By ELINOR MURRAY

What Children Should Eat The had intended continuing the little baby" talks, and going on m infant food to infant care we are on the diet subject may just as well advance to the two and three-year-olds. any of my readers who remember the ries of "Nursery talks running or series of "Nursery talks running or bally World for the last four bally recollect the emphasis recollect the emphasis the food question; and will remember too that no mater how far we got into the subjects of dothes and games, or how deep we

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I trait, we always wandered back mental trait, we always was to "what should children eat?" to "what should children eat?" Already in the few weeks of this new have had queries nent's life we have had queries per food; so that we must reit is the most important subject We cannot expect boys and girls to strong mentally and morally if

itutions are undermined by

heir constitutions heir constitutions acareless diet. Toward the end of baby's first year lid food is introduced very gradusolid food is introduced very gradually into his diet. At the noon meal he is given a tablespoonful of thoroly cooked wheat—either cream of wheat or farina. To make the required small quantity take four ounces of milk and four ounces of water, add a pinch of salt and let come to the boiling point. Sprinkle in, while stirring, a table-poonful of the wheat, and stir consantly until the mixture thickens. Then cook in a double boiler for an hour. When baby has become accessomed to this food it may be given at noon. To jelly an egg, pour over it, boiling the first two years can venture with a certain degree of confidence upon a more general diet. Not that the mother can relax her vigilance. That is needed all thru childhood; but there is before her a choice of wholesome, palatable foods. Meat may be given once every day; scraped beef, broiled steak and lamb shops, roast beef, lamb and chicken.

Beef and lamb should never be over-cooked, rather a trifle rare; but chicken should be baked whenever possible. Cream and platter-gravy are better for moistening than butter. To jelly an egg, pour over it, boiling sater. Let it stand at the back of the stove for eight or ten minutes.

the stove for eight or ten innutes. The white will be set, but not tough The baby is taking pure undiluted milk by the end of the first year.

When preparing the day's meals measure out twenty-six ounces of milk (shaken well to mix the cream) eight ounces into two bottles and five ounces into two bottles. m and put in a very cold place un-til needed. If the undiluted milk without sugar or lime water seems to strong for babe, add a tiny pinch of bicarbonate of soda (baking to the twenty-six ounces

milk. After a week or so this may be scontinued. The six ounces of milk in the quart bottle will be used on the cereals, so that the baby gets the whole quart in 24 hours.

Broths made from chicke Broths made from chicken and mutten, well cooked rice, the yolk of the fellied egg, prune juice, apple suce, dried out bread and junket

are gradually added to the list so that at fifteen months baby is on a well-balanced diet with considerable At 6 in the morning he has eight ounces of warm milk. At 7.30 or 8 the juice of half an orange or a tablespoonful of prune juice or of prune juice or At 9 two tablespoon-

apple sauce. At 9 two tablespoon-fuls of farina, or cream of wheat, or estmeal, or cornneal, with half a teaspoonful of sugar sprinkled over it and a little milk. Five ounces of mlk to drink. At 1 a whole jellied dried crumbs sprinkled

four ounces of mutton broth, with barley in it. Or, two ounces of beef juice poured r a tablespoonful of thoroly cooked

Or. four ounces of chicken broth, thickened with rice.

Five ounces of milk to drink.

At five-thirty a tablespoonful of cereal, or junket, or a slice of dried out bread, broken in warm milk.

Eight ounces of milk to drink.

Preparing Foods.
I am going to add a few directions bout preparing some of these foods.
I omit any recipe that you would

ke, please ask me for it.

Prunes that make a most delicious
dish are prepared this way: Wash the brunes in two or three waters, throw away any broken skins or mussy ones. Cover with water and let stand all night. In the morning put them on the stove in the water in which they have soaked, and cook slowly for a long time. Cooked this way prunes are quite sweet without the addition of

or zwineback is a thin

A WOMAN'S MESSAGE TO WOMEN. If you are troubled with weak, tired feelings, headache, backache, bearing down sensations, bladder weakness, cons tipation, catarrhal conditions, pain in the sides regularly or irregularly, bloating or unnatural enlargements, sense of falling or misplacement of internal organs, nervousness, desire to cry, palpitation, hot flashes, dark rings under the eyes, or a loss of interest in life, I invite you to write and ask for my simple method of home treatment, with ten days' trial entirely free and postpaid, also references to Canadian ladies who sladly tell how they have regained health, strength, and happiness by this method. Write today. Address: Mrs. M.

slice of bread died in the oven. To prepare beef juice, take a piece of round steak, broil it slightly, put

> and squeeze out every bit of juice. Add a pinch of salt, and set the cup containing the juice in a dish of hot water until slightly warm. Never let it thicken or the food value is lost.
>
> Another way is to cut the meat into the pieces cut it into a glass jar with fine pieces, put it into a glass jar with six ounces of cold water and a little salt. Let stand in a cool place overnight. In the morning pour it into a coarse cloth and twist the cloth until all the juice is out of the meat.
>
> At 18 months scraped beef is added to the diet. To prepare this: scrape a piece of round steak with a tablespoon, getting off the soft red meat, and leaving all the gristle. Put a table-spoonful in a saucer with a pinch of its rareness, and give it to baby with bread crumbs or a little bit of baked

it in a meatpress or lemon squeeze

The Third Year. From the beginning of the third year the child that has been carefully fed during the first two years can venture

One other vegetable should be given every day, spinach, peas and beans in season; stewed celery, carrots, white cabbage chopped fine and boiled in salted water are good in winter when lettuce and apples may be given raw. Olive oil and lemon juice is a good

iressing for a simple salad. articles in the older child's diet. They are made more nutritious by the addition of milk and arrowroot, corn- calls to come back to her. At times starch or barley flour thickening.

No Sugar Needed. All fruits cooked with sugar should be avoided. Grapefruit and oranges are good when fresh fruit is scarce, also baked apples and cooked bananas. You will notice I say little of the raw banana. It is a splendid food; but it is so terribly abused that the safest thing for me to say is: Never give a banana to a young child.

As every mouthful of starchy food

is, by digestion, converted into sugar, your child will be better if he seldom tastes sweets. Avoid letting him taste cakes, preserves and candies.

Desserts should be very simple, junket, rice pudding, boiled or baked cus-

tard, apple tapioca given in moderation are to be recommended. Fruit and bread and butter are good substitutes for pie and cake, and for candy try chopped dates and figs made into caramel squares.

One egg, poached or jellied, may be given every day unless the child seems to dislike them. Eggs are a very valuable form of food, and it is unfortunate to create a distaste for them This often happens if they are used every day for any length of time. Fat is an essential element in diet and cream is its most easily digested form. Substitute it for butter whenever possible until the sixth year when butter may be given liberally Fresh bread must never be given, let it be at least twenty-four hours

A quart a day is not too much milk, providing it does not spoil the appetite for solid food.

A Word of Warning. In closing, let me warn you against few of the really undesirable things that may creep into the diet of the child. Pork in all forms, veal, corn beef, salt fish, goose, duck, game, kidney, liver, stew, hash, fried foods of all kinds, fresh bread, biscuits, muffins and pancakes, cake, rich puddings, pie, pastry, nuts, syrups, preserves, tea, coffee, soda water, pickles and cateur.

serves, tea, coffee, soda water, pickles and catsup.

Cocoa and milk are foods and should be sipped and masticated, not swal-

lowed like water. Food should be eaten slowly and thoroly chewed. It is hard work to bring about this ideal method of eating, but insist upon it always; and the teeth will be preserved and the general health kept up as is possible by no other method.

NOT IN FORM.

A popular London clergyman was once spending a few days at a country house with some friends. On the Monday morning he was playing tennis with a young man he could usually beat, but for some reason or other the clergyman was not in form, and was faring badly.

Between games he remarked to his opponent: "I simply can't stand your service today!"

"Then we're quits!" was the cheeky reply: "I couldn't stand yours yesterday!"

CONCERNING OUR CHILDREN

BY ELINOR MURRAY.

O MOTHER can do her duty in her own home without genuine tenderness of heart, but, if she has only sentiment and tenderness to offer, she may do more harm than another could thru harshness. With sentiment and tenderness of heart the mother must have firmness and encourage in herself that common sense that will enable her to correct the tenderness when it becomes weakness. She must cultivate that which in the long run counts for everything-character-the sum total of all the qualities which make up the strong, brave, tender woman.

The mother cannot get along with a one-sided development. She, above all others needs a liberal education, a salt, and warm it over the steaming well-rounded character with all parts tea kettle. Do not let it entirely lose equally developed. It does not make way? Will watch for answer in Sunequally developed. It does not make any difference how intelligent a woman is if she develops only her intellect and looks upon her children only with intelligence, they are not going to lavish very much affection in her di-rection. For love comes first. That is the foundation of the home, but the heart needs the help of the intellect to keep the love from becoming a form of weakness. For love is a form of weakness when it does a child the injustice of not making him behave him-

Two Incidents.

A hard and unloving mother does infinite harm to her children; but, she does no more harm than the loving but weak mother, who does not train her children to behave with respect for the feelings of others, who per-Cream and platter-gravy mits them to be selfish or cruel or thoughtless.

All of which learned discourse is prompted by two incidents, so common that you will have seen similar ones many times. The first one occurred in a railway station waiting-room, where a worn-out looking woman of truce and apples may be given raw.

Olive oil and lemon juice is a good to keep track of a boy about five years old. He investigated every hole and corner of the station inside and corner of the station inside and out, in spite of his mother's frantic he disappeared, and the poor woman, torn between fear of losing any of her numerous bundles, and of losing the boy entirely, made half-hearted excursions in search of him.

And every time she succeeded in getting him back to the bench with the bundles, she pleaded and coaxed getting him back to the bench with the bundles, she pleaded and coaxed him to remain, or threatened him with various punishments if he would not. And the occupants of the waiting-room, tormented by the boy's inquisitive staring and handling of their bags and belongings wished devoutly she would carry some, or even one, of the threats into execution. But they all knew that she wouldn't, that she never had and couldn't, and, tho

they were cross with the child, they knew it was the fault of his mother.

The other incident was in the train.

A mother sat at the window, her boy at the aisle-end of the seat. After a time he whimpered and whined and tormented and complained until she moved away from the window and

gave him her place.
Two Unfortunate Wives. If one looks away into the future one sees two unfortunate wives who wonder constantly, "Why men are so inconsiderate and selfish?" Place the blame where it belongsupon the lack of strength of character. the lack of wisdom, the lack of genu-ine love on the part of those women

in not bringing up their boys to be unselfish, and thoughtful of others, so that they might live decently in their own homes and in the world outside. Questions and Answers. DEAR ELINOR MURRAY:

but he says his right hand won't work. All his father's people are left-hand-ed, doing everything but write with the left hand. As I want to start him little red coat on, to keep him day World.

It really does not make much difference which hand we use, does it? It is simply a matter of convenience that hand has been generally adopted as the "doer." Since your boy has inherited a very

strong tendency, and will evidently use the left hand in all his work and play, it seems only natural that he should write with the same hand. How would you like to be compelle o use your left hand for writing, if you have been trained to use the right

hand for everything else?

I only hope you can convince your little son's teacher that you are right in your request that he be allowed to use his left hand. You may have trouble, for there are many teachers who insist on the right hand being used in school even if the left is more important at home. That is probably the and for everything else? in school even if the left is more important at home. That is probably the reason why your husband's people use the right hand for writing.

It seems a little thing to the outsider, but it may mean great trouble and unhappiness for the little man. And since the most important thing

we mothers have to do is to keep our little ones well and happy, just see to it that your boy follows the line of happiness even in the matter of which hand he shall use.

I do not think I ever heard of this inheritance before. I am very glad you wrote to me.

Elinor Murray. OH, PRETTY WELL, THANKS.

-:- CONCERNING YOUR CHILD'S PROMISES -:-

When He Discovers That They Mean Quick Releases From Unpleasant Interviews

They Become Valueless-The More He Makes the More He Breaks.

THE SMILING FACE CLUB DIRECTED BY MAN HAS CAUGHT HIM

I PROMISE TO DO MY VERY BEST TO MAKE THIS SAD WORLD BRIGHTER.

Signed

Dear Smilers:-- I wish I could tel you how pretty it is from my window this morning. There are trees and little hills of snow under them and, best of all, the sun is sparkling over everything and I am just sure the trees are saying to each other: "My dears, what a bright, sunny, SMILING world it is

DEAR ELINOR MURKAI:

I have a boy five past, who is left-handed. We have tried everything a sled, climbing up the hill at the side of the park, and running behind as of the park, and running behind as they can go, (but not very they "I got up just now to have a closer view and there are three children, with fast as they can go, (but not very fast because he is such a little tiny mite), is the cutest little dog, with a to school, do you think it as well to warm. The little dog tumbled down let him write with his left, as it seems just now and all the children screamed once more, as fast as his little legs could scamper. "Ho! What is this one of the chil-

dren, a little boy, is about to do? He is starting to climb a tree. . . . Just wait a minute till I see how far he gets up; then I'll let you know . . . Dear me! Dear me! A big policeman is running up . . . How CAN he do such a thing on such a bright, suany SMIL-ING morning?.... Yes; he is pulling the little boy down BY ONE ANKLE. ... Oh, dear! I think he is cruel; yes, I do. . . . Now just wait again while I open the window to see what happens next. . . . Yes; he has pulled the little boy right down and I must look out once more to see if he is crying. Would ou believe it; the little boy is SMIL-NG; and the little dog is wagging his ail and barking and the two little girls are trying to make the little dog stop and, in all the confusion, the sled has are trying to make the little dog turned upside down and there they are, all in a muddle, with the policeman in the middle.

The policeman is shaking his finger and saying something pretty cros

LINOR MURRAY will answer questions pertaining to child welfare in this column every week. If the questions are not of general interest, letters will be personally answered where a stamped, self-addressed envelope is inclosed. Address all questions to her, care The Sunday World.



It was such a bright, sunny, smiling

judging by his looks; and now the little boy is beginning to look quite sad. Oh, mean policeman, to make a little boy sad on such a bright, sunny, smilling morning! . . . But, look at the little dog, with the little red coat what is HE doing? "Ha! What is that funny thing," he seems to say to the little boy to climbus all right for the little boy to climbus all right for the little boy to climbus boy sad on such a bright, sunny, where he will send them all flying down again, on the sled which he did, because I saw them.

"Now, I do not mean to say that it was all right for the little boy to climbus and the same all right for the little boy to climbus and the same all right for the little boy to climbus and the same all right same all right for the little boy to climbus and the same all right same a

himself, "Hanging from that great, blg man's hand?" (sniff, sniff) "a GLOVE! surely not! (sniff, sniff) it MUST be a boat (sniff, sniff.) bad boat, come here till I shake you," and, with that (gr-r-r-r) away flies the little dog, away flies the glove and away flies the big policeman after him. My dears, to hear those children

scream and laugh would do you good; and to see that policeman run—oh! my! my!;—but to see that little dog (he really is the darlingest thing you ever saw), to see that little dog stop every now and then and give the "boat" another great shake and tumble all over himself really, I have almost fallen out of the window watch-

the children come running up and i can tell you they are not smiling now. but they are looking very anxious; yes, VERY anxious indeed; and I put my head out still further to see what will happen next. "Oh, dear kind policeman." I say, under my breath, "You man," I say, under my breath, will not do anything to such a tiny, weeny, little dog; now, will you?"... See, he is carrying the little dog (and, just think, the little dog has the

glove still in his mouth) and now he? is putting the little dog on the sled; and off they ALI go, up the hill and THE POLICEMAN IS HAULING THE SLED; the little dog is sitting there, looking round at the company as much as to say: "I'm a pretty funny dog, ain't I?" and the children are smiling once more as if nothing had happened because they know, by this , that the big, nice policeman was just having his little bit of a joke with them and never intended taking them off to jail but just to the top of the hill

the tree; no, indeed, I do not; it was VERY wrong; he might have spoiled the tree; but, after all, it really was ... SUCH a bright, sunny, SMILING morning.

"I suppose by the time my SMILERS read this the snow may all be gone, but summer is almost better than winter; don't you think so?—football, cricket and swimming—what could be nicer." "Don't forget about the prizes the one who gets most names for our

Club by the end of March.

Peter sends his love and with a great deal from myself. Write me a little story, letter or poem, whenever you

> Very sincerely yours, C. A. Macphie.

LETTERS, STORIES AND POEMS FROM OUR SMALL READERS

Dear Smilers: I have much pleasure in signing your pledge, as I have lost my Smiling Face Club Button, and I did not see the paper that week. I delight in reading your page, and so I will

once upon a time there was a little fair-haired boy. He was always hap-py and made some sad hearts brighter. One day he saw a little dog himping along the street and he carried the dog home and bandaged his foot, and the owner thanked him, and asked: "What girl, and her father was a soldier. His makes you always so happy?" and he answered him by saying, "I have joined the Smiling Face Club," then the owner joined him in smiling.

Yours truly, Muriel Farrant, P.S.: I hope to see my name in the and all their friends. paper, and try to get others to join.

Dear Muriel: Thank you for your

nice little letter and story, and I hope you will succeed in getting others to join our club. Sincerely yours, C. A. M.

What the Fairies Use. foxglove bell th A mushroom low their table; 'Wee" acorn cups are frying pans, And a tulip is their cradle.

From Lucy Lumbard. Dear Editor: I would very much like to join the Smiling Face Club, altho I'm only 10 in March; and I will try to smile all I can; and I will just give you some riddles:

Q.—When was beef the highest, A. When the cow jumped over the moon.
Q.—Forty sheep went thru the gap, forty more followed; then the shepheld and his dog. How many feet went thru the gap? A .- Two, because the sheep had trotters, and the dog had paws.
Yours sincerely.

Helen Sanderson, 214 Beech avenue.

Dear Smilers: I am a little girl nine years old. I am sick in bed, and would like very much to join the S. F. C. Will you please send me a smiling face button as soon as you can as I would like to be a smiler, too? I will close

with a little verse.

It's easy enough to be pleasant
When everything goes like a song;
But the man worth while is the man with a smile When everything goes dead wrong. Sincerely yours,

Margaret Fraser,
Hotel Belmont, Brantford, Ont.
Dear Margaret: I think your verse is very nice, and I know how hard it is to smile when one is ill in bed; but go on trying, my dear, and perhaps it will help you to get well. We are not sending out buttons at present, but see our little pledge and sign it. Sincerely yours,

Dear Sir: I would like to join your Smiling Face Club and get a button. I read The Sunday World every week. I am eleven years old. My name is Jack McKinnon, and my address is 28 Church attent city. Church street, city. am sending you a little rhyme:

Mr. Prim sat on the bank From tweive o'clock till four; He caught a fish,

He caught a cold, And then caught nothing more. Yours truly, Jack McKinnon Dear Jack: See our little pledge and gn it. Sincerely yours; C. A. M.

sign it. Sincerely yours; Dear Smilers: I would dearly love to have a smiling face button. I am going to write this little story about a little

regiment was sent overseas, and the mother and the little girl cried and cried. One day they got a telegram say ing that her father was wounded and was coming home, and, of course, they were all overjoyed at the news of his

Dear Smilers, I would love to have you put this in The Sunday World. Sincerely yours, Elfrida McCleary.

36 Sorauren Ave. Dear Elfrida: My, it must have been great fun at the turkey dinner: I can just see all the SMILES. We are not sending out buttons, my dear; sen little pledge. Sincerely yours, C. A. M.

My Dear Smiler: Will you please send me one of your S.F.C. buttons. as I would like to join your club? Ago Yours sincerely, Eunice Aldred

269½ Silver Birch Ave.

Dear Eunice: Find our little pledge and sign it. Sincerely yours, C. A. M.

Dear C. A. M .: I would be very much obliged if you would send me a Smiling Face Pledge to above address. Also. my little sister and brother would like one. I read the S. F. page every week. and I am sending a piece of poetry to help fill the page. I will be expecting an answer soon, and three pledges, if you don't think my brother and sister

A Jungle Nonsense Rhyme, Kangaroo who knew a Gnu, Went boasting all the jungle thru; He said, of course, it didn't do
To brag but still he knew a Gnu!

He gave the beasts to understand A Gnu was someone very grand; More proud, and yet more proud he

Because, you see, he knew a Gnu! And this went on until one day Two mean Hyenas skulked that They heard his boasts and laughed,

"Oh pooh!" Not long ago we knew a Gnu!" He gave a jump, that Kangaroo,

And speedily was lost to view; He didn't stop to say adieu— He knew they knew the Gnu he Sent in by Vivlan Clarke,
446 Roxton Road, Toronto, Ont.
Dear Vivlan; Thank you for the
funny verses. You will find the pledge
in any Sunday World you buy; generknew!

ally there are two. Sincerely yours,

APAN EA



Japan has demonstrated to the world that she is capable of great things in world politics, economics and industry. One of her greatest industrial accomplishments has been the development of tea growing. The tea business is now one of the greatest industries of that land.

Japan Tea occupies a unique position in the Tea Marts of the world. It is unequalled for delicacy of flavor, exquisite bouquet and stimulating qualities—hence it is preferred by con-

YOUR dealer sells it. Ask HIM.

NFANTS-DELIGHT TOILET SOAP Try This for Your Complexion WORK up a copious, full-bodied lather of "Infants-Delight" and apply to your face with a brush. Rub well into the skin with your finger tips and You'll be delightfully. surprised to see the improvement in your com plexion. Delight" is mild, pure and fragrant. Unequalled for cleansing because it is the only borated toilet soap. One 10c. Everywhere JOHN TAYLOR & CO, LIMITED TORONTO Established 1865 lakers of Fine Soaps and Perjumes 7-1

You kiss and make up, and in few minutes the disagreeable interview is forgotten. You do your est to impress your child with the unwisdom or the wickedness of what he has done. You try to be im-

What is there to say

that?

pressive, but you do not feel sure that you have altogether purged the little soul of temptation. You wish, however, to make sure that the offence is not repeated, and you exact a promise. Another time it is something else assuming authority to punish the younger brother or taking something from the pantry without permission. from the pantry without permission. And again there is an unpleasant conference, and again it ends with



A dozen times your child has promised 'not to do it again.' "

the promise that the evil deed would

In the course of time your child—who is quite as intelligent as others not be repeated. of his years-learns that the last word in a disagreeable interview has to do with "promising" not to repeat the offence. And as he is anxious to terminate the applies. offence. And as he is anxious to terminate these conversations he applies his knowledge by offering his promise even before you get around to asking it. Not that the child reasons out the connection between the promise and the return of sunshine—there is no more reasoning involved here than in the case of the kitten that learns to come to the saucer of milk.

come to the saucer of milk. A dozen times—yes, twenty—your child has promised "not to do it again." And has he kept his promise Alas, no; for he is just like other children. Up to the present "promise" has men't to him only the ritual that peomeant to him only the ritual that peo-

L, I won't dot it again."

What is there to say after

that?

to be restored to freedom, or when parental displeasure is about to yield to forgiveness and reconciliation. The to understand that "promise" does been too young, too inexpericaced, to divine your more remote,

carry with it an obligation, we should be careful not to burden him with perionced, to divine your more remote, your more subtle thought.

Eut you have been patient. And every broken promise has been forgiven. Until one day it comes upon you suddenly that your child has acquired the habit of making perfunctory promises which neither he nor you expect to be least. And the fault has been entirely kept. And the fault has been entirely

yours.

The futility of asking a child to promise "not to be naughty again," or "to go to sleep at once," or "to come straight home "rom school", must be apparent to anyone who has given the matter a little thought. Is it not sufficient to request the child's immediate return from school? Is it not enough to urge the child to go to sleep at once? Is it not enough to arouse the child's Is it not enough to arouse the child's desire to avoid naughtiness? It would seem that we resort to promises in our desire to impress the child with the seriousness of what is expected of him, but in most cases we succeed only in impressing him with our own dis

If the child is too young to attach any meaning to "promising," there is of course, nothing wrong in his failure to keep his promises. But in the course of his mental development you expect him to know what a promise When this stage is reached the word and the associations should not have cheapened the performance for him. For this reason neither the word nor the act should be forced upon the young child. We should neither ex-

It is only gradually that a child learns what he may undertake with a reasonable probability of accomplishment. And in the meanwhile it is unfair to urge the making of promises that must be broken, in whole or in part. The

promises that are too difficult to keep. Have him promise less and keep his word up to the 100 per cent., rather than get a larger total performance at the cost of a few broken promises.

The ability to look forward to gauge his strength and resources, to plan his

time, must not be too heavily strained.

Promising to hang up the outer wraps when coming into the house."

danger, of course, is not that the child will fail in his undertakings, but that he will become indifferent to the safor restoring him to grace or as the cost of favors, nor should we label our promises to him.

It goes without saying that the parent's promise to the child should always be kept. But the temptation to yield to importunities or to distract the child's attention from immediate desires often makes us prophesy favors and indulated to the sacredness of his promises.

(Not only in the gradation of his ability and foresight, but also in the evolution of the child's temptations should limits be found for the promises exacted. Don't ask Mabel to promise in order to chew gum'; it is enough to get a promise for a day at a timenever is too long a period, and carries more temptation. desires often makes us prophesy favors and indulgences that we do not fully intend to have realized. And it is so easy to concoct a plausible evaston! But it is a dangerous advantage that the parent takes when he thus imposes upon the ignorance and by a promise until promises are made unnecessary by suitable habits. ingenuousness of the child. For, how-Promises may be helpful instru-ments in the training of children, but they should be more convenient coins



"He learns that the last word in a disagreeable interview has to do with promising not to repeat the offense