Reading for Women and all the Family

MAKING THE MOST OF OUR CHILDREN

A Series of Plain Talks to Parents

By Ray C. Beery, A.B., M.A.
President of the Parents Association.

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No. 23. Are Your Children Self-Conscious?

The bashful person in company is like a fish out of water. He feels decidedly uncomfortable.

It is really painful to be self-conscious. And it is an injustice to children to allow them to grow up with this habit.

Overcome it by all means. You can if you use the right method.

One mother writes to me:

"Our five-year old daughter tries to keep herself hid whenever we have company. How can we overcome her bashfulness?"

Your daughter very likely has had some unpleasant experience with visitors.

To overcome this, begin by getting her interested in playing, "Visiting" with you when alone. You can easily do this by letting her dress up in some old long dress of yours and let her play the part of both visitor and hostess in turn. In this playful way, you can accustom her to different points in social custom, ignorance of which very often is a cause of timidity. Play visiting several times before you insist upon her taking active part in entertaining company.

It is a good idea always to help her out when visitors come by making little tactful expressions yourself when necessary. By being tactful is meant that you should put the emphasis upon some interesting play, activity or object apart from the little girl herself. It is exasperating to have anyone ask her how old she is and a hundred other questions about herself when she has her attention already too much on herself. See that the conversation is kept on some interesting activity which fills her thought and makes her enjoy herself.

Never under any circumstances suggest to your daughter how timid she is. Never make fun of her. This simply would give her the impression that you do not understand her. Do not, on the other hand, talk about how brave she is. The better way is simply to put the whole emphasis upon the fun she will have or has had with some visitor.

Appear at all times to be very much interested in visitors. Plan for their reception. Talk about the good time you will have with them beforehand. When the visitor comes, have your daughter bring in her most beautiful doll and doll clothes. Direct the talk yourself into proper channels.

Remember, your daughter is going to match you very closely. It therefore is essential for you to be calm and composed at all times when in company. Do not let anything excite you. Take your time. This really will mean more to your daughter than anything else.

Some mothers make the mistake of trying to sympathize with their children by telling them they used to have the same trouble. But this suggestion does more harm than good. Simply don't talk about the bashful trait at all.

The better way is to keep talking about the positive idea of making others happy and having a good time while with them. Continue this plan and the habit of self-consciousness gradually will disappear.

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MOTHERS
Reduce your doctor's bills by keeping always on hand—
Your Bodyguard
VICK'S VAPORUB
NEW PRICES---30c, 60c, $1.20

PAYS WIDOW 25 YEARS LATER

Altoona, Pa., Oct. 14. — When George Pottsgrove died, 25 years ago, he had $187 due him in wages from the Pennsylvania Railroad. Neither the company nor the family was aware of this until lately, when the discovery was made by clerks going over old records. A check for the amount was made out and sent to the widow.

SPANISH INFLUENZA---WHAT IT IS AND HOW IT SHOULD BE TREATED

Nothing New—Simply The Old Grip, or la Grippe That Was Epidemic in 1889-90, Only Then It Came From Russia by Way of France and This Time by Way of Spain.

Go to Bed and Stay Quiet—Take A Laxative—Eat Plenty of Nourishing Food—Keep Up Your Strength—Nature Is The Only "Cure".

ALWAYS CALL A DOCTOR

NO OCCASION FOR PANIC

Spanish influenza, which appeared in Spain in May, has all the appearance of grip or la grippe, which has swept over the world in numerous epidemics as far back as history runs. Hippocrates refers to an epidemic in 412 B. C. which is regarded by many to have been influenza. Every century has had its attacks. Beginning with 1831, this country has had five epidemics, the last in 1889-90.

There is no occasion for panic—influenza itself has a very low percentage of fatalities—not over one death out of every four hundred cases, according to the N. C. Board of Health. The chief danger lies in complications arising, attacking principally, patients in a run down condition—those who don't go to bed soon enough, or those who get up too early.

THE SYMPTOMS

Grippe, or influenza as it is now called, usually begins with a chill followed by aching, feverishness and sometimes nausea and dizziness, and a general feeling of weakness and depression. The temperature is from 100 to 104, and the fever usually lasts from three to five days. The germs attack the mucuous membrane, or lining of the air passages—nose, throat and bronchial tubes—there is usually a hard cough, especially bad at night, often times a sore throat or tonsilitis, and frequently all the appearances of a severe head cold.

THE TREATMENT

Go to bed at the first symptoms, not only for your own sake but to avoid spreading the disease to others—take a purgative, eat plenty of nourshing food, remain perfectly quiet and don't worry. Quinine, asprin or Dover's Powder, etc., may be administered by the physician's directions to relieve the aching. But there is no cure or specific for influnza—the disease must run its course. Nature will throw off the attack if only you keep up your strength. The chief danger lies in the complications which may arise. Influenza so weakens the bodily resistance that there is danger of pneumonia or bronchitis developing, and sometimes inflammation of the middle ear, or heart affections. For these reasons, it is very important that the patient remain in bed until his strength returns—stay in bed at least two days or more after the fever has left you, or if you are over 50 or not strong, stay in bed four days or more, according to the severity of the attack.

EXTERNAL APPLICATIONS

In order to stimulate the lining of the air passages to throw off the grippe germs, to aid in loosening the phlegm and keeping the air passages open, thus making the breathing easier, Vick's VapoRub will be found effective. Hot, wet towels should be applied over the throat, chest and back between the shoulder blades to open the pores. Then VapoRub should be rubbed in over the parts until the skin is red, spread on thickly and cover with two thicknesses of hot flannel cloths. Leave the clothing loose around the neck as the heat of the body liberates the ingredients in the from of vapors. These vapors, inhaled with each breath, carry the medication directly to the parts affected. At the same time, VapoRub is absorbed thru and stimulates the skin, attracting the blood to the surface, and thus aids in relieving the congestion within.

HOW TO AVOID THE DISEASE

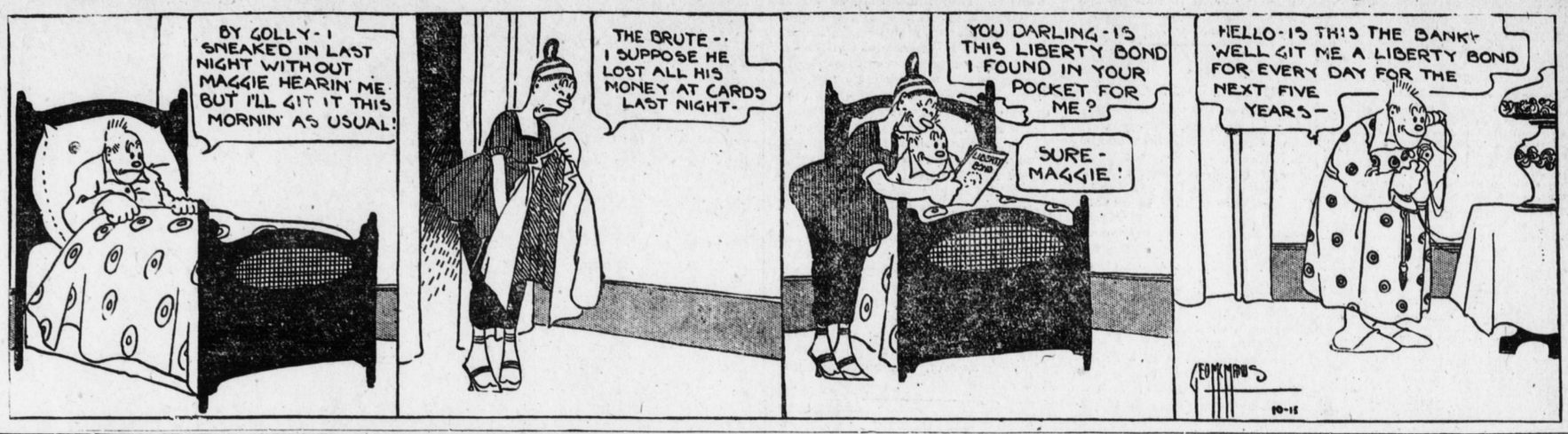
Evidence seems to prove that this is a germ disease, spread principally by human contact, chiefly thru coughing, sneezing or spitting. So avoid persons having colds—which means avoiding crowds—common drinking cups, roller towels, etc. Keep up your bodily strength by plenty of exercise in the open air, and good food. Above all, keep from colds, as colds irritate the lining of the air passages and render them much better breeding places for the germs.

Use Vick's VapoRub at the very first sign of a cold. For a head cold, melt a little VapoRub in a spoon and inhale the vapors, or better still, use VapoRub in a benzoin steam kettle. If this is not available, use an ordinary tea-kettle. Fill half-full of boiling water, put in half a teaspoon of VapoRub from time to time—keep the kettle just slowly boiling and inhale the steam arising.

NOTE. Vick's VapoRub is the discovery of a North Carolina druggist, who found how to combine, in salve form, Menthol and Camphor with such volatile oils as Eucalyptus, Thyme, Cubebs, etc., so that when the salve is applied to the body heat, these ingredients are liberated in the form of vapors.

VapoRub is comparatively new in New York State and New England and a few Western States where it is just now being introduced, but in other sections of the country it is the standard home remedy in more than a million homes for all forms of cold troubles. Over six million jars were sold last year. It is particularly recommended for children's croup or colds, since it is externally applied and therefore can be used as freely as desired without the slightest harmful effects. Vapo-Rub can be had in three sizes at all druggists.

Bringing Up Father :-: :-: Copyright, 1918, International News Service :-: :-: By McManus



THE PLOTTERS

A New Serial of East and West

By Virginia Terhune Van de Water

BY VIRGINIA TERHUNE VAN DE WATER.

CHAPTER LI.

(Copyright, 1918, Star Company.)

Upstairs Elizabeth Wade washed her hands and face quickly, and, removing her soiled dress, slipped hurriedly into a fresh one.

She was still fearfully nervous and wanted to get back downstairs.

She did not even pause to comb her hair, but smoothing the rough portions with her brush she pinned up the loosened strands.

As she did so she heard more plainly than before the men's voices raised in altercation. The sound frightened her, and she hastened to put the finishing touches to her toilet.

In the kitchen Mrs. Chapin trotted back and forth from table to range, making coffee and heating the muffins that were to form a part of the evening meal.

She in her turn was worried and nervous. She had not had a pleasant afternoon with her husband, and her thoughts were busy with what he had said to her.

In the first place, he had told her of his having discharged Sulov Talak. This bit of information was hardly necessary, for she had heard some of his orders and imprecations before she saw Talak crossing the meadow back of the barn, his head bent in depression or sullenness.

She had thought that he was going away then. But later she had seen him creep back and disappear in the direction of the stable. At that time Amos was resting in the livingroom, and she did not tell him that the discharged farmhand had returned.

Instead she had waited until her husband fell asleep. Then she had crept out upon a tour of investigation. She was not afraid of the Pole. She had always been kind to him, and he had never been uncivil to her. Moreover, she felt quite able to protect herself.

Going into the dusky recesses of the barn, she called the man softly but distinctly.

"Talak!" she said. "Talak, where are you?"

No answer came. He had probably left at last.

Passing out through the rear door, she climbed a little knoll at the side of the barnyard. From this elevation she could look across the fields lying between her and the pine woods to the south.

Across the most distant of these fields she spied a figure walking slowly. It carried something long over its shoulder — it looked like a stout stick—and from this hung an object which she thought she recognized as the bundle containing all Talak's earthly possessions.

She breathed a little more freely now that she knew that the Pole had really started on his journey.

"Pa and he have had so many words lately that it's made me awfully uncomfortable," she muttered. "I don't feel somehow as if pa had done right by him, and yet he says the poor fool hasn't done a decent day's work since the death of his dog. Well," with a sigh of pity, "I suppose Nig was his only friend. Anyway, since he's going, I'm glad he's gone. I hope pa will be less upset now. I don't understand him these days. He's worse than ever!"

Which admission would have proved to an unprejudiced listener that Martha Chapin's matrimonial walk was not a path of roses.

Returning to the house, she set about preparing supper. As she was doing this her husband came into the kitchen.

"It's getting late," he remarked. "Where's Butler gone with that girl?"

"For a walk, I guess," his wife replied.

"It's time they were back," he grumbled.

"What do you care?" his wife reasoned, gently. "Don't bother so much about things, pa. It's not good for you."

"It's easy enough for you to say "Don't bother," he retorted. "You don't need to bother. You don't have to work the way I do on another man's place and get no credit. Well, it's coming to an end now."

His wife looked up eagerly. "You mean," she said, "that you're going to give up the farm, or"—as he shook his head—"what do you mean?"

"I mean I'm going to buy the place myself if it's possible," he said. "I've told you all along that I meant to. Now I've about got it settled."

She could not answer immediately. When she did she gave no sign of the disappointment that was tugging at her heart-strings.

She was thinking of this now as she got supper for Butler and Elizabeth.

She had always hoped against hope that Amos would change his mind and move to town— preferably Chicago, where she could be near Clifford as long as she lived. Now that was out of the question. Her husband had, in some way that was mysterious to her, secured the money with which to buy the farm. He and she would probably end their days here.

Well, she must try to bear her lot cheerfully, and not to think about it now. The duty of this minute was to call the young people to supper. If pa would only let that young man go and "wash up!"

She started across the hall to summon Elizabeth. As she did so her husband's excited voice reached her ears. At the same moment Elizabeth's door opened, and the girl hurried down the stairs.

"Oh, Mrs. Chapin!" she gasped. "What is the matter in there? What can they be saying?" Then, as the matron caught her hand nervously, "Mr. Chapin must be very angry — he must"—

She got no further, for the sound of a shot rang through the house.

Pushing past the terrified woman who tried to detain her, Elizabeth rushed to the small room back of the parlor. Opening the door, she stopped short on the threshold.

In the center of the room stood John Butler, as white as death. At his feet lay the body of Amos Chapin, blood oozing from a bullet wound in his temple.

(To be continued.)

Ignorance of Law Brings Rebuke to a Colonel

"A few nights ago I witnessed a rather exciting episode in one of the leading New York hotels," said John F. Gilmore, of Manhattan, in the Washington Post. "A young man in the uniform of a lieutenant in the Army, it seems, had exhibited to a friend a paper showing that the lieutenant had been honorably discharged from the military service only a few days previous. An older man in uniform, wearing the insignia showing him of higher rank, was standing near and immediately took a part in the proceedings. He at once began to berate the young men, saying the other, as a discharged soldier, had no right whatever to be wearing a uniform; that it was gross presumption upon the part of any one who had received a discharge, whether honorable or not, and demanded the wearer to go at once and array himself in civilian clothing on the pain of being reported and arrested.

"The young man, who was a fine-looking specimen of manhood, answered with great courtesy and calmness, but insisted that he was breaking no law or Army regulation in keeping on his uniform for a limited period after his discharge. His senior got angry and excited and looked as though he were prepared to make a formal arrest. At this juncture an elderly civilian, a finely-dressed gentleman, who looked as though he might be a Supreme Court judge, took a hand in the controversy, speaking with great dignity and effect. 'The young officer,' he said, is quite within his rights. By act of Congress he is entitled to wear his uniform for ninety days after honorable discharge from the Army. I should think a man of the rank of colonel ought to know that much.'

"The rebuke cut the colonel to the quick, as his sudden flush of color showed, but he made an apology. The moral of the incident, if there be one, is that there are untold thousands of people who are in dense ignorance of matters they are popularly supposed to know all about."

Returned Soldiers to Be Kept in Service Until Recovery Comes

Returned soldiers will be retained in the military service until recovery is as complete as possible, says a Department of Labor bulletin. The men will be grouped in three classes—those who can return to full military duty, those who can serve at home in military or civil life, and those who are no longer capable of military service. All three classes will be treated according to the most advanced methods, which will include various forms of therapy and gymnastic and mental occupation, in order that they may be physically restored to a healthy and happy frame of mind.

Most men will be able to return to full military duty. For men in the second class many occupations are possible; they may take up agriculture, printing, woodworking or photography, or prepare themselves for the civil service, teaching or work as statisticians. A great number of trades and occupations are included in the list, and additions are constantly being made.

Men in the third group, so much disabled that they can no longer be given even limited military service, may receive the special additional training offered by the Federal Board of Gocational Education. Employers in private industries cannot employ, except with the approval of the Army and Navy authorities, men in the second class.

The inquiry office, information and education service, Department of Labor, is co-operating in the work of returned soldiers.

German Government No Longer "Imperial"

London, Oct, 14.—One of the most significant points in Germany's reply to President Wilson is that it is the first important German diplomatic communication since the German empire was proclaimed at Versailles in 1871, which has not spoken in the name of the Imperial German government,

"The German government" is an absolutely new phrase, and the omission of the word "imperial" is unprecedented. Whether that means catering to President Wilson's views or whether it means change in Germany remains to be seen.

Relishes That Require no Sugar

Going slow on sugar is not so difficult if one has access to one of the syrups. These relishes suggested by the United States Food Administration are wholly patriotic, yet very pleasant to the taste.

Apple Relish—1 pint cider vinegar; 2½ cups syrup (dark); 1 teaspoon cloves; ½ teaspoon ground cinnamon; 1½ quarts apples; ½ pound seeded raisins; 2 tablespoons chopped onion; 1 cup chopped pecans or walnuts; 2 tablespoons mustard seed; 2 tablespoons celery seed; ½ teaspoon salt; paprika to taste.

Boil together the vinegar, syrup and spices for five minutes. Add apples, raisins and chopped onion. Cook for one hour. Five minutes before removing from fire, add one cup of chopped pecans or walnuts. Pack into hot jars, partially seal and setrilize ten minutes. Seal tightly. Let cool. Label and store. Yield, 6 cups.

Sweet Pickled Apples—1½ quarts vinegar; 1½ quarts water; 2 quarts syrup (dark); 4 sticks cinnamon; 4 tablespoons allspice; 8 pounds sweet apples; 4 tablespoons unground cloves; ½ teaspoon salt.

Cook together the vinegar, water, syrup and spices for five minutes. Peel and quarter the apples. Stick two cloves into each quarter. Drop the apples into the boiling syrup and simmer until tender. Pack in hot jars. Cover with boiling syrup. Partially seal and sterilize for ten minutes. Seal tightly. Let cool. Label and store.

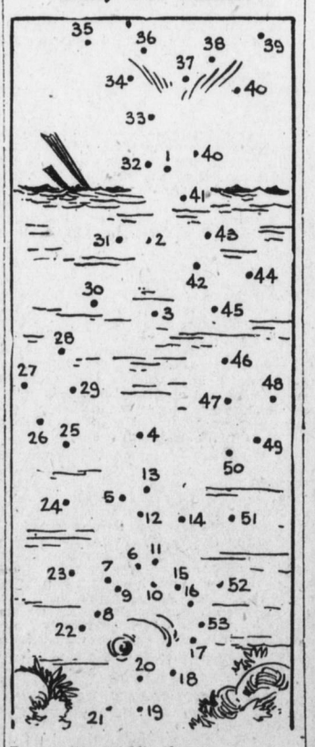
Corn Relish—12 ears sweet corn; 1 head cabbage; salt to taste; 12 onions; 3 green peppers; 3 red peppers, 3 pints vinegar; 4 cups syrup (dark); 1 tablespoon ground mustard; 1 tablespoon celery seed; 1 tablespoon white mustard seed; ½ teaspoon tumoric (added a little at a time).

Select tender corn. Cook five minutes to set the milk in order to make the grain firm. Split grains. Cut from the cob, being careful not to cut too close to cob. Scrape cob well to remove remainder of pulp. Cut cabbage fine, salt slightly, and let stand one hour. Put in bag and drain dry. Mix all ingredients together and cook twenty minutes. Pack nn twelve-ounce jars. Partially seal and sterilize for thirty minutes. Tighten seal. Let cool. Label and store. Yield, 3½ quarts.

Carrot Marmalade—1½ pounds carrots (5½ cups chopped); 3 lemons, ½ teaspon salt; 2 oranges; 4½ cups syrup (white).

Wash and scrub carrots, blanch in wire basket in boiling water from 4 to 5 minutes, cold-dip, scrape and cut into small pieces. Place in double boiler, add lemon juice and salt and cook for an hour. Add finely cut rind from oranges, the orange pulp and syrup; boil slowly until thick. Pour into hot glasses, partially seal and sterilize ten minutes. Tighten seal. Let cool. Yield, 14 glasses.

Daily Dot Puzzle



Drop a line to fifty three,
—— a —— —— from the sea.
Draw from one to two and so on to the end.

Little Talks by Beatrice Fairfax

Advice to the Lovelorn

BY BEATRICE FAIRFAX

FLIRTING WITH A SOLDIER

DEAR MISS FAIRFAX:

I am a young man 22 years old, have a good paying trade in the shipbuilding business, and am exempted from the draft on account of being the support of my invalid mother. I am engaged to a young woman since last June whom I have known and cared for for the past two years.

During the summer, she met a young man in the Army, who seems to think a great deal of her, in fact, he claims to love her. I have been told so much about him and his folks that I believe he stands ace high. She tells me she likes him very much, but that she loves me better. He writes to her continually. I have told her not to encourage him too much in answering his letters, but she says he is in danger, probably lonely, and she doesn't want to cut him or hurt him. She does not seem to understand that she is leading him on, and also not doing the right thing by me. For, if she likes him better, she ought not to remain engaged to me, and encourage him.

I will be very glad to have your opinion.

S. O. S.

So many girls act this way that it is a little difficult to understand their attitude. They become engaged to one man, and then deliberatly encourage another—particularly if she is in the service—with no idea of the unhappiness they are likely to create all around. As your promised wife, she is as untrue to you as she is to the young soldier, but doubtless she fails to realize this. Why not have an understanding with her and act accordingly?

FEARS SHE WILL BE TOO OLD

DEAR MISS FAIRFAX:

I am a freshman studying medicine at one of the colleges. Being 20 years of age, I am now in the draft and, having no claim for exemption, will, undoubtedly, be called to the colors in the near future.

About two years ago I met a beautiful girl whom I have adored up to the present time, but the problem which now confronts me is that I expect to be called and when I come home again I wish to continue the study of medicine. Therefore, I feel I will not be in a position to practice my profession for about eight years. I realize that by that time my girl would be too old for me and that I should want a younger one. The predicament that I am in can be plainly seen and what I should like to know is how I can break with my girl friend as far as love is concerned, but still retain her friendship?

J. W.

Your letter leads me to inquire if you expect to go through life courting young women in relays? If the girl you have been making love to will be too old for you in eight years, what happens at the expiration of the next eight years, and so on? Why not try a little unselfishness for a change?

AGE NO BAR TO SKILL FOR WAR

Man Past 50 Years Comes Back to Renewed Usefulness

Able-bodied men over draft age can be made skillful workers in the training schools now maintained in the large factories, and thus enabled to earn good wages while they are rendering aid to the nation in its time of need, says a Department of Labor bulletin.

The war has proved that age is not a bar to the attainment of efficiency in a new trade. The man past fifty has come back to renewed usefulness in lines of work never previously tried, and from all parts of the country reports are proving his great possibilities in aiding most lines of essential industry.

At the Boardman Trade School in New Haven a printer aged 60 learned quickly to be an adept machinist. A shirt ironer past 45 years of age in a laundry at Bridgeport, Conn., ran a screw machine after three days' practice and produced 75 per cent. more rapidly than the estimate made by the maker of the machine. At the end of a week he was taking the machine to pieces, and now he is earning 60 cents an hour in regular production. An enameler of the same age, who was working on a machine in the same training room, stayed a month to qualify as foreman in a screw-machine room. A farmer of 68 who had had mechanical training in his youth entered the training room of a munition factory and quickly qualified for skilled production.

The superintendent of a factory in Worcester, Mass., who has one of the best training schools in the country, testifies to the success of older men.

"I recently hired a man 63 years of age, who had been a patternmaker, a millwright and a stonemason," said he. "When applying for a job the man told me he had always had a 'hankering' to learn the machinist's trade. We put him to work in the training department and he is making wonderful progress. His previous training has given him a good course in mechanical work, and we believe that in a short period we can make a first class instructor out of him. He can help us in training others not so quick to grasp the trade."

A Cincinnati firm that found it difficult to procure boys has substituted old men with great success. These employes are found to be more dependable, readier to accept responsibility and more punctilious than boys. Most of them are glad to get employment in high-class institutions. It is the testimony of employers who have tried the experiment that a large percentage of them can be made to equal younger men in skilled work.

England and France give special attention to the training of older men who have been merchants or professional men for skilled mechanical production, and it is now urged that Americans will realize their opportunities to aid in war work. Every man past draft age should consult an expert, if he is able to give his time to his country and should prepare for industrial service. This message is sent out by the Section on Industrial Training, Department of Labor, as well as by the manufacturers in every state where munitions of war are being made.

Nation Sets About to Go Over Top With Loan; $3,000,000,000 to Come

Washington, Oct. 14.—Unaffected by proposals of peace by Germany the American people to-day set themselves to subscribe at least three billion dollars in the next six days to the Fourth Liberty Loan—the greatest financial task ever placed before the nation.

Reports to the Treasury Department based on information received from each of the twelve federal reserve district showed that total subscriptions received through banks and trust companies to date amount to only $2,500,000,000.

P. C. WALTER INDUCTED

City Draft Board No. 1 announced to-day that it will send Paul C. Walter, 1317 North Third street, to the Central Officer Training School for field artillery at Camp Taylor, Kentucky. To-morrow the three city and three county boards will send the quotas of men to various technical schools throughout the state for mechanical training.

HEY!

Whoever told you that you've got to scrape and skimp enough cash together before you can blow yourself or family to a new Winter outfit? Well you just forget that idea—because you needn't do anything of the kind.

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