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Children as Helpers
By HOPE FIELD

MARY'" mother calls, "come wipe the dishes." "Oh, mother, we're playing hide-and-seek!" Mary protests. But little five-year old John Henry exclamines eagerly, "Mother, c'n I, c'n I? I'll wipe 'em dry!"

There seems to be a period in every child's life when he delights in being mother's little helper. As he grows older, however, he seems to lose this angelic trait and work holds no interest for him. This is perfectly natural but, nevertheless, has to be dealt with in some way. There are very few children who will grow up to lives devoid of work so they should be taught that it is a necessary part of their life. But how is one to train children to "help mother" willingly?

In the first place the children must realize that they have their share of the household tasks and no amount of whining or complaining will save them from doing it. Make a just division of the work, for children are quick to notice unfairness and if Mary feels that she is doing more than Ruth she becomes greatly antagonistic toward the work. Insist that each do her work regularly and do it well. Mothers oftentimes feel that it is easier to do the work themselves than to spend time making the child do it. But if the child's character is to be developed and if the mother is ever to receive competent and willing help she must begin by insisting that Ruthie must be mother's helper regularly not just when Ruthie feels so inclined. Do not bribe a child. I knew a little boy who, when asked to do a task, invariably inquired: "Will you gimme some money if I do?"

Rewards when the work is especially meritorious will stimulate the child to a desire for further commendation. The tangible bribes make the child grasping, and a nuisance to his parents and friends.

Of course, the tasks must not be made to seem a drudgery. I have no sympathy for the mother whose favorite words are, "Children, stop talking and finish your work!"

She is usually one of that how-I-hate-to-work kind of persons and since it is drudgery for her, it soon becomes the same for the children.

In one happy home where there are many children, and ever so many dishes and doilies, the new book on how children make a game of their tasks. The two little girls, whose turn it is to wipe dishes, stage very exciting races to see whose pan is empty first. No broken or half-wiped dishes are allowed, and there is much Merriment and hilarity for it isn't work any more, it has become an entrancing game!

Children can do many tasks in the home, and lighten the burdens of the mother. Every mother should recognize this and expect her children to be helpers.

Miss Rosamond Cook Publishes Books
By LLYRA PRICE

MISS ROSAMOND C. COOK, associate professor in home economics at Iowa State College, has been given a year's leave of absence, during which time she expects to write and have published two books on garment construction.

The books to be published are: "Constructive Processes in Sewing for Junior High School," which will be ready for the public by the first of February, and "Sewing Recipes," which will be introduced to the public by the first of September.

During the past year Miss Cook has had published by the Manual Arts Press at Peoria, Ill., a book entitled "Sewing Machines." This book deals with the mechanism and the underlying principles of the sewing machine in such a way as to enable a student to operate any machine quickly and easily, even the unfamiliar with that particular make. Miss Cook is an authority on such books due to the fact that she has had rich experience, in practical sewing and dress making, and has made an extensive study of the sewing machine, both as it is treated by the manufacturers and as it is used by the high schools and colleges.

The book "Sewing Machines" is the first on this subject to be published in America. Some years ago an Englishman published a small book on the same subject, but up to the present time all information about the mechanism of sewing machines had to be gotten from small instructive booklets put out by the manufacturers.

Genevieve Fisher, a federal agent in home economics education at Washington, D. C. says: "The book on Sewing Machines fills a long-felt need of teachers of home economics. It will be invaluable to the student in training for teaching and for the teacher whose training has lacked the information on the use and care of the sewing machines, which this little book gives, Anna M. Cooley of the Teachers College at Columbia University in N. Y. says: "Miss Rosamond Cook in her new book on sewing machines has made a real contribution. She has brought together information from various sources which will be of value to those engaged in teaching sewing and also to those who have interest in learning to use the various sewing machines. It will be of value to those engaged in teaching sewing and also to those who have interest in learning to use the various types of machines. The principles and construction of the mechanism of the machines are very clearly given, and there are excellent illustrations. It should prove of value to teachers of clothing studies in normal schools and to high school girls who are learning to use the sewing machine."

Minnie M. Peterson, a supervisor of home economics in public schools at Peoria, III., says: "I have examined carefully the new book on sewing machines and find it a book which will be very useful in all sewing machine classes. The subject-matter is very clear, and well presented. I consider it a book which all teachers of sewing should know about, and I heartily recommend its use in the sewing classroom."

NEW H. EC. BUILDING AT MISSOURI

At the University of Missouri the women have just moved into a wing of their new Home Economics building. This building is on the so-called white campus, and is built of the native stone.

A new Agricultural building is also in process of construction on the same campus.

LA VERE MCGOON WRITES OF HER WORK IN CALIFORNIA

From Sawtelle, California, comes a letter from La Vere McGoon to Miss Florence Busse who kindly lends it to us. Southern California, La Vere thinks, is ideal in the winter time with warm weather and an abundance of flowers. "The thermometer today registers 86°. It is too warm with a coat on."

Concerning her work and her Ames friends she writes:

"I am employed as dietitian in the National Soldiers Home in Sawtelle. I have charge of the Tuberculosis Hospital and feed six hundred world war boys three times a day. I have thirty-four kitchen employees under me, and let me tell you that part of a dietitian's work is most difficult." "Lillian Giebelstein came to see me last week."

"I received a letter from Hazel Chambers and she is resigning to come out west. She intends to reach here this month."

"Doodles Dodge is now in New York, also toiling on her career."

COLONIAL CANDLES

In Colonial Days every thrifty housewife made her own candles. A natural material for candles was found in all the colonies in the waxy berries of the bayberry bush, which still grow in large quantities on our New England coast, especially on Cape Cod. The Swedes called it the tallow-shrub. The English called it the blackberry or bayberry bush. Bayberry candles burn brighter and more slowly than wax candles and yield an agreeable odor, especially when they are burned indoors. One colony in Massachusetts in 1687 forbade the gathering of berries before September 15th, as the wax on the berries is at its best from September 15th to October 30th. Hand-dipped candles made from pure bayberry wax are genuine Colonial Candles.