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**Interest to Women****AIM OF HABIT FORMING**  
**IS CHILD DEVELOPMENT****Dr. Dean Summarizes Many of the Things a Child Can Do To Train Himself in Self-Control, Cleanliness and Other Virtues**

(By Arthur Dean, Sc.D.)

Some time ago I asked mothers to send in a list of things which a five or six year old child could do. I even suggested that the child himself tell his mother, when she wrote, just what he could do all by himself. You appreciate, as a parent, that these first years are most important habit-forming ones. Habits arrange themselves in three groups: physical, social and moral, and mental.

The aim in habit training in these years is to bring out: 1, self-protection; 2, self-control; 3, self-reliance; 4, consideration for others; 5, orderliness; 6, cleanliness; 7, sympathy; 8, love; 9, service; 10, co-operation; 11, confidence; 12, self-expression.

From a large number of answers I received on "What Can Your Young Child Do?" I have been shown that the five to six year old child can:

- 1—Dress and undress himself.
- 2—Have the habit of a daily bath.
- 3—Brush his own teeth, with some supervision.
- 4—Pick up his own clothes.
- 5—Lace and tie his shoes.
- 6—Have regular time for toilet.
- 7—Have control of bowels and bladder.
- 8—Eat his meals cheerfully.
- 9—Refrain from eating between meals.
- 10—Exercise daily and play in the sunshine and fresh air.
- 11—Carry a cup of milk without spilling.
- 12—Be trusted on simple errands.
- 13—Be cautious in crossing streets.

14—Obey when spoken to (within reason).

15—Have respect for the property of others.

16—Be friendly to animals without being afraid of them.

17—Go to sleep in the dark alone.

18—Refrain from bullying younger children.

19—Tell the truth and not tattle.

20—Settle his own quarrels.

Don't Blame the Child

Undoubtedly a mother can add many other items to this list. It is wonderful how many mothers are systematically training their children to right habits. It is equally marvelous how a few parents seem to be doing nothing and wait until such time as they need all my leaflets from bed wetting to stealing. When I get a letter requesting help for a child who lies, wets the bed, stammers, fusses, and never picks up his toys, I say to myself: "Don't blame the child."

A Very Good Idea

"Dear Advisor: With your present contact with the youth of the country and the problems of these young people, I am sure that the problem of marriage—I mean the time to marry, and the person to marry, and the parental objection, and various other related problems—has been presented to you many times. I would like to have some of your leaflets on this subject."

In view of the antagonism in my home we want to be sure before we do what we now feel that we should."

**HOW TO KEEP YOUR HEALTH****HOW TO HAMPER HIVES**

(By Dr. Herman N. Bundesen, Former President American Public Health Association)

I said yesterday that hives usually result because the individual is oversensitive to some food which he eats. But they may also come from taking certain drugs, or from breathing in certain substances.

The drugs which most often seem to cause hives are quinine, ipecac, salicylates, barbiturates, iodides and bromides.

Of the substances breathed in, material from feathers, orris powder, animal dander, pollens from plants, certain nasal sprays, and house dust most often cause the hives.

Relief of Itching

If the hives are due to substances which the individual breathes in, it is suggested that the rooms be made as free from dust as possible. Often it takes considerable time and study to find out just what substance is causing the hives. Thus it is important to know just how the itching from hives can be relieved. In many cases, simple treatment will be enough. Calamine and zinc oxide ointment, or lotions containing menthol phenol, are useful.

Certain local anesthetics have been tried with good results. However, if a person's skin is sensitive to these drugs, they should not be used. A bath with epsom salts, bran, or oatmeal in the water, a tablespoon to a glass of water, often quickly relieves the itching. Plain talc powder or powder containing menthol or camphor, applied within the clothing or on the bed sheets, will often be found very soothing.

According to specialists who have studied this skin disease, the only method which will give almost immediate and complete relief in every case is an injection of epinephrin, given under the skin. The relief is not permanent, but, in severe cases, where the person is suffering greatly from the itching, this form of treatment should be used. The injections may be repeated every two or three hours, if necessary.

Sometimes the hives not only affect the skin, but also the lining membrane in the voice-box, or larynx. The swelling of this membrane may shut off the air passages and even cause suffocation. In such cases immediate treatment with epinephrin is necessary. Epinephrin taken by mouth often has the same effect, though not as marked as the epinephrin.

With these many new and valuable treatments, the person who suffers from hives trouble can expect relief, if he places himself under the care of a competent doctor.

**HASTY WEDDING**  
**BRINGS QUICK**  
**REPENTANCE**

(By Vida Hurst)

They met on a train. He was bored and she was lonely.

They fell into one of those casual conversations which ended with dining together. They discovered many things about each other which were mutually pleasing. She was attractive, sympathetic and self-supporting. He was handsome, well-dressed and apparently well-to-do. He spoke of his associates, men prominent enough to be recognized as important even by an outsider.

His profession, he confided, was that of an engineer. He had built some of the biggest bridges in the country and he mentioned them with pride. In fact, although this was entirely confidential, he was on his way now to undertake one of the greatest feats in engineering history. She listened, thrilled to think that chance had brought such an interesting person into her life. By the time their train reached its destination they had arranged to meet again. That night, after dancing in one of the city's most popular hotels, she consented to marry him and accompany him to the faraway place where the job of a lifetime awaited him. The ceremony had actually been

**A PRECAUTION**  
**EACH BATHER**  
**SHOULD TAKE****Ruth Cameron Cites**  
**From Experience the**  
**Value of Wearing a**  
**Cap.**

(By Ruth Cameron)

Which would you rather be a sissy or a darn fool?

I'm going to answer that question and then I'm going to write something that I know won't do the least bit of good. But I'd just about bust if I didn't write it.

To answer my question—if you are a young male between the ages of 5 and 25 or even between the ages of 5 and 50, you'd probably rather be a darn fool.

At least in the subject about which I'm fulminating today.

That is, you'd rather take a chance on getting deaf than wear a bathing cap.

I went yesterday to one of the finest shops where boys are outfitted. I asked for a boy's bathing cap. "We don't carry them," I looked astonished.

The clerk answered my look. "The boys won't wear them. So, what's the use?"

Surely every parent must know and must have told his children that there is danger of deafness in swimming without anything to protect the ears. But apparently it just hasn't registered.

They turn deaf ears to the warning now; some day they may turn deaf ears to the world.

There are millions of deaf people in the United States and no small number, if you ask them how it happened, will say at once, "Abscessed ear from swimming or diving."

Among the children who are refusing to wear swimming caps today are the new recruits for this army of the deaf.

If it were blindness, they would perhaps be more scared, for we are all blind when we close our eyes. But we have no earlids and so no foretaste of deafness. If they could have in some way some experience of the loneliness, the deprivations, the confusion, the depression, the embarrassment that go with deafness, perhaps they would be more scared than they are at the chance they are taking.

Of course the biggest reason that you can't scare them into taking the simple precaution of wearing a bathing cap and putting some cotton (not absorbent) or some lamb's wool (the latest thing required by the summer camp experts) into their ears, is the same reason that makes us willing to go to war. Because we know that some people will be killed but we don't expect we will be.

When we hear that one out of a hundred is killed or goes deaf or what not, we always think of it as some other one. It couldn't happen to us.

As I said before, I knew this would not do the least bit of good.

And yet there clings in my heart the hope, a hope born of close association with the bitter deprivations of a deafness incurred in just this way, that perhaps just one youngster will have the courage to defy the sissy accusation and wear a cap and cotton because of this that I have written.

performed before she had the slightest inkling that things were not as he had represented them. When he laughingly confessed that he was temporarily in need of funds she became suspicious. Upon investigation, she discovered that he had not only lied about having a position waiting for him, but he was not and never had been an engineer. The persons he had mentioned as being his associates were known to him only by name. He was a fraud and a swindler with a police record in another State. And it cost her the savings of a lifetime to get rid of him.

**TIMELY TIPS**

A little orange juice added to peanut butter gives it a new and delightful flavor.

A bottle of hand lotion should be kept in a convenient place in the bathroom.

A large piece of ice in which slices of lemon and sprigs of mint are frozen makes a lovely garnish for the punch bowl.

If freshly iced cup cakes are turned upside down in a bowl of chopped nuts or shredded coconut there will be no waste as there would be if the same ingredients were sprinkled over the top.

A light dessert should be served with a heavy main course and a pastry or heavy dessert with a light meal.

If a fresh cover is put on the ironing board before it is quite dry it would be more easily adjusted and will dry without wrinkles.

The basement drains should be checked twice a week to see that they are full of water and safe against the entry of gas and vermin.

**TRICKS TO TRY ON CUCUMBERS****Ways of Serving Them With Special Attention**  
**To Their Digestibility**

(By Edith M. Barber)

Cucumbers are among the vegetables which can trace their ancestry back through the ages. We find them mentioned in the Bible and we find several recipes for their use in the works of Apicius which were compiled in the first century. Even then we find a note in regard to their indigestibility. Apicius suggests that if cucumbers are parboiled, they will not cause indigestion.

During the last few years something must have been done by truck gardeners to improve the quality of this vegetable, as it is seldom that a bitter flavor which used to be associated with them is found. Perhaps this is what gave them their bad reputation as a salad vegetable. After they are sliced they may be put in salt water, but not for longer than half an hour, as the short period will increase their crispness as well as improve their flavor, but the longer period will soften them. They may be served with a well seasoned French dressing, with vinegar plus seasoning or in the good old Pennsylvania Dutch way, with sour cream seasoned with minced chives or onions. Sweet cream plus a little vinegar may replace the sour cream,

which may be whipped or plain, as you like. According to Pennsylvania tradition, a dressing of this sort guarantees digestibility.

Cucumbers may also be cooked like squash or baked when they are sometimes stuffed with bread crumbs after the seeds have been removed. A little anchovy paste mixed with the bread crumbs gives a savory tang to the stuffing.

Fried Cucumbers

Pare cucumbers and cut lengthwise in one-third-inch pieces. Dry between towels, sprinkle with salt and pepper and dip in bread crumbs, egg and crumbs again. Fry in deep hot fat, 350 degrees F., until brown and then drain on soft paper.

Cucumbers in Oil

30 six-inch cucumbers  
3 quarts boiling water  
2 cups salt  
1½ cups salad oil  
¼ pound mustard seed.  
2 quarts vinegar

Wash and slice cucumbers without paring. Soak in hot water and salt overnight. Drain, place in crock or jars and cover with other ingredients, well mixed. If kept in crock keep covered and stir occasionally during the winter.

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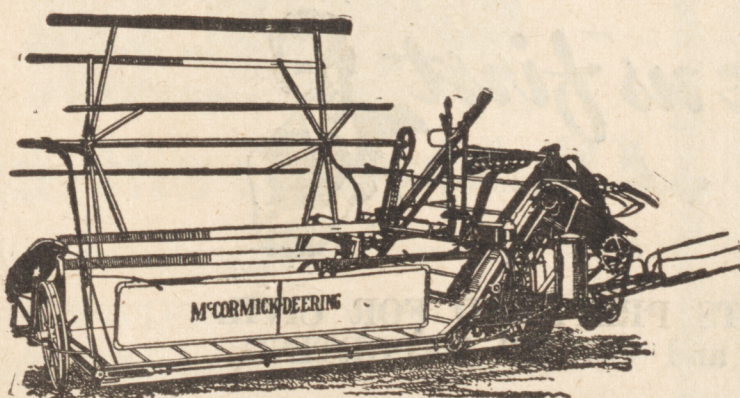
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