

BABY'S TEN COMMANDMENTS.

The following list of "do's" and don't's" for baby's welfare secured the winning prize in a recent Nursery Competition:—

Thou shalt not kiss me on the mouth.

Thou shalt not sneeze or cough in my face.

Thou shalt not give me a dummy to suck.

Thou shalt not give me cold boiled water to drink.

Thou shalt give me the right things to eat.

Thou shalt give me a bath every day.

Thou shalt give me clean clothes.

Thou shalt give me my own bed.

Thou shalt give me a comfortable room with windows open.

Thou shalt give me plenty of sleep in the fresh air.

If womanhood is to gain and to retain its rightful place in the world, each girl must understand herself and uphold her own value.

The value that each girl sets upon herself as a woman is the value that others will accord to her in their thoughts of her and dealings with her. She must never think of herself as a mere machine, whose highest ambition is to do some bit of man's work. Still less must she think of herself in her leisure time as the mere plaything of any man she can pick up who may give her a good time for the moment. If she accepts the position of a cheap toy she can expect no other than its fate. We all know the life story of a cheap toy. It is easily come by, lightly played with for an hour or so, then tired of and thrown aside, often "done for" as well as "done with." Many a woman has shared that fate because she thought cheaply of herself, allowed others to treat her cheaply, and never realised her own value until it was too late, until her treasure was wasted, broken, lost, her womanhood degraded, the man she might have helped to make more manly degraded also, and he, and probably other men, taught by her to think cheaply of all women, thereby making their lives more difficult.

Such are some of the tragic wastes of womanhood.

A BOY'S IDEA OF "HABIT."

A public school teacher once offered a prize to the boy who should write the best essay in five minutes on "How to Overcome Habit." A lad of nine years old carried off the honors.

This is what he wrote:—

"Well, sir, habit is hard to overcome. If you take off the first letter it does not change 'abit.' If you take off another, you will have a 'bit' left. If you take off still another, the whole of 'it' remains. If you take off another, it is not wholly used up; all of which goes to show that if you want to get rid of a habit, you must throw it off altogether."—
"Southern California White Ribbon."

A CALL TO YOUTH.

Youth of the world, unite!
Youth of the world, strive, fight
For what you deem the right.
Youth sees with surer eyes,
Because its eyes are clear
Of prejudice and fear.
Youth need not compromise.
No compromise with wrong—
Let this our slogan be.
The league of youth is strong,
Stretching from sea to sea.
This world is ours to take;
The world is ours to make.
Let us build true and sure
A world that will endure;
Built out of right and truth,
Reared with this tool—our youth.
—"Mary Carolyn Davies."

Faith is the great liberator. Worry, fear, responsibility, the tyranny of moods; these shut in and imprison the soul. But faith sets it free. It shows us God the Father behind all. Your life, my brother, as Christ has shown us life's meaning, is a bigger thing than your biggest anxiety. Behind your broken plan lies the bigger, wiser, purpose of God. Behind your worry is the Love of God, who careth for you and yours. Beyond the pin-pricks and the pettiness of your daily surroundings lie the patience and encouragement and the infinite refuge of God. Get a sight of that great sweep of country. Claim it by faith, with confidence and courage, for God means it to be yours.

GREATEST STEP.

"The person who says that Prohibition has not reduced crime either wilfully or ignorantly misstates facts. From an experience of twelve years as warden of this penitentiary I unhesitatingly state that the adoption of the Eighteenth Amendment was the greatest progressive step taken by the United States since the abolition of human slavery."—"John B. Clinton, Warden of Kentucky Penitentiary."

LIFE SAVING.

It is estimated that there are 250,000 fewer industrial accidents each year as a result of Prohibition than when we had 177,790 saloons in operation before the Eighteenth Amendment went into effect.

And we shall be in better shape
When all the world goes dry,
From out the grape, it knocks the
ape,
From the cider steals the sigh.
—"Cleveland Plain Dealer."

At Champagne Prohi takes a slam
With all its might and main;
In indicates to us the sham,
And robs us of the pain.
—"Youngstown Telegram."

"Johnny," said the teacher, "a lie can be acted as well as told. Now, if your father were to put sand in his sugar and sell it, he would be acting a lie and doing very wrong." "That's what mother told him," said Johnny impetuously, "and he said he didn't care."

A young woman took down the receiver on a party line and discovered that the telephone was in use.

"I just put on a pan of beans for dinner," she heard one woman complacently informing another.

She hung up the receiver and waited. Three times she tried, and then, exasperated, she broke into the conversation:

"Madam, I smell your beans burning," she announced crisply. A horrified scream greeted the remark, and the young woman was able to put her call.