THE COLUMBIAN, BLOOMSBURG,

THE WAREFUL CHILD IN UMPHREYS'

SUGGESTIONS WHICH IF FOL-LOWED 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 neryous, wakeful adult is made. It is undoubtedly a fact that the toundations for many cases that develop into chronic nervous debility, are laid in infancy or early childhood. Hereditary, of course, plays some part. Many children are born with weakened nerves, but it is also true, that nervous children are the product, largely, of injudicious management. A baby, at birth, is plastic material. It can be trained to habits of sleeping and feeding at proper times, or at improper times. Wakefulness at night is quite often occasioned by physical discomfort, but conditions of physical discomfort are largely preventable. Ina gestion as a result of overfeeding, colle which may arise from improper food, wrinkled, wet or tight clothing, cold feet, a room that is too warm or badly ventilated-all these may help to produce a restless baby. In summer, especially, a baby who sleeps with its parents is liable to be too warm. A cool, clean crib of its own, will mean more comfortable nights for all concerned.

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. There are certain forms of plays common with children. which produce in a child of a neryous temperament, the same train of symptoms that are liable to follow ate hours or dissipation where adults are concerned.

After an afternoon of hard playing, which is as 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. The process of digestion is unfinished at bedtime and that a one may give rise to insomnia.

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 fuffice to effect a complete cure.

The custom of telling stories to children in the evening or after they are in hed is another thing that tends to wakefulness. Instead of quieting the little listeners, the evening story often stimutes their mind to further activity. If the evening is the time chosen for stories, the story should be of the sleepy, uninteresting drowsy type, with nothing in particular which is likely to stay long in the child's mind.

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.

A thorough heating of the feet te- "What for?" ore going to hed is desirable, and

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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, though they are not necessarily expensive.

Made like a sailor blouse, though tucked and confined to the figure beneath a fitted girdie of its own material, this pretty design is recommended very highly. The coller is stitched with a narrow bias fold of plaid silk and the front is finished



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 soit cream colored lace. As the neck is cut moderately low and the sleeves reach almost to the elbow the gown can be worn without the guimpe with utmost propriety.

The smooth variety of pongee is preferred to the rough for separate waists, and a linen collar and the of combination.

All About a Book. "Will you please take that book

out of this seat?"

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 worththrice 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. But the neighbor refused to take them in extinguishment of her claim. The price of eggs she said, had fallen with the approach of spring, and it was then only 12 cents per dozen. Therefore she wanted not one dozen, but two, and for no less would she call the transaction equitably closed.

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. This the second woman denied, repeatedly, and the dozen eggs were taken home after much oratory, and a few tears equally divided between grief and rage. Now all the other women in the vicinity have taken up the quarrel, and, still according to history, the question as to whether the borrower or lender is right, has become an important issue in local politics-so important that the spring election in Pratt, Kan., turns on it, according to the New York Times, which adds that borrowing except when conducted on strict business principles, is an evil practice, exceeded as a destroyer of friendship only by out-and-out theft.

Too Much Much and Too Little. Mr. Benson of the London Times, in his extremely interesting account of the Younghusband expedition into lhibet, 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 80 to 90 pounds to the Some, however, carried douman. bie and even three times the average, in order to earn extra compensation. Mr. Benson tells of one Hindco coolle who carried a piece of machinery weighing 575 pounds up

the mouncain slope, making his way from bowlder to bowlder with this almost incredible load on his back. As a contrast Mr. Benson calls attention to the fact that the English trade unions will not allow r workman to carry a load of more than 14 pounds. If his tools or the material weigh more than that he must have a helper. It may well be asked if this kind of civilization is going to work favorably to the proper development of the individual. The man with his plain food and the full exercise of bright hue accompanying a waist in his muscle will be apt to produce natural color pongee is a handsome sturdier stock "han the one who is limited by re'es that would seem too mild for children. There is no intention of comparing coolie and skill. ad labor, but there is a very nice question of influence upon the right

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TIME TABLE IN EFFECT June 1 1904, and until Surther tice.

Carsleave Bloom for Espy, Almedia, Lin . Ridge, Berwick and intermediate points as

follows A. M. ¶5:00, 5:40, 6:20, 7:00, 7:40, 8:20, 9:00, 9:40, 10:20, 11:00, 11:40.

P. M. 12:20, 1:00, 1:40, 2.20, 3:00, 3:40 4:20, 5:00, 5:40, 6:20, 7:00, 7:40, 8:20, 9:00 *(9:40) 10:20 *(11:00)

Leaving depart from Berwick one ho. from time as given above, commencing + 6:00 a, m

Leave Bloom for Catawisss A. M. 5:, " 6:15, t7:00, t8:00, 9:00, t10:00, t11:00 12:00

P. M. 1:00, †2:00, 3:00, 4:00, 5:00, 6:01, †7:00, 8:00, 9:00, 10:20, *(11:00) Cars returning depart from C+tawissa 20

minr'estrom time as given above.

First cartleaves Market Square for Berwick on Sundays at 7:00 a.m. First car:for Catawissa Sundays 7:00 a.m.

First car from Berwics for Bloom Sundays eaves at 8:00 a. m

First car leaves Catawissa Sundays at 30 a. m.

¶From Power House. •Saturday night only, †P. R. R. Connection.

WM. TERWILLIGER, Superintendent.

Bloomsburg & Sullivan Railroad.

Taking Effect Feb'y 1st, 1908, 12:05 a.m.

NORTHWARD, 21 A.M. F.M. P.M. A.M 5 00 0 SOUTHWARD A.M. A.M. P.M. A.M. A.M. Jamison City.... 5 to 1048 4 35 7 00 11 36 Central. 558 1051 4 38 7 08 11 46 Grass Mere Park f6 01 11 00 f4 47 17 12 Laubachs...... 70 03 7/1 02 7/4 45 77 13 11 52

Coles Creek	16 12	111 08	JA 53	17 22	12 06
Rdsons	/0.14	111 09	14 56	17 24	12 10
Benton	6 18	11 13	5 00	7 29	12 85
Stillwater	6 28	11 21	5 08	7 88	12 48
Zaners	16 85	111 29	15 17	17 45	12 58
Forks	6.89	11 33	5 21	7 49	1 00
O pgeville	6 50	11 42	5 81	8 00	1 80
Light Street	7.00	11 50	5.39	8 10	1 45
Paper Mill	7.08	11 58	5 42	8 18	1 50
Bloom, P & H			20.62	8.25	2 10
Bloom. DL & W.	7 20	,12 10	6 00	8.30	2 16
Trains No 21 at					

t Daily except Sunday. t Daily i Sunday only. f Flag stop. W. C. SNYDER, Supt,



warm brick or hot water bottle wa wrapped to the feet often helps il child as well as the adult to drop of to sleep quickly. A drink of he milk sipped slowly, with a cracker, another simple remedy that has pro en very effectual.

The restless haby may develop in a very well behaved child if his ba hour is changed from morning evening and he gets his clothing straight, smooth and comfortable, b tore putting him to bed. With a ve nervous, wakeful older child, gent sponging down the spinal colum with water as hot as can be borne a procedure that assists in promotin healthy sleep.

How to Look Pretty in a Photograp

A curious fact relative to a wor an's personality is that the two side of her face are not in accord will the other. In other words, even woman has two faces, and one show certain characteristics which the ot er does not, and each contradicts th other.

The left side is nearly always th 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 The left side of the face showing to far better advantage than the right, It is everyone's duty to keep the good tide turned toward an observer.

The Secret of a Neat House.

1 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. It is this: we have two "pounds" in car house for misplaced articles. One is an unused cupboard on the first floor; the other is on the second floor, Into these cupboards the members of the family may put anything that they find lying around. There is a child's bank in each cupboard into which one must put a cent before he can claim his property. The money may be used to get some little thing for the house.

Freshening a Black Frock.

A black frock may be freshened by goinging it with alcohol mixed with Water in the proportion of one part alcohol to three of water. The garment should be sponged on the right side but ironed on the wrong.

	the second start of the second start star
21	'd like to sit down there."
	Plenty of other seats in this car.
	there not?"
11 eg	Yes, sir, but this happens to be
	one 1 want."
	lust so."
(Pau	use.)
1	Will you take that book out of
	scat?"
	No, sir."
	You will not?"
	will not."
	think it's hoggish for a man to
nfie	his baggage on the seat alongside
or h	
()	Another pause.)
"0	Once more, will you take that
hook	cout of this seat?"
	Once more, sir, no."
	Then I'll throw it out of the win-
dow.	48
	advise you not to do it."
	50?"
	Yes; you might get yourself into
trou	ble."
B	y the way of reply the irate pas-
seng	er picken up the offending book
	hurled it through the open win-
dew.	Now sir" he demanded, "what
1.0	SAW SIT. HE REPRINTIGES, STREET

'Now, sir,' he are you going to do about it?" "Nothing. The book isn't plna."

"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."

The Color of Goed Meat.

progress of the race.

he color of good meat, as everydy knows, is red and not dark coled. The layers of fat between the res of which the flesh is composed, ve it a marbled aspect. Veal and rk are of a lighter color than beef mutton.

The odor of good fresh meat is easant enough, and a chemical test n be applied to the meat juice tich is of an acid character, so that blue litmus paper is soaked in it e paper is turned to a red hue. This t applied to meat which is too old of a bad quality, will result in the ie litmus paper retaining its origi-I color.

Varnished Wall Paper.

Varnished wall paper should never cleaned by rubbing with a flannel cloth. Procure a good, soft white sh brush, which can be bought at y oll store, then have a bucket of an, soft warm water, in which yelsoap has been lathered. Dip ush into water, slightly squeeze it id commence rubbing gently from the bottom of the paper, working upward. You will thus have paper free from smears and the varnish uninjured.

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