



# Points For Mothers

### Emergency Food.

When a child's appetite is capricious the white of an egg, if necessary for his nourishment, may often be conveyed to him without his knowing it in orange juice. This, which is called albumin orange, is prepared as follows: To the white of an egg add the juice of one orange, add a little sugar, strain carefully and set away on the ice until very cold. Then serve with a dry biscuit or alone if preferred.

When traveling children should not be given any water to drink which has not first been boiled. Public drinking cups and water in hotels and railway stations should be avoided.

### Table Manners and Indigestion.

Bad table manners cause indigestion. No child can digest his dinner properly if he is allowed during the course of the meal to slip from his chair and run about the room, to reach across the table and snatch what he wants, to grumble or cry because the food is not exactly to his taste. Quietness of body and mind at mealtimes is absolutely necessary, and children who are allowed to behave badly at table are in danger of being half-starved because they can neither chew thoroughly nor digest properly the food that they take.

### Lime-water.

Lime-water is of inestimable value to the baby in hot weather. It should be given to him in every bottle and even in his drinking water, for nothing will correct the acidity of his stomach so promptly. A piece of lime the size of a lemon will last for years. Cover it with two quarts of boiled water and shake well for a few minutes. After it has stood for twenty-four hours draw the water off, bottle it, and it is ready for use, the lime always being again covered to form a fresh supply.

### Cutting Bread.

When cutting bread for the children don't take up the loaf and press it against the front of your dress or apron while you cut off the slices. How do you know that you have not got a pin or needle in your dress, which will slip into the bread and from the bread into the child's mouth? Many of those sudden illnesses of childhood are caused by something hard which the little one has swallowed, so nurse or mother cannot be too careful in handling all food that is served to the children.

### Some Points For Fathers.

The father who would influence his children must be firm, not cross. Must say little and act, for children respect action and are very ready to respond when they feel that a genuine effort is being made for their good.

Must realize that children deeply resent capricious punishment or unmerited reproaches; that they must be treated honorably and honestly if good results are to come; that example, however he may shrink from admitting it is the secret of parental influence.

### A Child's Walk.

When you take a child for a walk don't hold his hand and pull him along. The effort of keeping his little arm up high enough to meet yours strains and books; then begin to blow, and you dress him so much that he is exhausted before the walk is half over. Put him into reins and let him run along in front of you, or fasten one end of a strap round his wrist and hold the other end in your hand, so that he will be able to walk in perfect safety and yet quite at ease.

### Egg Tonic.

Eggs are often ordered to strengthen a child who has been ill, and no way is better to cook an egg than what is called "codding." Put a newly laid egg (shell on) into boiling water. Immediately remove it from the fire. The egg then cooks slowly and thoroughly, and when the water is cool enough it can be lifted out and opened. It will be found to be of a jelly-like consistency, particularly delicious and digestible.

### Airing Little Garments.

Folding the clothes at night is a tidy habit, but a very unhealthy one. After the garments have been worn all day they need airing at night, and the air certainly cannot get to them if they are all laid together in a neat little pile on a chair by the bed. Try spreading them out over the furniture and you will find that the child gains more in good health than he loses in the neatness of his night nursery.

### Arrowroot Gruel.

Arrowroot gruel is something often needed for the sick child in summer. It is well to have it among one's medicines. Mix two teaspoonfuls of arrowroot flour with two tablespoonfuls of cold water until smooth. Add to this a cup of boiling milk, cook in a double boiler for two hours, add a little salt and strain. Serve it very hot.

### Children's Cakes.

If children don't like milk try the effect of boiling it with a few grains of salt. This is a very good plan for "white soup."

## For the Children

Three Grandsons of the German Kaiser.



Photo by American Press Association.

The three handsome boys in the illustration are sons of Crown Prince William of Germany, eldest son of the Kaiser. They do not differ in appearance from youngsters that may be seen every day in this country. Royal birth, according to American ideas, adds nothing to a boy or girl. True worth is what we appreciate in this land of the free. The youngster on the left is Prince Wilhelm-Friedrich, born July 4, 1900; on the right is Prince Louis Ferdinand, born Nov. 2, 1907, and in the middle is little Prince Hubert, who will be two years old next September.

### About the Flicker.

The flicker, or yellow hammer, is one of the bird carpenters. Using his bill as a chisel, he hurls his home by cutting a hole deep into a tree trunk or telegraph pole. The sharp, stout bill also comes in handy for grub hunting in the bark of trees. The flicker is a musician; the drummer-of-the-bird orchestra, and he plays a great "rat-a-tat-tat" on tin roofs and drainpipes. Ants are a favorite delicacy, and for this reason he is often seen on the ground.

The flicker is tamely domestic. His gray head is set off by a crimson band. The brown back is heavily barred with black and shows a large white patch when he flies. The wings are black barred above and show a beautiful golden color underneath as he flies overhead.

A family of young flickers is most interesting to study. The little fellows are noisy in demanding their food and whine for it like a lot of young puppies. They gulp down worm after worm until one would think their stomachs would burst, but still they cry for more. As they grow older they become saucy and scream loudly if they see anything new or interesting. They soon learn good manners when they get out in the world and act as respectfully as any other bird.

### The Power of the Breath.

When you have breathed into a paper bag in order to inflate it for the fun of popping it afterward with your fist, have you ever asked yourself what is the power of your lungs? You are aware that this force is capable of being measured by the instrument called the spirometer, which you will often see at fairs. You may replace this elaborate affair with a simple paper bag.

Let your bag be long and rather narrow, of a sufficiently strong fabric. Lay it flat on the edge of the table, its mouth toward you; charge it with gradually increasing weights, such as books; then begin to blow, and you will be fairly astonished at the weight before the walk is half over. Put him into reins and let him run along in front of you, or fasten one end of a strap round his wrist and hold the other end in your hand, so that he will be able to walk in perfect safety and yet quite at ease.

### Den, a Jelly Game.

Each boy takes the name of a wild beast and has a tree to himself, which represents his den. Any player who catches his den is liable to be tagged by the next one out. The best runner immediately removes it from the fire. The egg then cooks slowly and thoroughly, and when the water is cool enough it can be lifted out and opened. It will be found to be of a jelly-like consistency, particularly delicious and digestible.

### A New Button Buzzer.

The orientals play "button" with a fruit stone. Instead of saying "Button, button, who's got the button?" the leader sings: "Something for all, a nip for thee. Four o'clock seeds and pineapple bun. Pewter, please and powder—run!" As the leader shouts the last word the child who has the stone starts for the goal, which he sometimes makes without getting caught; then he has the stone a second time.

### A Summer Song.

Batterly, batterly, skimming the ether. Bee, buzz your gummy song, cover and over. Tall of the summer sun. Sing that the water's done. Flutter by, batterly, hum, golden rover. Deep in the meadows the daisies are springing. Out of the thicket a thrush song is ringing. Yellow wind, yellow light. All the world is full of bright. Batterly, batterly, hum, golden rover.

## FOR THE CHILDREN

### Visiting.

I want to visit both and meet and meet. It was a very pleasant time. I stayed from one till four. I think I shall, however, stay some more away. The lady who is mother there said, "Come again some day. I would like to see you and your family." There was mother standing just inside the door.

The children and the little ones seemed smiling down at you. There was a very friendly look about the people there. The cat came rubbing at my feet; she had not changed at all. The hollyhocks looked happy, and the roses on the wall. The little chickens chirped and chirped about our feet. The lovely part of visiting is coming home again.

### Marble Games.

Every boy likes to play a good game of marbles. Here is one that perhaps you do not know. Do you know one called "bounce eye"? It is played by several boys, each at whose feet there is a marble in a "bowl." One player then stands in a perpendicular position over the cluster of marbles, taking his own bounce in his hand, lets it fall from his eye on to the bowl, and those forced out of the bowl by this method are considered "won." If he does not succeed in this and his marble falls within the ring, it belongs to the common stock and is there impounded.

There is another game called "conqueror" which is extensively played in some places. A piece of hard ground, free from stones is chosen for the spot. The first player lays his marble on the ground, and the second throws his own at it with all his force and endeavors to break it. If he succeeds his marble counts one and the vanquished player lays down another marble. If two players have marbles that have already vanquished others they "conqueror" counts all the "conquered" of the other party in addition to his own. For example, suppose A being conqueror of twenty, B of ten, and C of twenty, A counts forty, B of ten, and C of twenty, making a total of seventy.

### Taking Pictures.

It is necessary to have two persons know how to play this game. Some code signal is agreed upon to help distinguish the original of the picture. One of the two leaves the room, while the other takes the picture at another of the guests, which is done by holding a spoon or some article with a polished surface before the guest's face whose picture he is to take.

When this is done, the one outside is called in, given the article used to take the picture, told to look at it and tell whose likeness it is. In a short time it is guessed correctly. This is repeated with the same result, causing much surprise among the guests. Should any one of those whose pictures are being taken think he sees through the methods employed he may have a trial, but in all probability will fail.

The trick is that the "photographer" assumes exactly the same attitude as that of the person whose picture he has taken.

### The Song Sparrow.

The song sparrow is one of the birds that build their nests on the ground. Do you know him—a little bird, gray and brown streaked above and a white breast covered with brown spots and stripes? Have you seen him sitting on a fence or bush and heard his rattling song? The song sparrow is common all over the United States. From Maine to California, and from Oregon to Florida he sings happily six months out of the year. A regular "singer" he sits along the side of a stream and appears at a distance like a magpie. He is equally skillful in hiding his nest. Completely covered by a tuft of grass we would almost step on it before we found it. We may truly wonder how the song sparrow can find it himself, but perhaps his eyes are brighter than ours. The four or five eggs are small and heavily spotted with brown, so that they, too, are hard to see.

### Wab Schools.

Within the last half century "wab schools" were to be found in various parts of Kentucky. In these schools the children not only recited but learned their lessons in concert. As they did not all study the same lesson at the same time, the teacher was starting to one unaccustomed to this sort of work. It would seem that under these conditions an indolent pupil might easily slip away very easily, but the master's ears were so keen that he immediately knew if any one dropped out or if a mischievous article under cover of the noise. A sharp cry of the teacher brought the culprit to bay at once.

### Cook of the Rock.

In Guiana and other northeastern parts of South America lives a beautiful but lonely bird called the "cook of the rock." It has bright orange-colored plumage, the quill feathers of the wings are black, and the bill is tipped with yellow. Its large feet are black, its bill is yellow. It is a solitary bird, and is very shy. It likes to sit on a rock, and is very hard to see. It is very hard to see.

## PICTURE BOOKS

Elementary Lessons Read Librally in Their Classrooms.



### Embroidered Yelling in a Deep.

Embroidered yelling in a deep is a very interesting game. It is played with a board of colored paper. A board is formed by a respective adjustment of fringe and the "yelling" is done by the children at one side and to give a kick effect to the board. The yelling is done by the children at one side and to give a kick effect to the board.

### Picture Hats Come in with Covers of Social Habits.

Picture hats come in with covers of social habits. The use of the picture was of the straw adorned with pictures. The social habits of the picture of military chosen to wear with the new picture because there seems a strong prejudice against the revival of large hats, but it is probable a moderate hat will be brought out which is topped with feathers and has streamers from each side which fall over the crown and the hat is set toward the side of the neck with ends toward the waist.

### DATE BREAD.

Victims of Dyspepsia Should Try This Hygienic Food. Hygienic foods are popular. The Boston Cooking School Magazine gives a recipe for a delicious food of this class known as date bread. The ingredients for one loaf are: one cup of scalded and cooled milk, half a cake of compressed yeast fat



### How to Bake Bread.

Right stirred through one cup of scalded and cooled milk half a teaspoonful of salt, one fourth cupful of molasses or sugar, one cupful of cleaned dates chopped rather coarse, two cups of entire wheat flour and white flour to make a dough that may be kneaded. Put all the ingredients into a bowl, using at first two cupfuls of white flour, then mix with a knife, adding such extra flour as is needed. When light shape into a double loaf and when again light bake one hour.

### Summer Girdles.

Girdles are more in evidence than ever. Those of satin and moire are as popular as ever. Many are finished with a beak covered with the material. Often a flat bow is placed under the bustle. The pump bow is seen on many summer girdles. When it first appeared the pump bow was worn only at the back, now however it is often seen worn just below the bust line in the center front. Two sharp ends of girdles are very much in vogue. The ends are finished in various ways. Some have beak tassels, others fringe, and many are embroidered. The girdles made with the beak are high between the shoulders and worn at the style is not a becoming one as it is apt to give the wearer a round-shouldered look. Sashes of tulle and chiffon will be seen on summer girdles as much as on those of more than three or four years ago. Girdles of middie-brown are also popular. The middie-brown is a new color and is very much in vogue.

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