

# The Bee's Home Magazine Page

## Skating Has Won the Crown Away That Dancing Wore but Yesterday

These Unique Pictures of the Latest Smart Set Diversion Were Posed Especially for The Bee by Cathleen Pope and George Kerner, Premier Exponents of the Art of Graceful Skating.



The first Movement forward.

The position after finishing the circle.

An effective ending for the second movement.

### Little Red School House and Its Curriculum

By CHARLES H. PARKHURST.

Ex-President Taft rarely says anything that is not interesting. His genial common sense appeals both to heart and intellect. His ideas come neither by burrowing into the earth nor by soaring into the air. They die even with the ground, and the feeling one has in listening to him is that it would have been perfectly easy for any one to have said the same thing if only one had thought of it, the only trouble being that one had not thought of it.

He has just been telling the number of easy things about public schools. His notions about the matter are old-fashioned, but there is a simplicity and a directness about a good many old-fashioned things that strike home. They show less decoration and elaboration, but for that very reason it is not necessary to bore or excavate so far before penetrating into what is vital.

There is more machinery operated in running schools than there used to be, but it is the problem of mechanics to minimize machinery in the interest of product. Mr. Taft seems to be of that kind and affectionately eulogizes "the little red schoolhouse." His allusions to it touch a pleasant spot in the memory of any one who went to school in the old days.

We did not study so many things, but those which we did study we devoted ourselves to with a kind of delighted ferocity. Perhaps the schools I attended were better than most, but I know that, in such as I did attend, we all learned a lot and were immensely happy about it. There was scholarly ambition. We were not so confused by the number of subjects given to us to attend to as to have only a minimum of interest for each.

Even our spelling class was conducted with tremendous enthusiasm. Mr. Taft criticizes graduates of modern schools because they do not know how to spell. The pupils in our school knew how to spell and such of them as did not applied themselves to the matter in a way

that showed that they liked it. To miss a word in the spelling class made one feel and look ridiculous. We looked forward to the exercise with impatient enthusiasm. I misspelled the word "flaccid." The memory of it is just as vivid to me now as the experience of it was when it occurred.

I became a real hero one day because I spelled the word "sevennight," which the spelling book pronounced "sennet." The others did not recognize the word as it was given out and made all kinds of bad work with it. All of that occurred more than fifty years ago. The vivid recollection I have of it shows what a luxury there is in learning to spell if the teacher knows how to manage the matter, and she was neither a college nor a normal school graduate.

But in our school if spelling was a joy mental arithmetic was pure bliss. The textbook we used had a hundred and more miscellaneous examples at the end. Most of the class knew them by heart, and they were not easy questions either. One of them ran something like this: The head of a fish was three inches long; its tail half as long as its body plus one-third the length of its head, and its body two-thirds the length of something else. I have forgotten what. What was the length of the fish? That gives a little idea of the style of the questions, and the member of the class knew them so well that the instant the teacher commenced to put one to us half a dozen hands would go up, indicating the desire to take the problem and solve it.

The whole performance was full of a kind of glad rush. Then we had pieces to speak on declamation day. Mr. Taft alluded to that. These pieces were extracts from the speeches of such men as Webster, Hamilton, Jefferson, parts of Washington's farewell address. This put us in touch with the great masters of English and the great patriots of our country and made us realize the value of oratory and patriotic citizenship.

These were great schools, utterly void of red tape and innocent as a straight line of all elaborations and circumlocutions. Going to school was as simple an affair as getting up in the morning. If Mr. Taft had a similar experience when he was a boy, as he apparently has, it is not strange that he could talk feelingly to the New York Teachers' association at Rochester about the simplicity and the charm of the little red schoolhouse.

The schoolroom was pervaded by an atmosphere of cheerfulness. There were no likeable restraints. We were not fastened to our seats and could get up and turn around without the danger of being marked down for it. We were not supposed to whisper, but if we did, and did it so on the quiet as not to make disturbance, we did not feel that we had committed any indictable offense.

Penology had made such progress that now even prison inmates are allowed to talk to one another, at least in Sing Sing. A teacher that cannot make a schoolroom a happy place lacks one of the essential qualifications of a pedagogue. I believe that one reason why the most painfully disagreeable with the system of the pupil is the state of depression that the pupil is in while the nourishment is being given.

The principle applies in intellectual affairs exactly as in physical. The mind is in such matters a great deal like the stomach. Digestion is promoted by cheerfulness. An hilarious dining room never induces indigestion. These are matters needing to be looked after. The science of education, particularly in the case of young pupils, is a complicated one. Badly ventilated schoolrooms and teachers who are dolefully conscious of the weary seriousness of their work combine to produce a dyspeptic order of scholarship. God bless to us the memory of our little red schoolhouse!

### Makes Stubborn Coughs Vanish in a Hurry

Surprisingly Good Cough Syrup Easily and Cheaply Made at Home

If some one in your family has an obstinate cough or a bad throat or chest cold that has been hanging on and refuses to yield to treatment, get from any drug store 2½ ounces of Pinex and mix it into a pint of cough syrup, and watch that cough vanish.

Four the 2½ ounces of Pinex (50 cents worth) into a pint bottle and fill the bottle with plain granulated sugar syrup. The total cost is about 54 cents, and gives you a full pint—a family supply—a most effective remedy, at a saving of 82¢. A day's use will usually overcome a hard cough. Easily prepared in 6 minutes—full directions with Pinex. Keeps perfectly and has a pleasant taste. Children like it.

It's really remarkable how promptly and easily it loosens the dry, hoarse or tight cough and heals the inflamed membranes in a painful cough. It also stops the formation of phlegm in the throat and bronchial tubes, thus ending the persistent loose cough. A splendid remedy for bronchitis, winter coughs, bronchial asthma and whooping cough.

Pinex is a special and highly concentrated compound of genuine Norway pine extract, rich in quinine, which is so healing to the membranes.

Avoid disappointment by asking your druggist for "2½ ounces of Pinex," and do not accept anything else. A guarantee of absolute satisfaction goes with this preparation or money promptly refunded. The Pinex Co., Ft. Wayne, Ind.

Ice skating is destined to occupy the position this winter that dancing has hitherto possessed among smart circles. Of course, the most popular form of skating will be done with a partner, and simple skating steps can be learned with astonishing rapidity if attention is given to the balance of the body.

This first article by Cathleen Pope, whose skating with George Kerner is one of the features of the Hippodrome, in New York, illustrates some of the positions to be studied to acquire grace on the ice. Two other articles will follow.

By CATHLEEN POPE.

Pair skating implies adaptability. One must learn first to skate independently, and then care must be taken to meet one's partner's stroke, or change of stroke. Evenness and accuracy are more necessary in pair skating than to the person who skates alone.

Each beginner should be able to do the outside edge forward circles, and at least strike out alone in the backward edges even if unable to carry out the full circle backward. The waltz is in some respects the most effective of all pair skating, and the ten step can be done by skaters whose individual ability is limited to the outside edge circles and three.

Practice skating forward as in figure one, one behind the other, right and left hands touching and letting the skater behind swing across the direction of the

skater, in front. Thus at the end of the stroke the positions will be reversed, and the man will be on the left side of the girl. Be careful that there is independent skating as far as possible, lest the balance of the body be disturbed.

The next figure illustrated is attained at the end of figure one. The skaters, after making the circle, swing across and reverse positions, the girl's right hand in the man's right, and the position is finished in this reversed posture.

A pretty variation is shown in figure three, the girl's right hand held across the man's body with his right hand. A strong, full stroke on the right outside forward edge is taken which carries the skaters around a complete circle, and the hands of both, still joined, are passed over the head of the girl and brought down on the right side.

(The second and third illustrated articles on skating will appear on this page soon.)

### Columbus

By ELLA WHEELER WILCOX.

Copyright, 1915, Star Company. If by some chance that world had not existed Which he set forth to find with faith so grand, Then God, who saw how nobly he persisted In that strange search, had straightway made the land. Yea! God would form today in wide midocean A continent to recompense the quest Of one who burned with that supreme devotion, That selfless flame which lit Columbus' breast. The very thought of that unchained endeavor, Which did not falter with abuse or scorn, But wrenched the secret out of space, must ever Be inspiration unto worlds unborn. Oh, mighty spur to purpose and ambition! Oh, faith repaid! Down, scoffer, to your knees! Behold one strong, religious dream's fruition— A continent plucked from the very seas.

Perhaps you are discouraged in what you are attempting to accomplish, and perhaps you are thinking that it does not matter, anyhow, whether you succeed or whether you fail.

But stop for a moment and consider how much it meant to the world that some other people kept on in their endeavors.

There was Columbus, who set out to find a new continent. It was a colossal undertaking and required colossal courage and perseverance. Supposing he had turned back before the course was half covered. What a difference it would have made to the world. Not only a difference in a geographical sense, but in a material and a moral sense, because his courage and endurance have left lasting lessons to humanity.

Then there was Robert Fulton, who conceived the idea of a steamship crossing the ocean. He worked years and years in the face of every discouragement before his dream became a reality. Had he given up we might still be forced to cross the sea by the slow and unsafe process of sailing vessels.

Cyrus Field conceived the idea of an ocean cable. Thirteen years elapsed, thirteen discouraging and depressing years, before success was attained. What a blessing to humanity that he did not give up his purpose!

Marconi met with discouragements and difficulties and doubtings before he gave us the wonderful wireless. How universal has become the benefit of his perseverance.

Edison and Bell, had they proven weak and despairing, would have robbed the world of inventions of priceless value.

Think of all these things before you give up in what you are attempting to do. Even if your aim is only one of modest success and independence, do not despair of success, thinking it does not matter to any one else. Every self-reliant character means a great deal to the world.

It means one more lifter and one less leaver, so go on in your efforts at achievement. Make the very best of yourself and believe that you are bettering the world by so doing. Believe that you are cheating and wronging the world if you fail to do this.

Keep on trying, hoping, praying and working. By and by success will come to you. And every effort you make here will count in your next life. The reward is sure—something, somehow.

### In-Shoots

In the battle of life it is always easier to get there than to stay there.

No examinations are required of applicants at Nell's recruiting stations.

The disposition of the average musician generally needs tuning most of the time.

Patience may mean a lot of things. In the case of a woman it usually means that she is tired.

We always suspect that the enthusiasm of the girl standing in the crowd watching a score board has been stimulated.

### Dr. Trudeau's Eternal Monument

By WOODS HUTCHINSON, M. D. The World's Best Known Writer on Medical Subjects.

Seldom has any man deserved better of his time than Edward Trudeau. And certainly never was more eager, cordial recognition and outspoken admiration and affection given to any benefactor of his species in recent times. Leaving aside the noble, devoted, lovable character of the man, his work and his influence come home to us more closely and intimately than we can, at first thought, realize. Of no one could the words of the finest epitaph of all times be more truthfully uttered, "SI monumentum quaris, circumspice"—"If you seek his monument, look around you."

Did it ever occur to you that consumptives are becoming noticeably scarcer? If you have any doubts about it, "circumspice," look around you, and contrast the facts, the number of consumptives among your acquaintances now with the number that you can recall fifteen, twenty or thirty years ago.

Of course, you have read and heard scores of times that consumption was diminishing rapidly, such and such a percent every decade, so many thousand were deaths from it each year. But these were mere averages, general abstract statements, which did not apply directly to you or to anybody in particular. But now the blessed change has gone to such an extent that it is actually visible to the naked eye.

You don't see half as many of the pale and pathetic victims of "slow decline"

sitting about on the porches or in the dooryards, or dragging one foot after another down the streets; nor do you meet them on the trains or in the street cars, or hear their racking coughs, with half the frequency that you used to.

Perhaps you may think that this joyful decline of the plague is only local to your own neighborhood or class of acquaintances. But here are the hard figures for the whole country to support your own observation, if you feel your findings too good to be true. The deaths from tuberculosis have actually been reduced more than half; to be precise, 65 per cent in the last thirty-three years!

In 1880, in United States, the deaths from tuberculosis were 325 per 100,000 living—about one-seventh of all deaths. In 1913, the deaths were 147 per 100,000 living—about one-eleventh of all deaths; which makes the trifling difference of a saving of 178,000 lives in the year 1913!

As the reduction is still continuing, this means that practically less than one-half-nearer, in fact, one-third—as many of us, of our dear ones, of our friends, are now dying of tuberculosis as were falling victims to the disease thirty-five years ago. No wonder that life is growing happier and pessimism and interest in another world decreasing. Just think of the saving in broken homes, in blighted hopes, in lifelong sorrow and bitterness, which this glorious change means.

But this is not all the gain. One of the most cheering facts of practical experience in this world is that good work against any evil or misfortune or injustice helps all along the line and makes itself felt in a dozen fields outside of its own. Consider the "medicines" used to cure consumption, the weapons relied upon in the third of a century campaign against it. First, fresh air; second, abundance of good food, particularly meat, milk, eggs and cream; third, avoidance of infection in crowded tenements, in factories and workshops; fourth, avoidance of overwork; fifth, abundance of sleep and rest.

Is tuberculosis the only disease that these are good medicine for? It would be perfectly safe to say that for every life saved from consumption by the tuberculosis campaign, typified by Trudeau's work and largely under his leadership, at least two other lives have been saved each year from a wide variety of other diseases, from the great general improvement produced in public health and vigor.

Again statistics support this presumption. For while there has been a saving of some 170 lives per 100,000 living from tuberculosis in the last third century, there has, in the same time, been a saving of, roughly, between 500 and 600 lives per 100,000 from all causes. And while, of course, the whole of this improvement cannot, by any means, be claimed for the tuberculosis campaign, yet there can be little question that a very considerable share of it has been due to the enormous improvement in general living conditions and habits of life, for which it has so vigorously and successfully fought.

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