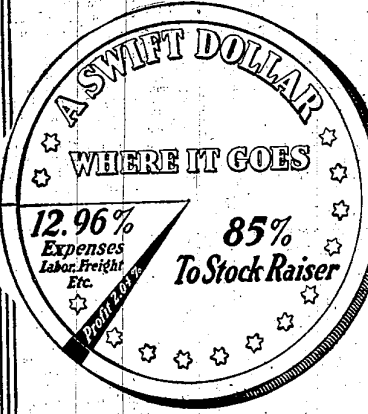


# The Swift Dollar for 1918



The above diagram shows the distribution of the average Swift dollar received from sales of beef, pork and mutton, and their by-products, during 1918.

1919 Year Book of Interesting and instructive facts sent on request. Address Swift & Company, Union Stock Yards, Chicago, Illinois

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## Kindergarten Helps for Parents

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

### NEED FOR KINDERGARTENS

By MARIE K. CHAFFEE.

About a year and a half ago a number of mothers in a small town petitioned their school board for a public kindergarten. They knew that there were at least children in the community who would attend and that there was a vacant room in one school-house which could be used for the purpose. But the school board considered that there were too many other expenses for the coming year and that the town could not afford to establish a kindergarten.

The mothers, however, persisted in their idea that the need for a kindergarten was very great, and after many months of patient work they succeeded in persuading the school committee to give the use of the vacant room. A class of eight children has now been established and it is in charge of a young pupil kindergarten who is taking this work as her senior practice teaching, charging only a small sum for each child. She is full of enthusiasm and the work has been progressing steadily under her inspiring direction.

The children who attend the kindergarten are nearly all from good families. It impressed me strongly as I traversed the town in search of pupils, that the very parents who could and did give their children every possible advantage were the ones who were quick to realize the opportunities in kindergarten training. Other parents, whose children were "running wild," physically and mentally, so to speak, would say: "We don't think our child needs to go to pay so much for just having Mary hummed."

### Like Well Managed Home.

All mothers should know that the kindergarten is not a place where the child is "sent jammed," nor is it a school room where facts are drilled into a child's head for hours at a time. A well-managed kindergarten, like a well-managed home, is a place where the children may develop naturally and normally. In the kindergarten they do this to the very best advantage under the careful guidance of a teacher trained for her work and in the companionship of other children.

After a kindergarten has been started, mothers should visit it frequently and attend the mothers' meetings which the kindergarten conducts in order to explain to them the purpose of the kindergarten and how they may help its work and influence. In this way they will come to understand the value of the games and other activities of the kindergarten, and will gain many helpful ideas and suggestions, which may be used equally as well in the home as in the kindergarten.

And right here should be pointed out the opportunity the kindergarten mother or the mother who knows something of kindergarten methods has in her community. She can start the rich spirit among the mothers and children all about her if she so desires. She can form mothers' clubs and have a kindergarten training center or supervisor give talks. The spirit of kindergarten growth can be carried into the whole community, gathering in the fathers and mothers, and thus greatly helping the child welfare movement.

### How Mothers Applied Methods.

I know a mother who never had any kindergarten training, but became interested in it when her babies were small. She read all the books she could find on the subject and visited the kindergarten in order to understand more of the value of play as Froebel explains it. Then she began to apply Froebel's methods systematically in the home with her children. One of her daughters when she grew up became a student of mathematics and the mother always says that the first lessons in mathematics began when her daughter was a little girl and worked curls. As the mother brushed the curls each morning, the child would count, and add and subtract them and thus an instructive as well as a merry game was made out of what is usually a tedious performance.

This mother has brought up four children, but even though the boys and girls are all grown, this family has never lost its play spirit. How far we stray from the path of youthfulness and joy in starting the play side of our makeup! A man is only as old as he has the love of play. It is not merely, "Come, let us live with our children," but "Come, let us play with our children."

### MUSIC FOR CHILDREN

By MRS. JEAN N. BARRETT.

Dear old Mother Goose, the patron saint of children's music! How much the children of our family owe to her jingles. I do not distinctly remember my father playing with us and trotting us to the rhythm of "Ride a tortoise," "To Boston, to Boston, to buy a penny bun," and "Little bow-wow to the mill."

No child tangibly imbued with the rhythms will have any trouble in comprehending three and four part rhythms, with their varied subdivisions and accents. How much more delightful to have all this rhythmic instinct grow up unobscured by happy playtime than to have it left stagnant in a child's mind because of his lack in this respect and has to go through exciting and tiresome drills to overcome it.

"Happy the child whose lot is cast in a joyous musical atmosphere! There is thus implanted in his inner being a something which will help him to go through many trials with a brave heart and an unconquered hope and faith that this is after all a good world."

"No," my children have no talent for music and I shall not bother to have them learn anything about it."

If I could feel that I had in all my life made a few mothers, a few teachers, understand the difference between music as a performance and music as a life element, and thereby gained for a few children this power which more than any other stirs the vital forces by which we live, I should feel that my share of life's troubles were a small price to pay.

**Sharing Feeling for Music.**

A like misapprehension in the domain of art would befall from home and school, the beautiful pictures and the wonderful world of beauty revealed to the seeing eye and the appreciative mind because, perhaps, so very, very few children have any talent for drawing, painting or modeling.

One of the first steps in rousing a feeling for music is to lead a child to listen. How much stress is laid in our scheme of education upon teaching a child to observe, to see, how little we are teaching him to hear. The eye is made dominant in all things and we lose much enjoyment which a trained sense of hearing might bring us. God made the birds beautiful, but he also gave them songs, so tender, so thrilling that the very breath stops that we may listen, as we sit at twilight near the home of wood thrush or song sparrow.

To the open ear is not the gentle, silvery murmur of the brook as it calls through the forest as keen a delight as is its crystal shimmer in a setting of green. When we have followed its call, how do we find it home?

I do not forget that the morning stars sang together, and that he who created them meant his children to hear their music in the melodies and harmonies of all his great creation.

The child brought up in the city from which to get his first lessons in listening, but mother and kindergarten can make us use of what they have. Even the scissors grinder and rjman help us out here. One of my little pupils, the daughter of musical parents, gained her first idea of imitating sounds correctly from a rag-man's call.

### Lesson From the Rag Man.

As we were having our lesson one day we heard this song come—I was going to say float—in at the window. The ragman's tune was rather too strenuous to be called floating tones: "Rags, rags, rags; any old rags or boots." The tune can be written thus. Do it in a 4/4 or 2/4 time, but the words can describe the quality of the notes.

At once I imitated the theme and little Frances, to my great surprise, imitated me exactly, whereas before this she had, hardly been able to get single notes correctly. Her tone was unique and it appealed to her.

Lead the children to listen in every way you can think of. Tap on different substances, wood, glass, etc. You may find it profitable to give forth a definite musical pitch. Play tunes on tumblers, tuning them to usual pitches by varying the quantity of water in them and striking lightly with silver spoons or spoons.

I found most useful in arousing interest in music in a boy who seemed to have no musical instinct whatever.

A writer says: "The greater part of children's time is given to dislocate the impressions and make-believe, and the entire basis of their education is acquired through its directly assimilative faculty." This applies most forcibly to the child who has not received any training in the care of children almost unlimited opportunity for developing musical expression.

"A lullaby song at the child's bedside at night is a benediction beyond estimate."

### Managerie Broken Up.

A little school of Indiana had three managers in its faculty, and by a strange chance their names happened to be Wolfe, Crab and Parrot. The children nicknamed their school building "The Manager" as a result.

One of the faculty got married and another was transferred to another school, but the third remained. The children were one day talking of their "manager," "Gee, it's tough on us," murmured one of the other pupils. "Here we are, we'd like to have a whole managerie, and now we've shrunk to a mere bird cage, in which a Parrot reigns alone."

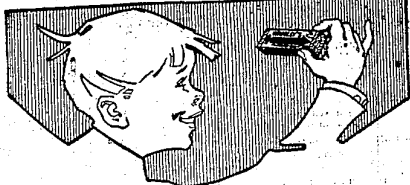
### Spiritual Princess.

There were Christians in Treves as early as the second century, and it had a bishop as early as 814. The archbishops of Treves became one of the chief spiritual princes of the Holy German empire. The Treves of today is a rich and active city of possibly 75,000 souls, a show city, a shrine city, and one in which the Yankee tourists should not wish to interest themselves.

### Magie Anticipated.

Mrs. Brown—Now, Della, I'm going to show you how to cook a fowl in a paper bag.

Now look (singing)—Sure, I go do, ma'am, I may be tempted to accept an engagement in vaudeville—Buffalo Express.



# Be Sure to Get WRIGLEY'S

**THE wax-wrapped sealed package with WRIGLEY'S upon it is a guarantee of quality.**

The largest chewing-gum factories in the world—the largest selling gum in the world; that is what WRIGLEY'S means.



**The Flavor Lasts!**

**Quint Names.**  
An Australian correspondent writes: Battery horses get some quint names. This is the list for our sub-section: Nugget, Puffin, Molly, Cohen, Tony, Angelina, Jiminy, Conspicuous, Fine, Winkles, Albert, Billy, Phyllis, Icecream, Flour and Bakin' Powder, Woodshed, Sylvia, Canary-legs, Bull-lethead and Blackie. We have two mules also; but their names are not publishable.

**Important to Mothers.**  
Examine carefully every bottle of **CASCARA**, that famous old remedy for infants and children, and see that it bears the signature of **Dr. J. C. Williams** in Use for Over 30 Years. Children Cry for Fletcher's **Cascara**. Do what you can when you are able to do what you would.

**An Attack of Influenza Often Leaves Kidneys in Weakened Condition**

Doctors in all parts of the country have been kept busy with the epidemic of influenza which has visited so many homes. The symptoms of this disease are very distressing and leave the system in a run-down condition. Almost every victim complains of lame back and urinary troubles which should not be neglected, as these danger signals often lead to dangerous kidney troubles. Druggists report a large sale on Dr. Kilmer's Swamp-Root, which is a natural compound, being an actual compound, has a gentle, healing effect on the kidneys, which is almost immediately noticed in most cases by those who try it. Dr. Kilmer & Co., Bismarck, N. D., offer to send a sample size bottle of Swamp-Root, on receipt of ten cents, to every sufferer who requests it, trial will convince one who may be in need of it. Regular medium and large size bottles, for sale at all druggists. Be sure to mention the name "Dr. Kilmer's Swamp-Root."

Many a man has been robbed by his friends while watching his enemies.

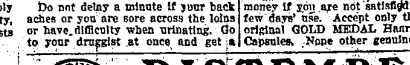
**GOOD-BYE BACKACHE, KIDNEY AND BLADDER TROUBLES**

For centuries all over the world GOLD MEDAL Haverlem Oil has afforded relief in thousands upon thousands of cases of lame back, lumbago, sciatica, rheumatism, neuritis, gout, neuralgia, bloody or cloudy urine, sediment or "brickdust" indicate an unhealthy condition.

Do not delay a minute if you feel back aches or if you are sore across the loins or have difficulty with the bladder and kidneys. Get Haverlem Oil to your druggist at once and get a box of imported GOLD MEDAL Haverlem Oil Capsules. They are pleasant and easy to take. Each capsule contains about one dose of five drops. Take them just like you would any pill. Take a small quantity of water if you want to. They dissolve in the stomach and the kidneys soak up the oil like a sponge does water. They thoroughly cleanse and wash out the bladder and kidneys and throw off the inflammation which is the cause of the trouble. They will quickly relieve those stiffened joints, that backache, rheumatism, lumbago, sciatica, neuralgia, "brickdust" etc. They are an effective remedy for all diseases of the bladder, kidney, liver, stomach and all other organs. Your druggist will cheerfully refund your money if you are not satisfied after five days' use. Accept only the pure original GOLD MEDAL Haverlem Oil Capsules. None other genuine.—Adv.

**Spanish Influenza can be prevented easier than it can be cured.**

At the first sign of a shiver or sneeze, take



Keep clean inside as well as outside by taking a gentle laxative, like Cascara Quinine, each day.

One really better knows a man till he gets into politics.

W. N. U., DETROIT, NO. 5-1919.

# Western Canada's "Horn of Plenty" Offers You Health & Wealth



Western Canada for years has helped to feed the world. Its high quality stock raising and production still runs on her. It is a fact that the high prices for grain, cattle and sheep are sure to remain, price of land is much below its value.

Land capable of yielding 20 to 45 bushels of wheat to the acre can be had on easy terms at from \$15 to \$30 per acre—good grazing land at much less.

Many farms yield four from a single year's crop. Raising cattle, sheep and hogs brings equal success. The Government encourages farming and stock raising. Returns are guaranteed. The Government guarantees interest on loans. The Government guarantees the value of your property. The Government guarantees the value of your property. The Government guarantees the value of your property.

For more information, write to the Canadian Government Agent, 117, Waterloo, Ontario.

**Granulated Eyelids.** Eyes inflamed by exposure to sun, dust and wind quickly relieved by Boscchee's Eye Remedy. No Stinging. No Irritation. No Smelling. No Pain. No Coughing. At Your Druggist's. 50c per Bottle. Boscchee's Eye Remedy Co., Chicago.

### BOSCHEE'S SYRUP

Why use ordinary cough remedies when Boscchee's Syrup has been used so successfully for fifty 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. The morning gives nature a chance to soothe the inflamed parts, throw off the disease, helping the patient to regain his health. Made in America and sold for more than half a century.—Adv.

There are two sides to every story and a lot of them should be turned.

**DISTEMPER**

Of Distemper in stallions, brood mares, colts and all other animals is most destructive. The germ causing disease is removed from the body of the animal. The present method of distemper is a new discovery. It is a germ-killing and germ-removing agent. It is a germ-killing and germ-removing agent. It is a germ-killing and germ-removing agent.