

AS SEEN THROUGH WOMAN'S EYES.

A Lady at Bisley.

Although our sex has made considerable headway in many of the sports and pastimes affected by men, they have done little in rifle-shooting, writes Miss Laue Jackson in "Madame." This is somewhat surprising, seeing that there is no great physical strength required, and that a keen eye, a good nerve, and capable judgment, all attributes possessed by many of my sex, are the chief factors in success. Perhaps, however, this is one of the pastimes reserved for future attack. In any case it would be a useful addition to ladies' occupations, and in times of war it might even be of great service

The Feeding of Children.

Frederick the Great said that "an army marches on its stomach."

We can all understand what he meant—if you don't feed your soldiers, they can neither march nor fight.

It is well known that one cause for the success of the German Army over the French in the terrible war of 1870-71 was that the Germans were better fed. They carried greater quantities of food in the most concentrated form, and could easily prepare a meal of hot, nourishing soup from a square of "erb-wurst"—a kind of green-pea soup—so small as to be carried in the waistcoat-pocket.

Now, what is true of fighting is equally true of learning. A school "marches on its stomach," very much as an army does. Feed children well,

parents to understand, because food-stuffs vary greatly in this matter. Some foods are of little use for making firm flesh, but are chiefly of value for making fat and keeping up the heat of the body; others—green vegetables, for instance—do little for the making of fat or flesh, but are valuable because they contain certain minerals—as potash, etc.—which are very purifying to the blood. Other foods are rich in material for making good, firm flesh and for supplying the lime and other necessities for making the bones hard and strong.

We cannot lay down an absolutely hard and fast line, and say some foods make only fat, others only flesh; for all foods do a little towards both. But we can make a list of food-stuffs which will show us the different kinds which contain the greatest quantity of fat

lanta to the nerves; and children don't want to have their nerves stimulated—quite the reverse. In childhood the nerves are easily excited and, instead of stimulation, they require the sedative action of fresh air and baths.

There is no nervous exultation to be had in milk, but there is plenty of material for making pure blood, muscular flesh, and hard bones, for milk contains a large supply of lime and other "earthly salts" which contribute to the formation of bone.

As to whether the milk should be given pure or diluted, which is a much-debated question in some nurseries and schoolrooms, let it be settled by the simple test of its digestibility.

Some children can digest milk pure as it comes from the cow. By all means let them have it so. Others cannot take it pure without stomach derangement. For them let it be diluted. Don't make the mistake of over-doing the dilution, and remember that barley-water is better for the purpose than plain water.



MISS LEWES—THE LADY WHO COMPETED AT BISLEY.

to the State. Battalions of women could hardly take part in field work, but for purely garrison duties they might, in times of emergency, defend their hearth and home as well as men. And yet another argument, viz., that if ladies would start their rifle clubs and their rifle ranges, their example would be followed by many more men than now shoot. Competitions with mixed pairs, would become fashionable, and from a nation of "duffers," so far as shooting is concerned, we might well become the best in the world—there's patriotism! My contribution to the improvement is theoretical, but one lady, Miss Lewes, of Wraybury, has given practical illustration of her ideas on the subject by competing at Bisley. Having been taught how to shoot by Mr Gray—who, although not a King's prizeman, has won both the bronze and silver medals in the previous competitions, Miss Lewes won many prizes at the Runnymede range, and, being ambitious, she entered for some events at the N.R.A. meeting. She was not successful, but she shot well enough to show what our sex could as easily distinguish themselves with the rifle as they have with the golf club, lawn-tennis racket, and croquet mallet. Miss Lewes, who was the observed of all observers at Bisley, is a clever and athletic girl. Fifty or sixty miles on a bicycle is but a stroll to her, and she is equally at home in a skiff, a punt, or a "dongola." An excellent swimmer, she can take a hand at lawn-tennis and badminton, or make a game at billiards. And with all these physical accomplishments, she is a first-class scholar and journalist, having taken degrees, and contributed to many of our leading papers. Her enterprise in journalism is no less marked than her enterprise in athletics, and one feels sorry to learn that a contemplated matrimonial engagement will take this charming lady away to far distant Canada.

and they will learn. Starve them—either with too little food, or with food that doesn't nourish them—and their mind-power dwindles; their onslaught on the citadel of knowledge will be a feeble, half-hearted one that will not lead to victory, and much of the money spent on their education will be wasted.

It is quite natural that this should be so. During school age children are growing more or less rapidly, and are developing new teeth and new powers of various kinds, physical and mental. All this is a strain. At the same time they are being subjected to the constant tax of taking in new ideas presented to them during their studies, and they are, in most cases, being periodically subjected to the strain of exams.

To stand these many calls without injury they need two kinds of food.

1. Plenty of nourishment.
2. Plenty of sleep.

Shakespeare, who was more of a physiologist than any modern educationalist, calls sleep "chief nourisher at life's feast."

It is to the want of enough sleep that a great deal of the physical degeneracy of the young, about which we hear so much in these days, is due.

Children whose "home-work" is permitted to encroach on their hours of sleep (and, unfortunately, many children are allowed to keep up their "prep." for the next day till ten or eleven at night) cannot possibly thrive properly.

Some kind of breakdown—mental or physical—in many cases results from this loss of the "chief nourisher" at their life's feast.

In feeding growing children, we must remember the importance of the quality of the food we give them.

I do not mean only that the quality should be good, but that it should contain the materials necessary to supply what a young, fast-growing body needs.

This is a most important subject for

and heat making and flesh and bone making substances. Then we shall see how necessary it is to give children a variety of foods, so that there may be a proper balance of the different things needed to supply their wants.

Butchers' meat, poultry, game, eggs, milk, cheese, fish, beans, peas, lentils, oatmeal, wheatmeal, macaroni, semolina, are rich in material for making flesh and bone.

Fats, oil, sugar, sago, cornflour, potatoes, arrowroot, tapioca, treacle, honey, etc., make fat and heat.

Children stand in constant need of food that will repair tissue—i.e., make flesh, because their bodies are in a state of active growth.

A certain amount of fat-making food is also necessary; and this is the best given in some form of fat, because, besides its value in making bodily heat, fat contains the germ of cellular growth.

Fat in its most digestible form is found in milk. This is one reason why nothing can take the place of milk as a food for the young and growing.

We must avoid the error of thinking that sago, cornflour, arrowroot, and tapioca are "very nourishing" for children. They are not.

If you make a milk pudding with any of these for a basis, it is the milk which contains the nourishment, not the basis. In oatmeal porridge made with milk you have a perfect example of a nourishing diet for the young and growing, for these two articles contain both fat and flesh making materials in abundance.

Milk is extremely rich in flesh-forming material, and nothing else in all the range of foods can make up for its loss to the young.

Some inquiries into the food of factory-children between the age of thirteen and sixteen showed that those who had milk for breakfast and supper grew four times as fast as those who had tea or coffee.

The latter supplied no repair to the tissues. Their use is chiefly as stimu-

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