

HEALTH AND HOME HINTS. WHAT SCHOOL-CHILDREN OUGHT TO EAT.

To the child in school, breakfast is a meal that is of the utmost importance, especially when there is to be nothing but a light lunch to help in tiding over the working hours of the day. In spite of this fact there are many homes in which little thought is given to the first meal. The mother may have no appetite for breakfast. The other adult members of the family may feel just as she does about it, so, if it should chance that the children are hungry, they are given just enough to stay the cravings of the appetite, and are sent to school entirely unprovided with grist to keep the physical and mental mills going.

In arranging a dietary for a child the mother should try to make some effort to discriminate between the foods that are merely filling and those that are nourishing. For example, it is not at all impossible that a child might eat so much as to be really uncomfortable, and yet actually be starved, for it is only the nourishing food, the food that is properly assimilated, that supplies the great force that is required to keep both the body and the mind growing.

Difficult as it is to prescribe a general dietary for children, it is still safe to say that a school-child's breakfast should comprise some such articles as the following: There should be some fresh, seasonable, and not over-ripe fruit; a thoroughly-cooked cereal, which should be served with unskimmed milk, or, better yet, with pure, fresh cream; eggs prepared in some easily-digestible form—never fried; a broiled lamb chop, or a piece of tender steak, with toasted bread or whole wheat muffins, and plenty of good, sweet milk. If the child does not like milk, a cup of cocoa will be found agreeable and nourishing as well as mildly stimulating.

If the child goes to school so far from home that a basket lunch is necessary, no less care should be taken in preparing this makeshift for a meal. It should be put up daintily, the various kinds of food being neatly wrapped in oiled paper. To send a child to school with a lunch composed of "any old thing" arranged in a haphazard manner is to invite all kinds of ills to take possession of the little stomach.

The first thing, of course, is to be sure that the lunch box or basket is absolutely clean. Then cut several pieces of oiled paper. In one you may put a number of small sandwiches. Thinly-sliced whole wheat bread, with some sensible filling, makes the best sandwiches, but there should be enough of them to assuage the cravings of hunger. In another packet place some tasty sweet. Avoid pie assiduously, but any cake that is not too rich, and that has only a plain icing, will answer the purpose nicely. Fruit, too, should be added, with some crisp cookies, or ginger wafers, but do not be tempted to insert any candy, unless you chance to have a supply of absolutely pure maple sugar.

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A. McTaggart, M.D., C.M.

75 Yonge Street, Toronto, Canada.

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LAFONTAINE-BALDWIN MEMORIAL TO BE ERECTED FOR THE Government of the Dominion of Canada

Terms of Competition:

1. It is intended that the Memorial shall take the form of portrait statues of Sir Louis H. Lafontaine and the Hon. Robert Baldwin. These may be designed as separate statues or in a group, as each competitor may decide.

2. The Memorial, whether in a group or in separate statues, is not, when completed and in position, to cost more than twenty thousand dollars, including professional from the level of the ground.

3. The competition is open only to artists resident in Canada, and artists of Canadian birth residing elsewhere.

4. The site will be at a point in the grounds of the Parliament buildings at Ottawa, to be hereafter decided.

5. Designs shall be in the form of sketch-models, in plaster, made at a uniform scale of one and one-half inches to the foot. A description of the design shall accompany each model. No name motto or other distinctive device is to be attached to the models or description. The competitor shall send his name in a sealed envelope without distinctive mark thereon.

6. The models and all communications regarding this matter shall be addressed to

Advisory Art Council,
C/o, Department of Public Works,
Ottawa, Canada.

The designs must be delivered before the 1st day of February, 1908. They will be kept from public view until the award has been made. All expenses of delivering the sketch-models and accompanying descriptions shall be paid by the competitors. Sketch-models will, after the award, be returned upon the request of competitors, but at their risk and expense.

7. Notice of the award will be sent to each competitor.

8. The award will only be made provided the successful competitor is prepared to furnish satisfactory evidence, with security if demanded that he can execute the work for the sum mentioned above.

By Order,

FRED. GELINAS,

Secretary.

Department of Public Works,
Ottawa, August 3, 1907.

Newspapers will not be paid for this advertisement if they insert it without authority from the Department.

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DO NOT ASK QUESTIONS.

"Do you know what I love you best for?" said a woman whose domestic burdens were almost beyond bearing, to the friend to whom she had been giving a partial confidence. "Because you never ask any questions." How many hearts might have the relief that comes from sympathy and expression if only this immunity from questioning could be assured! But few griefs and perplexities, and those not the most poignant, can fittingly be poured forth without reserve. The friendship that will respect one's reticences, that will not seek by word or gaze or guess, to overpass the line one's self-respect has drawn, is more rare than it should be. To betray a confidence is recognized as a breach of honor. To force one is almost as base.—Congregationalist.

It is a good rule never to dally with danger. The best method of defense when attacked by temptation is quick, sharp fighting, without parley or delay.

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