be used in so many ways. Word-making and word-taking, for instance, when each player makes a word and the others try to take it by altering it, adding a letter to form a different word, or trying to change it by subtracting a letter, as "droop," which becomes "drop" by losing an o, and then claims it. Whoever gets ten words first wins the game. Transformation is another; a word with plenty of vowels is chosen, as "comfortable," and five, ten, or fifteen minutes, according to the age of the players, is allowed to make words out of the letters contained in it. Whoever has the most words at the expiration of the time is the victor. This can be played with pencil and paper if there are not enough letters from which to draw.

AGAIN, there are games where no other implements than pencil and paper are required. One of these, called "Observation," is a modification of the method which Robert Houdin, the celebrated French conjurer, used to train his son to quickness in perceiving and accuracy in recording the result of his impressions. Houdin used to take the boy past a shop window where a number of articles were exposed for sale, and after one rapid glance require him to write down as many as he could remember, returning to verify his list. In the game twenty-five small articles are placed on a table, half a minute is allowed to view them and then each player writes down as many as he can remember. The person having the largest number correct is the winner. In "Distraction" the players write the numbers from one to one hundred on a card, or paper, mixing them in every way; the paper is then passed to the next neighbor, who is obliged to cross them off in sequence. Finding twenty-six next three, for example, he may not mark it off until he has discovered all the intervening numbers and drawn a line through them. The one who finishes first makes a point, and five points wins the game. When there is a large party this can be played in tables, like progressive whist, or euchre, and the winner receive a prize.

MANY persons have a prejudice against cards, and do not think it wise to permit their children to play with them. Human nature is prone to long for forbidden pleasures, and the moment that a thing, innocent in itself, is made desirable by being prohibited, young people, and old people, too, begin to want it above everything. If children play cards with their father and mother, and have been accustomed to see and use them, the bits of painted pasteboard do not possess that mysterious charm which surrounds them when they have been tabooed until the girl or boy is old enough to choose. Then they seize on them with a consciousness of breaking bonds and throwing off restraint, which is not good for their moral nature. If conscience prevails, they go through life debarred from a legitimate recreation which would have given them pleasure.

ELIZABETH ROBINSON SCOVIL.

TO STERILIZE MILK AT HOME

By KENYON WEST



STATISTICS are not always entertaining, but they prove that among recent scientific methods for the preservation of health and the prevention of disease, the sterilization of milk ranks very high. The object of this paper is not, however, to praise results, but to describe methods.

By sterilization we mean to "free from germs." To do this no chemical agent, nothing, is equal to heat, heat intense and prolonged. The old process of boiling is imperfect for the reason that, as the air was, in the first instance, the cause of the development of these noxious germs, means must be taken to prevent the air from again coming in contact with the milk. Corking with perforated rubber corks and boiling the bottles in water is also apt to be a failure, though it approaches nearer the true method. The only safe way is to steam the milk in the following manner:

Have as many bottles as will last for the feeding of the child for twenty-four hours. It is scarcely necessary to say that they must be perfectly clean and carefully rinsed. Sometimes lime-water is useful for rinsing. Size of bottle depends upon the age of the child or the condition of his appetite. The best bottles are round with a rounded bottom, as they can be more easily kept clean, though any clear glass bottle is not objectionable. Fill the bottles by means of a small funnel to within two inches of the top. See that no milk touches the neck. Cork with wads of cotton, previously subjected, in the oven, to heat enough to turn them a light brown. This renders them sweet and pure. They should not be put in so tightly as to prevent a free passage of air through them. Do not have the steamer hot at first, but after the bottles are placed in it gradually raise the temperature to 212 degrees. For several years I have used a patent sterilizer, as it is much less trouble than the ordinary household steamer. It takes care of itself, whereas the common one needs constant watching. Besides, with it I have fewer bottles broken. If the bottles are of uniform size and round, they can be placed in a rack which isolates them from one another. If they vary in size put them directly in the steamer upon a flat piece of tin, or within a circular pan. If there are so many as to touch, wrap thin cloths around them to prevent breakage. Cracking of the bottles is, however, one of the trials which beset every experimenter. I was troubled very much until I discovered that two or three inches of water put in the circular pan renders the bottles comparatively safe. When taken out place the bottles on a folded paper to cool. If, by any mischance, they have been filled too full, the cotton may have, by the expansion, been forced out. This should be replaced before taking from the stove and the steamer allowed to boil ten minutes longer. And the bottles found in this condition should be used first.

As it is important to keep the air excluded from the milk it is well, even while feeding the child, to pour out only a portion of the milk and re-insert the cotton while the first portion is being drunk. If the child uses a nipple, of course the milk must be steamed in his nursing bottles, and as the cotton is removed the nipple drawn over the neck. If any dilutions of water or cereals are indicated, they must be put in the bottles before the steaming takes place. Sometimes there is a film or scum on the top of the milk to which a nervous child may object. Shake the bottle well to mix in the cream, then rinse a strainer with boiling water or lime-water and strain the milk as it is poured out. If it needs to be heated again put the bottle in a tin cup of water and heat it gradually before uncorking. If poured out into the cup all the previous trouble of sterilization is rendered, in a measure, useless.

No infallible rule can be given as to the time required to steam the milk. It depends upon its age and condition. If a cow is kept, do the work directly after milking, and it will take but a few minutes to kill the germs. If you wait hours, a longer time will be necessary. The objection to milk steamed much longer than an hour is that its flavor is impaired, and the child does not like it so well. Otherwise, it is better to steam it two hours than run risk from contagion. The best way is to obtain the purest milk and sterilize it as soon as it is brought to you. The test of the thoroughness of your efforts will be the "keeping" of the milk for an indefinite time. But for those who cannot test the matter for themselves and wish a "rule" to go by, it is fairly safe to say that, unless the milk is very old, or has been exposed to more than ordinary noxious influences, an hour's steaming will be all that is necessary. But no tears need be shed should a few minutes longer be given to the work.

WHAT A WISE MOTHER CAN DO

SHE can take ten minutes every day and read to her children a few words on astronomy, geology or physiology. Not dry statistics, which carry no knowledge to the little minds, but the names of plants and stars, their places, and the mythological story connected with them; stories of the strata of rocks, with coal and other minerals buried between clay and stones; how the hot waters and the cold are deep down under us, waiting for man until he needs them and discovers their hiding places; stories of our own bones and nerves, muscles and blood; the course of our food from the mouth to the stomach; how fresh air invigorates us, and stimulants dry up the tissues. It is astonishing how easily little children learn the long words and use them intelligently. All these subjects and a hundred more are brought before them every day in a rightly conducted kindergarten.



A PLAY BOX FOR CHILDREN

WE have a very unique arrangement for children which can be easily made at home. I called it "Jeanette's Play Box," for number one and number two will soon be old enough to use it. Mine was made by a handy friend at very little expense. The box is four feet square, eighteen inches deep, both sides and flooring made of planed and sand-papered white pine. The outside of the box is shelled and the interior lined with a cheesecloth comforter, cut to fit and tacked into place. When baby was small, soft pillows were kept in the box and were removed when she was old enough to sit alone. Soon she began to try to stand up, holding herself steady by the sides, and when a little over a year old could walk all around the box. By this time the pads were removed, for we found that more fun—especially noise—could be had without them. With the aid of casters underneath, the box could be rolled anywhere, and by its use we went through a cold winter without any coughs or colds. It is by far the best baby tender I have ever seen or heard of. I have since seen a dry goods box cut down for the same purpose.

YOUNG MOTHER.

A CONVENIENT APRON

WITH the summer days comes the question, how shall we keep the light dresses clean while the little tots are playing out of doors. It will take half the pleasure from the frolic if the bothersome order: "Be very careful of your dress," is constantly heard; and the little ones looking fresh and attractive at their out-door play "when papa comes home?" We overcame the difficulty by purchasing a little extra material and making one or two aprons like each suit, very simple little affairs and easy to make and laundry. Take a straight piece of the goods half a yard wide, and long enough to reach from the shoulders to the bottom of the dress; in the top cut out a small curve for the neck, and holding it before the child find the width across the chest, and cut out the curves for the arms with a gradual slope to the waist. Simple enough, just a straight piece, hemmed all around with narrow strings—double pieces folded together and "run up" on the machine—for tying. If the material is a yard wide take a piece the length desired, and cut it in half for two aprons; they are quickly tied on, will keep clean the front of the dress where so much dirt seems to collect; and in a moment may be untied, when papa or a caller appears, leaving the dress fresh and clean beneath. Being of the dress material they will not have the appearance of aprons, but will seem a part of the suit, and are equally pretty for the dainty dresses of the small lady or the kiltsuits of the little man.

PHREE R.

PUTTING INFANTS TO BED AWAKE

IN the April JOURNAL "Weary Mother" is perplexed about putting her baby to bed awake. I rocked my little girl until she was thirteen months, and finally decided to put her in her crib and let her go to sleep by herself, giving her a picture card or a handkerchief to take her attention. The first time she cried for some time, but now she goes into her crib awake and, in a very few minutes is sound asleep.

L. A. D.

MAKING HOME ATTRACTIVE FOR BOYS

THIS morning, as I entered the bright, cheery home of a friend, the brightness enhanced, perhaps, by the storm raging without, I said almost involuntarily, as I paused on the threshold: "Oh! How pleasant it is here!" "Is it?" said my friend. "I'm very glad it looks so, and I want it to be so. I want it to be the most attractive place in all the world to my boys." My own heart echoed the thought, for I have a boy, too. Then I glanced about me, and I saw traces of mother's hand and mother's heart everywhere. There were piano and guitar, for the boys are fond of music, and have some taste and possible talent in that line. There were good books and magazines, which my friend said "We are reading together, the boys and I. I try to adapt their tastes to mine, and mine to theirs, and we derive mutual pleasure and benefit." There were comfortable chairs, not too fine, with enticing cushions, games to be brought out upon occasion, and the subject nearest that mother's heart seemed to be those two boys and how to make them happy and comfortable, and how to give them a feeling of companionship in their own home.

M. G.

NOTICE in the April JOURNAL "Mattie S." writes of her baby's ears being turned over. If she wishes I can send her a cap such as my babies wear that will keep the ears down. I make them of sheer muslin and fit them tight; they are not irritating at all and will make the hair grow smooth and soft. My babies wear them from six months old to eighteen months. If her baby is not a year old the cap will help, I am sure.

M. A. C.

Caps made for this purpose are sold in the large establishments where children's clothes are a specialty.

A BABY'S WARDROBE

KINDLY advise me what constitutes a baby's wardrobe. I have not an idea, and your information will be very valuable to me. How long shall the dresses be, and what will be best for the little one to sleep in at night?

ANXIOUS.

A moderate outfit for a baby consists of 3 hands, 4 shirts, 4 flannel skirts, 2 cotton skirts, 48 napkins, 6 dresses, 6 night slips, 3 wrappers, 6 pairs of socks, 2 blankets, cloak and hood.

The dresses should be thirty inches long from neck to bottom of hem.

The baby should wear at night either its little shirt, or a flannel slip, and a cambric slip over it.

These questions, and many others relating to the care of a baby, are fully answered in "A Baby's Requirements," which will be sent from the JOURNAL office for twenty-five cents.

LAXATIVES FOR THE YOUNG

SO many questions have been asked on the point of the best laxatives for children that a few simple suggestions may be helpful.

Suppositories: These may be of paper, which is tightly rolled, four inches long, oiled and inserted a short distance, or piece of white soap two inches long and as thick as a lead pencil, or the glycerine or gluten ones which can be purchased ready for use. Their use is not attended with any ill effects.

Laxative food, as strained oatmeal, or a teaspoonful of powdered extract of malt put in the milk three times a day. With children over a year old soft-baked apple, orange juice, porridge of any of the cereals; plenty of water to drink.

Massage: Gentle rubbing and kneading of the whole abdomen, beginning low on the right side, passing upward, across and down the left side. A little oil can be rubbed in the skin at the same time, and the movements continued for ten or fifteen minutes at the same hour every morning.



A WISE SELFISHNESS

CAN a mother spend herself too freely for her children? Hundreds of thousands all over the land will answer hesitatingly: "No! there is nothing too much for a mother to do for her child." It is true; but, like all truths, it has its limitations. What does the wise mother desire for her child? Perfection of character. She wishes to guide and train it so that it may pass through this life a blessing to itself and to those with whom it comes in contact. Can she do this by always yielding to its desire for pleasure and personal comfort? By making its own ease the first thought, by removing every roughness from its path?

WHEN the question is put to her she says: "No; of course not; no one would be so foolish as to expect it." And yet, when it comes to be a question between her gratification and her child's, does she not always put her own aside? The woman who sits in a darkened room, evening after evening, rocking her baby to sleep because the small tyrant will scream if she leaves it, is sowing seeds of selfishness. If, later, she tries to educate it more wisely, she has to trample down, or pull up, the weeds which ought never to have been allowed to sprout.

She owes the evening to herself and her husband, who has a right to some share of her time.

IT always seems to me intensely sad to see faults in children which are the consequence of over-indulgence by those in authority over them. When a child speaks impudently to his mother, or rudely to his brothers and sisters, when he lifts his hand to strike his mother, or persistently disobeys her, one knows without the need of long explanations that the early training has been defective. Is there a sadder sight than to see a young girl taking the best of everything for herself, to the utter disregard of the mother who has spent her life for her? The girl has been brought up to place herself first and her mother second in everything; she is scarcely to blame if she does it almost instinctively. Unless she has a very noble nature she will do it without any compunction.

IF the family means are small, she must have the prettiest dress, the freshest ribbons, the most expensive hat. Her mother says: "Oh, it is no matter about me!" and the daughter echoes the sentiment, which should never have been uttered. When both cannot go on a pleasure trip it is the mother who stays at home, saying to herself: "Young people ought to have a good time; the cares of life come soon enough to us all!" She does not remember that the selfish spirit she is fostering is a bad preparation to meet them. If there is disagreeable work to be done the mother assumes it, because she cannot bear to see the pretty hands roughened or the fair complexion reddened. Household work should be a delight to a healthy girl, and one of her sweetest pleasures should be to spare and save her mother.

A LITTLE glycerine and rose water will make her hands smooth and soft, and there are harmless cosmetics which will restore her complexion. If she lets her mother overtake her strength while she stands idly by, she is laying up a store of remorse many tears will not wash away. She will not do this if, all her life, she has been accustomed to see her mother treated with deference, her tastes consulted, her advice sought, her wishes followed. She will feel that naturally a part of the burden should rest upon her strong, young shoulders, and shrink from the idea of allowing her mother to do anything she would consider it derogatory to do herself.

A MOTHER does spend herself too freely for her children when she gives up her own rights to them, effaces herself so that they do not recognize her superior claims, makes it difficult for them to "honor" her, as the Fifth Commandment demands that they shall do.

It is a wise selfishness that makes the mother insist upon keeping her proper place in the family as the crown and center of home, tenderly loving her children, serving them in all legitimate ways, but seeing that they take their fair share of the burdens of life, instead of weakly bearing them herself.

ELIZABETH ROBINSON SCOVIL.

THE LITTLE LIFE

BY IDA WORDEN WHEELER

O LOST delight! How chill and gray
The breath and bloom of summer day.
In robin's song there lurks a moan,
The breeze takes on a sobbing tone,
Since baby died.

O vanished joy! The hours thrice blessed
When closely to my bosom pressed
The flaxen head. And now the smart
Of lightened arms, and weighted heart,
Since baby died.

O mother love! To dream, to wait,
To hope, to bear, to bless my fate,
Then death. Of what avail to rave?
There still remains the little grave,
Since baby died.

O pure, sweet life! Thy fragrance rare
Still lingers in the silent air.
Like voiceless prayer it lulls my pain,
And frozen grief drops down in rain,
Since baby died.

INEXPENSIVE THINGS FOR BABY

BY KATHERINE C. WELDON

I AM opposed to a cradle for a baby. I disliked the motion of a hammock, it always made me ill; and thinking my child might feel the same, and not being able to say so be forced to bear it whether or no, I concluded to look for a bed as inexpensive as possible. I had seen fancy baskets, and liked them, but they were very costly. I could not afford one, but they gave me an idea. Why could I not twine a common woven willow clothes-basket? So I carried my idea into execution. It was considered such a success that I will try to describe it. I bought the largest sized basket with a wooden bottom and gave the whole, inside and out, three coats of white paint, the last being the white enamel. The ends of the willow are left on the outside, and are cut bias. Those little ends I painted delicate blue (any color may be used); I then tied a large blue bow on each handle. My baby came in November. During the winter months I kept my little basket bed on a large white fur rug by way of making it look warmer. And with a dear baby snugly tucked in between downy pillows and little delicate blue comforter, the little head resting on a white pillow, it was not only a cheap, pretty bed, but a very comfortable one, which all admired, never once giving the cost a thought.

A very useful article was a bath blanket. I took two and a half yards of cotton flannel (a quality such as can be bought for about fifteen cents a yard) and cut it in two pieces. In one of my LADIES' HOME JOURNALS I found a picture of a baby just ready for a bath. This I transferred with impression paper to the fleecy side of one piece near the end, and etched it in delicate blue Germantown yarn. That done, I laid the two pieces facing each other, keeping the fleecy side out, basted the edges firmly, then buttonholed around the blanket long and short stitch with the yarn to hold them together. I spread this blanket over my lap when holding my baby to bathe him. It was soft, warm and very useful.

I made, to hold the diapers, a trunk. My grocery man gave me a cracker box; to strengthen the lid I nailed slats, or thin strips of pine across the under side. I attached the lid to the box with a small pair of hinges, then papered it inside and out with light wall paper. Such a box is also pretty covered with cretonne, using large brass-headed tacks to hold the cretonne in place.

My baby basket I made of a Mexican orange basket; first lined it with delicate blue muslin, over which I filled dotted bobbinet from the upper edge falling to the floor; I made a full ruffle of the muslin and net. These baskets are about one foot and a half deep, and come with an oval cover. This cover I turned upside down, making a till of my basket, in which I sewed my cushions, bags, etc. It was pretty when finished, besides being very useful, as I always kept the basket under the till filled with towels and soft wash rags.

The soap bag in a baby basket should be lined with white oil cloth.

HAPHAZARD FEEDING

THE poor little thing did nothing but nurse and vomit, nurse and vomit until she died! We couldn't tell what was the matter with her," said a mourning mother to me recently. "The Lord gave and the Lord taketh away," said a friend who sought to comfort her. I did not quote the Bible, but I did long to quote the "doctor." One-half of the deaths of infants are caused by irregular feeding." I refrained, however, as it was too late to do any good in that case; but I wish those words might be written in letters of fire on the walls of every nursery. Mothers who would never think of taking their own meals at any and all hours of the day and night, knowing that dyspepsia would certainly result, will subject their babies to that treatment, and then try to allay their suffering by more feeding, "perhaps ending the drama," to quote from Mrs. Stanton on this subject, "with a teaspoonful of soothing syrup; and having drugged the sentinel, and silenced his guns, she imagines the citadel safe."

Two hours' interval at first, gradually lengthening to four, is about the right time, and I know whereof I speak, as I have tried it. Any one who will try the plan honestly for one month will never return to the old haphazard way.



GAMES FOR CHILDREN

TO C. S. A., who asked in the June JOURNAL for amusements for children from two to six years of age, let me say that the "Paradise of Childhood," which is an illustrated guide to pure Froebelian Kindergarten is invaluable to any mother who wishes to be instructed in the popular method of child culture. Teach the child that the flowers bloom for him, the sun, moon and stars shine for him, and how much happier he will be.

MRS. C. F. H.

VALUE OF ICE IN TEETHING

I WISH all mothers knew of the wonderful value of ice during baby's teething period. Keep for the purpose remnants of fine, firm table napkins, and the securely inside bits of ice, making a bag of ice, which will fit comfortably into baby's mouth, and leaving enough of the dry linen hanging below for him to hold it by. A child will press hard, and bite down eagerly upon this with gums so tender and swollen that he would not allow anything else to touch them, so soothing is the cool, hard substance to them, while the water trickling slowly from the ice into a hot mouth becomes so warmed before reaching the stomach that no fear of harm need arise from that source. I have used this with two children most successfully. My little girl was teething through the months of June, July and August, and I never had a waking night nor a "hot head," mainly, if not wholly, due to the fact that I kept her feet warm and her mouth cool.

REPAIRING BREACHES

WOMEN miss so much pleasure who do not know how to sew. It is a pity to make a toil out of what ought to be a pleasure; it is as much delight to see a pretty garment for our little ones grow under our fingers as for an artist to watch his picture steadily growing on his canvas. Even mending we can endure if we try to regard it as not so unpleasant a task after all. And what heaps of mending we mothers have; knees of stockings to darn, and holes of all sorts to mend. I find it a good idea to line the knees with pieces of other stockings first; then, if a little break comes, it does not look so badly with the black under. Line the seats of your little boy's trousers in the same way.

What pretty dresses we can make for our little girls out of our own that we are through with, if they are a small pattern or suitable color. Make medium length skirt and low-necked fancy waist, with short sleeves, plain or gathered, and daintily finished with pretty stitches (herring-bone or feather-stitched) and worn with a pretty white gimp.

Make high-necked and long-sleeved big gingham aprons to slip over all when they are at play in the house, so they won't have to be bothered about soiling their clothes; also, have those lovely square-necked white aprons for them that look so pretty over the bright dresses.

If you have boys, by all means get a good shirt-waist pattern, and make your own shirt waists; you will be astonished to find how they will outwear the bought ones, and cost so little; then you have pieces left to renew cuffs, collars or entire sleeves, which is an advantage over the ready-made ones. Buy one shirt with "The Mother's Friend" band, and use that for your own make shirts, and then you will not continually be sewing buttons on, as I know by experience.

Get a good trouser pattern, and again you will be delighted to find you save by it. You will make up better cloth and it will be sewn better; and if you make some bands at your leisure with the buttonholes worked, you will be surprised at how quickly you can run up a pair of trousers on the machine and have them done; it takes so little cloth and they fit better than the bought ones.

Try and have a fresh set ready before the old set is entirely worn out; then you will not be rushed, and the garments slighted by being finished in such haste.

As you sort the clean clothes make the rule to do your mending before putting away the articles that require mending. Never put a garment in a drawer that needs a button or other repairing. You will not think of it until you get it out to put on, and then will be terribly annoyed to find it out of order. Don't let your mending accumulate; it will seem such a mountain of work; do the most disagreeable parts first.

MOTHER LIZZIE.

WASHING FLANNELS

READING in your JOURNAL the trouble a young woman has in regard to washing flannels, I take the liberty to give my experience. Never rub soap on flannel, but dissolve it, and add it to lukewarm water, and a teaspoonful of soda will not cost you a drop of water. I have restored flannel after a few times washing by following this rule. They must be shaken and pulled into shape while wet, and then rinsed well in warm water.

AN OLD LADY EIGHTY-TWO YEARS OLD.

AN INEXPENSIVE SUMMER CLOAK

A VERY pretty summer cloak can be made for the sweet little toddler, and cost the mother less than two days work, and the family purse less than two dollars. Select an all-wool challie, with cream-colored ground, and small, bright flower, and match the color of flower in a satin-edge No. 2 ribbon.

Make an infant waist with four feather-stitched plaits in the back, and three on either side of the front, using embroidery silk the shade of the ribbon. Use two widths of the goods in the skirt with a wide hem, and cut the sleeves full, with a hem at the hand, and a rubber run in to hold them at the wrist. The prettiest feature of the cloak is the ribbon trimming, which is made by gathering with the machine ruffler, keeping the stitching as near one edge as possible. The trimming should all be used on the waist, and can be arranged according to your own good taste.

I add the cost and quantity of materials:

2 yards all-wool challie @ 65 cts	\$1 30
10 yards No. 2 ribbon	45
1 skein embroidery silk	5
1 spool sewing silk	10

Total, \$1 90

H. A. M.

DIET TO CORRECT DIARRHOEA

MY old nurse advised me to use a teaspoonful of Scotch oatmeal to two and a half quarts of boiling water and a little salt, placed in a double boiler and boiled steadily for five hours, stirring frequently. Then strained, it would be of the consistency of cream. At first I used equal parts of the oatmeal and water with a little sugar, and in three days the diarrhoea had entirely disappeared, and his movements were perfectly healthy, and like a child nursed by its mother. As baby grew stronger we used two-thirds oatmeal to one part milk, and he has continued perfectly well.

M. S. T.

HAVING BABY'S PICTURE TAKEN

WE have just passed through the experience of having "baby's picture taken," and I am sure I have learned one little item which will be of benefit to some other fond young mother. My baby is ten months old, and, of course, in short clothes, but not yet able to stand alone to be photographed; and this is what I learned after experimenting several times: that the baby should wear a white dress, with neatly fitting infant waist; for when a baby sits down in a Mother Hubbard dress it makes a straight line nearly to the neck, which, when fore-shortened in the photograph, makes the precious child look very short and awkward. O! for a photographer who could portray our darlings one-half as sweet and beautiful as they are to their mothers.

K. A. M.

"A BABY'S REQUIREMENTS"

I FOUND in this little book, which I got from the JOURNAL office, all the helps I needed in preparing for my baby, for I am utterly inexperienced, but should like to know the exact proportions of the tannin and glycerine lotion mentioned on page 45. C. M. C.

Two teaspoonfuls of powdered tannin to one teaspoonful of glycerine.



THE NEED OF SLEEP



CHILDREN dislike to go to bed early, and when we put ourselves in their places and view the matter from their standpoint, we find that there is every reason why they should. In summer the long twilight is just begun. The dewy freshness and coolness after the heat of the day makes active exercise delightful and games possible which could not be thought of at noon.

Who wants to be torn from these pleasures and put between the sheets in a warm room with the windows shaded? In winter the evening is the cosiest time in the twenty-four hours. Tea, or dinner, is over, the lamps are bright, the fire shines, the elders have put away the cares of to-day and those of tomorrow are still in the distance. The sitting-room seems much more desirable to the children than the quiet bedroom, where there is nothing to do but to go to sleep. Seen through their eyes "Early to bed" is a command more honored in the breach than in the observance.

THE mother who does not like to see her child's wishes crossed says: "Is it really necessary that they should go to bed so early, poor little things. I remember how I used to hate to go to bed. Why cannot they sit up a little while longer?" and yields.

No mother, certainly none of the mothers who gather in the "Mothers' Corner," would wilfully deprive her children of food. She knows that they must have material, and plenty of it, from which to develop bone and muscle, nerves and blood. She would shrink with horror from the thought of starving her children. If she cuts short their allowance of sleep she is doing them almost as great an injury, although the effects are not as immediately visible.

THE body is a delicate machine. All its parts are adjusted with the greatest nicety, and a derangement of one affects the whole. We cannot stop this complicated mechanism for repairs, because we do not know the secret that would set it going again. The repairs must be made while it is in motion. What happens in sleep? The machine goes slowly; the pressure is lowered, as it were. The heart beats less rapidly; the blood circulates less quickly; in a measure the nerves rest. They are no longer called upon to carry the thousand messages that occupy them so wisely by day to and from the brain. The muscles are relaxed, there is no tension in any part; each is gaining vigor in the only way it can, by rest. Taking all this for granted—for no one denies it—how does it affect the question of children going to bed early?

YOUNG people require more sleep than adults, and they need it until they have attained their full growth. Their tissues, not being fully matured, cannot bear so great a strain as those of their elders. They must be longer in a state of relaxation and have more time to recuperate. This can only be attained by more sleep, and to get this they must be in bed early. There is an old superstition that the sleep before midnight is more refreshing than that had nearer morning. This may have arisen from the fact that persons who go to bed at a reasonable time are not so exhausted as those who sit up until the small hours, and so feel more refreshed when they waken. When persons are over-tired sleep does not do them so much good, because a moderate amount does not give them time to rest sufficiently.

CHILDREN, until they are twelve or thirteen years old, should have at least ten hours sleep, eleven is better; until eighteen or nineteen, nine hours is none too much. In this country our children inherit nervous temperaments. No hygienic measure soothes, quiets and strengthens the nerves like plenty of sleep. Children should never be wakened in the morning. Yet the demands of household convenience and the claims of school make it necessary that they should be out of bed at a certain hour, usually not later than seven. To make this possible, and give them their fair share of sleep so that they will be ready to waken of their own accord, they must be in bed between eight and ten, according to their ages. If bedtime is made pleasant to them, as mother-love can make it, with a story, a little talk over the events of the day, with loving words and ministrations, the hardship of banishment to bed will be robbed of most of its bitterness.

ELIZABETH ROBINSON SCOVIL

GAMES THAT ASSIST THE MEMORY

By Mrs. A. G. LEWIS

IF mothers only knew how to keep their children pleasantly and profitably occupied at home, the question "How to bring up children?" would be solved quite successfully. Children, if they are bright and active, as all little people ought to be, must be about something. To play is the thing for them to do; to play well is the best thing for them to do.

The Germans take front rank in the art of combining play and work. Their games amuse and instruct at the same time. Many of them are so simple in construction that the making of them forms one of the pleasantest features of the game. For instance: The ordinary picture puzzle, that is, a large pasteboard picture cut into a dozen or more odd shapes for players to put together, not only into its original form as a card, but also to restore the picture to its original and perfect form, is used by the Germans in a similar fashion to amuse players; at the same time the child cannot help learning the multiplication table. The game is called "rechnung lotto" (reckoning lotto). It may be easily made, and by taking a sufficient number of cards the entire multiplication table is covered. It is made thus:

Take a large sheet of pasteboard. From it cut twelve cards about the size of an ordinary sheet of paper. Paste upon these as many pictures with well-defined figures and of sufficient size to cover the entire card. Bright, cheerful pictures of animals, birds, children, dolls, etc., are best. Set the cards away to dry thoroughly, then draw twelve small circles about one inch in diameter upon the back of each card. Cut through exactly on the lines with a sharp knife, being very careful not to mutilate the edges of the card-board. Twelve lotto rounds are thus cut from each card, and at as many places the outlines of the pictures are broken.

Upon the back of each of the lotto rounds mark the numbers to be multiplied, taking, for instance, the numbers belonging to the lotto of eights; 8 x 7, 8 x 5, 8 x 3, etc. On the back of the original card from which the rounds have been cut, paste a piece of thick paper, white is best—then mark upon this paper in the twelve places from which the rounds have been cut the special numbers which are the result of the numbers multiplied as indicated on the back of the rounds. Thus on the back of one round 8 x 7 is marked; in the circle where this round belongs 56 is marked. If the child is perfectly familiar with the multiplication table he will have no difficulty in placing the round in the proper place; otherwise he has still the help of the picture. This is an admirable method of teaching, and is used in the kindergarten schools of Europe. The score is reckoned thus:

Game, 100 or more.
Each round, or lotto, correctly placed counts 5.

Each round incorrectly placed loses 5.
Each player who displaces a lotto incorrectly placed by an opponent and puts one in its place correctly, wins 10.

Where several are playing upon either side it is a part of the game to cover the mistakes of those upon one's own side by removing a misplaced lotto to put one correctly in its stead. This saves that side the loss of 10.

In reckoning the score, exercise in addition and subtraction is called for. Numbers other than 5 and 10, say 6, 7, 4 and their doubles, may be used in keeping the score.

In playing, if the children are beginners in the study of numbers, one card at a time should be filled and the lottos for one lotto, eight fives for instance. When the players become quite proficient the whole number or cards may be spread out and the lottos for all tables mixed. In the latter case a larger number of children may join in the game. In dealing out the lottos, they may be divided equally among the players, or in parcels to suit those engaged in the game.

Spelling lotto is also a delightful game, and especially suited to assist children in spelling correctly. Played with skill by older persons it takes equal rank with "Logomachy" and is similar in method. The lottos are made like "reckoning lotto," only the pictures are not necessary and letters take the places of figures. The list of letters is as follows:

Eight each of the vowels a, e, i, o and u.
Four each of the consonants b, c, d, f, h, l, m, n, p, r, s, t, w and y.
One each of j, k, v and x (these are called single prizes).

One each of q and z (these are double prizes).
For younger players the lottos may be divided, giving to each an equal number. The contest is to make the largest number of words and spell the same correctly with the letters apportioned.

Words of two letters, like in, by, to, etc., count 1.

Words of three letters, like axe, hat, joy, etc., count 2 for the word, also 10 each for the prize letters "x" in axe and "j" in joy.

Words of four letters, like sack, save, etc., count 5 for the word and 10 for the prize letters "k" in sack and "v" in save.

Words of five letters, like queer, blaze, etc., count 6 for the word and 20 each for the double prize letters "q" in queer and "z" in blaze.

"Quiz" is the most desirable word of all, since it contains the two double prizes.

Any word of more than seven letters counts the player 50. To use all the letters apportioned to a person counts 50 also.

It is considered a triumph to win the last-named score.

Each misspelled word loses the side five. There should be a dictionary at hand, and the younger children should be helped to use it. This game may be varied to make it more interesting to older players.



KEEPING OUR EARS OPEN

DO we busy mothers take time to listen to our little ones, or are we always so busy looking after their temporal needs, which are so many, that we have no time to attend to their spiritual wants? I know it is hard when we have so much to do to stop and think of a fitting answer to some of their searching questions and not be tempted to say: "Run away, dear; mamma is too busy." I plead guilty very often; still, when we look back do not we remember how hurt we would have felt at such a reply if we really asked an earnest question. Let us always be ready to listen to their little confidences humbly whispered, and if they tell us of some wrong-doing through the day, listen patiently and do not appear too shocked or the further confidence will be frozen up and we may have lost a golden opportunity to help our child.

Always impress on the child's mind that though you are sorry for his wrong-doing, you are so pleased that he was brave enough to tell you himself, and not leave it to be found out for, perhaps, add a story to his naughtiness; that it makes it seem so much less to you if he comes right to you and owns up.

I remember so well how easy my dear mother made it for us to tell her when we had been naughty or, in fact, anything that happened to us, either of pleasure or pain, and though she had nine children, large and small found a ready, patient ear to listen to all they had to say.

That mother is now reaping her reward; not one of those boys and girls have a secret from her. Mothers! this is our safeguard for our boys; gain and keep their confidence, you will feel sure they are about no harm. If they tell you where they have been and what doing, and find you an interested listener, be not too ready to find fault. MOTHER LIZZIE.

AIRING AN INFANT'S CLOTHES

EVERYTHING that is put on a baby should be thoroughly aired. This may seem a truism, but consider how thoughtless many people are. The majority of mothers are careful never to put on a baby a napkin that has twice been stained. There is no danger to the child's health in doing so, though it is not desirable; but there is danger of very serious consequences if a napkin is used that has been imperfectly aired after washing. Laundresses after ironing usually fold it in six or more folds, then place it on the bars. The time comes to use it. "Oh yes; it has been in a hot kitchen for hours." So it is put on the infant, and after a while he shows symptoms of cold, or he may cry with pain, or he is restless and the kidneys are seen to be very active. That napkin is the root of the whole trouble. The air had not penetrated within the thick folds of the cloth; the inside was damp.

Order the napkins to be spread out to their full length after ironing. Do not have them folded. If they are put beside a hot stove or in the sunshine the process of airing can be completed in a shorter time than if the room is cold. Use the same care in airing sheets for baby's crib. Do not fold them and run the risk of having the inside damp. If you do, colds or bowel trouble are apt to be the result. If not anything so serious, there are sure to be minor pains for which you can see no apparent cause.

It is well to unfold all baby's clothes as they come up from the wash. Turn out the sleeves of the shirts, turn stockings wrong side out, and make havoc generally for the sake of health. Let the glorious sunlight shine full upon them before putting them away in drawers. When taking them out from the drawer air them again for a short time. There is nothing like the sunshine to purify them. The blankets from the crib should often be hung out on the line to air, and the mattress should be put out as often as possible, too. Do not neglect the small matters of hygiene, for upon them depend the welfare, perhaps the life, of your baby.

THE BABY'S SKIRTS

I WISH to help others in a few little ways I have been helped: Make little waists with box pleats in front and back, on both sides, and muslin long first petticoats. Make them of single muslin, short sleeved and low neck. I shall never have another band petticoat. These pleats may be let out as the child grows. Our doctor believes that the flannel band should be discarded by degrees in a few weeks. J. B. M.

THE FIRST PAIR OF SHOES

IF "Hattie Leonard Wright" who wrote the article, "Why Does Not the Baby Walk?" in the December JOURNAL, or any other mother who is anxious about her baby's footwear, will apply to the Indians. I think she will agree with me that they have solved the problem as to what is best.

Shortly after reading her article my father-in-law said he was going to give my baby a pair of shoes, as he was then old enough to begin wearing them. I dreaded the thought of putting them on him, as I thought it would be torture for a time, but as I knew of nothing better I made no objection. When, however, instead of the shoes I dreaded, baby's grandfather brought him a tiny pair of buckskin moccasins, I was very much pleased. Baby has worn them now six months, and they are still quite good. When they get soiled wash them out with soap and water, and dry in the shade. I always stretch them white wet, so they fit him as well now as at first. I think they are far ahead of shoes, as they keep the feet warm and still give all the muscles of the foot free play, almost, if not quite as well as if bare-foot. They can be made of chamois skin also. I hope this hint may be as useful to some mother, as many of the hints taken from the JOURNAL have been to me. A SCOTCHWOMAN.

ANOTHER SUGGESTION

I AM a devoted reader of THE LADIES' HOME JOURNAL, especially the "Mothers' Corner." I have found so much help in those pages, I am only too glad to be of some assistance to at least one of its readers. In answer to M. D. C. in June number, I will endeavor to give her the desired information in reference to baby's shoes.

For a child six or eight months of age, the shoe must be four inches in length by two and a half in the sole. For the top part fold the cloth so as to cut both sides together. It is not necessary to have seams at the back or heel, but it is easier to make when there is one. Measure two and one-half inches, double, for the top of ankle, then cut a gradual slant three inches in length round the toe in almost a half circle; continue in a straight line four and a half inches to the heel. The shoe is now cut, it must be put together. Find the middle of upper where it is to be joined to sole, also the middle of the sole. At the toe there will be a little fullness for toes. Sew up the front seam halfway and turn the shoe and bind the ankle and opening. Either work a buttonhole or eyelets. My little boy is running everywhere, and I still make those shoes, as they are cooler than leather ones. The difference is I make the sole of medium shoe leather and his papa stitches the sole on with shoe-maker's needles and thread. I then mix one part glue and three parts beeswax together, fill up the stitches and thoroughly soak the whole sole with it, and this shoe wears as well, if not better, than one we buy from the store. I trust these directions will be understood and prove satisfactory to M. D. C. and, perhaps, others. NANNIE R. SWEENEY.

CHRISTIAN NAMES FOR CHILDREN

I UNDERSTAND there is a book published suggesting names for children. Will you please inform me where I can get it, or suggest something in place of it, as I am anxious to obtain something of the kind as soon as possible. C. W.

You will find by referring to our advertising columns the very book which you need. In naming your child, remember that it will have to carry its name through life, therefore be careful and considerate in the choice you make. Avoid long and fanciful names.



FOOD FOR THE GROWING BABY

WHEN a baby has cut its first tooth, and does not seem quite satisfied with the allowance of milk that up to this time has contented it, more food is needed and the diet must be increased.

This does not mean that it should have "a taste of everything." It seems incredible that after all the warnings doctors have given on this point there are still mothers and nurses who believe that it "strengthens" the baby to eat a little of everything of which its elders partake. When this monstrous proceeding disorders the child's digestion they ascribe the pain to "wind;" or if an attack of cholera infantum carries it off to a better world they recognize the loss as a decree of Providence and submit while they mourn. It rouses both indignation and pity to think of what babies have to suffer for want of a little common sense and intelligence in those who take care (?) of them.

THE diet of a child from six months to three years old should be as carefully regulated as in the first weeks of its life. When the change is made from milk alone, begin by thickening it with oatmeal, or barley gruel; sago agrees with some children; wheat bread softened with warm milk can be used, the crust being cut off. Rice can be boiled to a jelly and added to the milk, or wheat flour well cooked, if there is a tendency to diarrhoea. All the cereals require long cooking to make them digestible. Some delicate children will thrive upon arrowroot and milk. It is often necessary to try several varieties of food before one is found which the child can digest. Usually milk must be the basis, with one of the cereals added to it.

OCCASIONALLY we have to deal with a child who cannot take milk, or can only bear a little, not enough for nourishment. Then it must be supplemented with beef juice, squeezed from the meat, beef tea, chicken or mutton broth. The white of a fresh egg shaken in a bottle with a cup of water may be tried, giving half the quantity at once. The gruels made with water instead of milk may be digested. It is hard to find a satisfactory substitute for milk, and children with whom it disagrees are always an anxiety until they are able to eat solid food in abundance. Bread soaked in the juice from rare roast beef, or mutton, or rice boiled soft and covered with the same juice, may succeed in pleasing the fastidious digestive organs. Salt should be added to all food, and a small quantity of sugar to the gruels, as the latter helps to increase the deposit of fat.

FRUIT should be used sparingly for little children under three years old; after a year old, if in perfect health, with no tendency to diarrhoea, they may have a spoonful of orange juice occasionally, or a little of the soft part of a baked apple, smoothly scraped from the skin. Raw fruit is apt to disagree with them, particularly bananas. After two years old a few fresh, sweet, well-ripened strawberries, or raspberries, can be given, but the effect must be watched and the fruit stopped if there is any symptom of indigestion. Fruit should always be eaten in the morning. The watchful mother will soon find that what does no harm to one child may seriously disagree with another, and will govern her charges accordingly.

WHEN a year and a half old, children may have baked potatoes and some of the fresh green vegetables, as peas and beans. About the same age, if most of the teeth have come, they may have meat at dinner. Steak, mutton chops, roast beef and meat of chicken, cut fine, as they cannot masticate them properly, may be given. Salt meat, the dark meat of poultry, with gravies and made dishes, must be avoided. Fresh fish may be eaten but must not be fried.

Eggs should be cooked by placing them in boiling water, removing the saucepan from the fire and letting the eggs remain in the water ten minutes, so that the whites will not be hardened. One a day is enough to use.

The best test of the digestibility of the food is the improvement of the child. It should gain steadily in weight, the scales showing a slight increase every week. The eyes should be bright, the flesh firm, the skin clear and the whole appearance betoken health. When a baby is ailing, in a large majority of cases the food is at fault. An experienced family physician will usually be able to tell where the trouble is, and to suggest what the child needs to correct it. One of the artificial foods may answer the purpose.

ELIZABETH ROBINSON SCOVIL.

GAMES THAT ASSIST THE MEMORY

II.—BY MRS. A. G. LEWIS

TO play "Bank Lotto" mix the lottos well. Deal out five to each with letters turned downward, also four on center of table or board, the letters turned upward. The remaining lottos constitute the "bank" to draw from. Play by turns, using one letter only from those dealt to the player, with any or all of those spread upon the board, thus: The player may hold the letter d. Upon the board may lie the letters m, o, l, u. He can make the word mould. This makes a "sweep." At each round, if the player cannot form a word, he must lay a lotto upon the table, then draw one from the bank. After a sweep the next player must lay one upon the board, then draw one from the bank.

In the game it is always better to part with consonants rather than vowels; also to retain the prize letters in hand as long as possible, with the hope of finding a chance to use them. At any time in the game use the prize letters, if possible.

This game is often varied by playing "Thieving Lotto," and is arranged in this wise:

Each player forms the words as above, but spreads them before him on the table. For instance, he makes the word "hard." The next player holds the letter e and has the privilege of inserting this letter, making the word "heard" or, holding the letters e and r he bespeaks the word "harder." He plays the letter e and will wait his next turn to play the letter r; then he may claim the word. Meanwhile another player, whose turn comes before the player who has "bespoken," may hold the letter r and claim the word "harder" and spread it before him.

The game is thus very spirited and amusing; with a group of bright students the contest becomes sharp. It furnishes one of the very best helps toward enlarging one's vocabulary and verifying one's knowledge of spelling. In "Thieving Lotto" the reckoning of score is the same precisely as for "Spelling Lotto." "Bank Lotto" is reckoned thus: Prize letters single, 1 each; double, 2 each. A sweep counts 3; to clear the board at the last round, 4; the largest number of cards, 5. The game is 50.

Thousands of homes are so remotely situated that it is quite impossible for parents to provide their little people with suitable games. In many homes there is little extra money for buying such luxuries. Yet desirable games may be made by an ingenious boy with the help of saw, hammer, gimlet and jack-knife; while his sister with scissors, mucilage and a box of paints, may construct many pretty and useful games for younger brothers and sisters.

The "Heart Target" is made thus: Mark upon a smooth board one inch thick the shape of a heart, the proportions being 2 x 1½ feet. Follow the mark carefully with a saw of narrow width. Smooth the edges with sand paper, and, if convenient, paint the same red, yellow or blue. Then get two dozen medium-sized wardrobe hooks. Screw them into the board with hooks set to turn upright. At the back of board fasten with hinges two standards so that the slope of the board may be adjusted to suit the swing of the ring. The ring is of metal, brass or steel, fastened to a hook in the ceiling above, or to a gas fixture, by a moderately strong cord. The slope of the board must be such that the ring may catch upon any of the hooks. The lowest hook is hardest to capture. The contest is to catch the ring upon as many hooks as possible; also upon those that count the most. An hour of this game is a good arithmetic lesson when each player is required to reckon his own score. If the players are very young each hook may be reckoned as one.

"A Counting Frame"—not a new invention—is both interesting and helpful to young children. With it they can keep the scores of games before they are able to perform the reckoning mentally. A very pretty frame may be made from the sticks of a large-sized slate, such as may be bought in any country store. Rivet the corners firmly. Bore ten gimlet holes upon either of the opposite sides of the frame. If convenient, get ten different colors of beads; otherwise use two colors—one light and one dark, fifty of each color. String ten beads upon each of the ten cords, an equal number of each color. The beads give an excellent color object lesson. The frame may be prettily decorated and set upon feet. To string the frame is a pleasant task for young children.

A pretty "Doll" or "Santa Claus Book" may be made thus: Cut for the cover a large picture of Santa Claus or a doll. Paste this upon card-board; then cut the board neatly by the outlines of the picture. Cut from card-board, a thinner quality would be better, a dozen more or less exact duplicates in shape. Upon each page paste pretty pictures and verses about Christmas and Santa Claus or about dolls and their belongings. Tie the pages together rather loosely upon one side so that when the book is opened the pages may lie flat upon the table.

Many other delightful books may be made in the same way. Nothing could be prettier for holiday gifts. They may serve as scrap books to hold pictures and verses that children enjoy and prize highly that otherwise might be destroyed.

THE MOTHER WHO WORRIES

MOTHERS who worry should fight the bad habit as if it were a physical enemy. Bear the troubles of to-day bravely, and do not borrow those of to-morrow. In climbing a mountain we sometimes come to what looks like a wall of rock. There seems no way past it; our progress is stopped. Looking closer we see a narrow path on the face of the cliff, wide enough to lead us to safety. Look for the path. There is always a way.