

## Points for Mothers

### Nervous Young Girls.

One is rather shocked in this day of athletics and fresh air to know how prevalent neurasthenia is among young girls. One is constantly hearing of nervous breakdowns while girls are still too young to know the meaning of nerves. This condition has been laid at the door of the school life by eminent authorities.

It seems that the practically continuous time table of the school life of the present day is responsible for the development of nerves. Girls over-train in athletics and in the classroom develop a restless incapacity to interest and occupy themselves satisfactorily when they return to their homes.

To this grinding and pushing is also due the fact that valuable knowledge of character is so ill assimilated that it fails to make life a comprehensible and interesting whole. The failure is a serious defect in any system of education.

It is equally injurious, on the other hand, to fill a girl's life with such a continuous round of games and lessons that the knowledge absorbed from both has no time to be digested. The modern girl undoubtedly needs more leisure.

The art of assimilation is what will make a girl into the competent, self-reliant woman who will be able to enjoy applying what she has learned to any circumstance she may find herself in, one who will be able to regard all forms of athletics in their proper proportion and not become morbid if she is withdrawn from their influence.

One cannot quarrel with games as a means of exercise if they are not carried to the extreme, but that seems to a great extent to be just the tendency of the schoolgirl's training. Consequently educators are beginning to see the advantage of giving girls proper exercise by means of practical work. There is a counterpoint in it that cannot find a counterpart in games.

### The Hay Pillow.

"I wish mothers would, first of all, throw away those feather pillows and wool mattresses which their children sleep on and substitute bolsters and beds of hay. It would cost only about 10 cents, and think of the wonderful relief," remarked a well known physician. "The profuse perspiration of a child at night would be done away with. Children should not be roasted night after night as they are. The hay is cool and sweet smelling, and the child couldn't do anything but sleep comfortably.

"The mothers could get long tufting needles and tuft the hay so it wouldn't form in mounds or slide to one end completely. It would be a good thing if grownups also tried it. Once having experimented with it they never would pass through another hot wave without it. It is hygienic, cooling, aromatic. It is an easy matter to establish hay beds and pillows in the home.

"On hot nights a child should be wrapped in a wet sheet, with cold compresses on his head. It would save him great discomfort."

### Care of the Baby's Feet.

Too much care cannot be given the baby's feet. The little child's foot is naturally pretty, but it is so soft and pliant that it is easily molded, and an ill fitting, badly made shoe will only too quickly deform it and twist it out of shape. The shoes, regardless of whether they are buttoned or laced, must not be too tightly fastened or the circulation of the blood will be impeded. It is a good plan in summer to allow the baby to go barefoot as much of the time as possible about the home. This allows the foot to grow naturally.

### Children's Names.

Some parents seem unable to resist the temptation to make a joke with the Christian names of their children. A certain register testifies to the existence of a Mineral Waters, a Frosty Winter and an Alfred Days Weeks. There is something to be said in favor of naming children in the order of their arrival—Primus, Secundus, etc.—but it is unfortunate for a well known Canadian named Cumber that it should have fallen to his lot to be Quintus, for his name is always appearing in the papers as Q. Cumber.

### Encouraging His Appetite.

"When I have any difficulty in getting my boy of three and a half years to eat his food at the table we start a little game," said a clever mother recently. "We name each bite for a member of the family or for a little playmate or some place he has been, and it is surprising what an amount he will eat and enjoy."

### Nursery Suggestion.

For children's rooms and night nurseries pale pink and white is a delightful combination, and while striving to have everything as dainty as possible one must avoid unnecessary fluffiness, remembering that all draperies, etc., will be paying frequent visits to the laundry.

### Suggestion to Mothers.

If your child's permanent teeth come through irregularly and overlapping they should be straightened. It is better to remove a tooth if overcrowded, as this condition produces decay.

## NAPOLEON'S TAILOR.

### One Man Who Dared to Disobey His Imperial Master.

The diary of Pommies de la Siboutie (born 1780, died in 1863, recently translated into English, has something about Napoleon, that remarkable man who continues to be the most interesting figure in European history. Here is one about Napoleon's carelessness in dress and what came of it:

In 1810, when Napoleon went to Compiègne to receive Marie Louise, his sister, the Princess Borghese said to him:

"Your clothes are badly cut and do not fit you. You are so obstinate about not wearing braces—your trousers always look as if they were falling off!" "Well," answered the emperor, "what do you advise me to do about it? Can you recommend another tailor?"

"Have a talk with Constant." Constant, the emperor's valet, was sent for and named one Leger, who was tailor to Murat, Prince Eugene, Joseph and Jerome Bonaparte. A messenger was sent to summon him, and he arrived at Compiègne the next day. From that moment he made everything Napoleon wore. He consistently ignored his imperial patron's suggestions concerning his clothes. For instance, the emperor wished the skirts of his tunics to be turned back, like those of Frederick the Great. "I should not think of allowing such a thing, sire! You would look absurd, and my reputation would be lost. The eyes of the whole world are upon your majesty, and if you were seen wearing such a uniform as you propose it would be a disadvantage to you, and I should have to bear the blame. I would not make you such a tunic if you offered me the whole of your empire."

### IT DEPENDS.

WHEN you see a man with a trace of thought or sadness on his face rush up and take his arm with knock and slap him fondly on the back, and if he's sad and friendly, too, he'll give his open hand to you.

But if the gentleman you caught was just absorbed in deepest thought and trying hard to twist his brain that some success he might attain and you, then, all his thought undo he'll slip his folded hand to you. —John L. Hobbie.

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### How to Stencil Rag Rugs.

Have you thought that rag rugs can be made things of beauty by stenciling them? Take a rug woven all over of white rags, for instance; stenciled in some conventional designs in a queer blue or green, it becomes a fit covering for your bedroom floor, a really charming and unique bit of furnishing.

Another pretty variety is the rag rug made of all sorts of bright colors, woven without respect to design and then finished with a stencil border of some solid harmonizing color.

Colors should be bought in the raw tint and then diluted to the shade desired with white lead or common white paint. The latter is better, as the linseed oil in it sets the color and makes the rug washable.

### Had to Be Cautious.



"I wonder why he never acts natural." "Perhaps he would be arrested if he did."

## All Children's Eyes

should be examined before sending them to school.



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