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HOW much does the baby weigh? is almost the first question asked when the news of a baby's arrival is heralded forth; and certainly it is a most important bit of knowledge, for it is the starting point of what should be, I think, a system all through babyhood—a system of regular weighing and recording of the weight.

There is nothing in a visible way, if faithfully and systematically carried out, that will be such a guide and indicate so clearly the ups and downs of health as this system of regular weighing. It is like a registering thermometer, indicating at a glance the state of health of the little one; should the food disagree or fail to nourish properly, the weight will show it at once; if the baby is overfed, the scales will discover it; if sickness is slowly coming on or health is returning, this registering thermometer of systematic weighing will indicate it at a glance.

The accompanying chart indicates and sets forth the system I have adopted for registering weights, and the line as seen is the actual record of my baby for the first twenty-three weeks of her life. The plan is on the same principle of charts made to show the fluctuations of markets, the changes of temper-

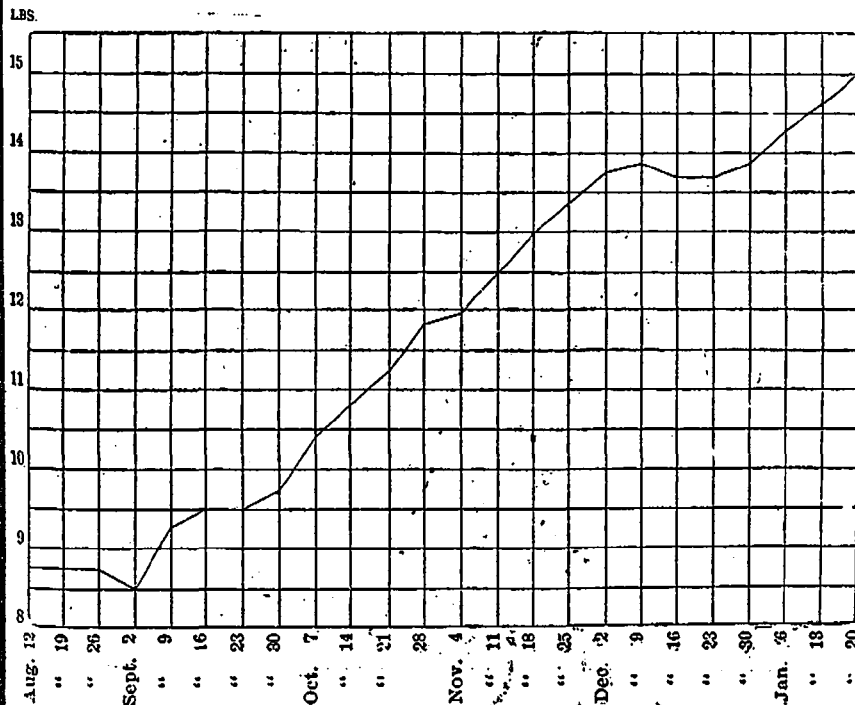


CHART SHOWING WEEKLY INCREASE OR DECREASE IN WEIGHT.

ature and of those also used in cases of severe sickness, and it is unique in that it marks the growth of life by time. The horizontal lines in the chart below represent half pounds and the perpendicular lines represent weeks.

My system is to weigh the baby every week (usually Sunday) at the same time, on the same day, without clothes and register the same by carrying the line to the point reached. There is almost always a slight falling off in the weight of a baby in the first week or two of its life, but after that, in a healthy child, if the food is right and the baby is right, this line will begin its upward mark, and in perfect health should never point downward, although such a record probably was never secured. The accompanying chart has a depression on the fourth week, owing to indigestion, and again, the eighteenth week, of three ounces, which was the result of vaccination; at the time of teething further depressions were shown later on.

Now, the uses of this system are these: The doctor is called in and has the facts of progress or otherwise before him at a glance. Does the food agree with the baby? does she gain or lose? Answer by showing him the chart.

Second, it detects the beginning of disease—"prevention is better than cure." If the line takes a downward turn something is wrong; look into it before matters get worse.

Third, it is a chart for reference. In case of subsequent children, and also in comparing progress with others of the same age, many quicksands can be avoided at times where they appeared before. It is also a good thing to insert at different times along the perpendicular line incidents of interest, such as the first "going out" or the "first tooth," when vaccinated, etc.; such records are invaluable for reference.

I would advise every parent to adopt this system of not only regularly weighing the baby, but of keeping this chart record of the weights; it will be a picture of the ups and downs, a sort of tracery of the baby's journey through the early years of life, until Baby itself can speak and tell all its own troubles. —GEO. H. CARPENTER, in *Babyhood*.

Helpful Household Hints.

SOILED and faded black cashmere may be made to look almost like new if the following cleaning be used. Wash your material in soap suds, rinse in water, and then put in water with so much bluing in it that it looks like black. Leave your cloth in this water for some time over night, if it is much faded. Do not wring the cloth after taking from the water, but hang up to dry in a shady place. If your dress is elaborately trimmed, the trimming may be better ripped off and treated in this way separately. Dark blue cashmere can be made to look beautiful if renewed in this way.

To make calicos wash well, infuse three gills of salt in four quarts of boiling water, and put the calicos in while hot and leave them till cold. In this way the colors are rendered permanent and will not fade by subsequent washings.

SODA CRACKERS are much better to be heated for a few moments in the oven before using.

Dress of Hawaiian Women.

THE accompanying illustration shows a group of native Hawaiian women. The climate is so mild that heavy clothing is unnecessary and owing to the climate being so warm it could scarcely be worn. The dress of the women can hardly be called picturesque but after being seen a few times its oddity is not apparent as at first. Most of the women go bareheaded, or with wreaths of leaves and flowers in their hair. Their dress hangs from the shoulders without being gathered in at the waist, and is not unlike the morning wrapper ladies wear in our own country. Black, dark shades and often white or pink are the usual colors, while on festive occasions gayer colors are used. The Hawaiian women carry themselves with considerable grace, which may probably in a woman be attributed to their flowing dress. (See Letter on Hawaii, page 2.)



A GROUP OF HAWAIIAN WOMEN.

The Feet in Winter.

SOME SUGGESTIONS AS TO THEIR CONSIDERATION AND CARE.

SOME one has remarked that "self-acting rubbers, on and off with a kick, are the grandest life-preservers of the age." And it is also related that poor Mrs. Caudle, the good lady whose curtain lectures so long kept her patient husband awake, came to her death through no more serious cause than a pair of thin shoes; she could talk to the men about their carelessness, but after all she died, and Job, thanks to his thick cowhide boots, lived to "mourn her loss." From October until May, the care that we take of our feet will go a long way towards securing for ourselves both comfort and good health. No one can with impunity neglect the condition of their feet during these months, and it now has become a well established fact that wet and cold feet are a prolific source of disease.

There are three things necessary in order to secure the most healthy condition of the feet; they should be kept warm, dry and clean. The first requisite is obtained by wearing suitable stockings. In selecting the material we should remember first, what fabric is the best non-conductor of heat, and second, which is the most comfortable to the wearer. Experience has taught us, that woolen is the most perfect non-conductor, therefore it is more generally used for winter wear than cotton or silk. Care should be taken to use only one kind during the season; it is not wise to wear cotton to-day and woolen to-morrow, and thus alternate from one to the other, as in this way it is very easy to catch cold. But the choice of either material must be left to the wearer. The natural heat of the body caused by the activity of the circulation will suggest which is best for his own individual use. Thus for one who has a large amount of natural heat, woolen retains this surplus of heat, profuse perspiration is induced which soon becomes condensed by the cold which comes through the boot or shoe, and the feet are thereby kept clammy, damp and most disagreeably cold; but if cotton or silk hose are worn, the extra heat is conveyed away, still leaving enough to keep the feet comfortably warm.

The dryness of the feet depends largely upon the kind and quality of the boot or shoe worn. Shoes are better for ordinary every-day use than boots, especially for those people who walk. For riding or when obliged to stand or travel through the deep snow, boots are the best. A cheap pair of shoes is