

THE WAKEFUL CHILD

SUGGESTIONS WHICH IF FOLLOWED WILL EFFECT A CURE.

The Baby at Birth is Plastic Material and Can Be Easily Trained to Correct Habits Unless There is Injudicious Management.

BY CHARLOTTE A. AIKENS.

A nervous wakeful child, is the material out of which a nervous, wakeful adult is made. It is undoubtedly a fact that the foundations for many cases that develop into chronic nervous debility, are laid in infancy or early childhood.

Wakefulness at night is quite often occasioned by physical discomfort, but conditions of physical discomfort are largely preventable.

With older children the cause of wakefulness may sometimes be found in the excitement of an evening frolic with parents, or too active, exciting plays with children late in the afternoon or evening.

After an afternoon of hard playing, which is an exhausting in a child as hard mental or physical exercise in a grown person, a child, under the resulting nervous excitement, is very apt to indulge in a too hearty evening meal.

In the other hand a poorly nourished child is almost certain to be a peevish, wakeful child and a little care in dieting, choosing easily digested, nourishing foods may suffice to effect a complete cure.

The custom of telling stories to children in the evening or after they are in bed is another thing that tends to wakefulness.

Keeping a light burning in a room invariably tends to wakefulness. Some hours of complete darkness is as necessary for the growing child as for the growing plant.

The restless baby may develop into a very well behaved child if his bath hour is changed from morning to evening and he gets his clothing on straight, smooth and comfortable, before putting him to bed.

How to Look Pretty in a Photograph.

A curious fact relative to a woman's personality is that the two sides of her face are not in accord with the other.

The left side is nearly always the prettier, although it would take a very keen eye to discern any difference; but it is worth while to remember this when posing for one's photograph.

The moral of this is obvious. The left side of the face showing to the far better advantage than the right, it is everyone's duty to keep the good side turned toward an observer.

The Secret of a Neat House.

I have a little plan that has saved me so much time and strength that I should like others to know of it, says a contributor to a magazine.

Freshening a Black Frock.

A black frock may be freshened by sponging it with alcohol mixed with water in the proportion of one part alcohol to three of water.

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A Pretty Blouse in Soft Silk.

Nothing makes a more serviceable blouse than natural color pongee. It is also cool and extremely dressy appearing so that waists in this material are regarded as luxuries of the summer girl's wardrobe.

Made like a sailor blouse, though tucked and confined to the figure beneath a fitted girder of its own material, this pretty design is recommended very highly.

With older children the cause of wakefulness may sometimes be found in the excitement of an evening frolic with parents, or too active, exciting plays with children late in the afternoon or evening.



A PRETTY BLOUSE IN SOFT SILK.

with a broad plait trimmed with fancy buttons. There are sleeves of pongee reaching almost to the elbows and under these fall fuller sleeves of a net guimpe trimmed with soft cream colored lace.

All About a Book.

"Will you please take that book out of this seat?"

"What for?"

"I'd like to sit down there."

"Plenty of other seats in this car, are there not?"

"Yes, sir, but this happens to be the one I want."

"Just so."

"Will you take that book out of this seat?"

"No, sir."

"You will not?"

"I will not."

"I think it's hogwash for a man to pile his baggage on the seat alongside of him."

"(Another pause.)"

"Once more, will you take that book out of this seat?"

"Once more, sir, no."

"Then I'll throw it out of the window."

"I advise you not to do it."

"So?"

"Yes; you might get yourself into trouble."

By the way of reply the irate passenger picked up the offending book and hurled it through the open window.

"Now, sir," he demanded, "what are you going to do about it?"

"Nothing. The book isn't mine."

"Whose is it?"

"I think it belongs to that husky looking fellow in the other end of the car, who seems to be coming back to look for it."

A PROBLEM OF BORROWING.

Two Women and a Dozen Eggs Raise a Puzzling Question.

History as it is written in Pratt, Kan., is to the effect that last winter one woman there borrowed of another a dozen eggs, then worth—thrice fortunate Pratt, Kan.—24 cents.

Recently the borrower determined, whether with assistance or not history conceals to return the eggs and carried to her neighbor's house a dozen as good as those that had been taken thence.

Then there was trouble. The first woman insisted that she had borrowed, not bought, the eggs, and that considerations of money value did not and should not enter into the matter at all.

Too Much Much and Too Little. Mr. Benson of the London Times, in his extremely interesting account of the Younghusband expedition into Tibet, gives some remarkable facts about the carrying power of men who were employed to do the heavy work of the journey.

According to his account thousands of coolies were used. The pay was per pound, and the average load was 89 to 99 pounds to the man.

The color of good meat, as everybody knows, is red and not dark colored. The layers of fat between the fibres of which the flesh is composed, give it a marbled aspect.

The odor of good fresh meat is pleasant enough, and a chemical test can be applied to the meat juice which is of an acid character, so that if blue litmus paper is soaked in it the paper is turned to a red hue.

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TIME TABLE IN EFFECT June 1 1904, and until further notice.

Cars leave Bloom for Espy, Almedia, Lim Ridge, Berwick and intermediate points as follows:

A. M. 7:50, 8:40, 9:30, 10:20, 11:10, 12:00. P. M. 12:20, 1:10, 2:00, 2:50, 3:40, 4:30, 5:20, 6:10, 7:00, 7:50, 8:40, 9:30, 10:20, 11:10.

Leave Bloom for Catawissa A. M. 6:15, 7:00, 7:50, 8:40, 9:30, 10:20, 11:10. P. M. 1:00, 1:50, 2:40, 3:30, 4:20, 5:10, 6:00, 6:50, 7:40, 8:30, 9:20, 10:10, 11:00.

Cars returning depart from Catawissa at intervals from times given above.

First catleaves Market Square for Berwick on Sundays at 7:00 a. m. First car from Catawissa Sundays 7:00 a. m. First car from Berwick for Bloom Sundays leaves at 8:00 a. m.

First car leaves Catawissa Sundays at 7:30 a. m. From Power House. Saturday night only. P. R. K. Connection.

WM. TERWILLIGER, Superintendent.

Bloomsburg & Sullivan Railroad.

Taking Effect Feb'y 1st, 1905, 12:05 a. m.

NORTHWARD. A. M. P. M. P. M. A. M.

Jamison City... 5:50 10:48 4:35 7:00 11:36. Central... 5:58 10:51 4:38 7:03 11:44.

SOUTHWARD. A. M. P. M. P. M. A. M.

Jamison City... 5:50 10:48 4:35 7:00 11:36. Central... 5:58 10:51 4:38 7:03 11:44.

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