

Children As Helpers

By LORETTO C. LYNCH

"Dear me, I don't know what to do with the children when they are home from school on Saturdays, they are so full of energy, and make just so much extra work."

Did you ever hear any one make the above remark? Yet, it should be part of every child's training to be responsible for some household task. Every child should be made to feel that he or she is an intricate part of the home, that the home exists because of that child, and the child should be brought to take a pride in helping to keep that home in good order.

Outside of the heavy cleaning even children as young as 8 should be responsible for the order of their bedrooms.

A young man whose neatness was remarked wherever he roomed, told me that placing his washables in neat order in the dresser drawer or in the wardrobe had actually become a part of himself.

Where two or more children are set to washing the dishes the task becomes far less irksome than when one child must do it alone. Bed-making every boy and girl should learn.

No task should take more than an hour or two from the child's day of recreation. Tasks requiring shorter time might be arranged for after school hours each day.

Weep If You Must But Not in Public

Among Anglo-Saxons the display of tears and the indulgence in kisses in public are more and more considered to be "bad form."

So it is that in a recent book on etiquette for young women, published by an English woman, we find the statement that "tears are now in bad form."

Kissing as a form of ceremonious salutation likewise has gone rather out of fashion in England, and when the Englishman finds himself in a continental country where it is the conventional way of saluting women to kiss their friends he is often immensely embarrassed.

What's What
By HELEN DECIE



No matter how poor her little palace may be, the mother is queen of the home, and as such should be treated with the respect due a sovereign lady.

For example, when a girl receives callers without introducing them to her mother she is guilty of flagrant discourtesy, and her new acquaintances, if they know anything about social usages, disapprove both her vulgar ignorance and her hard unfeelingness.

Dancing Awakens the Imagination



Jane Powell

Jane Abbott

Margaret Corey

There are two reasons for giving children dancing instruction, viz. To make commercial performers of them.

To awaken imagination, develop rhythm, balance, expression, concentration and grace.

Miss Mary Cooper teaches with the second reason in mind. She believes that dancing is constructive in its influence, that activity is the keynote to normal childhood.

Baked Plum Roll

Make a plain pie crust, chill on the ice and roll rather thin. Spread with a little softened butter and arrange halved, pitted plums over the crust.

Dust with sugar and add a seasoning of grated nutmeg and ground cinnamon with the grated rind from a small orange.

Roll up like jelly roll, brush with beaten egg yolk, mixed with a little cold water, and bake in a quick oven until crisp and brown.

Jane Powell, daughter of Mr. and Mrs. Doane Powell; Jane Abbott, daughter of Mr. and Mrs. George Abbott; and Margaret Corey, daughter of Mr. and Mrs. Merton L. Corey, pupils of Miss Cooper, are demonstrating some of her ideas. They are using imagination. Jane Powell is a butterfly, Jane Abbott is a little swimmer and Margaret is listening, perhaps to the song of a bird.

Dancing as a study includes history, music, sculpture, painting, literature and dramatic art, according to Miss Cooper, who would use with it only good music. True education is never forced, it develops naturally, she says, like the opening of a flower.

Small children, in the opinion of this instructor, should be taught nature games such as flying, playing at birds, butterflies, waving trees, skipping, and simple ball exercises given as games. Older children dance stories and nature plays

Prince Charming Goes Calling.

Leave overcoat, hat and gloves in the hall, even when making a short call. Do not wait to be asked to take off your coat.

If another man calls after you do, show your breeding by leaving first. The well bred man never attempts to outstay a rival.

If you have escorted a young woman home from a dance or other entertainment it is customary for her to ask you to enter the house with her; however, this is merely conventional politeness, and you may enter her safely within the doors, make your departure.

Don't show yourself so much of a rustic as to tarry at the door when leaving. Having made your adieu, depart quickly. If the young woman accompanies you to the door show your good breeding by leaving quickly.

Don't call on a society woman in the evening. She may be having a dinner party, when your call would be unwelcome. Call on society women between 4 and 5 in the afternoon.

Don't pay a call immediately before the dinner hour unless you have been invited to dinner.

If you find that your call approaches the meal hour and you are asked to remain, remember that the invitation is merely a courtesy and unless you are well acquainted you will show poor breeding by accepting.

Unless you have distinctly declared yourself to a young woman and have been accepted you have no right to be displeased when a girl receives other men callers. Don't be a cad and mope just because another man is present.

Don't call oftener than once a week on the same girl unless you are willing to regard yourself as a serious suitor.

Baked Stuffed Egg Plant.

Boil an eggplant for 20 minutes in unsalted water, take out, cut into halves and scoop out the centers, leaving a wall half an inch thick. Chop the portions that you have removed, mix with half a cupful of grated bread crumbs and add two tablespoonsful of melted bacon fat, one chopped hard boiled egg, two tablespoonsful each of minced ham and parsley and salt and paprika to taste. Dust the interior of the eggplant with a little salt, put in the filling and brush the top with melted pork fat. Bake in a quick oven for 30 minutes.

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Why People With Weak Nerves and Thin Blood So Often Fail in Life

and are trampled down by strong, keen, red-blooded men with nerves of steel.

Without strong nerves you lose your magnetism, force and courage. You feel your own weakness and others know that you are weak. Trifling things annoy you—this is a sure sign of nerve exhaustion.

Some people are born with a very small amount of nerve-vital fluid, because their nerve force has been squandered by the lives led by their ancestors. Others use up their nerve force faster than the body can make it.

When your nerve force becomes weakened, all the vital organs of your body lose their normal strength and vigor and as a result all kinds of alarming symptoms may appear. From the pains across the back, one person thinks he has kidney trouble; another may think his spine is injured because of the tender spots which may occur thereon. The dull heavy pain in the lower part of head leads another to think he is going to have paralysis and from the disagreeable fullness or pressure in the front of his head, another feels he is going to die from high blood pressure. Sleeplessness and nervous irritability, heart palpitation and indigestion are very common symptoms. Naturally your strength, vigor, endurance and brain power are all greatly weakened, and in such a condition you are in no position to compete with the strong, keen red-blooded men with nerves of steel.

When you lack nerve force, there is only one thing that is going to help you and that must be nerve force. In such cases mere stimulating medicines and narcotic drugs are often worse than useless; what you must have is something to furnish an increased supply of the nerve-vital fluid to your nerve cells. This is most effectively accomplished by the free use of Nuxated Iron. This valuable product contains the principal chemical constituent of active living nerve force in a form which most nearly resembles that in the brain and nerve cells of man. It also contains organic iron like the iron in your blood and like the iron in spinach, lentils and apples. This form of iron will not blacken nor injure the teeth nor upset the stomach. It is an entirely different thing from the metallic iron which people usually take. Nuxated Iron may therefore be termed both a blood and a nerve tonic as it develops strength-giving iron to your blood and the principal chemical ingredient of active living nerve force to your brain and nerve cells.

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