Co-operating With Mother

By Helen Gregg Green

Looking through a magazine the other day, I became interested in a letter written by one of its readers. It was from a woman past fifty, the mother of several children. She was discouraged and worn out, mentally and physically with her years of responsibility and work.

"We are all to blame for many of our troubles," the letter read. "We ask nothing in return for our labors but the pleasure of our dear ones; it is a great mistake.

"We teach them from babyhood to take our services as a matter of course, and by the time we realize what we have done, we are too tired and worn out to care; and it does not pay."

This is only part of the soul-revealing letter, but in it there is food for thought and study, and a warning to young mothers—a warning to begin with the just-around-the-corner-from-babyhood days to give the children small duties and small responsibilities, so that the burden which usually falls to the mother's lot may be lessened. When boys and girls discover how much actual labor there is connected with a house they realize the great help they may be to Mother.

So many mothers will continue taking the entire responsibility for running a house smoothly and efficiently year in and year out. The only sign of protest they ever make is a weary little "I'm a bit tired" at night, without ever a heart-to-heart talk with the family asking for co-operation.

The piping-hot breakfasts, the dainty, wholesome lunches and delicious dinners, the cozy, cheery, neat home, are taken as a matter of course. Children who have had no experience in doing household tasks do not realize the effort, time and hard work back of it all. It all looks so easy, so simple!

And who is to make them realize and appreciate, if not the parents? It is not fair to the "dear ones" to allow them to take all this for granted.

"If we allow ourselves to be left behind, if we work so hard we are too tired to take part in the daily lives of our children and husbands," the letter continued, "they simply learn to do without us."

Isn't there a lot of truth tucked away in those words? Shouldn't they make all mothers who have tiny children think?

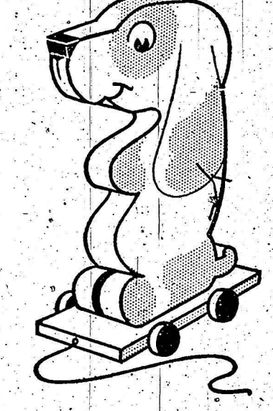
I remember a certain Thanksgiving that shames and grieves me. We did not have a maid, so Mother cooked and served a delicious Thanksgiving dinner for two guests, and our own family. After dinner the guests, my father and I hurried down town for an afternoon's merry-making, leaving Mother who was not strong to clear off the table and do the stacks of dishes. Mother was the one who deserved and should have had the happy afternoon. And, now that I have come to a realization of the many sacrifices she made and have learned how much help I could have been and would like nothing better than to lighten her burdens, it is too late.

That is what the writer of the letter suggested:

"And by the time they marry and have children of their own, and learn from experience what life means, and what children mean in a mother's life perhaps it is too late; you may have passed on, and if not, it is still rather difficult to teach old dogs new tricks'!"

So the wives and mothers must remedy this. They should commence with the husbands at marriage, and with the children in their very early years. It is really very easy to teach the children to hang up their wraps, to run errands, to keep their rooms tidy, and to do the hundred and one other little things which inculcate in them the habit of service and the sense of responsibility.

A mother, like a child, needs understanding, love and play. She should share these and also her household cares with her family. This would make happier, sweeter-tempered, younger, and more charming mothers the country over, and better and happier boys and girls.—Issued by the National Kindergarten Association, 8 West 40th Street, New York City. These articles are appearing weekly in our columns.



WHEN CHILDREN FRET THERE are times when a child is too fretful or feverish to be sung to sleep. There are some pains a mother cannot pat away. But there's quick comfort in Castoria

For diarrhea, and other infantile ills, give this pure vegetable preparation. Whenever coated tongues tell of constipation; whenever there's any sign of sluggishness. Castoria has a good taste; children love to take it. Buy the genuine—with Chas. H. Fletcher's signature on wrapper.

Fletcher's CASTORIA

A Real Nerve Tonic

Is a Bountiful Supply of Rich, Health-Giving Blood

Sufferers from nervous debility find themselves tired, low-spirited and unable to keep their minds on anything. They are totally unfit to perform their everyday duties.

Doctoring the nerves with sedatives is a terrible mistake. The only real nerve tonic is a good supply of rich, red blood. To secure this rich, red blood Dr. Williams' Pink Pills should be taken. Enriching and purifying the blood is their whole mission. Concerning them Mrs. Albert Bentley, Bancroft, Ont., writes: "Two years ago I was a complete wreck; in bed for seven months; extremely nervous; had no color. Nothing I tried seemed to help me till I began Dr. Williams' Pink Pills. My condition at once improved and to-day I am well and able for anything without fatigue or trouble."

You can get these pills from any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Roads Young and Old

Roads that lead to houses
And a city's pride
Go straight and hard like young men
With sure and eager stride.

But roads that lead to mountains
Or hidden desert streams
Shuffle along like old men
Happy in their dreams.

—By Rachel Harris Campbell, San Diego State Teachers' College.

Damp Walls

Walls can be rendered damp-proof by an application of water-glass used for preserving eggs. Strip or scrape the old paper from the walls and brush over the damp patches with the waterglass mixture according to the directions on the tin. Allow to dry, then put on two more coats. Each must dry before the next is put on. When repapered the damp will not penetrate again.

INVALUABLE MOMENTS

Never suffer the invaluable moments of thy life to steal by unimproved, and leave thee in idleness and vacancy; but be always either reading, or writing or praying, or meditating, or employed in some useful labor for the common good.

—A Kempis.

Silver Found in Mushrooms

London.—Silver is found in mushrooms by High Ramage, a British scientist of Norwich. In some of the mushroom parts the silver amounts to one-thousandth of 1 per cent., and in others to one-twentieth of 1 per cent.

A certain well-known Indiana writer tells the following story about the famous poet, James Whitcomb Riley. The poet, while on his way down to the office of his publisher one bright morning, had met an unusually large number of acquaintances who consecutively made the usual conventional comment on the "nice weather." This continuous applause began to amuse the poet. When he reached the office and was greeted with a "Nice day, Mr. Riley,' he smiled broadly, and replied, "Yes; I've heard it very highly spoken of!"

Minard's Liniment gives quick relief.

"I'm thinking of moving out into the country." "Do you like the country? What will you do in the evenings?" "Oh, I'll run up to town."

Too much ACID

Many people, two hours after eating, suffer indigestion as they call it. It is usually excess acid. Correct it with an alkali. The best way, the quick, harmless and efficient way, is Phillips' Milk of Magnesia. It has remained for 50 years the standard with physicians. One spoonful in water neutralizes many times its volume in stomach acids, and at once. The symptoms, such as headaches, gas, heartburn, etc., will disappear in five minutes.

You will never use crude methods when you know this better method. And you will never suffer from excess acid when you prove out this easy relief. Please do that—for your own sake—now.

Be sure to get the genuine, prescribed by doctors for conditions due to excess acid. It is always a liquid; it cannot be made in tablet form. Look for the name Phillips' and the word *genuine* in red.

Animals Prefer Classical Music

Female of the Species Shows More Appreciation than the Male

The following is an interesting article on animals' reactions to the strains of music and jazz, taken from the Reader's Digest:

On one of his Antarctic expeditions Shackleton took a phonograph along. The instrument, set going out in the snow, attracted a flock of penguins. The birds listened, interested, apparently pleased. Then the record was changed to "Waltz Me Around Again, Willie." For a moment, a moment only, the birds waited; then, as with one mind, they turned, squawking disgustedly, and went off. Their ancient dignity had been profaned. The explorer Scott tells that penguins would always "come up at a trot" when the men were singing, and, he adds, several of his men could frequently be found on the poop of the ship singing before an "admiring group of Adelie penguins."

In many animals music stirs a deep emotional response, whether of pain or of pleasure, it is hard to say. Some dogs point their noses toward the stars and wail at the sound of a piano or of a violin. Caged jackals and wolves show a like instinct. The ancients are said to have drawn crabs out from under the mud and stones by music, and swarming bees were coaxed back to their hives by the clashing of cymbals or the pounding of pans! Seals have followed ships for many miles when there has been music aboard. Musicians playing in the open fields have had strange experiences. Lizards and squirrels have gathered about them unafraid. One squirrel, it is said, came regularly from its hole every time the adagio from Mozart's quartet in E major was played. Sheep and goats have come running for an opera air played on a flute.

Some of the tales one dismisses easily as the offspring of fertile imaginations. Others may arise from man's willingness to think of his own music as having rare charm. In a compilation to prove the power of music, written something over a century ago, several such stories appear. One morning very early a tailor is going home after a night spent in fiddling at a party. An angry bull attacks him. With sudden inspiration he begins to fiddle. The bull stops, listens, is charmed. When the man stops, its rage returns. So till dawn the hapless man fiddles away to save his skin. Again, a state prisoner in the Bastille is allowed to take a lute with him to his cell. While he plays, the mice come out to listen, and the spiders suspend themselves around the instrument.

While Josef Hofmann was once playing in Chicago, a mouse ran up a leg of the concert grand, and there on the top listened with every evidence of delight throughout a concerto. In Dayton, Ohio, during a recital by Harold Henry a rat posted himself behind one leg of the piano, listened attentively till the end of the number, then scurried off into the wings.

A series of experiments conducted with flute, violins, oboe, and mouth organ, in the London zoo indicated a real interest in music on the part of scorpions and spiders. One remembers that whenever Gretry played a spider would settle itself upon his harpsichord. The cheetah showed a preference for gay music; the rhinoceri were annoyed and attempted to charge the musicians; the sea-lions came to the surface and listened, pleased by all but the jazz. The reptiles—crocodiles excepted—paid little attention to the music. It was therefore inferred that the gift of the snake charmer is probably not in his music at all but rather in the rhythmic swaying of his body to the music.

A violinist once tried his skill before the cages of Lincoln Park. The time chosen was nightfall, an hour which may have influenced the results markedly. In general, the night creatures appeared to be much more sensitive to the music than were those of the day, and the males were less interested than the females. The male Bengal tiger, for instance, snarled once at the musician, then ignored him. The female pushed her nose and paws between the bars, seeking apparently to get as near as possible. The coyotes came out of their holes at the first sound and ranged themselves in a semicircle around the musician. When he put up his bow, they "pawed at him through the bars," as if asking for more. When he played again, they once more squatted before him. Two Puma panthers disliked all jig music such as "The Irish Washerwoman," yet lay content, listening to such slow and sentimental numbers as "Home, Sweet Home" and "Annie Laurie." Most of the birds remained utterly oblivious to the music. The pelicans, however, according to the account in The American Naturalist, flapped their wings and snapped their beaks at the musician.

All of these observations accord with the testimony of a one-time bandmaster of Barnum and Bailey. Elephants, several of the deer and of the cats, he had noticed, were especially responsive to music. There might be, he said, a great difference in this respect between the individuals of a species. One leopard might seem hardly conscious of music; another would dance with joy at a given air. Lions, he asserted, sometimes showed definite liking or distaste for certain tunes. And elephants became so used to the march from Lohengrin that they would be outraged if led into the circus arena to any accompaniment less stately. All trained animals, he added, are dependent on familiar music. A change in rhythem or in melody might throw them off their cues and result in panic or in serious accident.

A southern dairyman is said to have installed a player piano in his barns; another has introduced a phonograph to be played at milking time. Physiologically, it is supposed, music relaxes the udder of the cow and so allows an increased flow of milk. Such uses of music are of long standing. The old Greek shepherds piped to their sheep, thinking thus "to promote digestion"; and a writer in The Musical Quarterly instances the fact that the Boetians used a pastoral flute on their equine stud-farms in the belief that this music stimulated procreation.

Letters of Famous People Gathered

Lady Hamilton's Last Message to Nelson Included in Collection

London—A Devonshire manor house on the fringe of Dartmoor will shortly give to the world a treasure trove that will solve a legion of hitherto clouded historical problems; that will throw still further light on the lives of almost every great figure from the sixteenth to the early nineteenth centuries, and that, in itself, has been classed as the most momentous literary and historical discovery of the century. It is a veritable pageant on paper.

The treasure itself lies in 39 embossed volumes containing 5,000 hitherto unpublished autograph letters, representative of almost every celebrity living, not only in Great Britain, but on the Continent of Europe and in the United States, during four centuries.

Securely Guarded

They were originally the property of a John Wild of Clapham Lodge, Surrey, a noted autograph collector who died in 1855. Until last year, when they became the property of his great-grandson, R. N. Carew-Hunt, they had reposed locked and securely guarded in an immense mahogany bureau in this Dartmoor house, untouched and unknown by the world at large.

Their value has already been assessed as running into "hundreds of thousands of pounds"—and the full collection has not as yet been wholly classified.

Lady Hamilton's last letter to Nelson, an impassioned outburst written on the great admiral's departure for Trafalgar, and hitherto unknown, is but one of thousands of almost priceless documents.

Every one of them was chosen, not as being merely a specimen of some noted figure's correspondence, but as one of the most vitally important letters the individual ever wrote.

Novedist's Last Letter

The last letter Sir Walter Scott wrote before he left England on the visit to Rome which hastened his death is included in the collection.

Another is from Sir Christopher Wren, complaining bitterly of building worries at Hampton Court Palace.

Guy—the founder of Guy's Hospital—writes of his dealings in South Sea Bubble shares; Gainsborough voices his remorse for an action which he imagines has affronted Bartolozzi, the great engraver.

Danton and Robespierre are but two of the famous figures of the French revolution whose intimate writings are rediscovered for history's benefit.

A featre in the collection is a series of vitally important letters written by all the earlier Presidents of the United States.

Undreamed of letters of English kings and queens le cheek by jowl in these green embossed volumes. There are six, at least, tragically eloquent epistles of Queen Caroline—George IV.'s long suffering wife—dealing with the intrigue surrounding her divorce.

Insights into the diplomatic relations between Spain and France, Holland and England that existed in Queen Elizabeth's days are now bared to view with the signatures of their protagonists.

Samuel Pepys

Samuel Pepys writes; so with an interval of a century does David Garrick, and so in turn does every figure of international importance who lived in the four centuries.

"The collection is not only unparalleled but of such importance that words are inadequate to describe it," said an intimate friend of Mr. Carew-Hunt to a Daily Express representative.

"One of its most singular charms is that every letter it contains is intact, unmutilated, and is set up in its particular volume, accompanied by rare prints or etchings of the writer concerned.

"The greatest msicians, poets, soldiers, diplomats, authors, lawyers, doctors, or politicians of their day find space in it, and almost all the letters record not trivial episodes, but the crucial events of the world at that moment."

Copenhagen Builds Modern Schools

Copenhagen—There is a tendency in Copenhagen, as in other cities, to remove from the center of the city to the outskirts, and this year three new schools are to be opened when the term commences. It is six years since the last were completed. There is an average of 30 classrooms to each school, and from nine to 11 halls and special rooms for gymnastics, domestic science, natural science, drafting, craft work, sloyd and library work, as well as other rooms for administrative purposes.

At Skovshoved one of the districts near Copenhagen, a new school to be built this year is without a staircase, but a gradually descending slope in a spiral form, which takes the place of the usual steps.

The school is a two-storey building and the slope will be of reinforced concrete.

Heavy sleepers can't excuse themselves because they "didn't hear the alarm" if a new German invention becomes popular. This novel device is attached to a clock, and at the given moment explodes a cartridge containing pungent gas. This causes the sleeper to sneeze himself awake!

Minard's Liniment aids tired feet.

Dishwashing Is Still Hated Task

Childhood Duty Turns Modern Girl Against Homemaking

Compulsory dishwashing in childhood has given millions of girls a drab outlook on life and has caused them to conceive an absolute hatred for homemaking, says Miss Marion S. Van Liew, chief of the home economics education bureau of the University of the State of New York.

Hatred of dishwashing, while it seems of itself a most insignificant matter, becomes the root of an obsession against all phases of housekeeping, she thinks, and therefore has a potentiality of exercising a vicious influence on the entire future of girls and women.

Miss Van Liew, who is widely known throughout the nation as a home economist in addition to her position with the State Department of Education, yesterday become educational director of the Homemaking Center of the New York State Federation of Women's Clubs.

No Fad, She Declares

"Home economics is no fad," Miss Van Liew told an interviewer in Albany. "It has passed that stage and has stood the test. People are more 'home conscious' than ever and it is recovering its former status rapidly. Now, the difficulty is that girls are not prepared to take over the problems of homemaking when they become brides.

"It may astonish people to know that the state is training hundreds of girls and young women for the career of marriage. Outside of New York there are 211 centers under the supervision of the State Department of Education where homemaking is taught as a fine art, and New York does not neglect this important training.

"Women and girls must get away from the old idea that homemaking is nothing but sewing, cooking and cleaning," Miss Van Liew added. "These things are but incidental and as such should be done by means of a time budget so as not to interfere with the major phases of the calling."

She reminds one that choosing harmonious color combinations for the home and purchasing clothing, edibles and other supplies come into the calling of homemaking, as well as personal grooming and adjustment of family relations, and that to be successful in all these the homemaker should be trained.

She declared that every feminine member of every family should be instructed in home economics. She would have the younger children learn it in junior high school, and have mother keep up with them by extension courses in the afternoon and evening.

CONSTIPATED CHILDREN

Constipation is one of the most common ailments of childhood and the child suffering from it positively cannot thrive. To keep the little one well the bowels must be kept regular and the stomach sweet. To do this nothing can equal Baby's Own Tablets. They are a mild but thorough laxative; are pleasant to take and can be given to the newborn babe with perfect safety. Thousands of mothers use no other medicine for their little ones but Baby's Own Tablets. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Wrong Phrase

Mr. Brown had just returned from the office and was introduced to the new nurse, who was astonishingly pretty.

"She is sensible and scientific, too," said Mrs. Brown, "and she says she will allow no one to kiss the baby while she is near."

"No one would want to," replied Brown tiredly.

"Oh, indeed, John!" snapped the fond mother.

"I mean," faltered Brown, endeavoring to make things better, "not while she is near."

The pretty nurse was given marching orders the following day.

Any Offers?

As Mrs. King was cleaning her front bed-room windows she saw a friend hurrying along the road.

"What ever has happened?" she cried, running to the garden gate and calling to the friend. "Why are you in such a hurry?"

The friend paused to regain her breath.

"I'm trying to get something for my husband," she panted.

"Oh," replied Mrs. King, very much relieved. "Had any offers?"

"To-morrow must be richer than to-day: the totals of to-day must be greater than those of yesterday."—Andre Siegfried.

Minard's Liniment has a hundred uses.

Doctor—"Do you feel any change since you came back from the Riviera?" Patient—"Not a penny."

For a brighter day TOMORROW Take a Cascaret TONIGHT

Quick Relief for CONSTIPATION BILIOUSNESS SLUGGISHNESS

Cascarets 10c "THEY WORK WHILE YOU SLEEP"

ISSUE No. 41—'30

When baby frets

and you can't get your work done — your nerves are getting the better of you — make a cup of tea — it's a great "pick-me-up". Sit down a few minutes — you will feel better!

RED ROSE TEA

"is good tea" 104

TWO QUALITIES — RED LABEL & ORANGE PEKOE

1950 Worker Will Get $27-a-Day Wage

Predicted by Ford in His New Book, "Moving Forward"

New York—Henry Ford blames the present industrial depression on business men who watched the stock market instead of their business, and believes the cure lies in quantity production and intensive marketing of high-class goods.

He outlines his opinions in a book "Moving Forward," published on Oct. 2nd. He predicts that in 1950 the United States workingman will get a minumum wage of $27 a day, advocates high wages as one of the fundamental laws of business, and says genuine over-production has never existed.

In regard to wages, however, Mr. Ford believes that while a man has a right to work, his right to a job depends on his ability to render valuable service. He says belief that a company owes a living to those who work for it is based on "our traditional conception of master and servant."

The book, written in collaboration with Samuel Crowther, says the fundamentals of business principles are: First, to make more and better goods cheaply as possible and force them on the market; second, to strive always for higher quality and lower prices and costs; third, to raise wages gradually and continuously and never to cut them; and fourth, to get the goods to the consmer economically so he may benefit by low cost production.

The carrying out of these modern business laws requires much more leadership than did the old production, Mr. Ford says. He believes that was why interest in the 1929 stock market brought disaster.

"The true occasion for alarm was deeply hid," he says. "It consisted in the complete stoppage of improvement in quality of goods and in methods of manufacture, which in turn causes a stoppage in the increasing values of the purchasing money. There is bound to come a time when things are offered for sale at so much more than they are worth that the public will hesitate to buy them, and then will stop buying altogether and may even fall into a panic about what it has bought.

"No one hs yet been born who can manage both to manipulate the market for its stock and also its business in such a way that it will be profitable. The two do not and cannot mix."

Athletes recommend Minard's Liniment

The Lafayette ATLANTIC CITY, N. J.

Just Off the Boardwalk
Fireproof Construction
On a Residential Avenue
Harmonious, restful surroundings with recreational advantages.
European Plan from $4 Daily
American Plan from $7 Daily
WEEKLY OR SEASON RATES ON APPLICATION

Classified Advertising

FOR SALE—FIRST CLASS BREEDING Mink, and Foxes, at reasonable prices. In your own interests write for particulars. J. O. Mitchell, St. Mary's, Ontario.

AGENTS WANTED FOR DR. BOVEE'S soaps, toilet articles, etc., well known for twenty years. Quick turnover and large profit. Dept. 6, Bovee Manufacturing Company, Toronto 8.

DON'T BE THIS MAN

Deafness HEAD NOISES

RUB IN BACK OF EARS—INSERT IN NOSTRILS...

Leonard EAR OIL

$1.25 All Druggists. Descriptive folder on request

A. O. LEONARD, Inc.
70 Fifth Ave., New York City

An Emergency Dressing

Minard's is invaluable as a quick dressing for burns, scalds and all flesh abrasions. It cleanses and soothes the wound.

MINARD'S "KING OF PAIN" LINIMENT

DON'T SUFFER WITH DANGEROUS INDIGESTION

Do you suffer after meals with belching, from sour and acid stomach? Many believe they have heart trouble and tremble with fear, expecting any minute to drop dead. This condition can be prevented, likewise relieved.

Take Carter's Little Liver Pills after meals and neutralize the gases. Sweeten the sour and acid stomach, relieve the gas and encourage digestion.

The stomach, liver and bowels will be cleansed of poison, painful and dangerous indigestion disappears and the system enjoys a tonic effect. Don't delay. Ask your druggist for a 25c pkg. of Carter's Little Liver Pills.

READ OF A CASE LIKE HER OWN

Decided to take Lydia E. Pinkham's Vegetable Compound

Moncton, New Brunswick—"Before my last baby was born I was very weak, nervous and discouraged. I saw an advertisement in the paper about a woman who had been like me so I bought a bottle of Lydia E. Pinkham's Vegetable Compound. I took three bottles and it carried me safely through that critical time. I have three children to care for and I feel well and strong. I have told two other women about your medicine."—Mrs. Geo. Arsenault, 27 Albert Street, Moncton, New Brunswick.

COMPLIMENTED ON HER COMPLEXION AT 65

Tells All Women How She Does It

20 YEARS OF KRUSCHEN 20 YEARS OF HEALTH

Just fancy! A grandmother and still being complimented on her complexion! How does she do it? Her letter explains. Kruschen keeps her young and fit. That's the secret of the whole matter.

"When I was on holiday this Summer I was asked what gave me or what I used for my fresh complexion. For 20 years now I've used as directed Kruschen Salts, the finest and only medicine to my knowledge. Before this I was troubled with my liver and biliousness and rheumatism in my arm and shoulders. I just take it regularly as you describe, with the above result. I tell everyone this, also my family, who are now men and women, for I am over 65." —E. B.

Don't be content to envy her. Follow her example. Kruschen will keep you young, just as it keeps her young. The little daily dose keeps you young inside; you wake up every morning as fit and fresh as a schoolgirl, and before the first month is out the wonderful difference is written in your complexion and your eyes. Kruschen will restore the liver and kidneys to proper activity. Waste products will be naturally expelled by those eliminating organs as Nature intends. The blood will be refreshed and will course in a cleansing stream to every fibre of the body, reinvigorating your whole system, brightening your eyes, clearing your skin. You feel—and are—a different person. Thousands are proving it daily. Why shouldn't you? Kruschen Salts is obtainable at all Drug Stores at 45c, and 75c, per bottle.