

## THE HOUSEHOLD.

## THE CARE OF YOUNG CHILDREN.

BY MISS E. R. SCOVIL.

Fashion, that stern task-mistress, that Moloch to whom so many children have been sacrificed in bygone days, for once asserted her influence on the side of common sense when she declared that their necks, arms and legs should be protected by proper clothing. A few years ago it was not an uncommon sight to see a mother warmly dressed, in thick woollen fur-trimmed garments, leading by the hand a child daintily arrayed in a short frock with at least two inches of its poor little legs uncovered between the edge of its drawers and the top of its tiny white socks; or indoors to see plump necks and rounded arms exposed to an atmosphere which adults could meet only when swathed to neck and wrists.

Happily this absurd custom is a thing of the past and one can only trust it never may be revived. Light woollen materials should be used in winter and colors selected that will wash when necessary. The garments should be so made as not to impede the freest use of the limbs.

Healthy children require a great deal of exercise, and should be encouraged to play vigorously and shout lustily for some time every morning in the open air. They will be much more ready to play quietly in the nursery during the remainder of the day than if they had been taken for a decorous walk, which is simply useless as exercise for the young muscles that need strengthening and developing.

If perfectly well they should be sent out in all weather, except when it is absolutely raining. Then they should have on part of their out-door clothing, be sent into a room where the windows are open, and made to play tag, puss-in-the-corner, or any active in-door game, for half an hour or more. Nothing is so fatal to children as bad ventilation. Their bed-room windows should invariably be open at night; if there is any fear of a draught a light frame made to fit the window with flannel tacked on each side of it will admit fresh air and obviate the difficulty.

No garment that has been worn during the day should be suffered to remain on during the night. A cotton night dress is all that is necessary in summer. In winter, or if the child has a delicate chest, or is subject to croup, a scarlet flannel jacket may be added.

Children should be thoroughly bathed from head to foot every morning in cold or tepid water. A tin hat-bath is a good substitute for a large bath; if neither can be obtained, a square of oil-cloth should be provided on which the child can stand and be sponged without fear of soiling the carpet. Only a part of the body should be wetted at one time and dried before proceeding farther. Every mother should see that her children of ten or twelve have a bath of some kind every day. If left to themselves it is too apt to be neglected, and nothing does more to promote a healthy action of the skin and make the complexion clear and fresh than thorough daily ablutions.

The greatest attention should be paid to the care of the teeth. Until a child is old enough to use a brush they should be washed with a soft rag dipped in cool water at least twice a day. After eating an elastic thread should be passed between them to remove any particles of food that may have lodged there. At the first symptom of decay a dentist should be consulted and his advice followed. If the first teeth are properly cared for the second set is much more likely to be well formed and free from imperfections than if the others had been neglected.

The hair should be well brushed with a soft brush and never touched with a fine comb, which, as well as a stiff brush, causes disease of the scalp. It should be cleansed by washing in warm water to which a little borax has been added, with plenty of white soap, and thoroughly rinsing with clear water.

The hair grows from the head, so cutting the ends can do no possible good. If it splits at the ends it is owing to a deficiency of natural oil, and may be remedied by using a little sweet oil.

It is a popular fallacy that the extreme growth of hair tends to weaken the system. If it is cut nature will produce fresh hair more quickly, thus increasing instead of lessening the strain on the productive powers.

Children require plenty of healthful, substantial, nourishing food; they not only have to repair the daily waste of the system but also to create new bone and muscle every day.

An infant should have food at first once in two hours during the day and four at night. When older once in four hours will be sufficient.

Young children should have a bowl of bread and milk, or at least a cup of milk, on first waking in the morning, if any length of time elapses between their rising and the regular breakfast.

They can be taught to like almost anything if its use is begun sufficiently early. Oatmeal porridge is an excellent article of diet; it may be varied by hominy, boiled rice, porridge of white or yellow Indian meal, &c. Soft boiled eggs are also good.

Tender, juicy, broiled beefsteak and roast beef or roast mutton are better than lamb or veal, as they contain more nutriment. Well-made soups and broths and fresh vegetables are never out of place. Simple puddings should be substituted for pastry, which children never should be allowed to touch.

The supper should consist of bread and milk, or bread and butter, with a slice of plain cake. Tea and coffee had better be dispensed with until eighteen or twenty. The good effect of going without them will be seen in a healthy nervous system.

Ripe fruit may always be eaten with impunity by a child who is perfectly well. The earlier in the day it is taken the better. As little sugar and cream as possible should be used with it.

A ripe orange every morning from February to June will do much to keep a child in health, and sound apples may be given almost ad libitum.

It is needless to say that the consumption of candy is more honored in the breach than in the observance.

This may seem diet of more than Spartan simplicity to many an indulgent mother; but if she will banish hot bread, fried meat, tea, coffee and pastry from her children's bill of fare, their rosy cheeks, firm limbs and perfect digestions will give her no cause to regret her decision.—*Christian Union*.

## A PLACE FOR THE BOYS.

"Johnnie! Johnnie! come here," called Mrs. Morehead. So Johnnie came at his mother's call—a bright, active boy of twelve, with a face that denoted fun and good nature rather than firmness and steadiness.

"What do you mean, Johnnie, by making such a litter in your room? Why, I declare it's like a carpenter's shop, only worse," said Mrs. Morehead in an indignant tone, as she pointed to the pieces of boards, the chips and sawdust, and the general untidiness of the little room Johnnie called his own. "You ought to be ashamed of yourself," she went on, as Johnnie stooped and began to pick up some of his tools. "You really ought, and I won't have any more work done up here, I can tell you. It is too much trouble to clean this room every day, and so you can just take your boards down to the cellar."

"Oh, mother, can't I work up here?" said Johnnie in dismay. "Why I won't make such a mess again, I promise you, but I do love to saw and hammer and contrive things. All the boys have a place to work in except me!" and Johnnie's bright eyes were quite tearful at the thought.

But Mrs. Morehead was firm. She was a neat housekeeper, and she prided herself on her neatness. Johnnie's room was the only blot on the perfection of her well-kept house, and his last fancy for carpenter work was too much for her patience. So, that very afternoon all the boards went into the cellar, the apartment underwent such a dusting and sweeping as only Mrs. Morehead could give, and the last trace of disorder was banished, much to poor Johnnie's disgust.

He went down to the cellar and tried sawing a while, but the light was dim and insufficient, the air cold and damp, and he soon gave up. Then he went out in the street, for Johnnie, though he could amuse himself with tools, did not find an equal amount of pleasure in books, and presently he had found three other boys, all like himself in want of occupation.

"Let's play at jack-straws," suggested one of the three; "I've got a box of 'em in my pocket."

"Yes, do, come up in my room, boys," said Johnnie, and away they all went, racing in and up stairs like young coach-horses. But on the head of the stairs Mrs. Morehead

met them with "Johnnie, look at your feet! Don't you see you are ruining the carpet with your dirty shoes! I won't have any more of this, can tell you!"

At the first sound of her voice each boy had halted abruptly—at her first admonition to Johnnie to look at his feet, all the others had looked down guiltily at their feet—and before she had quite finished speaking, the three visitors were slipping down the stairs again, followed by Johnnie with a very red face.

"Johnnie, don't stay out long," his mother called after him; but Johnnie was feeling very badly just then. His hospitable instincts had led him to welcome the boys to his room, and his mother's reception had mortified him extremely.

"Guess mother wouldn't like to have her company turned out of the house!" he muttered to himself, as he followed the discomfited boys back to the street.

The rest of that afternoon Johnnie spent in a lumber yard round the corner, where he heard much conversation unfit for his boyish ears, but where he found room and welcome. He saw boys no older than himself smoking cigars, he heard profane language from boys and men; but they were good-natured, and he found it pleasanter to stay there than to go home—home to his neat, clean, solitary room where his mother, who was really very fond of her boy, was even then putting up new window-curtains.

Perhaps if Mrs. Morehead had known what associates he was finding, she would have brought back the boards from the cellar, and even allow the neighbors' boys to leave their foot-prints on her stair-carpet unrebuked, but she did not know, and so she went on her orderly way without one misgiving.

Now, we don't mean to say that it is absolutely necessary for any boy to rush in and out of the house with muddy feet, or to bring his playmates to do the same. Nor do we advocate the transforming of a nicely-furnished room into a painter's or a carpenter's shop. But we do want to say a word for the boys, and we believe that it is far better to put up with some confusion and litter, than to drive our boys out of their own homes or to make them feel that their friends are not welcome.

Suppose your Johnnie is given to occupations and amusements which seem to you unsuitable for anything but a workshop, dear sister—why then, if you can't contrive to give him a workshop, give him the privilege of using his own room. Don't grumble, but clear it up for him, and teach him how to be as orderly as possible with all his work. Let him know that he has your sympathy and interest always. Better a spoiled carpet, than the sorrow of knowing that your boy is happiest when away from home.—*Christian Intelligencer*.

## HOW TO KEEP YOUR FRIENDS.

In the first place, don't be too exacting. If your friend doesn't come to see you as often as you wish or if she is dilatory about answering your letters, don't make up your mind at once that she has grown cold or indifferent, and, above all, don't overwhelm her with reproaches. Rest assured that there is no more certain way of killing a friendship than by exactions and upbraidings.

It is quite possible that your friend may have other duties and engagements whose performance employs the very time that you would claim, and instead of being neglected you are only waiting your turn. Perhaps she comes to you in her rare intervals of leisure to be rested and cheered and helped by your affection and sympathy. But is she likely to find cheer or comfort in your society if you meet her with doubts, with coldness or with a sense of injury, and insist on a full account of how she has spent her time, and whether she could not possibly have come before?

In nine cases out of ten she will go away feeling that she is injured by what you call affection, and that your friendship is a trouble rather than a help.—*Christian Intelligencer*.

**BARLEY WATER.**—Two tablespoonfuls of pearl barley, one pint of water; boil twenty minutes, and add sugar and lemon juice to taste.

**THE SUCCESSFUL FARMER** does nothing for a livelihood but farm. If he has money, he invests it in a way that will improve his farm. He informs himself as to his business and goes to work in an intelligent manner. Upon such farms no weeds stand as high as

a man's head, nor are fences neglected, buildings dilapidated, implements left exposed to the weather, and stock unsheltered and uncared for; but everything denotes thrift and enterprise.

## PUZZLES.

## CHARADE.

My first is hard on metals—quite,  
It grates and rubs till they are bright  
And one part fits with others.  
At work it makes a jarring noise,  
Not harsh enough to charm the boys,  
But chafing to their mothers.

My next is one, but of many kinds—  
A variety to suit all minds,  
And few of them are slighted.  
Make first and second together suit,  
They'll give a delicious summer fruit,  
With which you would be delighted.

## TRANSPPOSITION.

Vole hyt borneigh sa hytfeis.

## REBUS.

## THE

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## HOUR-GLASS.

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Charade.—Star of Bethlehem.

Word Square.—

H A G A R

A M A S A

G A T A M

A S A N A

R A M A H

Nine Mountain Peaks: Ararat, Hor, Sinai, Nebo, Pisgah, Horeb, Moriah, Lebanon, Carmel.