Kindergarten Helps for Parents

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

PICTURE BOOKS FOR BABY

By FRANCES JENKINS OLCOTT.

"Buy only the best picture books for my baby!" a mother exclaims. "Why, anything will do, if it is bright-colored and will not tear."

But will anything do? Baby's brain is eager and alert. He is taking in a stock of ideas to use when he begins to speak and read. He is imitative, and is learning to do the things he sees done in his pictures. He is developing his sense of color.

Pictures may be made the beginning of baby's education as well as a delight to him. And what a joy he takes in entering into the life he sees in each bright-colored print! But he will not learn from them unless they please him. He likes best, primary colors, and large figures of animals and of children at work or play. His first books should be untearable, so that he will not be able to destroy them whenever the impulse seizes him. The term untearable or indestructible, however, does not guarantee that a book will not be destroyed by rough handling.

The picture books listed below are selected from among the best of their kind. Unfortunately many desirable linen books are out of print on account of the war, while cheaply printed, dull-colored ones are taking their places. The books recommended in this list are still in print, and all are educational—fanciful or humorous—and will delight baby for the first year of his life and until he is four years old and older.

Mother may begin to play with him at choosing objects in the pictures, calling off the name of each object as he points to it. This little game will please him and will teach him new words and their meaning.

Baby's First Picture Books.

"Baby's Moo Cow Book." Indestructible, mounted on boards. Large pictures of cows. Dutton, publisher.

"Baby's Picture Seaside." Indestructible, mounted on boards. Children playing by the sea. Dutton.

"Big Animal Picture Book." Linen. Chickens, rabbits, camels, giraffes, elephants and tigers. McLoughlin.

"Goosey Goosey Gander." Linen. Charming pictures, by Mary LePetra Russell, illustrating familiar nursery rhymes. Gabriel.

"Jungle Book." Linen. Large pictures of tiger, lion, hippopotamus, leopard and other animals. Gabriel.

"Noah's Ark." Linen. Two by two, kangaroos, elephants, monkeys, zebras, camels and other animals. Gabriel.

"One, Two, Three." Linen. Teaches little children to count by means of pictures of animals. McLoughlin.

Instructive Picture Books.

"Kindergarten Book of Objects." Linen. For baby to choose from and learn names. Gabriel.

"Merchant Ships and What They Bring Us." Paper, with covers. For children four years old and older. Pictures of ships with cargoes of tea, cotton, fruits and other commodities, being laden and unladen. Although the book is English its text and pictures give much information for American children. Dutton.

"My Automobile Book." Linen. All kinds of automobiles, for motoring and racing, and including fire engines, autotrucks, autobuses, armored cars, airplane gun cars and Red Cross ambulances. Gabriel.

"My Train Scrapbook." Trains, bridges and stations in the United States, Canada, England, Ireland and South Africa. Dutton.

"Tick Tock." "All around the clock!" Linen. Teaches children how to tell the time by means of charming pictures and verses. Gabriel.

Books About the Farm and Woods.

"Book of the Farm." Paper. Farmers shearing sheep, milking cows, haying, etc. Dutton.

"Book of the Farm." Linen. Rabbits, pigs, horses and other domestic animals at home on the farm. McLoughlin.

"Book of the Woods." Paper. Attractive pictures of foxes, deer and other wild animals. Dutton.

"Buds and Blossoms." Linen. Charming pictures, one for every month, showing children playing with flowers, each flower appropriate to the month; snowdrops, crocuses, pansies, daisies, roses, etc. Gabriel.

Funny Picture Books.

"Animals at Play." Laughter-making book, picturing the antics of animals of all kinds. Dutton.

"Nursery Land." Linen. Humorous and live pictures of the Three Little Kittens and Jack and the Beanstalk. Gabriel.

"Three Little Kittens." Linen. Old nursery rhyme of "the three little kittens who lost their mittens," with colored pictures. McLoughlin.

Santa Claus Linen Books.

"The Night Before Christmas." The famous verses and well-known pictures that have fascinated several generations of children. McLoughlin.

"The Night Before Christmas." Same verses with modern colored pictures. Gabriel.

TOUCH-HUNGER.

By PROF. M. V. O'SHEA.

Psychologists say that every child has a hunger for experiences which are necessary for his development. He is hungry for sounds, sights, tastes, smells and muscular strains and stresses. These are all of fundamental importance in the building of his mind. A child would be an idiot who was not hungry for these sense experiences. The only way he can learn about objects is by investigating them with every sense that will give him any information regarding them.

Many persons who realize that a child must see, hear, taste and smell all the objects around him in order that he may come to understand them do not appreciate that the hunger to touch objects is probably more acute than any other kind of hunger. Frequently people think a child is mischievous or willful when he handles things around him when he is told not to do so. How often one hears parents and policemen and guards at museums and all such folks say to children, "Don't you touch that! Can't you keep your hands off from things? I told you if you touched any of those things again I would punish you," and so. But a child will handle objects, even in the face of certain punishment, because his hunger for touch sensations is so overpowering that he cannot restrain it.

What is to be done about it? In the first place, the child should have as great a variety of objects as possible to touch and use in his play activities. He should be permitted to explore everything around him by means of the sense of touch. If necessary, the parent or the teacher or the guardian should stand by and see that no harm is done to valuable objects or to the child himself. But if the typical child be permitted to investigate such objects as books and china until he has discovered how they feel and how they are constituted, until his touch-hunger regarding them is gratified, he will be likely to let them alone thereafter unless he needs to use them in some of his games or plays. A wise parent or teacher would provide books, dishes and the like which could be used in play, and which would make it unnecessary for the child to experiment with delicate things of real value.

If a parent leaves an unoccupied child in a room which is furnished with fragile, delicate furniture which he can reach, and if he is not permitted to gain touch acquaintance with these things under the guidance and supervision of the parent, then there is almost certain to be trouble. The child will handle the furniture when the parent is not looking and accidents will happen. Montessori apparatus, kindergarten materials or Candolt toys in a house will keep a young child out of "mischief" that may result disastrously to valuable books or china or other furnishings. Catalogues describing these various educational playthings may be obtained upon request from the manufacturers: Montessori apparatus, House of Childhood, New York; kindergarten materials, Milton Bradley Co., Springfield, Mass.; Candolt toys, The Fallis Toy Shop, Denver, Colo. A sandpile or gymnastic apparatus out of doors will surely lessen any child's "mischievousness."

STRANGE THING IS MEMORY

Among the marvels of the human machine, memory is indeed, strangest. The great bewildering fact of memory at all—of the miracle of the brain—is, of course, as far beyond our finite apprehension as the starry heavens. But the minor caprices of memory may, fittingly enough, engage one's wonder.

The lawlessness of our prehistoric apparatus, for example—the absurdly unreasoning system of selection of such things as are to be permanent—how explain these? And why should memory be subject also to that downward tendency in life which forces us always to fight if we would save the best? It would have been just as easy, at the start, when the whole affair was in the making, to have given an upward impulse. That was not done, but the memory, at any rate, being all spirit, might have been exempted from the general law. But no; as we grow older, not only do we remember with less and less accuracy, but of what we retain much is inferior to that which once we had but now have lost.—St. Louis Republic.

Blood of Apes and Human Beings.

Striking is the likeness between the blood crystals of monkeys and human beings and those of any other living species. Blood crystals under the microscope shed a flow of light on Darwin's theory.

Doctor Reichert hopes to distinguish between various nationalities by blood tests, to fix race relationship more scientifically than is now possible, and even to trace, hereditary traits. He has also directed his attention to the study of the cause and prevention of such phenomena as two-headed children, one-eyed calves, etc.—Popular Science Monthly.

Remarkable.

Billy passed twin girls dressed alike on the street the other day. After staring at them in astonishment a minute, he exclaimed: "Why, mamma, it's the same girl!"

Up-to-Date City.

Rio De Janeiro has one of the finest natural harbors in the world, and has the distinction of being the best electrically lighted city in South America.

Helping the Meat and Milk Supply

(Special Information Service, United States Department of Agriculture.)

HINTS ON HEALTH OF LIVE STOCK

Treating Hog With Antihog Cholera Serum.

FARMER BROWN A PRACTICAL MAN

Knows He Must Keep in Touch With Agricultural Publications to Be Up-to-Date.

DOES NOT NEGLECT ANIMALS

Takes Advantage of Advice and Help Offered by Federal and State Agricultural Agencies—Instructions to His Son.

Old man Brown is known as a man of ripe experience and sound judgment. He is a successful farmer of the practical rather than the "book" type, yet he knows the value of books in his business and that to be up to date he must keep in touch with agricultural publications. He is also wide awake enough to know that the United States department of agriculture and the state and county agricultural agencies are not mere academic institutions, but are in the business primarily to help the practical farmer. Hence he keeps himself informed of what they are doing and frequently takes advantage of the advice and help they offer.

At this particular time the old man's thoughts had been running on the health of his live stock, and none knows better than he the importance of having such matters strictly attended to. So it happened that one morning after breakfast he gave the following instructions to his son who was about to motor into town to do a batch of errands. The incident is here mentioned because there may be others who might get a profitable hint or two from Farmer Brown's directions. His directions were:

(1) "First of all, fix that leaky carburetor in the machine so you won't lose more gasoline before you start than it takes to carry you to town and back. You might get stalled on the way, and that would put you in a nice fix.

(2) "Don't forget to stop at the post office for my department of agriculture Farmers' Bulletin 957, as I am anxious to learn what causes those little warts on the heads of our pullets; they are not just right and, besides, the bulletin contains much other information about chicken diseases.

(3) "Stop at the drug store and get new needles and washers for your old blackleg vaccine syringe, or buy a new syringe, and don't wait for the county agent to do your vaccinating work for you, even though he is kind enough to offer to do the job; you know how to do the injecting as well as he, and, besides, that is not his work, he is only supposed to demonstrate how the work should be done. And while you are at the druggist's it wouldn't be a bad idea to get that prescription filled for our colicky stock, as Veterinarian Spath told you to do, then you wouldn't be obliged to call him away out here in the middle of the night to treat a simple case of bellyache.

(4) "If you should happen to meet Will Simmons in town and he says anything to you about your shooting at his sheep-killing dog, tell him, 'Yes, I shot at it and if the act is repeated it will be done again.'

(5) "By the way, you might stop to see Doctor Spath and find out whether the microscopic examination of the muscle sample which he took from the dead Hereford calf proved it to be just blackleg or that anthrax disease, as he said it was impossible to say definitely which disease it was and I guess our naked eyes are no better than his own; moreover, he ought to know better than we.

(6) "Just one more thing, if Doctor Spath says the disease is anthrax or anything other than blackleg, you better tell him to come out here and take charge of the doctoring, as we are not supposed to dabble in things we don't know about; you know they say that anthrax can be taken by human beings as well as animals, and the more quickly we get it stopped the better for all concerned."

AVOID TROUBLE

Farmers and animal husbandmen often can avoid serious trouble among their animals by making careful inquiries relative to the history of the animals they contemplate purchasing for introduction into their herds or flocks. The purchase of an animal lacking a clean bill of health from its birth until the time it is offered for sale, or of an animal from a herd or flock in which an infectious disease is known to have occurred, should be regarded as courting trouble.

Animals Spread Disease.

The medical profession has known for a long time that one of the means to which health is exposed is the infectious material often carried and unconsciously expelled by seemingly healthy persons and animals, but the true importance of this fact has begun to receive the wide recognition it merits only in recent years.

Today we know that many persons after recovery from typhoid fever continue to discharge typhoid germs from their bodies and that such persons cause numerous cases of typhoid fever unless they are properly controlled, and we know that exposure to diphtheria, even when it does not lead to the development of disease, means that the exposed individual often becomes a carrier of diphtheria germs, which are located in his throat, a region from which they are expelled in a way dangerous to the health of susceptible persons. And we also know that this same problem of seemingly healthy carriers and disseminators of disease germs must be given careful consideration because of its bearing on the health of our domestic animals.

The possibility that animals may become persistent carriers of disease germs is not limited to any one or any kind of disease.

Management of Calves.

With good pasturage the roughage portion of the calves' ration may be eliminated. The grain portion of the ration in some cases may be slightly reduced, although as a rule the calves should be given all the grain they will eat while on pasture. It is seldom advisable to carry calves through the entire finishing period on grass. A better finish is obtained when they are dry fed during the latter portion of the period. It is never advisable to change calves from the dry lot to pastures when on full feed. It is safe, however, to change from pastures to the dry lot during this period.

When pastures are very good some trouble may be experienced in getting the calves to consume enough grain for the best results. In such cases it is generally better to keep them away from the grass during a portion of each day.

In sections where winter pastures can be grown the feeder should make a strong effort to provide such pasture during the cold season, as the green feeds greatly reduce the cost of both growing the calves and fattening them.

Gluten Meal and Gluten Feed.

Digestible Nutrients—Gluten meal: Protein, 30.2 per cent; carbohydrates and fat, 53.8 per cent. Gluten feed: Protein, 21.6 per cent; carbohydrates and fat, 59.1 per cent.

Gluten meal is a by-product of the manufacture of starch from corn. The basis of the meal is the germ part of the corn kernel. Gluten feed is composed of the gluten meal plus a certain quantity of corn bran, which makes it lighter than the meal. Both feeds are fairly palatable and are usually among the cheapest sources of protein.

THE KITCHEN CABINET

If every one were wise and sweet,
And every one were jolly;
If every heart with gladness beat,
And none were melancholy;
If none should gramble or complain,
And nobody should labor
In evil work, but each were fain
To love and help his neighbor—
Oh, what a happy world 'twould be
For you and me, for you and me!

OLD-FASHIONED GOOD THINGS.

This is the season of the year when grandmothers' recipes are looked over for the family dishes which in each home are especially cherished. "No one makes mince pie that tastes like our mince pie," and the fruit cake and plum pudding are equally as good. Each cook adds a bit of flavor or seasoning which makes the dish individual, therefore it is often difficult to get just the required taste, if some of the small and important details have been omitted. Most of us have had experience in trying to get a delightful dish put down in terms of cupfuls and tablespoonfuls; it is next to impossible as bowls and cups differ in households as well as hands and pinches. These days with the standard measuring equipment we should be able to pass on a satisfactory recipe.

Suet Pudding.—Take one cupful each of molasses, sour milk and chopped suet. Add three and one-half cupfuls of flour, one cupful of chopped dried fruit, two eggs well-beaten, and such spices as one likes. Add one teaspoonful of soda and steam two hours. Serve with

Foam Sauce.—Beat the whites of one or two eggs to a stiff froth, add one cupful of sugar and then the yolks well-beaten, a pinch of salt, one-half teaspoonful of vanilla. Pour into the pitcher from which it is to be served and just before it goes to the table add one-half cupful of boiling milk.

Prune Pudding.—Soak a pound of choice prunes over night, then mince fine and add one pint of bread crumbs, one-half a cupful of sweetfat, one cupful of sugar, three eggs, one-fourth of a cupful of molasses, half a teaspoonful of cloves, one teaspoonful of cinnamon and one-half teaspoonful of soda dissolved in a tablespoonful of milk. Steam three hours. Serve with any favorite sauce.

Pork Pudding.—Take one cupful of fat salt pork, chopped fine, one cupful of chopped raisins, two cupfuls of honey, three and one-half cupfuls of sifted flour, one and one-half cupfuls of sour milk, one teaspoonful of soda, one teaspoonful of cinnamon and one-half teaspoonful of cloves. Mix and beat well and steam four hours. Serve with rich fruit sauce.

If love is the greatest thing in the world, then hate is the greatest evil, for hate is the opposite of love. Love attracts, hate repels. Love is life, hate is death. Hate is the worst waste that can enter a human soul.—George Matthew Adams.

OYSTERS IN VARIOUS WAYS.

Oysters are usually liked by most people and when reasonable in price add variety to the diet, although the nutritive value of the oyster is not especially high. In using oysters buy the largest you can as they are far more economical than the smaller variety as usually served.

Oyster Toast.—Take half a dozen large, fat oysters; stew them in their own liquor, adding seasoning to taste. Have ready as many rounds of well-toasted bread lightly buttered. Pour the oysters and their broth over the toast. Serve at once.

Stewed Oysters.—Cook a pint of oysters in their own liquor until the edges curl; season well, after removing from the liquor, add rich milk or thin cream to the hot broth and when boiling hot add the oysters and serve. When the oysters are removed from the broth add plenty of seasoning. Then when the milk and broth are added they will be ready to serve.

Steamed Oysters. — Place well-washed oysters in a steamer with the shells placed to save the liquor when open; set over a kettle of boiling water and steam until the shells open, when they are ready to serve. Serve in the shells with butter and salt to season.

Panned Oysters.—Lay in a pie plate or dripping pan a half-pint of oysters; have the dish large enough so that each oyster lays flat on the bottom; add a little oyster liquor and put into the oven; toast heat through until thoroughly hot, but not baked, which will be in about five minutes. Prepare toast lightly buttered and moisten with the oyster liquor. Pour the oysters over the toast and serve at once.

Oyster Pie.—Line a deep pie tin with paste, put in a pint of oysters, season with salt, pepper and butter, sprinkle with flour and cover with a crust, leaving an opening for steam to escape. Bake until the crust is brown in a quick oven.

Nellie Maxwell

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

HURRY, MOTHER! REMOVE POISONS FROM LITTLE STOMACH, LIVER, BOWELS.

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

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

When peevish, cross, listless, pale, doesn't sleep, doesn't eat or act naturally, or is feverish, stomach sour, breath bad; has stomach-ache, sore throat, diarrhoea, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul, constipated waste, undigested food and sour bile gently 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 splendid.

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.

His Chance.

A cab halted at a street corner and a man alighted. The latter had evidently not the means at hand to pay his fare by the manner in which he dived first into one pocket and then the other. He was relieved, however, from his embarrassment by a man tendering a treasury note to the driver with the remark:

"Take your fare out of that, I know this gentleman."

The change was given and the cabby was soon out of sight.

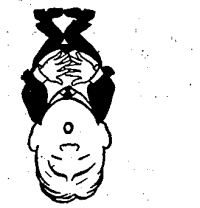
"To whom am I indebted for this kindness?" asked the first gentleman.

"Not me, sir. On the contrary, that's a bad note I've been wanting to change all day."

UPSET STOMACH

PAPE'S DIAPEPSIN AT ONCE ENDS SOURNESS, GASES, ACIDITY, INDIGESTION.

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



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

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

Not Much.

Recruiting Sergeant—"Are you single?" Will-Be Rookie—"Do I look like twins?"—Leatherneck.

Keep Yourself Fit

You can't afford to be laid up with sore, aching kidneys in these days of high prices. Some occupations bring kidney troubles; almost any work makes weak kidneys worse. If you feel tired all the time, and suffer with lame back, sharp pains, dizzy spells, headaches and disordered kidney action, use Doan's Kidney Pills. It may save an attack of rheumatism, dropsy, or Bright's disease. Doan's have helped thousands back to health.

A Michigan Case

Alex Peppler, blacksmith, Welch St., Reed City, Mich., says: "Some years ago I was a physical wreck from rheumatic trouble. For four months I couldn't move without assistance. My limbs and back felt as though they were crushed. I had little control of the kidney secretions and the passages were painful. My head ached a great deal and I was dizzy. A friend told me to give Doan's Kidney Pills a trial and I did. The first box relieved me and eight boxes cured me."

Get Doan's at Any Store, 60c a Box

DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., BUFFALO, N. Y.