

Kindergarten Helps for Parents

Articles Issued by the Department of the Interior, Bureau of Education and the National Kindergarten Association

BEING A GOOD MOTHER

By MRS. ISABEL S. WALLACE.
The education of young girls should prepare them for the greatest work in the world—wifehood and motherhood, and I wish they could all have courses in home-nursing, domestic science and kindergarten training.

My training as a kindergarten teacher me many things, among them keeping strictly to a schedule; so my baby was fed, bathed and put to bed regularly. Habit is formed early in life, and can help to make or mar character, depending on whether habits are good or bad. This carrying out of a regular schedule was not always easy, for it meant sacrifice of many pleasures. But I wanted to be a good mother first of all, and I was rewarded by having a happy, good baby. Even now, at six years old there is no fuss at nap time or bedtime. One of the things taught unconsciously in the kindergarten is regularity and promptness, and these can be taught in the home just as well.

Long before baby could talk she knew the little play for the fingers. "Here's a ball for baby."

Here's a ball for baby,
Big and soft and round!
Here's baby's hammer—
O, how he can pound!
Here's baby's music—
Clapping, clapping so!
Here's baby's soldiers,
Standing in a row!
Here's baby's trumpet,
Toot-toot, toot-toot!
Here's the way that baby
Here's at "Peek-a-boo!"
Here's a big umbrella—
Keep the baby dry!
Here's the baby's cradle—
Rock-a-baby by!
—Enlille Poutasson.

The ball is made with the two hands rounded together; the hammer by doubling up the hands and pounding, one on top of the other. Baby's soldiers are made by holding all the fingers up straight. The hands are clasped together for the music, and doubled up, one in front of the other for a trumpet. For peekaboo the fingers are spread in front of the eyes so that baby can see between them. The umbrella is made by pinching the palm of one hand on the index finger of the other and the cradle by putting the two hands together, inside of the palms touching and outer sides open.

Baby Tries to Imitate.
As I said the words of this little play and made the motions, baby would try to make the motions, too. She also knew "Five Little Squirrels," "Good Mother Hen" and "Little Squirrel Living Here." Of course, she could not play them perfectly, but she loved them and wanted me to play them for her over and over.

Baby also loved music and even when very tiny would stop crying to listen to soft music. She has always loved stories also. First we took up "Mother Goose Rhymes." I would repeat them over and over to baby as I sat sewing and she played on the floor, and before she was two years old she knew a great many of them. She also knew the words of several little songs, such as "Rock-a-bye Baby." It was enchanting to hear her say them in her sweet baby way. I never actually taught her the songs, however, simply singing them over and over again.

Baby played with two other little girls from the age of three until over four. One was younger and the other older than she. The two little girls did not have much home training, as their mother was a society woman and left the children to the care of a maid. They almost lived at our house. When the children grew quarrelsome, I usually suggested a party. The little table and chairs were gayly set on the piazza, weather permitting, and milk, Graham biscuits and dates were served or grape juice and arrowroot biscuit. Sometimes an apple or an orange was carefully prepared for the occasion. Such a party always stopped the quarreling. Sitting down rested them and eating quieted them. Then after they had finished I left my work and told them a story. Oh, how eager their little faces were!

One day, the younger visitor, who was spoiled and selfish and consequently quarrelsome, was making things unpleasant for the other two. I entered the room and quietly took her on my lap. She knew she had been naughty and was a little afraid of me and also curious as to what was going to happen. The other two children watched with awe and wonder on their little faces. Very quietly I told a story my grandmother used to tell me about "Naughty Spotty." It made a great impression on them all, and, as I had foreseen, it was not necessary to say one word of direct censure to the naughty child.

Telling Stories.
Both of our little visitors were story hungry. Their mother said she could not tell stories. By reading a story over several times and getting its meaning and spirit, anyone can tell a story. Don't be afraid to put expression into your voice and face. No stories should be told which may frighten a child.

Then there are pictures. Good pictures and picture books are very necessary for children. One or two pictures that are worth while are better than many poor ones. Since baby-

hood my little girl has known and loved pictures. She learned nearly all of the animals in that way. She has also learned how to handle a valuable book and now she can be trusted to go to the bookcase and take out and replace a book after looking at the pictures, and asking about them. Good pictures are an education to all children and they love them.

In kindergarten children play with blocks, among other things, at first with the simplest kind, then with more complicated and larger sets. They are directed and taught how and what to build, and it trains the eyes and hands, teaching accuracy and construction.

LESSON IN CONSERVATION

By CAROLYN SHERWIN BAILEY.

One of the greatest of the good impulses born of the recent struggle is the ideal of thrift and conservation that it is bringing to the children of American homes. Without feeling the pinch of actual want, they are learning the useful game of making the best use of the things they have. New values are being discovered, economy is no longer looked down upon, but is raised to the level of an art, and simple living is going to make healthier bodies and stronger minds for the children who will be the citizens of tomorrow's freedom.

Help the children, through a story, to work out a plan of conservation that will fit their own lives. What, on his own plane, can a little child do without, share, or put to a wider use? The story of "The Birthday Cake" suggests food economy, and after the children have heard it they may make their own application of the lesson in their own home sacrifice. "It will need four eggs and a cupful of sugar and some milk and some flour," mother said, as she went to the pantry to get the yellow mixing bowl and the sifter to make Barbara's birthday cake.

"It needs sugar, too, for the frosting, and please make very thick frosting, mother dear," Barbara begged. She was standing beside the kitchen table, watching, for she was going to be six years old in just a few days. It was to be her birthday cake, rich and sweet, and shining on the supper table with six pink, lighted candles.

Plan to Be Saving.
"I am afraid that the cake and the frosting together will use up all our sugar," mother said as she came back. "I wonder," she went on, with just a little bit of worry in her voice, "if we could manage with two eggs instead of four. Eggs cost so much now."

"Well, we have to make a birthday cake, don't we mother, because I always cut it and share it?" Barbara said. Mother looked down in Barbara's kind little face and she thought a moment, too. That was the wonderful part about mother and Barbara, they so often thought the same things. Then they said something to each other, laughed, and hugged each other, and mother put away the big yellow mixing bowl and flour sifter.

The next day was Barbara's birthday and two people who didn't have birthdays had surprises.

Timothy, whose mother did the washing, had been very ill for a long time. He was getting better and could sit in the big rocking chair, all wrapped up in a quilt, and try to smile out through the window when Barbara passed. Barbara stopped at Timothy's door on the morning of her birthday. She had a basket on her arm. She took from it a bottle of creamy milk and a bag that held four white eggs.

"Here is a part of my birthday cake for you, Timothy," Barbara said. "It will make you get well faster."

Granny Blake was just putting her tea kettle on her stove when she heard a knock at the door of her little house. When she opened it she saw Barbara who loved Granny Blake so much. No one could make such nice rag dolls as Granny, and she was always cheerful and smiling, even when she had hardly enough coals to make her kettle boil.

Making Others Happy.
Barbara still carried her basket, and she took a package of sugar and a freshly baked loaf of wheat bread out of it.

"Here is a part of my birthday cake for you, dear Granny," Barbara said. "This is sugar for your tea, and mother made the flour into a loaf of bread for you to eat with it."

Then Barbara went home almost as happy as if she had eaten a large piece of frosted birthday cake. But when the day was almost over and it grew dark, Barbara began to wish that she could see the six pink lighted candles shining for her birthday. She went slowly in to supper, thinking of them. And, oh, what a surprise she found there!

In a rosy circle in the middle of the table shone six pink, lighted candles set in six pink rosebud holders. In the center of this birthday circle of lights was a bowl that held six beautiful pink roses and beside Barbara's plate was a parcel wrapped in pink tissue paper. When Barbara blew out the candles and opened the parcel she found a pink hair ribbon for a birthday present.

"What a beautiful birthday this has been, mother," Barbara said, "without a birthday cake!"

Why Delay?
"Take this medicine," said the young doctor. "If it doesn't cure you, come back in a few days and I shall give you something that will." The patient pocketed the dose reluctantly. In a few moments he returned. "If you don't mind, doc, I'll take some of that that will cure me right away."

BUNGALOWS OF MODERATE SIZE

New Type Designed for Lots of Good Width.

SUN PORCH IS ATTRACTIVE

Home Shown in Illustration is Quite Compact in Arrangement and Has All Modern Conveniences.

By WILLIAM A. RADFORD.
Mr. William A. Radford will answer questions and give advice FREE OF COST on all subjects pertaining to the subject of building, for the readers of this paper. On account of his wide experience as Editor, Author and Manufacturer, he is, without doubt, the highest authority on all these subjects. Address all inquiries to William A. Radford, No. 1327 Prairie Avenue, Chicago, Ill., and only enclose three-cent stamp for reply.

Owning a home is the inherent desire of every head of a family. But it is doubtful if the pride of ownership is as strong in the husband as in the wife and the other members of the household. The latter spend a much greater part of their time in the home than does the man, whose days are devoted to business. Consequently it is the wife and daughters who have the greatest interest in the planning of a home.

There will be much building of small homes this year. The government has removed the restrictions that were imposed on building as a war measure and plans that were temporarily abandoned can now be brought to fruition. In both country and city building activity will be greatly in evidence as soon as spring comes.

In the meantime those who contemplate building will have the pleasure of spending the winter evenings planning the home. That is one of

sun porch to the rear, which in summer makes an attractive breakfast room, and adds to the sense of spaciousness of the dining room. Toward the other side of the house is the kitchen, which also is of good size and is designed to accommodate the most modern kitchen equipment, so placed as to bring the greatest efficiency. To the rear of the kitchen is a porch, leading to the back yard.

The bedrooms are along one side of the house, one adjoining the living room, the other to the back of the house. Between the two bedrooms is the bathroom, which opens off a hall that connects the bedrooms. Double doors lead from the rear bedroom to the sleeping porch.

Thus it will be seen that although this would be termed a five-room house, it really is much larger.

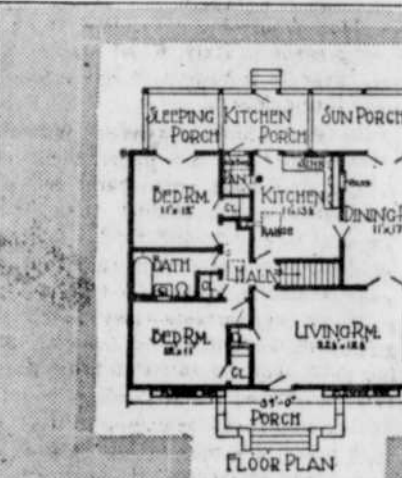
The graceful lines of this house, with the opportunity afforded for window boxes and flower beds and shrubs surrounding it, make it particularly attractive from the outside.

This advance in bungalow design embodies the ideas of a number of architects, who have devoted much study to designing small homes. This type of home is engaging the attention of the leading members of the architectural profession more and more, as those who build homes nowadays have learned that a little money spent for advice from experienced and capable architects is worth while.

Compact Arrangement.

The design and floor plan are recommended for study to those who intend to build. The more they are studied the more it will be found that here is an excellent design for the family that will build a home of moderate size. It is compact in arrangement, has all of what is generally termed "the modern conveniences" and leaves little to be desired in appearance.

Just one word about the desirability of building this year. The cessation of the war has released many thousands of men skilled in the building trades. It also has released quantities of materials that have been used in war work. Both materials and labor now are available in abundance, and when the things that are



the greatest joys of building—planning just how the home will be after it is finished.

Undoubtedly the type of home that has the greatest appeal to the suburban and small city dweller is the bungalow. The convenience of the bungalow arrangement, the elimination of the back-breaking work of running up and down stairs, and the coziness of having all of the rooms opening one into the other brought into immediate popularity the bungalow.

Great Advance Shown.
Since the beginning of this popularity, however, there has been a great advance in bungalow designing. One of the best of these latter designs is shown in the illustration accompanying this article. This white bungalow is a new type in home architecture and is designed for those whose lots are larger than are ordinarily found in the city. It might be called the Dutch colonial type, and in its balanced simplicity and grace of roof line, will be to the middle West what the two-story Dutch colonial house is to the East.

The bungalow is 30 feet wide and 31 feet deep, while the sun porch, sleeping porch and kitchen porch, which are ranged along the back, extend eight feet farther.

The floor plan was designed with the idea of saving the steps of the housekeeper. The living room is typical of a bungalow and has that spaciousness which makes this type of home so popular. It is 22½ feet long and 12½ feet wide. One of its attractions is a large open fireplace, with bookcases on either side. Opening off the living room toward the rear of the house is the dining room, which is large also, its dimensions being 11 by 17 feet. Built into the wall between the two windows is the buffet.

Sun Porch Attractive Feature.
Connected by a double door to the

needed are plentiful it is a good time to go ahead with any plan that entails the expenditure of money.

SLANG TERM OF OLD ORIGIN

Appellation "Deadhead" First Came Into Use When Dead City of Pompeii Was Flourishing.

Did you ever stop and think why, if you are so fortunate as to acquire a free ticket to something you should be called a deadhead? The reason for this bit of slang dates way back to the days of the ancients. In the national museum in Naples there is a case of old theater tickets that the Pompeians didn't get a chance to use before their theater season was brought to such an abrupt close by the eruption of Vesuvius. They are made in various shapes, each shape showing which part of that particular ticket will admit you. You could get into the peanut gallery only when you presented the little pigeons, and to this day that gallery is called the pigeon loft in Italy. Then there were little skulls modeled of ivory, and these were used only by those who were to be admitted free. Hence, "deadhead."

Weird Sun Legend of Stonehenge.
In times of peace there was always an excursion to Stonehenge on June 20 to see the sun rise on the following morning, for on the 21st old Sol's first rays are supposed to strike the great altar-stone, on "Frier's Heel."

This tradition tells us, used to be the signal for the sacrifice of human victims in the days that are long gone by, and it is easy, when there, to imagine the early Druids, in their white robes, oak-crowned and wearing the mystic symbols round their necks, gathering to make their offerings to Bel, as they called the sun, and to the serpent, the Beltine dres, glowing over the great plain the while.

FARM STOCK

CARE FOR COLTS IN WINTER

Youngsters Are Exposed to Extreme Cold and Must Be Maintained in Stables.

(Prepared by the United States Department of Agriculture.)

The high prices which horses of the better grade are commanding has been effective in increasing the annual colt crop in sections of the country which previously have neglected their opportunities along horse-raising lines. As a consequence the production of fall colts has increased.

It is desirable that these youngsters be accorded every chance to begin the winter season in the best possible condition, as, although they avoid the



Keep Only the Best Mares and Breed Them to Sound, Purebred Stallions of the Same Breed.

fly evil, they are exposed to extremely cold weather and of necessity must be maintained in stables most of the time until the grass season.

Joint-ill, a germ disease which causes the death of hundreds of newborn foals, should be controlled by digestion of the umbilical cord as soon as possible after birth and the subsequent swabbing of the small portion of the cord left pendant in a 1:300 solution of corrosive sublimate. The fifth germ enters the body by means of the umbilical cord unless such precautions are taken. A piece of surgeon's silk should be bound around the cord as close to the body of the animal as possible. Then the sublimate solution should be applied to the pendulous portion of the cord twice daily until it drops off. The colt should be born in a well-lighted and ventilated stable and in a stall which has been disinfected thoroughly and bedded with clean, bright straw. After the birth of the colt the stall should be cleaned out and again disinfected while the litter should be burned.

BEANS FOR FATTENING HOGS

Several Experiment Stations Have Tested Soy Bean With Very Satisfactory Results.

(Prepared by the United States Department of Agriculture.)

As a supplement to cornmeal for growing and fattening pigs the Wisconsin station found that ground soy beans proved about 10 per cent superior to wheat middlings, figuring the cost of the feeds as the same. The Indiana station compared rations of two parts of cornmeal and one part of soy-bean meal with cornmeal and wheat middlings in equal proportions and with five parts of cornmeal and one part of tankage for pork production.

The soy-bean ration produced the largest daily gains, and this with the smallest quantity of feed consumed for each pound of gain. The Kansas station has tested the value of cornmeal and with kafir meal in comparison with the two latter feeds alone in feeding hogs. The feeds were mixed in the proportion of four-fifths corn or kafir and one-fifth soy beans. Larger gains, varying from 13 to 37 per cent, were made in every case on the mixed rations than on corn or kafir alone. The Missouri station in a comparative feeding trial of soy-bean meal with linseed meal and tankage showed that the three feeds were equally effective in promoting the growth of young hogs.

PNEUMONIA IN SWINE HERD

Not Uncommon in Hogs as Fat Animals Are Especially Predisposed to Disease.

Pneumonia is not uncommon in hogs, fat animals being especially predisposed to the disease. Frequently when hogs occupy warm, comfortable quarters and are then exposed to the cold, a sudden chill will cause inflammation of the bronchial tubes and lungs, bringing on pneumonia. Over-exercise of fat hogs is also a cause.

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Soldiers Soothe Skin Troubles with Cuticura

STOOD UP FOR HIS RIGHTS

Drafted Man Fully Realized He Was Enjoying His Last Moments of Independence.

A drafted man from a dry state reached San Francisco at night, and was to go to Angel island the following morning. That night he took a careful census of the city's wet places, and got down to the Angel island boat in the morning, about one minute before the boat was due to leave.

"Get aboard here, and be quick about it," commanded the lieutenant in charge.

Instead, the recruit smiled, lighted a cigarette as best he could, and then sat down on the dock.

"When I step on that boat," he said, "I'll be a soldier and have to take orders from you. Right now I'm a plain citizen. This is my last chance to tell anything in English. Now, you blankety-blankety-blank sonofagun, if you want me on that boat, put me on it."

The lieutenant had his men put him aboard, but the recruit's first taste of army discipline has not been recorded. —San Francisco Chronicle.

WHY DRUGGISTS RECOMMEND SWAMP-ROOT

For many years druggists have watched with much interest the remarkable record maintained by Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder medicine.

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Swamp-Root has stood the test of years. It is sold by all druggists on its merits and it should help you. No other kidney medicine has so many friends.

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However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

All He Had in His Hand.

Bill Sikes had been charged with stealing a watch and had been found not guilty. Just as the verdict had been given a charge of assault was heard against the complainant.

"He beat me all about the head with a brick, an' 'nearly killed me, yer honor!" declared the victim.

"Why didn't you defend yourself?" asked the magistrate, rather bored with the proceedings. "Had you nothing in your hand?"

"Well, yer honor, I had his watch, but what was the use of that against a brick?"

BOSCHEE'S SYRUP

Why use ordinary cough remedies when Boschee's Syrup has been used so successfully for fifty-one years in all parts of the United States for coughs, bronchitis, colds settled in the throat, especially lung troubles? It gives the patient a good night's rest, free from coughing, with easy expectoration in the morning, gives nature a chance to soothe the inflamed patient to regain his health. Made in America and sold for more than half a century.—Adv.

Nearly anyone can write a book but it takes brains to close a broken umbrella.

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