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Sunshine Ideas for Girls This Summer

By Cynthia Westover Alden



I HAVE outlined work for boys and the grown-up people, and even for the very little children; so now I shall tell the girls what to do for Sunshine this summer. Some of my suggestions may be old, but if so I give them to you because they need reviving.

When out walking in the country save specimens of the wild flowers you see. Press them, and if you know of no one who wants them send them to me at 96 Fifth Avenue, New York City, for the girls' Sunshine botany classes in the city.

Clip from the newspapers all Sunshine paragraphs and poems. Then meet with your branch and make scrapbooks for "Shut-ins."

There is a lot of fun in a sofa-pillow day. There is more fun in picking out the friends who are to receive the pillows and presenting them. Never plan a day's good time without including the doing of something for somebody who wanted to be with you but for some good reason could not. Send the flowers to her or a piece of the cake, or write her a jolly letter and let all present sign it.

Do needlework that counts. Complete what you start and send it to some one who wants such an article but has not time to make it.

What You Can Do for Children

IT MAKES no difference where you live; take time and collect a band of little ones who would never think of an outing but for you. Provide a light luncheon. Deck each child out in Sunshine ribbons and ask them to think up stories that will make everybody laugh. Have a fund of funny anecdotes on hand yourself to keep the smiles always on the little faces. Provide one mysterious basket filled with "dessert." Then, when the time comes to empty it, let it put forth a gift for every one in the party—useful articles, toys, books, etc., whatever your judgment declares would bring the most joy to the recipient. Do this and give your outing a Sunshine name, and I promise you one of the happiest days in your life.

There may be a nursery in your neighborhood. On an average there are three or four cripples and as many more frail children in such places. From necessity they are left out of many things that are lively and bright. Give an afternoon to these invalids. Hold a Sunshine tea-party. Have the amusement features in accord with the ages of the children. Play games with some; help others to cut out pictures, and make a scrapbook for some child who is too sick to be in the nursery. Take several dollies, and help the girls to cut out and make the dollies' clothes. Of course each doll goes home with its dressmaker. Have building blocks for the most helpless. Ask the larger boys to be your aids. Let them paint the houses when built. Add some plain dolls' furniture; have that painted, too. Perhaps there is a chair in the nursery that needs touching up; maybe a whole crib. The boys will never forget this day, and the girls, with their dolls, will dream of it forever.

Have a Sunshine Garden

YOU have your Sunshine mite-box and there is something in it. Take it all out; count the pennies; then use them in carfare to visit the sick in the nearest hospital. This is old, you will say. True, but just write and tell me how many times you have done it lately; then, too, I trust that the sick you visited weeks ago are well now. New inmates are longing for your cheery faces. I don't want you to go empty-handed. Call on every friend who will be likely to donate flowers. No one who has them will refuse you. Then the next thing is to see that everybody, big or little, has a bouquet left on the stand that is always to be found at the head of the cot. I know a band of girls in Albany, New York, who have agreed to make it their summer work to see that certain wards have fresh flowers every other day. Another band has a Sunshine garden-patch—every posy from it is to go to Sunshine.

Do you sing? Well, then, let others rejoice that you have the talent. Call on some more girls to unite with you in learning part songs—dear old songs of the long ago. Then make a date at the Old Folks' Home, or the Institution for the Blind. At the Old Folks' Home supplement your singing by asking to see whatever they are interested in. If one old lady amuses herself making iron-holders, why, you have discovered just what you want for your fair! Then for the one making a quilt you have brought all kinds of pieces. Take them out of your pocket, just as if you always carried such things there. There are silks, too, for embroidery, and a new pair of scissors for some one who clips all day from newspapers; and little bags to hold all kinds of knickknacks. At the Blind Institution sing some of your merriest songs, and be prepared to read for an hour or so.

From your minister find out (if you don't already know) who are strangers in your town or neighborhood. A real, true Sunshine girl couldn't rest long content knowing one of her own age had moved close by and was lonesome and homesick. Don your prettiest frocks, and a party of you call and ask her to join you in a walk, or, better, take her to Sunday-school or to church.

Be Sunshiny in Your Homes

BUT your Sunshine must begin at home, girls. Mother has a wish to go somewhere, but she finally decides that it is best to give up the idea. Find out why she gives it up. If there is a possibility of fixing things so she can have her wish, by all means fix them. Mother has grown so accustomed to "giving up" for her loved ones that you will find it necessary at times to "make her" do so and so.

We are very sorry when our mother or father breaks down. But being sorry at such a time is little good.

Nothing takes the life out of my heart so quickly as a statement something like this:

"Well, you see, I'm in harness now. Mother broke down—been sick for months. I had to come to the front even if I didn't know much."

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