

## THEY FAT PLAIN FOOD AND GET LOTS OF FRESH AIR.

Queen of Italy Is a Sensible Mother -A Prince Who Has Never There are two things that she really

-A Prince Who Has Never Tasted Candy. Royal babies have an excellent chance of growing up to be strong men and women. There are sev-eral reasons. Next to a crown and a throne there is nothing that mean as much to royal parents as a large and healthy family. Kings and queens anticipate the future far enough to want heirs who some day will rule their empires. Every time a message is given to a people day will rule their empires. Every time a message is given to a people that the stork is expected to visit the royal household, it is a signal for rejoicing. For months hun-dreds beside the royal family them-selves impatiently are swaiting for the arrival of the little newcomer. No better expected to this come

In keeping with modern German ideas, the crown princess would not No hetter explanation of this can be found than in the nursery of the listen to feeding her baby on the

be found than in the nursery of the Italian royal household. Queen Elena enjoys the reputation of be-ing the most sensible royal mother in Europe. The youngest of her four children is Prince Giovanna, who is just four. This youngster gets a good share of his mother's attention, although she is a queen. The queen rises at 7, and by 8 she is dressed and in the nursery.

The queen rises at 7, and by 5 she is dressed and in the nursery. Prince Giovanna first is given a cold hath—and he gets it all the year round irrespective of the tem-perature outside. The colder the water is the better he likes it, for he has been used to this daily

plunge ever since he was two years There is no more prized royal baby in the world than little Prin-

He is equally well accustomed to cess Juliana, who is the idol of the He is equally well accustomed to a cold room, for the windows of his bedroom never are closed. His room never heated except by the sun-shine. Before this ruddy youngster dresses he is taken into the nursery, and with only a thin chemise on, he heated except by the sun-shine dresses he is taken into the nursery, and with only a thin chemise on, he is given a sun bath. He lies on the floor for half an hour and enjoys the sunshine that pours in through the

After breakfast he goes into the garden with his English nurse, and if the weather is fine he stays there

## a warm bath, and by 7 she is in bed. The queen is so strong and healthy herself that she is anxious that her His principal diet is milk, bread "Appetite for Achievement" Grows

herself that she is anxious that her little girl shall enjoy her heritage. His principal diet is milk, bread and cheese, and he never is given a She knows there is only one way to keep her healthy, and that is to give her plenty of fresh air and simple food. The German Crown Princess has won the hearts of her people be-cause she is such a devoted mother. SIE

SIR HERBERT'S WIT.

Sir Herbert Beerbohm Tree, the Those who do not understand how famous English actor-manager, has to make money can't retain it. a reputation as a wit also. Don't mind these few Spartan a reputation as a wit also.

When he appeared at the Palace years. They are blessings. The appetite for achievement stales on sweets-hunger lends zest to dog-

gedness.

You must work-you have no choice. You must earn or you can't eat. There's no helping hand behind you—you've got to seize the opportunity before you. Responsibility is riding on your shoulders, but duty broadens char-

acter. Pack your chest with courage and begin to win. What you've missed in training you can make up in steadiness and readiness. Education at its best merely points out the most competent method, and if you keep your eyes open and put your heart in your tasks common sense will show you as much as a text book. You are ignorant of theories, but theory after all, isn't nearly so important as practice.

You can't achieve more than you believe. Your reward will be proyou haven't a show.

The years that face you are full of se. To-morrow is always mightier than yesterday.

The newcomer profits by the trials and struggles of the past, and more knots have been untied, more problems have been solved in this ingle generation than in any pre-

Christian name, saluted him with vious century. "Hallo, Herbert!" Sir Herbert, Legislation is tearing whip after "Hallo, Herbert!" Sir Herbert, who was accompanied at the mowhip from the hand of Privilegement by Lady Tree, responded by shaking hands and asking leave to ter, and facilities of every sort are

foor for half an hour and enjoys the sunshine that pours in through the many windows. By eight he is consists of two glasses of fresh milk, bread and butter. NEVER TASTED CANDY. After breakfast he goes into the garden with his English nurse, and MOST PAMPERED PRINCE.

MOST PAMPERED PRINCE. The most pampered of the royal ships is Alexis Nicholaevitch, who

Stale on a Diet of Sweets. Poverty is capital-a creative force, a whip, a spur, an incentive. Ambition dies on a diet of truffle

and goose liver, says a writer in Woman's World. Hard schools teach great lessons. An uncarned dollar is a fool maker.

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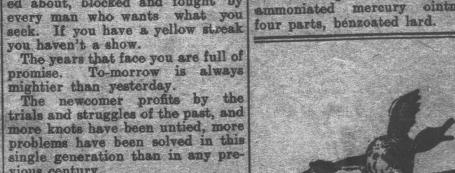
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10

believe. Four reward will be pro-portionate to your effort. Whatever you can grasp with clean hands is your property, but you'll be knock-ed about, blocked and fought by every man who wants what you It is a suffer to perfume the suffected part with the following ointment: One part, ammoniated mercury ointment; four parts, benzoated lard.



dining-room for his mid-day sweets, which is ice one day, cake the next, and stewed invit the third mutting the stage of the stage." and stewed fruit the third. That is all the sweets he ever has, for he bas not yet tasted candy. After his loss and y.

After his long romp with his fa-ther he mounts his little pony and joins the others, riding up and down steep kills. He may taught the set the Deinese in which set the Deinese and walking lown steep hills. He was taught to grooms, in which sat the Princess ride when he was two years old, and was strapped into his basket seat, so that he would not fall off. when the family comes home from the daily ride he gets a cup of hot chocolate and a few cookies. Then he is allowed to romp and play with the other children. At The Imperial nurseries are very 6.30 he cats a supper of bread, milk and eggs, and he is in bed at seven. In the summer he lives an idyllic iter and duck brown hair eyes and dark brown hair.

life at Racconigi Castle. lovely children, the youngest, the his bath. It is hard to say what the necessarily physical, but mental Princess Beatrice, only three years old. This little princess is up every morning at 7.30 in winter and at 7 in summer. The first thing on the dealer are the first thing on the first thing the first the first thing the first th daily programme is the morning for children. hours when the weather is fine. PRINCESS UNAFRAID OF RAIN

out of doors for an hour. For her

that rain is as healthy for children as for plants, and that they will not take cold, providing they change their shoes and stockings when they come indoors. She has her directed to be a stocking of Norway the English nurse had to be a stocking of Norway the English nurse had to be a stocking to be a stocking of Norway the English nurse had to be a stocking to be a stocking to be a stocking to be a stocking they be a stocking the stocking they are the stocking to be a stocking they are the stocking the stocking they are the stocking they are the stocking they are the stocking the stocking

when they come indoors. She has her dinner at 12.30 o'clock, and may eat as much as she wants. providing it is what she ought to have. The menu often in-

ought to have. The menu often in-cludes a soup, a fish, or a meat, two vegetables, and a sweet. The sweet generally is a simple custard the best place for her daily airing. or some of the fruit which is so de-licious and so plentiful in Spain. and two black terriers, the prince Little Beatrice rests for an hour passes several hours every day. He

and then is taken into the garden is not strong, and his mother, who to join her father and brothers in s game of baseball. At first she had hard work keeping up with the boys, but she soon learned that she and down the hills in the Queen's could chase balls even though she garden. At the castle the young prince has three rooms. His bedcould do little more.

At four o'clock the king and room is white and is furnished with queen take her and her brothers for rose-painted furniture in old Nora long drive in their motor car. wegian style.

Usually they return at 5.30, when The rooms have plenty of win-she has supper of bread, milk and dows to let in plenty of sunshine stevred fruit. At 3.30 she is given and fresh air, and it has to be a tea-leaves before they are washed.

babies is Alexis Nicholaevitch, who day meal. This usually includes a is heir to the throne of Russis. still further back. "If I do," ex-meat, potatoes, macaroni, and a is heir to the throne of Russis. This is because the royal family and postulated the youth, "I shall be ter and enmity. faith in the teeth of ridicule, disas-He is allowed to go into the large the people waited so long for the right off the stage." "Yes," said

Sir A. Beerbohm Tree.

Then look carefully at that very

Every morning, soon after rising, shortly after 7, the Czar\_visits the of the man who has passed you by. Life at Racconigi Castle. Another competent and sensible mother is the Queen of Spain. Even as a young girl she was beloved by the late Queen Victoria because she comes and waits until he has had of the man who has passed you by. Why does it fill you with an in-stinctive sense of reliability? Be-cause there is strength in it; not necessarily physical, but mental.

or children. They make reports to the Czar Now direct your gaze across the street a moment. There goes a sent. At 8 the princess is given her breakfast, which includes a cereal, one soft boiled egg, plenty of milk, and bread and butter. She has an English head nurse, and several assistants. The queen prefers Eng- small amount of meat and sweets. You soon discover that the end of a sistants. The queen prefers Eng-lish to Spanish nurses, because they have better ideas about the right care of babies. The most impor-tant thing for these nurses is to see that their charge has plenty of ex-ercise. The little princess walks and romps out-of-doors for two bours when the weather is fine. PRINCESS UNAFRAID OF RAIN Even when it rains she is kept int of doors for an hour. For her

CAUSE AND EFFECT.

of very respectable dimensions.

"I say," observed the astonished traveller. "what are you doing? I didn't offer to bay a revolver.

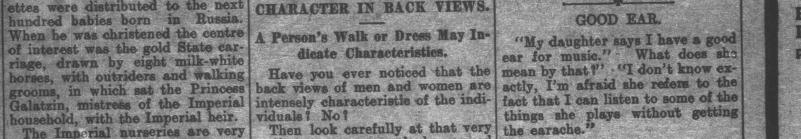
The watchmaker, puzzled in turn, and thinking his customer must have lost his sense and reason, replied :

"But you have bought a gold watch. If you are going to keep it in these parts, you'll want the gun, too !"

Thirty-three years is the average length of a generation.

Knives which smell of fish may be

Dream far-we build close to the stars in this century. Think with unleashed imagiantion.



THIEN THEY WALKED AWAY.

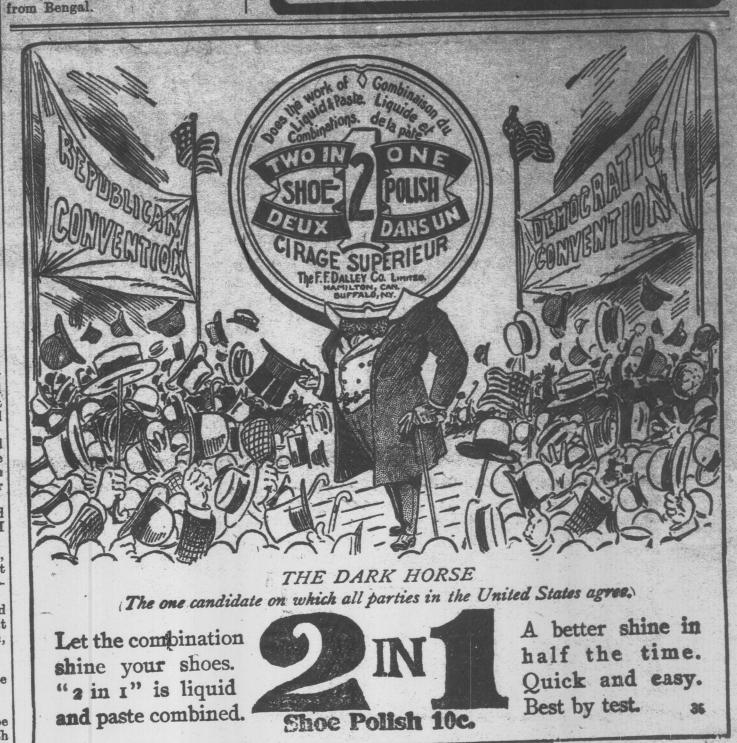
Mrs. Ardmore-My little Artie is beginning to act like a savage. Mrs. Crandall-He has never seen many savages.

Mrs. Ardmore-No; your Adel-bert is the only one he plays with.

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