BY AUNT JUNE

Our Boys and Girls Corner

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DEDICATED TO EVERY BOY AND GIRL IN CANADA

My dear Boys and Girls:—

There are two letters upon my desk from Helpers, one telling me about feeding the birds, and another one about plans for a garden. I am very pleased to have both of these letters.

Things which take you out of doors into the fresh air and sunshine are among the very happiest and jolliest things you can do.

Every boy and girl who is born in the country or in any place where he or she may have a garden, and watch the growing flowers and the little birds, and get to know their names and their beautiful coloring, is rich and fortunate.

Letters.

Dear Aunt June:—

This is my first letter to your Helpers' Club, but it is not the first time I have read your letters. I look for them every week. I am making a garden this year, and am going to plant mostly vegetables, with a border of flowers. I am choosing some of the flowers out of the list you gave us a few weeks ago. I live on a farm and help my father when I am out of school. I think the Helpers' Club is a great idea. Those of us who are going to have gardens might help by sending anything we have to spare to people who cannot afford to buy much. Don't you think so?

I remain,
Your very loving niece,
ALMA HODDEN.

Welcome to our Corner, Alma. I would like to see your garden when it is all planted. I am sure your father will be able to give you lots of helpful hints. Your are indeed a Helper. On the farm is just one of the places where Helpers are badly needed, is it not? God luck to you in all your efforts.

I am very delighted to hear about them. So glad you h ve joined our Helpers' League and also that you will have a garden. Yes, I think that a splendid idea to give away some of your garden produce, and good helping too.

Dear Aunt June:—

Will you tell us more about the birds? There are lots of birds I see whose names I do not know. My sister and I have been feeding the birds for two seasons now and some of them get very tame. We know some thrushes, redcaps, robins, orioles and the white-throated sparrow but not many other names. I think a bird club would be nice where members could exchange notes upon different birds they have seen and we could send in letters to you to print in the Corner. I am trying to think of something to do for helping beside feeding the birds. Of course I do things around the house when they are wanted.

Yours very truly,
ROBERT DOME.

Your idea, Robert, is a perfectly splendid one. I think we would all learn a great deal about out little friends, the birds, if every Helper who is feeding them and studying their ways, would send in an account now and again of newcomers. Won't you start a club like this in your district? I would be very glad indeed to print the letters and also the names of all the members. You are a very welcome new member. I am glad you love the birds so much.

PLEDGE FOR HELPERS.

"Do a little kindness to someone every day.
Scatter rays of sunshine all along the way."

I pledge myself in the service of my King and Country to DO MY BEST IN MY DAILY WORK, wherever it may be, to help others wherever possible, and to endeavor in every way to make myself A GOOD CITIZEN.

Date .....

Name .....

Age .....

Address .....

HELPERS, ATTENTION!

Bird notes wanted. Don't y u think Robert's idea in the above letter is a good one? I want every Helper who lives in the country to send me a letter telling the name of birds you have seen during the month of April. New birds are coming back to this country every week. This is the great moving time among the birds, when Mr. Bird and his wife go house hunting. Will you see how many names you can send in?

I wonder how many of you read the story in the Toronto Globe a few weeks ago about a one-legged robin.

It was so interesting that I think I must tell you about it here.

Some people living in Wingham had noticed a little one-legged robin who came back every Spring for three years running, to make his home in a tree on their lawn.

He was a very happy little chap in spite of having only one leg, and the kind people who fed him were naturally very much interested to see how brave he was, and looked for him every Spring.

A doctor who lived in Toronto heard of this story, and wrote to say that five years ago when he was living at Wardsville, he rescued a robin who had become entangled in a piece of string which caught in the branch of a tree, and made him a prisoner. The little robin had struggled so hard to get free that his leg was broken, so the kind doctor took him into his house and operated on the little limb, taking it off below the knee (did you know that robins had knees?) and, said the doctor, "The next day the brave little fellow was seen as industrious as ever, working away at building his new home."

The next summer this one-legged robin called back again to visit his friend the doctor, but the following year the doctor had moved away from Wardsville. When he heard about the one-legged robin at Wingham, he at once wondered if it could be his old friend.

I think he was a pretty plucky little bird to go back to work so quickly, don't you?

A GAME FOR YOU.

Do you know the stepping game of Blind Man's Buff?

The player chosen to be blind man is blindfolded as usual and put in the centre of the playground or ring. Each player now walks up to him in turn and touching him on the hand asks in a disguised voice (make your voice as squeaky as you please, so that he will not guess), "Please, sir, how many steps may I take?" The blind man replies by giving any number of steps he chooses, from two to ten. These steps the players are allowed to use to step away from danger, after the blind man has been turned round three times.

The other players may not go beyond the number of steps they have each been given. For instance, some may have three, some five. When they have walked that many they must stand still, and trust to luck that the blind man will pass them or will fail to guess their name right the first time.

If the blind man guesses wrongly, the player is free to take his steps over again.

RIDDLES.

Answers to Last Week's Riddles.

A.—The elephant has the most because he never travels without his trunk. The fox and the cock carry the least, because they have only one brush and comb between them.

R.—When has a boy four hands?

A.—When he doubles his fists.

R.—Where can one always find happiness?

A.—In the dictionary. (And I would say also by helping others.—Aunt June.)

THIS WEEK'S RIDDLES.

R.—What do we often catch, yet never see?

R.—What is that which by adding something becomes smaller, and by adding nothing becomes larger?

R.—Which are the two hottest letters in the alphabet?

Can you guess these the first time?

Yours lovingly,
AUNT JUNE.

HIGH diddle doubt,
My candle's out,
And I've got to climb the stairs;
They're dreffful dark
And just the place
One's apt to meet wild bears.

Find another person. Lower side down, on trousers.

Helps for the Housewife

When milk boils over the range, to prevent a disagreeable smell of burning sprinkle with a little salt.

To keep the cut edge of a cheese from hardening, smear a little butter over it, and so keep it from the air.

Before cleaning out a fireplace sprinkle a good handful of tea leaves among the ashes. This makes the ashes lift more easily and prevents the dust from flying about the room.

When scrubbing linoleum or the kitchen boards, add a little paraffin to the water. It takes out dirt and grease and gives linoleum a beautiful gloss without the trouble of polishing.

To wash discolored embroidery, place in a vessel with cold water, blued, but not too deep, and with the juice of a lemon. Boil for half an hour and afterward rinse in cold water and dry in fresh air.

Bread should never be covered with a cloth when taken from the oven, but laid on the side and allowed to become perfectly cold, then kept in a closely-covered tin box without any wrappings.

Stains on the hands can be easily removed by using salt and lemon juice. Put a little heap of salt in a saucer and squeeze sufficient lemon juice into it to moisten it. Rub this on the stain until it disappears, then rinse the hands in clean warm water.

GREASE SPOTS.

Three plans are possible in dealing with grease spots.

The first method is the use of soap and water, and this is a satisfactory way in the case of almost all materials that will wash.

With woolen things it is wise to sponge the spots with a not too warm solution of soap and water, and then rinse.

Where it is undesirable to use water some dry substance may be employed to absorb the grease. This plan should only be followed where the grease spot is free from dirt.

Clean blotting paper may be pressed on the mark with a warm iron. The grease is quickly taken up in this way and no trace is left behind.

Fuller's earth, dry pipeclay, magnesia and French chalk can also be spread over the place. Leave for awhile and then shake off, adding more of the powder.

Two applications are usually sufficient, although a third may be needful before all the grease has been absorbed. Any trifling mark that remains vanishes under the influence of a warm iron and a piece of blotting paper.

The third method involves the use of benzol, gasoline, or tetrachloride. The last mentioned is the safest, as this is not inflammable.

Put a pad of clean cloth under the material to be treated on the right side; do all the sponging with the cleaner on the wrong side. The only thing to guard against is the spreading of the grease, which is being dissolved by the spirit. To prevent this it is an excellent plan to surround the spot with a ring of French chalk. This absorbs all the grease and acts as an effective barrier.

CARROT SALAD.

Take one cup cold cooked carrots, diced; one cup cold boiled potatoes, diced; half cup celery, diced; half cup nuts and two hard-boiled eggs.

Arrange on lettuce, sprinkle with nuts, add slices of eggs, and drop a tablespoon of mayonnaise dressing on the top of each portion.

MASHED SWEET POTATOES.

Boil and wash sweet potatoes and put them in a casserole. Add chopped walnut meats, butter and salt. Put in oven and brown.

Whiskey, which five hundred years ago was used chiefly as a medicine, was orginally manufactured exclusively in Scotland, the term being confined to the liquors distilled in the Highlands from barley.

THE SUNDAY SCHOOL LESSON.

Lesson VII. May 16

VICTORY UNDER SAMUEL.

Lesson—1 Sam. 7: 2-17. Printed Text —1 Sam. 7: 2-12.

Golden Text—"Direct your hearts unto Jehovah, and serve him only" (1 Sam. 7: 3).

Daily Readings.

Monday, May 10.—Victory under Samuel (1 Sam. 7: 2-17). Tuesday, May 11.—Jethro's Counsel Accepted (Ex. 18: 13-26). Wednesday, May 12.—Strong in the Lord (Josh. 1: 1-9). Thursday, May 13.—Selected for Service (Acts 6: 1-8). Friday, May 14.—A Servant of God Weak Becoming Strong (Joel 3: 9-17). Sunday, May 16.—Triumph in Christ (2 Cor. 2: 12-17).

Comments.

Verse 2. Verses 2-4 belong to the time of the last lesson, while verses 5-12 belong to a period of twenty years later. Mizpah was a hill town probably about three and one-half miles northwest of Jerusalem, standing on a bank six hundred feet above the plain, and three thousand feet above the sea level. Samuel is about 52 years old, and has been a judge since the death of Eli. Samson was a judge farther south, and died about two years before the time of this lesson. After seven months' captivity the ark was sent back by the Philistines and placed in the house of Abinadab at Kirjath-jearim, where it remained fifty years, and taken by David into Mt. Zion.

Verses 3, 4. These words imply Israel's profession of repentance. Baal was the supreme male deity of the Phœnicians. Ashteroth was the corresponding female deity. In verse 4 both words have the plural form. They were the productive deities worshiped in degradation.

Verse 5. It is after Israel turned again to the Lord and put away idols that Samuel gathered the people of Mizpah to prepare to fight the Philistines.

Verse 6. Preparation was through prayer, fasting and worship. As prophet, Samuel effected the religious reformation of the people, then undertook the civil reformation as chief magistrate.

Verse 7. At the time Israel was a vassal of Phœnicia. Israel's sudden destruction of Phœnician idols, followed by assembly in Mizpah, caused the Phœnicians uneasiness. The Israelites were uneasy, but determined.

Verse 8. It is probable that Samuel had assured them of the help of Jehovah and of the deliverance. "Their trembling made them dependent upon God."

Verse 9. The whole animal was burnt to denote entire consecration.

Verse 10. To Israel this great "thunder" was the voice of the Lord, while to the Philistines it was the voice of disaster.

Verses 11, 12. Faith in the presence of God encourages Israel from a defensive to an aggressive action. Where twenty years before Israel had suffered defeat, a memorial of victory was set up.

Illustrated Truth.

Behind the greatest victories of which the world takes knowledge, there is nearly always some unseen triumph. (vs. 3, 4).

Illustration—After a great football game, in which both sides had played brilliantly, the coaches of the two teams met and talked over what had happened. The losing team was supposed to be the stronger of the two, but its defeat, in this instance, had been an overwhelming one. "I am not surprised," their coach admitted. "When I learned at the beginning of the season that your team refused to admit cigarette smokers and drinkers, I know it was getting on pretty close terms with victory. Fellows who have self-control like that are not at a disadvantage in handling others.

Topics for Research and Discussion.

1. Renouncing Idolatry (vs. 2-4). 1. What is the difference in time between verses 2 to 4 and verses 5 to 12? 2. Describe Mizpah. 3. How old was Samuel at this time? 4. Give a brief history of the ark?

II. Returning to Jehovah (vs. 5-7). 5. When did Samuel gather the people at Mizpah? 6. What kind of preparation was made to fight the Philistines? 7. Israel was subject to what power at this time?

III. Defeating the Philistines (vs. 8-12). 8. What was the purpose of the sacrifice in verse 9? 9. When was Israel successful, and when did she fail? Of what had Samuel probably assured them? 11. What had happened here twenty years before, and why the difference?

Good Food Habits Mean Healthy Boys and Girls

The rate of growth in a child after eight years is not as rapid nor is his digestive tract as sensitive as in earlier years, but his food habits should be safeguarded no less diligently. Nervous exhaustion, due to hours of confinement and mingling with others, may seriously affect the appetite for good, wholesome food. Forty-two per cent. of the lowered vitality among children is due to poor and inadequate food and to incorrect dietary habits.

A regular meal schedule should be established and food forbidden at all other times. The child should never be allowed to go to school without a warm breakfast, and then eat a cold sandwich at recess or later. A child does not have reserve materials which make it possible for him to go without food for this interval of time. The child who habitually eats no breakfast will suffer from under-nutrition. Warm food promotes easy and rapid digestion and gives vigor to body and mind.

A few well-chosen dishes should compose the meals for children, but new dishes or appeals to imagination are helpful in inducing them to eat proper food. The child's sense of taste is keen in early school years. Highly flavored foods should not be given to children, since they destroy the appetite for good, wholesome, mild-flavored food.

Eggs, milk, some meat and other foods containing body-building substances should be used liberally in the diet. Meat should be served sparingly even until high school age, never more than once a day. Green vegetables, dried beets and peas, cooked cereal (from whole grains) are also valuable for body-building material, and should be included in the everyday menu.

Sweets should be forbidden between meals, but are wholesome in moderate amounts at the end of a meal. Plain sweet chocolate and sweet fresh and dried fruits are good substitutes. Plain cakes and ice cream may be used for the same purpose.

Rich pastries and fried foods should be forbidden.

Drinking of milk should be encouraged, but tea and coffee should be forbidden. A quart of milk for each person under 16, and a pint for each one over this age is a good rule. This includes the amount served in soups, desserts, etc.

Children should form the habit of drinking water freely. They should eat slowly and chew food well. Whimpering over food should not be permitted. Serenity promotes good digestion.

Distaste for foods should never be discussed before children. Teach them to enjoy good, wholesome food.

C. P. R. AND VETERANS.

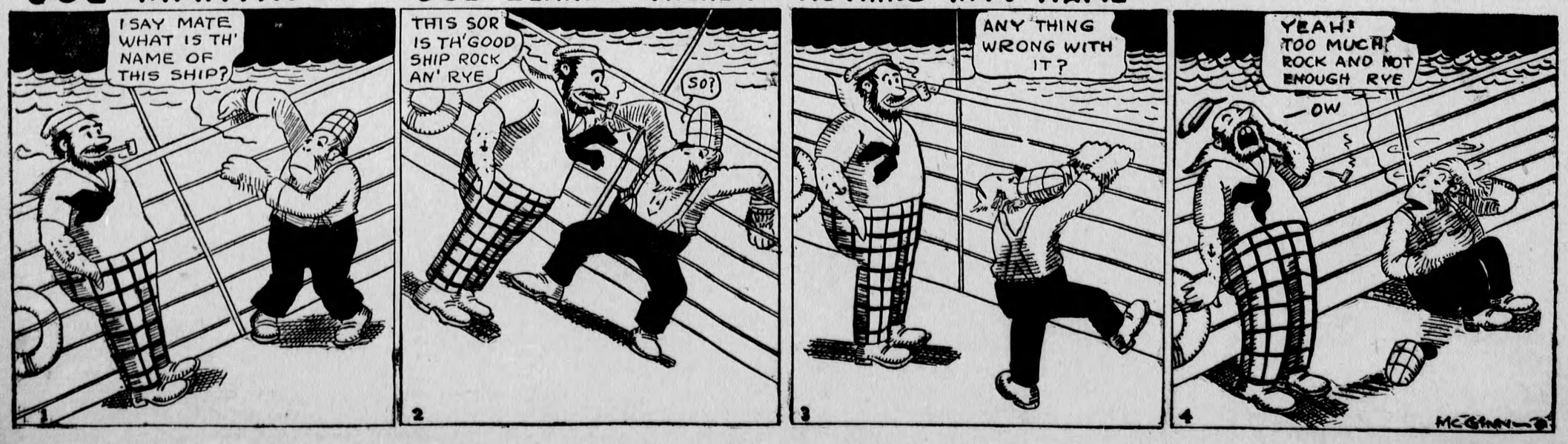
More Returned Men Employed Than Left the Service for Overseas.

The splendid service of the C. P. R. in re-establishing soldiers in civil life is the subject of a special article in The Veteran, which says:

"The re-employment of returned soldiers has been carried out by the C. P. R. so whole heartedly that, according to the official records up to the end of February, actually more returned soldiers have been given employment than left the company for service overseas. The exact figures are as follows:

Total reported as joining the army	10,955
Dead	1,069
Wounded	2,054
Re-employed in the service	6,687
Other soldiers given employment	9,224
Total soldiers given employment to date	15,911

"In finding employment for returned soldiers, the C. P. R. has found by experience that in most cases it is advisable to reinstate them in the same department as that in which they worked previous to enlistment."

In some parts of Central Africa it is considered respectful to turn the back to a superior.

JOE MARTIN— JOE LEARNS THERE IS NOTHING IN A NAME