

Heart Of My Heart, I'm Pining For You.

Words by
HALSEY K. MOHR

A beautiful, pathetic Ballad.

Music by
W FRANK HARLING

Moderato.

Brightly the stars are
Oft in my dreams I

shin-ing to-night, Soft-ly the moon is drift-ing so bright, Sweet scent of ros-es
plan-fu-ture days, Found peace and rest through love's gentle ways, Dreamed of a throne for

per-fume the air, To you they are send-ing love thoughts un-end-ing,
you, dear, a-lone, That's sweet with a gen-tle love, like An-gels from a-bove.

Sad-ly my heart is call-ing to you, Filled with a love that's end-less and true, To
All thro'the day, at night in my dreams, Con-stant be-fore me your dear face seems, A

a tempo

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gaze in your eyes would seem Par-a-dise, Yet that is do-mied me too, dear!
sooth-ing ca-ress, with soft whis-per'd 'yes,' Would moan E-ter-nal hap-pi-ness.

CHORUS. Valse moderato.

Heart of my heart, I'm pin-ing for you, Each pass-ing day brings mem-o-ries too,

Sad is my heart, and wea-ry the pain Of a love that's all in vain—

poco accel. e cres. cen-do

I nev-er knew till you, dear, had gone, Just what it was, to be

Sad and des-pair-ing, with no-bod-y car-ing, Oh! bring back your heart to me!

piu lento

THE CARE OF THE CHILD

Article No 3.—The Baby Up to One Year.

The Baby's Growth.—Babies need a lot of care, if they are to grow. Before all else, the mother must give time to the baby. For the first year or two of life, babies require a great deal of care to keep them well.

New-born babies are like plants. They need to be kept warm, to sleep, to be kept clean, to have food regularly, to drink a little cool water, to have fresh air, to get sunshine. This chapter tells how it may be done.

The Baby's Eyes.—Remember that the baby's eyes should be washed out by the doctor as soon as the baby is born. He does this to protect your baby from blindness.

Keeping Baby Warm.—After the baby is washed and dressed for the first time, it must be kept warm to be comfortable. When the baby is very little, it will often cry because it is cold or too warm. Its feet and hands will tell you when it is comfortable. They should be warm. A crocheted shawl is the very best covering for the baby, and over it there should be one of the little home-made cheese-cloth blankets mentioned in the second chapter. Keep the little baby warm.

Sleep.—New-born babies sleep nearly all the time. As the baby grows older, it sleeps less. After a few weeks, it learns to sleep longer at night and less in the daytime. The baby can soon learn to sleep at about the same time every day. The mother can do more work and take better care of the baby if she knows just when and about how long the baby will sleep. Soon the baby will take a long sleep in the morning, stay awake for an hour or two in the middle of the day, and taken another nap in the afternoon. It should be trained, as soon as possible, to sleep during the hours that the mother is busiest with her housework. If kept awake during the latter part of the afternoon, it will be tired, and sleep well during the night. Babies should go to bed not later than six o'clock. Windows should always be open when the baby sleeps, and the baby wrapped up warmly. Even a baby a few days old can begin to learn that it must sleep at night. Do not take it up every time it cries at night. Sometimes when it sleeps it becomes uncomfortable and wants to be turned to another position. It is best for most babies to sleep without any pillow. Few babies cannot sleep this way. To keep the baby awake at the time you want it to learn to be awake, play with it or take it up. The time of going out and of feeding will have much to do with the hour of the baby's sleeping. After a feeding, or when it is outdoors, the baby will naturally want to sleep.

times a very sore scalp or eczema may occur from neglect. "Dandruff cap" means a dirty head.

Bathe the baby every day, and see that mouth, eyes, ears, noses and head are kept clean.

Care of the Baby's Clothes.—The baby cannot be clean, even with baths, if its clothes are not kept clean. It will not be comfortable if wet or soiled diapers are left on. After the bath each day put on clean outer clothes and underclothes. Put the soiled garments, except the diapers, into the bath water after the baby is taken out, and in a very few moments they can be washed out, rinsed in clean water, and the baby will always have a clean, fresh outfit. If little knitted nightgowns are used no ironing will be necessary. Before putting them on, shirts, hands and nightgowns must always be clean and warm. If they are washed often, not so many will have to be bought. The flannel petticoats, unless accidentally soiled by the baby, need not be washed more than once a week. The three petticoats provided, should be worn turn and turn about, the one that is left off being aired for the night or the next day. Flannel wears better if it is not washed often, and airing freshens it.

A soiled garment should never be put back on the baby or left on because it is too much trouble to make it clean. The baby will be better just wrapped in a blanket with no clothes on at all, than left in dirty ones. Wet diapers will make a baby fretful. If the baby is very restless during the night, it may be changed to see if that causes the disturbance. A very little baby, until it is three months old, will be satisfied to be changed just before each feeding. It is not necessary to wash baby to change its diapers during the night unless there is a stool. Diapers should be washed and dried before being used a second time. The water passed by the baby has certain qualities that make the cloth irritating, and using the diaper a second time without washing may make the baby's soft and tender skin very sore. Keep a large, covered pail for wet diapers. Do not let flies get at soiled diapers. They might go from the diapers to the baby and make it sick. After the baby's bath every morning, while it sleeps, is the time for the mother to do the baby's washing, so that it can be dried in the sunshine and warmed over night before being put on again. Never put a damp garment on a baby. It is a good plan to lay the garment against the cheek to see that it is warm and dry. Soiled diapers should be washed as soon as possible. Little scrubbing brushes can be used to brush the stools off the soiled diapers, then it can be rinsed immediately and put in the pail to be washed out carefully with the others. All soap in washing diapers must be carefully rinsed out. If soap remains in, the skin will become sore. Always, after washing diapers, the mother should carefully wash her own hands. Once or twice a week the diapers that require washing should be boiled. Pads that are on the bed or worn by the baby must also be kept clean and should be aired. As they do not touch the baby's skin, if they have no odor they may be dried once and used again. The blankets and shawls used to cover the baby must be kept clean and warm when it is out, and protected from the wind. On very cold days a hot-water bottle or a hot brick or iron can be placed in the carriage. Sometimes a baby born in winter need not go out at all if the weather is bad. If the room is sunny in the middle of the days, it can be dressed as for going out and laid near the wide-open window. This will save a busy mother's time. Babies who live in the country should be placed on the veranda to sleep, and get their fresh air in that way. Babies can sleep outdoors summer and winter, in the daytime, in dry weather if they are kept out of the wind and kept warm. Remember that the baby is sitting or lying still in the carriage, and is not moving about as you are. It feels the cold more. Cold weather never hurts a warmly dressed baby. If it is warmly covered it may even sleep with the window open a little on the coldest nights. See that the baby is dressed warmly enough, and the fresh air will make it grow and keep it strong and well. Fresh air will help to cure sick babies and will help well babies to digest their food. Fresh air can be kept in a room by putting a board, two or three inches thick, under the lower sash. The fresh air coming in at the opening between upper and lower sash does not make a draft and will keep the air in the room pure.

While sunshine is needed, strong light ought not to shine directly into baby's eyes.

The baby needs fresh air day and night as much as it needs food.

Water.—Babies get thirsty. Bab-

bles who nurse get especially thirsty. Give the baby plenty of cool boiled water to drink. Do not give it just before feeding unless ordered by the doctor. Give it between feedings. Sometimes when the baby cries it is only thirsty. Try giving it water.

Feeding the Baby.—Every mother who can nurse her own baby should do so. That is her most important duty. She does her child a great wrong if she does not make every effort to nurse it. Of children born healthy and fed on the breast, very few die in the early years of life. Very many children fed by bottles and patent foods die before they are a year old. Mother's milk is the natural food for the child.

What Women Spend for Dress.

Members of the Chicago Dress-maker's Club say that a few women in Chicago spend \$75.00 each on clothes; 100 social leaders spend \$50,000 each; 10,000 others get along on \$5,000; well-dressed club-women manage to worry along on \$1500 apiece; but the modest suffragists and church workers, who, (though few of us have probably noticed it) must dress about alike, spend the same amount, namely \$500. Having various causes much at heart, they have other uses for their money than displaying it on their backs. The social workers are, very properly, more modest still, spending only \$300. The stenographers, shop-girls and factory girls spend respectively, \$275, \$250, and \$240. As the wages of these girls cannot average above \$15, \$10, and \$8, respectively, it will be seen that they spend too much on their clothes, and yet they could hardly present a decent appearance on less. They lose something by not making their own clothes, but they must be very strong to sew much after finishing their day's work.—Kate Upson Clark, in Leslie's.

Poincare Has Pet Cat.

M. Poincare, whose love for animals is well known, has set a new fashion for travelers in France by taking in the train with him on his journey to Nice, his favorite cat, Gris-Gris. Gris-Gris is a magnificent Siamese cat. When the train stopped at Cannes, the mayor on entering the saloon to greet the president was much astonished to find him crossing the purring Gris-Gris, who had just finished her breakfast of milk out of M. Poincare's own saucer. Paris Cable to the Chicago Examiner.

A Slip of the Tongue.

Mrs. Mills was a woman of few words. One afternoon she went into a music shop to buy the book of an opera for her daughter. A shopman walked up to her, and in a quiet way Mrs. Mills said: "Mikado libretto."
"What's that, ma'am?"
"Mikado libretto," repeated the woman.
"Me no speake Italiano," he replied, shaking his head.

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