

LOOK AT CHILD'S TONGUE IF SICK, CROSS, FEVERISH

MURRY, MOTHER! REMOVE PIONGS FROM LITTLE STOMACH, LIVER, BOWELS.

DIVE CALIFORNIA SYRUP OF FIGS AT ONCE IF BILIOUS OR CONSTIPATED.



Look at the tongue, mother! It coated, it is a sure sign that your little one's stomach, liver and bowels need a gentle, thorough cleansing at once.

When peevish, cross, listless, irritable, pale, don't eat or act naturally, or if a feverish stomach aches, broath bad; has stomach-ache, sore throat, diarrhea, full of cold, a teaspoonful of "California Syrup of Figs" and in a few hours all the foul, constipated, waste, undigested food and sour bile quickly moves out of the little bowels without griping, and you have a well, playful child again!

You needn't coax sick children to take this harmless "fruit laxative"; they love its delicious taste and it always makes them feel splendidly.

Ask your druggist for a bottle of "California Syrup of Figs" which has directions for babies, children of all ages and for grown-ups plainly on the bottle. Beware of counterfeits sold here. To be sure you get the genuine, ask to see that it is made by the "California Fig Syrup Company." Refuse any other kind with contempt—Adv.

On Himself

Novelist Frank Trenholm tells us this story against himself:

"I was strolling around an artist's Red Cross fair when two pretty flappers of sixteen or so came up and asked me for my autograph.

"I haven't got a fountain pen," I said, much flattered. "Will pencil do?" "Yes," replied the older flapper, and so I took out a pencil and signed my name in the unrecorded book that she had given me.

The flapper studied my signature with a frown. Then she looked up and said:

"Aren't you Robert W. Chambers?" "No," said I. "I'm Booth Tarkington."

The flapper turned to her friend with a shrug of disgust.

"Lend me your rubber, May," she said.

UPSET STOMACH

PAPE'S DIAPESPAN AT ONCE ENDS SOURENESS, GASES, ACIDITY, INDIGESTION.

Undigested food! Lumps of pain; belching, gas, acids and sourness. When your stomach is all upset, here is the instant relief—No waiting!



The moment you eat a tablet of Pape's Diapespain all the indigestion, pain, dyspepsia, misery, the sources, gases and stomach acidity ends.

Pape's Diapespain tablets cost little at any drug store but there is no surer or quicker stomach relief known. Adv.

Snapping It Back

Kate Douglas Wiggin says, "How inexpressibly tiresome is the everlasting 'Don't you, mother?'" in the restaurant, the first time I sat in the restaurant. I don't tease the baby, don't interrupt, don't contradict, don't fight with your brother, and don't worry me. Now, while in this tirade not one word has been said about something to do."

"What you want, I know what you need, patient, blushing, the waiters. I need a book on etiquette. If manners had been raining down from heaven forty days and nights, you'd still be a rub. Try that or your canary!"—Kansas City Star.

GREEN'S AUGUST FLOWER

Has been used for all ailments that are caused by a disordered stomach and indigestion, such as sick head, and constipation, sour stomach, nervous indigestion, fermentation of food, palpitation of the heart caused by gases in the stomach. August Flower is a gentle laxative, regulates digestion, both in stomach and intestines, cleanse and sweetens the stomach and alimentary canal, stimulates the liver to excrete the bile and impurities from the blood. Sold in all civilized countries. Give it a trial—Adv.

Many a man works overtime trying to convince himself that he is honest

Kindergarten Helps for Parents

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

TO UNDERSTAND LITTLE ONES

By SARAH A. MARBLE.

In talking about the kindergarten with mothers, I often meet with responses like these: "Oh, I couldn't tell him he behaved so well if I didn't think I wanted to send Dorothy to him." Another mother shows the spirit of partnership as she sits in her rocker, sewing. She calls the following "rockers" names:

1. The teetotal is placed on the floor. From a given spot the children race mites to hit the teetotal.

2. Mother is the kitty and the children are mice. Kitty's dish is placed back of the rocker, where Mother cannot see it, and then from a corner farther back a mouse comes on top to try to put up the dish without kitty's knowing it. If ever a mouse is seen, it is headed off by "Meow" and the mouse runs to the corner, to give another mouse a turn.

3. The "grocer" knocks at the door. Mother gives orders which are written down in make-believe. Then the goods are delivered.

4. The "leeman" calls with wooden blocks, which make fine cakes of ice.

Part for Father.

A father has ample opportunity to be a partner with his children. There may be a chance to share in the care of animals, and carpentry and games offer unlimited possibilities for co-operation.

A certain professor allowed his boy to assist in making their sand box. This boy could not use tools, so smoothed the rough boards with sand paper. Some boys helped to make a wonderful stationary horse out of a barrel.

Instead of forbidding his child to touch the typewriter, one father taught him the alphabet on it. As the boy grew up he used it for his school work and letter writing.

Nora A. Smith suggests the keeping of a diary to help in cementing the family partnership. In this is recorded the daily doings of the entire family, the weather, and so on.

One of the most delightful pleasures to be shared in the home is reading aloud.

PEOPLE HAVE WASTED FOOD

Specialist Makes Some Interesting Comments on Misunderstanding Which He Says Is Widespread.

The birth rate of the former empire of Austria-Hungary fell 50 per cent during the war, Dr. Clemens von Pilgram, a specialist on diseases of children, said in directing his efforts to the war-torn countries.

"The poor quality of the food," he added, "cut the total weight of the population one-third. It is common to find that the weight of an average man reduced from 170 to 120 pounds. It is doubtful if such a person will ever fully recover.

"The food of the wealthy classes was not nourishing. The quantity was sufficient but it was lacking in quality and good food, the entire world has been to waste food by overindulgence of food."

Both the sexes at home have changed considerably since then, perhaps not for Dora's immediate happiness, but certainly for her good health.

Between the two extremes there are many other children, with qualities good and bad, which oftentimes their mothers have misjudged just because of the nearness of their little ones to them. If the child can be taken out of his home environment for a few hours each day, it may remove him from some source of annoyance or irritation which has led to habits of disobedience or naughtiness. "Putting him with other average children of the same age, such as are collected together in kindergarten, will serve as the best corrective."

When mothers visit the kindergarten—and they are always welcome—they see their children there as they really are. They observe that certain instincts are common to children four and five years old, and they learn how to guide these instincts. They notice that their boys or girls have peculiar traits which should be encouraged and corrected as the case may be. To the mother who sees, for the first time, how their children match up to the average child, well or ill, and then see the results of good-training in other children, and are thereby encouraged in their own endeavors. Almost invariably they learn to be more patient and to try to gain a better understanding of their little ones.

MOTHER FATHER AND CHILD.

By MAUD BURNHAM.

Kate Douglas Wiggin says, "How inexpressibly tiresome is the everlasting 'Don't you, mother?'" in the restaurant, the first time I sat in the restaurant.

When a mother allows her son to use the tiny board and rolling pin at cook-making time, or permits the toy broom, dustpan and brush, wash tub or little tray to serve a purpose, she only begins to teach her son to be a cook.

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