

Training Little Children

By Mrs. Gertrude H. Campbell

Many mothers have asked me, "Do you find that your kindergarten training really helps you when you are dealing with problems in your home?" My answer is invariably, "Yes."

Two years of thorough and stimulating training in Froebel's wonderful methods for teaching little children and several years of trying to put those methods into practice, could not fail to give a mother a more intelligent and spiritual grasp of the meaning of her children's activities.

Thinking back over the past year I have been trying to formulate some of the practices that have helped me over the hard places, and offer the following to the mother who wishes to make of her children's early years a period that they and she will remember with great joy.

1. When it is necessary to restrain a child from doing something wrong or harmful, always suggest something else he may do. Never issue a don't without proposing a do.

2. In giving a child permission to play take care that his activities do not develop into license. For he will be happier if some limitations are imposed to test his powers and help him concentrate. For instance, if he is playing with blocks or cutting from paper, giving him permission to do anything he pleases often results in aimless or destructive activity. Some suggestion from the mother to make something—to furnish a house, for instance—stimulates and directs his mind, while leaving him free to express himself.

3. Before a command is given always consider whether it is going to raise an issue. If a child refuses to obey, do not always insist upon implicit obedience; your command may not have been an entirely wise one. Punish for disobedience. If necessary, but do not raise avoidable issues. "Breaking a child's will" is cruel and most harmful.

4. When a child is naughty, always be sure that the cause is not a physical one, for fatigue and hunger come easily to little people. Many problems that are unsolvable before a meal are no longer problems afterward.

5. Try to follow your children's activities and to understand the instincts and inner laws from which they proceed. View what they do in the light of your intelligence and of your spirit. Such a habit of watchfulness and care prevents nervous irritation and enables you to enter into and to encourage sympathetically activities which are pleasing.

6. Be consistent in what you approve and disapprove. Do not one day, because you are tired, deprive a child for something he had done, and the next day ignore the same thing because you are rested.

7. Answer questions truthfully. A child's mind does not always crave details. Give him only broad statements. Build a strong foundation of truth to which details may be added later. As regards the vital question of the origin of life be careful not to give the child more than he asks for. Do not force your buds to open too early. The life of flowers and birds is analogous to human life and will tell you how to answer this question.

8. Avoid useless negotiations. If there is no real reason why a child should have his requests denied, do not deny them.

9. In regard to children's interruptions, consider whether what they want you to do is not more important than the special activity you had planned for that moment. In the last analysis, why do we mothers exist at all if not to give of our best to our children and to meet their needs as they show themselves?

10. The care of a child's body is important, but it should not monopolize the mother's attention at the expense of mind and spirit.

11. Cultivate a sense of humor in yourself and in your child. It is wonderful how many trying situations may be relieved through this means.

12. Show a child the same respect you would a grown person. What a child resents most in being struck is not the pain, but the insult to his pride.

13. Do not leave your children largely to the care of nurses, however conscientious or seemingly intelligent they may be. Nurses minister mostly to the physical needs of little children, and the time soon comes when they are no longer necessary for this purpose. Then it may be too late for the mother to build the bridge of sympathy between her children and herself. Moreover, it is in early years that the child is most impressionable and that a mother's influence may count for most.

14. Do not threaten. Make punishments light, but see that they always follow the offense. Their effectiveness depends upon their inevitability, not on their severity. A child keeps his fingers from the flame because he knows it will always burn him.

15. A child that is occupied is always a good and happy child. For outdoors, try to have a sand box, a swing, a garden and garden tools, and let this be a spot where the children hear the word "don't" as seldom as possible. For indoors, provide modeling clay, paints, a soap bubble outfit, blocks, crayons, colored paper, blunt scissors, colored gooden beads, shoe-strings for stringing and pegs for pegboards. (Beads, pegs and peg boards may be procured from Milton Bradley Co., Springfield, Mass., or L. Steiger & Co., 49 Murray street, New York. Both companies will send a catalogue upon request.)

16. Since you are constantly supplying your child with mental and spiritual food see that your own mind and spirit are kept renewed and inspired by good books, fresh air, poetry, change of scene, stimulating companionship, good pictures, and music.

17. And remember, your child came to you with the divine spark. He is for you largely to make or mar.

Please pass this article to a friend and thus help Uncle Sam reach all the mothers of the country.

DR. DUKE FAVORS THE SANATORIA SCHEME

The Oklahoma Tuberculosis Assn., Oklahoma City, Okla., Gentlemen:

I am in most hearty accord and sympathy with the plan to establish suitable state tuberculosis sanatoria in Oklahoma. Prompt legislative action to that end is most desirable.

Oklahoma, so progressive in most respects, has been backward in this important phase of public health work. Hundreds of lives would be saved each year and great human suffering averted by the establishment of suitable places for the care of tubercular patients. Even our largest cities are deficient in this regard; in smaller communities there is almost no provision for the care of such patients. Aside from the humanitarian viewpoint, the money thus expended will be saved many times over the state. Nothing is more expensive than ill health.

Assuring you of my most cordial co-operation, I am,

Sincerely yours,
JOHN W. DUKE,
State Commissioner of Health.

Relieves CATARRH of the BLADDER and all Discharges in 24 HOURS

SANTAL MIDY

"77"

Humphreys' "Seventy-seven" breaks up Coughs, Colds, Influenza, Cold in the Head, Catarrh, Sore Throat, Quinsy, Tonsillitis and Grip. At All Druggists

COLDS

H.G.C. INJECTION

RELIEVES WITHIN 3 DAYS

At All Druggists

At All Druggists

A LARGE NUMBER OF MARINES WILL BE NEEDED

The very important part which the Marine Corps will take in protecting American interests in the unsettled countries which have taken part in the world war is going to require a permanent Marine Corps personnel of about twice pre-war strength.

Recruiting has recently been resumed at the Kansas City, Missouri, and Omaha, Neb., recruiting offices on the old basis of four years enlistments. It is not any longer necessary to induct men through local draft boards as their calls have all been cancelled and records closed.

In re-organizing the corps on a permanent basis there will be vacancies in all the different branches, which are infantry, light and heavy artillery, track and tractor drivers and signal sections. Men who have wanted to see foreign service, but were not fortunate enough to get "over" before, now have this opportunity in the Marine Corps.

Gen. March Gets D. S. M. Washington, Dec. 13.—Upon the recommendation of General Pershing and with the approval of President Wilson, Secretary Baker has awarded the distinguished service medal to Gen. Peyton H. March, chief of staff. In presenting the decoration before a large assemblage of army officers, Secretary Baker laid stress on the fact that it was won through efficient service both in France as chief of artillery of the First American army and at home as chief of staff.

Montreal claims to have the largest flour mill in the British Empire, with a capacity of 5,000 barrels a day.

WOMAN DOCTOR WANTS WOMEN TO WEAR MORE CLOTHES TO SAVE COAL

Chicago, Dec. 14.—"It is our patriotic duty to put on more clothes, save coal and improve health," was the substance of an address before the Public Health Administration section of the American Public Health Association today by Dr. Jeanette H. Throckmorton of Clarion, Iowa.

"There are fashions not only in dress, but in trend of thought and morals," Dr. Throckmorton continued. "The impulse which moved our primitive ancestors to adopt dress was, first vanity, next protection and lastly modesty. Of these, that of protection seems most often disregarded by the gender sex. The custom of wearing summer clothing in winter is a pernicious one, and the continual chilling of the skin causes congestion of the internal organs with attendant ills."

"Erect carriage and gait are important qualities and are influenced by the style of corset and shoes worn."

"Dress and morals are intimately associated and modesty in dress appears in demand but little at present. Our adolescent daughters often use poor judgment not only in dress but in conduct."

NAVY LINED UP TO BEST TRADITIONS

Washington, Dec. 12.—The navy lined up its best traditions during the war and sailors almost invariably conducted themselves better than in peace times. Despite the large number of men inducted into service from civil life, which increased the naval forces 134 per cent, there were fewer violations of navy regulations. The percentage

of court-martial decreased from 1.75 to 1.17 in the navy and from 2.72 to 1.20 in the Marine Corps.

This fine record of the sailor's behavior was revealed today in the annual report of Capt. George R. Clark, judge advocate-general, who also took occasion to commend the improved conditions in naval prisons, which he attributed largely to the efforts of the Welfare League. In referring to excellent conditions at the Portsmouth, N. H., yard, the judge advocate-general said the system there was initiated by Thomas Mot Oshorne, former superintendent of the New York State Prison.

Less promising results were noted of the probation system, only 55 per cent of the men so released completing the period of probation against 71 per cent in the preceding year.

Every Chinese junk has an eye carved upon the bow in order to "see" where it is going.

FOR CHRONIC RHEUMATISM

Many people who have considered themselves incurable after spending hundreds of dollars on specialists, baths, taking processes, etc. and who have experimented with other remedies have at length found relief from the tortures of rheumatism by taking Prescription A-254—a Turb. Treated Remedy free from opiates or narcotic drugs.

Mr. C., a Preacher and Master Mason, suffered from rheumatism in a very aggravated form. He took Prescription A-254 and says: "It has done a wonderful lot of good. It has stopped all pain and rheumatic trouble and I am up and going everywhere and have gained 12 lbs. of flesh. I am highly pleased with the results."

Prescription A-254 has been successfully used for 14 years. EIMER & AMEND, Third Ave., 18th to 19th Sts., New York.

Germans Leaving Odessa

London, Dec. 13.—Odessa, the principal Russian port of the Black sea, is being evacuated by the Germans, according to an official statement from Berlin. The disarmament of Field Marshal von Mackensen's army, it is added, is proceeding systematically.

The Norwegian who cuts down a tree must plant three saplings in its place.

HARTMANN WARDROBE TRUNKS



"LET'S TALK LUGGAGE"

DONNELLY TRUNK CO.

14 North Harvey St., Oklahoma City, Okla.

HOME OF THE FAMOUS

Hartmann Wardrobe Trunk

Priced From \$25.00 to \$165.00.

The Ideal Christmas Gift

Write for our new "How to Pack" Free Booklet, showing styles and prices.

Weed-End Cases, Over Nite Cases and high-class leather goods in endless variety.



OKLAHOMA CITY THE MARKET PLACE FOR SOUTHERN OKLAHOMA

Business Outlook Broadens--Readjustment In Industry and Trade to a Peace Basis Mean Larger Available Supplies of Merchandise, Sustained Prices for Farm Products and a General Broadening of the Country's Prosperity

Expert Radiator Repairing Radiator Hospital

Phone Maple 902. 330 W. Fifth Street. Oklahoma City

J. R. Cahill and Son, Proprietors.

LET US DEMONSTRATE

THE ONLY BLACKLEG

SERUM

WITH CASH GUARANTEE



KANSAS BLACKLEG SERUM COMPANY Oklahoma City

LIBERTY ELECTRIC COMPANY

At Liberty Garage Specializing in Starters, Magneto's and Generators We Repair and Re-Charge All Makes of Batteries Dealers' Business Solicited. 15 West Main St., Oklahoma City. Phone Walnut 804

WE DESIGN AND MAKE YOUR DRAPERIES—FREE

We charge only for material used. Make use of our 25 years of experience. It costs you nothing.

Art Drapery Co. Inc. HOUSE OF QUALITY 221 N. Robinson, Oklahoma City, Okla.

THE ACME ELECTRIC CO.

Exclusive Electrical Repairing 15 N. Dewey. Phone Maple 4408 Oklahoma City, Okla.

If It's Electrical, We Fix It. Work Guaranteed. We buy, sell or exchange any kind of electrical apparatus of value. After 6 P. M. call Maple 3759 or Walnut 7723.

Electrical Goods

Your every need has been anticipated. You'll find our service the most complete in the city.

PRICES

Consistent with quality, your small order will get the same service as larger ones.

ARNOLD & WETHERBEE Electrical Contractors 116 NORTH BROADWAY Oklahoma City Wholesale and Retail



Eggo takes the place of the whole egg in all cooking and baking at less than 1/2 a cent. Whip-O takes the place of the whites of eggs in anything they are used for. Always very convenient and economical.

Our Specialty Now—Bones. Karchmer Iron & Metal Co., 932 West Grand, Okla. City. Phone Walnut 5891, Maple 3502 Wholesale Junk Dealers.

Can serve you and inform you on anything you wish to know in our line. We have experts here.

BUILDERS OF COMMERCIAL CAR BODIES Painting Tops and Trimming OKLAHOMA CARRIAGE & AUTO WORKS 800-802 W. Grand Ave. Oklahoma City

WEATHER STRIPS

Monarch Metal Weather Strip Co. 218 Simpson Bldg., Ardmore, Okla.

Leak-proof, Noiseless, Dustless. Estimates Cheerfully Given.

WE CAN SAVE YOU MONEY

Have your tires retreaded or vulcanized by men who know how. We buy old casings and tubes. Expenses paid one way or out of town work.

ROGERS-LENGLADE VULCANIZING CO.

506 W. Main, Oklahoma City, Okla.

The REINHART AND DONOVAN CO.

Civil and Contracting Engineers Reinforcing Steel and Fire-proof Building Materials Office 721-23-27 Insurance Building Telephone Maple 771 Oklahoma City

Oklahoma Electrical Supply Company

Most complete stock of electrical fixtures and appliances in state. 120 West Main Street, OKLAHOMA CITY. Walnut 83 Maple 98

Electric Signs

World's Largest Builders of ELECTRIC SIGNS FOR ALL PURPOSES. Oklahoma City.

PUMPS—PULLEYS—HANGERS—SHAFTING BELTING—PACKING HOSE

CORKEN MCHY. & SUPPLY CO. OKLAHOMA CITY.

Germ Free Blackleg Vaccine Will Immune Your Calves.

A vaccine that is absolutely safe and free from blackleg germs.

Stock Yards Station, Oklahoma City, Okla.

By vaccinating your calves with this vaccine gives you cheap insurance.

The price is 30c per dose of 5 ccs.

One vaccination immunizes the calf for life.

Write us today—don't delay.

THE EAGLE BIOLOGICAL & SUPPLY CO.

ELECTRIC SIGNS

CHANNEL LETTER—STUDED LETTER.

Our Patent Reflecto Electric Sign is a money saver in operation and first cost. Write for sketch.

NUNN ELECTRIC SIGN SYSTEM, 638 E. 7th St., Phone Maple 55, Oklahoma City



ENAMELWARE TINWARE GALVANIZEDWARE GLASSWARE WOODENWARE KEGS AND BARRELS GAS AND CAST STOVES MAIL ORDERS FILLED RIGHT NOW.

MILLER-JACKSON COMPANY

Oklahoma City

Electricity for Automobiles

Starting Motors, Lighting Generators and Ignition Systems Repaired. Full line repair Parts for all makes of Storage Batteries at wholesale prices.

PRUNTY STORAGE BATTERY CO.

Oklahoma City Phone Walnut 3617 427 West Main

OWN A BOTTLED WATER BUSINESS

The Electric Water Sterilizer will give Pure, Clear, Sweet-Tasting Water.

There is a fine opportunity in Ardmore for a live business man who is looking for a good proposition.

We install complete plants and guarantee your success. Wire, phone or write to

Electrified Water Company of Texas Dallas, Texas.