

THE LITTLE GIRL BOOK

take plenty of good sound sleep every night.

It will be a good plan for you to take up some of the little duties around the house and make them a part of your daily work. This will take your mind away from yourself and make you forget the new and unpleasant feelings, and will, in a measure, give you some of the house-keeping knowledge which is so necessary to a wife and mother.

Boys begin to attract girls during this period. Because of this a girl should be much more careful than she was before in her association with boys. Boys are at this age going through the same period of their developing manhood, and therefore, the intimate familiarities, which are so common between boys and girls in childhood, should be strictly avoided.