Boys and Girls.

FOR THE YOUTHFUL ORATORS.

A few Pieces to Learn and Recite at School.

WHO KONWS?

I wonder if King Edward 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

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.

table,
And papa and mama are there,
He reads just as long as he's able,
Then falls asleep in his chair.
And he sit sthere 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 be-

gun
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 upward. 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 cleven and two boys of ten and eight. They show that lessons on hygiene have been remarkakly well assimilated, and we know of some college graduates who need to read them.

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

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

Eat simple and nourishing food, such as plain meat, fruit, eggs, crackers, 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

The Doll's Calendar

By Nora Archibald Smith





RED CROSS GIN

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

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, it so the grand prises we offer are surely worth trying for. Three Correct Answers Win. If you cannot make them out yourself, get some friend to help you,

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 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.

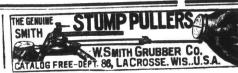
It does not cost you one cent to try and solve this puzzle and if you are correct, you may win a large amount of Cash. We do not sak any money from you and a contest like this is very interesting. It does not matter where you live, we do not care one bit who gets the money, if you can spell out three 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 theusands of dellars to advertise our business.

THE GERMAN PINK PILL CO., Dept. 34 TORONTO ONT

POSTCARDS, fifty, sixty, and dollar a hundred views—comic, bithday and other fancy

RED STAR NEWS CO., London, Canada



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