

REARING THE ROYAL BABIES

THEY EAT PLAIN FOOD AND GET LOTS OF FRESH AIR.

Queen of Italy Is a Sensible Mother
—A Prince Who Has Never Tasted Candy.

Royal babies have an excellent chance of growing up to be strong men and women. There are several reasons. Next to a crown and a throne there is nothing that means 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 that the stork is expected to visit the royal household, it is a signal for rejoicing. For months hundreds beside the royal family themselves impatiently are awaiting for the arrival of the little newcomer.

No better explanation of this can be found than in the nursery of the Italian royal household. Queen Elena enjoys the reputation of being the most sensible royal mother in Europe. The youngest of her four children is Prince Giovanni, 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.

Prince Giovanni first is given a cold bath—and he gets it all the year round irrespective of the temperature 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 old.

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 sunshine. Before this ruddy youngster 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 many windows. By eight he is ready for his breakfast. This meal 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 if the weather is fine he stays there until noon. Then he gets his noon meal. This usually includes a meat, potatoes, macaroni, and a sweet.

He is allowed to go into the large dining-room for his mid-day sweets, which is ice one day, cake the next, and stewed fruit the third. That is all the sweets he ever has, for he has not yet tasted candy.

After his long romp with his father he mounts his little pony and joins the others, riding up and down steep hills. He was taught to 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 6:30 he eats a supper of bread, milk and eggs, and he is in bed at seven. In the summer he lives an idyllic 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 was so sensible. She has three lovely children, the youngest, the 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 daily programme is the morning bath, and the queen always is present. 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 English to Spanish nurses, because they have better ideas about the right care of babies. The most important thing for these nurses is to see that their charge has plenty of exercise. The little princess walks and romps out-of-doors for two hours when the weather is fine.

PRINCESS UNAFRAID OF RAIN

Even when it rains she is kept out of doors for an hour. For her mother is English enough to believe 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 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 includes a soup, a fish, or a meat, two vegetables, and a sweet. The sweet generally is a simple custard or some of the fruit which is so delicious and so plentiful in Spain.

Little Beatrice rests for an hour and then is taken into the garden to join her father and brothers in a game of baseball. At first she had hard work keeping up with the boys, but she soon learned that she could chase balls even though she could do little more.

At four o'clock the king and queen take her and her brothers for a long drive in their motor car. Usually they return at 5:30, when she has supper of bread, milk and stewed fruit. At 3:30 she is given

a warm bath, and by 7 she is in bed. The queen is so strong and healthy herself that she is anxious that her little girl shall enjoy her heritage. 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 because she is such a devoted mother. There are two things that she really loves—nature and children—that she is unable to separate them. She has four sturdy boys, and she feels she needs only a little daughter to make her happiness complete.

The youngest is Prince Frederick. He is not yet six months old, having been born on December 19, 1911. He was christened in the palace of the crown prince, his father, January 29, receiving the name of Frederick, along with George, William, and Christopher. It is this baby Prince Frederick who at present occupies most of his mother's thought and time.

NO BOTTLE FOR HER BABE.

In keeping with modern German ideas, the crown princess would not listen to feeding her baby on the bottle. She believes that nursing one's own children should be a mother's duty and privilege.

The court compromised by getting a healthy German peasant, who is the child's foster mother for the time being. The baby shows the results of this sensible care and is as healthy and ruddy as any baby of his age in Germany. Though he has pretty white baby clothes, they are not a mass of lace, and are planned to make the child comfortable and healthy. Some of the prettiest the Crown Princess Cecilia made for herself.

There is no more prized royal baby in the world than little Princess Juliana, who is the idol of the Dutch people. She is a real Dutch baby, round and rosy, with fair hair and blue eyes. Queen Wilhelmina has many sound theories regarding the regulation of her daughter's life in her babyhood.

She believes that early to bed and early to rise is as good for babies as for grown-ups. So the nurse gives little Juliana her bath every morning at 7 and at 8 she has her simple breakfast of bread, milk and cheese. When the weather is fine the child is kept out of doors a good part of the day.

MOST PAMPERED PRINCE.

The most pampered of the royal babies is Alexis Nicholavitch, who is heir to the throne of Russia. This is because the royal family and the people waited so long for the stork to bring a boy baby to the Czar. In honor of his coming layettes were distributed to the next hundred babies born in Russia. When he was christened the centre of interest was the gold State carriage, drawn by eight milk-white horses, with outriders and walking grooms, in which sat the Princess Galatzin, mistress of the Imperial household, with the Imperial heir.

The Imperial nurseries are very large—large enough to hold almost a mountain full of toys. Every year the Czar keeps the best toy-makers and scholars busy making educational toys and selecting the right kind of picture books for the heir of the Russian. The Czarvitch is a handsome child with large dark eyes and dark brown hair.

Every morning, soon after rising, shortly after 7, the Czar visits the nursery to learn how his son has passed the night. By 7 his mother comes and waits until he has had his bath. It is hard to say what the youngster's menu is, for there are several scholars whose only business it is to read new books on the caring of the infant and dietetics for children.

They make reports to the Czar and Czarina and the diet is regulated according to these ideas. One thing is certain, he gets plenty of milk, bread, butter, cereal, eggs, and other wholesome food, with a small amount of meat and sweets.

He is given two pieces of candy every day. Nobody may enter the nursery without being scrutinized and getting the permission of a Cossack guard named Zimm, a stalwart and threatening soldier. When the Czarvitch is taken out for an airing by his English governess he is certain to be followed by this Cossack, who daily takes this boy out for a ride on a bicycle.

A POPULAR PRINCE.

The most popular of the young princes is Olaf of Norway. He is a jolly little fellow, full of life and fun. When his father became King of Norway the English nurse had great trouble to keep the crowds from besieging the perambulator when she took her young charge out for his daily exercise.

Finally she chose the most secluded part of the Queen's park as the best place for her daily airing. Here with his nurse, two guards, and two black terriers, the prince passes several hours every day. He is not strong, and his mother, who is a sensible woman, sees that he gets plenty of fresh air. He skis with his parents and loves to toboggan down the hills in the Queen's garden. At the castle the young prince has three rooms. His bedroom is white and is furnished with rose-painted furniture in old Norwegian style.

The rooms have plenty of windows to let in plenty of sunshine and fresh air, and it has to be a

very cold day before all the windows are closed.

His principal diet is milk, bread and cheese, and he never is given a piece of candy. In the summertime he goes to his palace called the Ray of Sun, and he spends whole days playing in the woods and by the streams.

SIR HERBERT'S WIT.

Sir Herbert Beerbohm Tree, the famous English actor-manager, has a reputation as a wit also. When he appeared at the Palace recently, a fellow variety artist, given to hailing everybody by



Sir A. Beerbohm Tree.

Christian name, saluted him with "Hallo, Herbert!" Sir Herbert, who was accompanied at the moment by Lady Tree, responded by shaking hands and asking leave to introduce "My wife, Maud."

One day, at rehearsal, Sir Herbert asked a youthful actor to "Step back a little." The player did so. Tree eyed him critically and went on rehearsing. After a time he repeated the request: "A little further back." The youth obeyed. Surveying him, Tree went on with his work. Shortly afterwards he again asked him to step still further back. "If I do," expostulated the youth, "I shall be right off the stage." "Yes," said Tree, "that's right."

CHARACTER IN BACK VIEWS.

A Person's Walk or Dress May Indicate Characteristics.

Have you ever noticed that the back views of men and women are intensely characteristic of the individuals? No!

Then look carefully at that very ordinary young man who has passed you. He has one hand in his pocket, and shoulders slightly stooped. From what you can see of him, his head is bent, and every now and again he gives an aimless little kick at some object in his path. What back view could be more eloquent of indecision of character?

Now glance at the receding back of the man who has passed you by. Why does it fill you with an instinctive sense of reliability? Because there is strength in it; not necessarily physical, but mental. The back is straight and alert. The head is held well back, the arms swing easily, and the walk is buoyant, confident, hopeful.

Now direct your gaze across the street a moment. There goes a girl who, under a cursory scrutiny, looks the personification of what wealth can do. Walk behind her a little way, and take good stock of the back view presented to you. You soon discover that the end of a fringe-net hangs down on to the coat-collar. The collar of the blouse is done up with a large pin. The middle beam of the skirt is not in its place. There is a hole in the stocking just above the ankle, and the shoes, in spite of being expensive, need repairing. Evidently the wearer is an untidy, shiftless woman.

CAUSE AND EFFECT.

Travelling in the wild and woolly west, a gentleman entered a small township in order that he might make the purchase of a watch and chain.

The storekeeper was very pleased to oblige, but as he wrapped up the articles purchased he included with them a fearsome-looking revolver of very respectable dimensions.

"I say," observed the astonished traveller, "what are you doing? I didn't offer to buy 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 freed from the smell if rubbed with tea-leaves before they are washed.

POVERTY A WHIP AND SPUR.

"Appetite for Achievement" Grows Stale on a Diet of Sweets.

Poverty is capital—a creative force, a whip, a spur, an incentive. Ambition dies on a diet of truffles and goose liver, says a writer in Woman's World.

Hard schools teach great lessons. An unearned dollar is a fool maker. Those who do not understand how to make money can't retain it. Don't mind these few Spartan years. They are blessings. The appetite for achievement stales on sweets—hunger lends zest to doggedness.

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 character. 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 proportionate to your effort. Whatever you can grasp with clean hands in your property, but you'll be knocked about, blocked and fought by every man who wants what you seek. If you have a yellow streak you haven't a show.

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

The newcomer profits by the trials and struggles of the past, and more knots have been solved in this single generation than in any previous century.

Legislation is tearing whip after whip from the hand of Privilege—hours are shorter, sanitation is better, and facilities of every sort are at the disposal of all who wish to improve their minds and bodies.

But we offer no charity—only cowards and shirkers whine for concessions. We want the greatest ability at the top, so we are merciless to quitters. It's the only way in which we can truly test efficiency. When you are discouraged, weep on your own shoulder—pluck is ashamed to display its tears.

Hold hard to hope—fling your faith in the teeth of ridicule, disaster and enmity.

Dream far—we build close to the stars in this century. Think with unaltered imagination.

GOOD EAR.

"My daughter says I have a good ear for music." What does she mean by that? "I don't know exactly, I'm afraid she refers to the fact that I can listen to some of the things she plays without getting the earache."

THEN 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 Adelbert is the only one he plays with.

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A good cure for increasing baldness is to rub the affected part with the following ointment: One part, ammoniated mercury ointment; four parts, benzoated lard.

Violet perfume may be made at home by placing half an ounce of chopped orris-root in one ounce of spirits of wine, corking the bottle tightly, and leaving it for a week.

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