

## Boys and Girls.

### FOR THE YOUTHFUL ORATORS.

A few Pieces to Learn and Recite at School.

#### WHO KNOWS?

I wonder if King Edward  
When he was nine years old,  
Turned out his toes and brushed his hair  
And always shut the door with care  
And did as he was told?  
I wonder if he never said,  
"Oh, dear!" when he was sent to bed?

#### GRANDPA'S "SPECS."

My grandfather has to wear glasses.  
Because his eyesight's not very strong;  
He calls them his "specs" and he's worn them  
For ever and ever so long.  
And when he gets through with his reading  
He carefully puts them away.  
And that's why I have to help find them,  
'Bout twenty-five times in a day.  
But at night, when we sit around the table,  
And papa and mama are there,  
He reads just as long as he's able,  
Then falls asleep in his chair.  
And he sits there and sleeps in his glasses,  
And you don't know how funny it seems;  
But he says he just has to wear them  
To see things well in his dreams.

#### SOMETHING DOING.

Who wants it always an easy one— z  
The road we travel?  
Who wants the problems we've all begun  
Soon to unravel?  
What boy or girl, while time is flying,  
Would be content to give up trying?  
No ray of sunshine was ever caught  
By frowning faces;  
No battle ever was planned or fought  
In easy places.  
Success is found in brave pursuing  
On battlefields of Something Doing.

If your fingers ache with the cold,  
do not go near the fire but hold them  
straight up, the fingers pointing up-  
ward. Then the blood will not rush  
to them as it does when you hold  
them down. Putting them into cold  
water is better than holding them to  
the fire.

### CHILDRENS' IDEAS OF HY- GIENE.

A plan of self government has been  
worked out for a group of tenement  
children in Boston, known as The  
Hawthorne Club, and here are the  
rules made by its "Board of Health,"  
a girl of eleven and two boys of ten  
and eight. They show that lessons on  
hygiene have been remarkably well as-  
similated, and we know of some col-  
lege graduates who need to read them.

If you are consumptive don't spit  
on the floor or street. Destroy the spit.

Keep yourself neat and tidy and  
don't bum around.

Eat simple and nourishing food,  
such as plain meat, fruit, eggs, crack-  
ers, creams and cereals.

Wash your face, hands, ears, teeth  
and nails.

In summer take two baths a week,  
and a sponge bath every day.

When you get up in the morning  
take a few breathing exercises.

Take plenty of exercise.

Take plenty of regular sleep.

Don't eat between meals.

Don't eat cheap candy and pickles.

Don't let any one use your own  
towel.

Keep clean houses.

Try and have sunny rooms.

Dark and damp rooms are not  
healthy.

Children from five to ten should  
take special care of themselves.

Older children should help the little  
ones keep clean.

Keep fresh air in your house.

Dirt is bad.

Flies are bad.

Don't let garbage stand around.

Clean your closets steady.

Change your clothes every week  
promptly.

## The Doll's Calendar

By Nora Archibald Smith

### MARCH

Pussy with the silver fur;

Willow, pussy willow!

Dollie wants to hear you purr;

Willow, pussy willow!

Kites are sailing in the sky;

Willow, pussy willow!

Wind is tossing branches high;

Willow, pussy willow!

March has come, 'tis time to blow;

Willow, pussy willow!

All your glossy kites to show;

Willow, pussy willow!



## RED CROSS GIN

is the only Gin which bears the  
Government stamp, as a guarantee of age,  
quality and purity.

# \$100.00

### GIVEN AWAY FREE

### For Correct Answers to this Puzzle

The letters to the left of this advertisement when properly arranged spells four words. Can you spell out three of them, if so the grand prizes we offer are surely worth trying for. Three Correct Answers Win. If you cannot make them out yourself, get some friend to help you.

OTORONT

NO. 1

HSGTOUHT

NO. 2

RAEHTEB

NO. 3

NECTSROSA

NO. 4

The first word when the letters are properly arranged spells the name of a large Canadian city. The second word when the letters are properly arranged spells the name of something we all use. The third word when properly arranged spells the name of something we all do. The fourth word when properly arranged spells the name of something we all have.

In order to help you a little we have put a mark under the 1st letter in each word. Now can make them out.

It does not cost you one cent to try and solve this puzzle and if you are correct, you may win a large amount of Cash. We do not ask any money from you and a contest like this is very interesting. It does not matter where you live, we do not care one bit who gets the money, if you can spell out three of these words, write them plainly and mail your answer to us, with your name and address plainly written, and if your answer is correct we will notify you promptly. We are giving away \$100.00 for correct answers and a few minutes of your time. Don't delay, send in your answer at once.

We are spending thousands of dollars to advertise our business.

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