

**Some Very Useful Advice to a Young Lady Just Engaged.**

SHE is one of the sweetest little bodies in all the world, is K. D. B., and it is no wonder that she has gone and got engaged; and we desire to pause here, for a moment, before entering upon K. D. B.'s perplexity—for she has a perplexity, poor dear—while we congratulate her with all our heart. Heaven bless you, K. D. B., we do hope that everything will go along nicely and that your marriage will be as pleasant as possible. And now for the perplexity.

"When a young lady becomes engaged," writes K. D. B.—and we can see the pretty thing blushing like a gazelle as she makes this timid, indirect confession that she is engaged—"when a young lady becomes engaged and receives letters of congratulation from his relatives (ah! what a world of naive tenderness there is in this simple use of the pronoun!) is she bound according to etiquette to reply? And if she is bound, in what form ought she to reply?" And then she winds up by telling us that "by answering" we will "confer a favor on 'K. D. B.'" It is proud and happy that we are, "K. D. B.," to be in a position to confer a favor upon you; and we fully appreciate the honor that you are doing us in asking our advice instead of "his."

But an answer, dear child, must depend just a little on some of the circumstances which—in your pretty, careless way—you have neglected to mention. The general rule may be easily enough laid down that letters of this nature do not demand answers; but the very minute that the rule is stated the necessity for making exceptions to it is evident. A congratulatory letter from, for instance, the foreman of the fire company with which "he" has been connected in "his" wayward youth certainly does not require an answer; while on the contrary a congratulatory letter from "his" maiden aunt, from whom "he" has expectations, demands an answer of the most instantaneous and effusive sort that can be known or mentioned. To ignore the kind utterances of "his" rich bachelor uncle would be a sinful rudeness of which no right-minded K. D. B. should even dream of being guilty; but to answer the letter of the other uncle—the clerical uncle up the country who has a doubtful salary of \$500 a year and eleven children—would be a serious indiscretion. As to the peppery letter from the young woman to whom "he" was previously engaged, it is probable that your own fine natural instincts will advise you, and so render advice from us unnecessary. But you see, dear K. D. B., that our advice upon any part of the perplexity is not of much value because you have only partially taken us into your confidence. After all, little one, perhaps the best thing that you can do is to consult "him."

*Philadelphia Times.*

**The Care of Young Children.**

FASHION, that stern task-mistress, that Moloch to whom so many children have been sacrificed in bygone days, for once asserted her influence on the side of common sense when she decreed that their necks, arms and legs should be protected by proper clothing. A few years ago it was not an uncommon sight to see a mother warmly dressed, in thick woolen, fur-trimmed garments, leading by the hand a child daintily arrayed in a short frock with a least two inches of its poor little legs uncovered between the edge of its drawers and the top of its tiny white socks; or indoors to see plump necks and rounded arms exposed to an atmosphere which adults could meet only when swathed to neck and wrists. Happily this absurd custom is a thing of the past, and one can only trust it never may be revived. The error now is rather in the other extreme. While children should be warmly dressed, particularly when going into the open air, care should be taken not to overload them with clothing. The sweat glands are very active in youth, and if over-stimulated by heat, become inflamed, producing heat rash.

Light woolen materials should be used in winter and colors selected that will wash when necessary. The garments should be so made as not to impede the freest use of the limbs. Healthy children require a great deal of exercise, and should be encouraged to play vigorously and shout lustily for some time every morning in the open air. They will be much more ready to

play quietly in the nursery during the remainder of the day than if they had been taken for a decorous walk, which is simply useless as exercise for the young muscles that need strengthening and developing. If perfectly well they should be sent out in all weather, except when it is absolutely raining. Then they should have on part of their outdoor clothing, be sent into a room where the windows are open, and made to play tag, puss-in-the-corner, or any active indoor game, for half an hour or more. Nothing is so fatal to children as bad ventilation. Their bed-room windows should invariably be open at night; if there is any fear of a draught a light frame made to fit the window with flannel tacked on each side of it will admit fresh air and obviate the difficulty.

No garment that has been worn during the day should be suffered to remain on during the night. A cotton night-dress is all that is necessary in summer. In winter, or if the child has a delicate chest, or is subject to croup, a scarlet flannel jacket may be added. Children should be thoroughly bathed from head to foot every morning in cold or tepid water. Nothing does more to promote a healthy action of the skin and make the complexion clear and fresh than thorough daily ablutions.

The greatest attention should be paid to the care of the teeth. Until a child is old enough to use a brush they should be washed with a soft rag dipped in cool water at least twice a day.

The hair should be well brushed with a soft brush and never touched with a fine comb, which, as well as a stiff brush, causes disease of the scalp. It should be cleansed by washing in warm water to which a little borax has been added, with plenty of white soap, and thoroughly rinsing with clear water. The hair grows from the head, so cutting the ends can do no possible good. If it splits at the ends it is owing to a deficiency of natural oil, and may be remedied by using a little sweet oil. It is a popular fallacy that the extreme growth of hair tends to weaken the system. If it is cut nature will produce fresh hair more quickly, thus increasing instead of lessening the strain on the productive powers.

Children require plenty of healthful, substantial, nourishing food; they not only have to repair the daily waste of the system but also to create new bone and muscle every day. An infant should have food at first once in two hours during the day and four at night. When older, once in four hours will be sufficient. Young children should have a bowl of bread and milk, or at least a cup of milk, on first waking in the morning, if any length of time elapses between their rising and the regular breakfast. They can be taught to like almost anything if its use is begun sufficiently early. Oatmeal porridge is an excellent article of diet; it may be varied by hominy, boiled rice, porridge of white or yellow Indian meal, etc. Soft-boiled eggs are also good. Tender, juicy, broiled beefsteak and roast beef or roast mutton are better than lamb or veal, as they contain more nutriment. Well-made soups and broths and fresh vegetables are never out of place. Simple puddings should be substituted for pastry, which children never should be allowed to touch. The supper should consist of bread and milk, or bread and butter, with a slice of plain cake. Tea and coffee had better be dispensed with until eighteen or twenty. The good effect of going without them will be seen in a healthy nervous system. Ripe fruit may always be eaten with impunity by a child who is perfectly well. The earlier in the day it is taken the better. As little sugar and cream as possible should be used with it. It is needless to say that the consumption of candy is more honored in the breach than in the observance.

This may seem diet of more than Spartan simplicity to many an indulgent mother; but if she will banish hot bread, fried meat, tea, coffee and pastry from her children's bill of fare their rosy cheeks, firm limbs and perfect digestions will give her no cause to regret her decision.—Miss E. K. Scott, in *Christian Union*.

CHARLES XII. was but seventeen years of age when he made his first campaign against the Russians.

It has been decided in England to thrash young culprits instead of sending them to work houses.

—Admitting that one has a good time, that the enjoyment is something a little better than is experienced on almost any day during the whole year, is it not a question whether Thanksgiving stuffing of not only poultry in the kitchen, but of stomachs at bounteous boards, pays after all? Before the day is concluded nearly all are made drowsy and heavy, not a few complain of headaches; still others will confess that their dinner has given them a bit of indigestion, while nearly all, the next morning, if they describe their true feelings, will say that the month is not tasting quite so well as usual, and, on the whole, they are not feeling as well.

—Dr. Foote's Health Monthly for November.

—A stranger in Galveston asked an old resident how malarial fever could be distinguished from yellow fever. "As a general thing," was the reply, "you can't tell until you have tried it. If you ain't alive, then it is most likely yellow fever."

—In digging a well at Plankinton, Dakota, the workmen found a beautiful sea shell at the depth of eighty-six feet, and several well preserved pieces of timber at one hundred feet below the surface.

[St. Louis Times.]

**Money in It.**  
The best investment is in that which will maintain health. From a letter of Mr. C. W. Eck, No. 12 S. 5th St., St. Louis, Mo., it is learned that the clerk of the Money-Order Dept. at the post office in Alton, Ill., Mr. J. B. Kuhn, suffered for some time with indigestion and all its accompanying evils—a headache, loss of appetite and despondency, and was surely becoming a hypochondriac. He commenced the use of Hamburg Drops and is now well and strong again.

**FIRMS** in the mountains near Ukiah, Cal., drove the snakes from their retreat, and many rattlesnakes were killed in the streets of the city.

[Valparaiso (Ind.) Messenger.]  
**An Indiana Sportsman's Experience.**  
One of the finest kennels in this country, and the purest in the West, is owned by Mr. W. H. Holabird, the Sportsman's Clothier, of Valparaiso, Indiana. He says: "We use St. Jacobs Oil in our family in preference to all other liniments; I have also tried it in my kennel with wonderful results."

ANOTHER of the popular errors to be corrected is that the African Sahara is a great desert. On the contrary, it is now pronounced a cultivated country, fruitful as the garden of Eden. All that is now wanted is proof that Iceland is a tropic country, and that the Rocky Mountains are below the sea level, in order to convince the average citizen that the time he spent in studying geography in his youth was fooled away.—*Boston Post.*

**Two Organs.**  
Regulate first the stomach, second the liver; especially the first, so as to perform their functions perfectly, and you will remove at least nineteen-twentieths of all the ills that mankind is heir to, in this or any other climate. Hop Bitters is the only thing that will give perfectly healthy natural action to these two organs.—*Mass Farmer.*

"How to Pay Church Debts" is the title of a new book. If the same methods can be made to successfully apply to other debts it will have a large sale.—*Philadelphia News.*

**Advantage of Heavy Plates.**  
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