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What Do You Know About Flour?

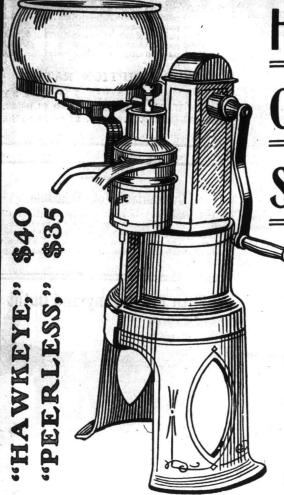
you know that quality is the one important factor in bread as in woollens or in linens? If you want to have bread of health and strength-giving quality as well as delicious, ordinary flour will sadly disappoint you.

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## The Women's Quiet Hour.

By E. Cora Hind.

This is a new, or rather a new adaptation of an old method of teaching children, of which no doubt some of my readers have seen ac-Montessori. counts in the various

newspapers and magazines. I had the pleasure of listening to an address on this method by Dr. James W. Robertson, Chairman of the Com-mission on Technical Education in Canada. The address was given before the Woman's Canadian Club, and Dr. Robertson had with him a collection of what he termed the didactic material for the course. The system takes its name from Dr. Maria Montessori, who, for fifteen years, was assistant in a hospital in Rome. It was part of her duties to select the children from various asylums for the weak-minded, idiotic and insane, for demonstrations in the clinics in this hospital. In this way she became very much interested in the study of defective children. She left the hospital and established a school on methods which she had partially worked out, and for two years she supervised and also herself taught in this school from 8 o'clock in the morning until 7 o'clock at night, the pupils being all what are termed de- Naturally it pulled them out, and

frames of wood have tacked to them strips of any kind of material, which are hooked or buttoned together, tied with strings or ribbons, or, in fact, anything which shows the ordinary fastenings of a child's clothing. A child is given one of these to play with, without any statement to it of what it may be for. Very soon the child finds out for itself how to button and unbutton, hook and unhook, tie and untie. Dr. Robertson said that from tests made with this, the first of all of the appliances showed that on the second or third day a child of three years of age would notice the connection between the buttoning and un-buttoning, for example, on the frame given to it, and the buttoning and unbuttoning of another child's clothing; and, having found this out for itself, it was a pleasure to it and not something that it was taught as a task. Children a little older were given : box fitted with little wooden blocks wound with different colored silk, wool or cotton. These ran in shades of the same color, perhaps 5, 6 or 10 in a section. The box is given to the child simply to play with.



A Farm Home in a beautiful setting.

normal children who had been instructed according to the ordinary methods. It was found then that in a number of instances the defective children, owing to the method and care with which they had been taught, were actually ahead of the normal children who had been taught according to the prevailing system. This decided Dr. Montessori that the ordinary methods of instruction for children in schools are wrong, and she has gone on from this basis until she has worked out a complete, or fairly complete, system for the instruction of children. She has been asked to take charge of the children's houses in connection with a number of tenements in Rome. These tenements are constructed from old and insanitary ones into modern, healthful homes for poor people of the working classes, and to each one is attached what is known as a children's house. In this house children, almost infants, are cared for while their parents, who are tenants in the tenements, are away at work.

Dr. Robertson spoke for over half an hour, and it would be quite impossible to give anything like a synopsis even of his address, but a few thoughts from it, it seemed to me, might prove very useful to women in country homes, where help is hard to obtain, and where the children are very often unconsciously neglected. The whole idea of the system is to teach a child to observe and think for it-

fective children. At the end of that | very soon began to develop a faculty time her pupils came to a contest with for putting them in again. This taught them the arrangement of color; and he had seen a child of five years of age, who could take one of these blocks, carry it across a room, lay it down, go back and match it perfectly as to shade from the same box, showing that it carried the color absolutetly in its brain and eye. He suggested that if grown-up people had any doubt of the value of this training, for them to attempt a similar feat themselves.

A Method of training children to walk carefully was to give a child a brimming glass of water on a plate, and ask it to carry it to another child.

He said it was

Grace of Movement. astonishing how quickly even very young children could in this way be taught to walk firmly and gracefully, having perfect control of their bodies. He stated that he had seen a child of four entrusted with a tureen of soup, which it carried round the table, hold-

ing it while a number of children, one after the other, helped themselves to soup with the ladle. Dr. Roberston spoke at considerable length on how the system developed the sense of feeling in the finger tips. A child would be given a piece of very smooth wood, perhaps a foot long and six inches wide, and on one side of this at intervals would be placed narrow strips of sand paper. Twice a child would have its fingers passed along, For example, simple little first the rough strip and then the

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