

Woman's Realm :- Social and Personal :- Fashions :- Literature

Health Services of Canadian Medical Association

WEIGHT AS A MEASURE OF HEALTH

Anyone who has read about health will have noticed that a considerable amount of importance is attached to the question of weight.

The fact that a child weighs a certain number of pounds does not enable the doctor to classify that child as healthy or unhealthy.

The reason may be insufficient or improper food, it may be the eating of candy between meals, which prevents the child from being hungry at meal time.

There are many points which affect the weight of the child, among which are included racial or family peculiarities, but the fact remains that the child who is free from physical defects and who lives a hygienic life gains regularly in weight.

Questions concerning health, addressed to the Canadian Medical Association, 164 College Street, Toronto, will be answered personally by letter.

A Morning Smile

NOT A BAD ONE! Parson Johnson: "De choir will now sing, 'I'm Glad Salvation's Free,' while Deacon Ketcham passes de hat.

Advertisement for Ben's Pork and Beans, featuring an image of a can and the text 'In their lunch boxes they'll welcome a can of tasty Ben's PORK and BEANS'.

Advertisement for Christie's Soda Crackers, featuring an image of a woman and the text 'Serve - GOLD MEDAL Christie's Soda Crackers'.

Advertisement for Christie's Biscuits, featuring the text 'Christie's Biscuits The Standard of Quality Since 1853'.

Baokache! Bladder Trouble! Sleepless Nights!

"Fruit-a-tives" Attacks the Cause—Braces the System

If you suffer from back-pains, wakeful nights, improper bladder and bowel action resulting from kidney trouble, try "Fruit-a-tives".

IN MEMORIAN

MRS. ROSE SULLIVAN

Great was the gloom cast over the community of Cardigan on Monday, August 19th, when a telegram, from Clyde, Alberta, bore the sad tidings that Mrs. Rose Sullivan had breathed her last at the home of her son, Rev. Peter Sullivan.

Mrs. Sullivan was born in Iona, Queen's County, seventy-three years ago, the daughter of the late Philip and Mary Rooney.

During her vigilant and prayerful guidance for twelve years, she enjoyed the rare privilege of having three of her sons mount the Altar of God, as priests forever.

Mrs. Sullivan was truly an admirable type of Christian womanhood. She was always cheerful, she feared no sacrifice when called upon to show her love for God and her neighbor.

Her mortal remains, accompanied by her sons, and a large number of her grandsons, and other friends, arrived at her home in Cardigan, at an early hour on Sunday morning, August 25th.

At 10 a. m., on Monday, the largest funeral procession ever witnessed in Cardigan arrived at All Saints Church, where the Pastor, Rev. M. J. Rooney, received her remains and in the prayers of the church invoked the angels and saints to come to meet her and present her soul to the Most High.

Etiquette

By Roberts Lee

Q. What is the best way to decide between a church wedding or a home wedding?

A. If many invitations are issued, the church is better, if only the immediate families and closest friends, the bride's home is preferable.

Q. When should the host sit down at the table?

A. He should be the last to take his seat.

Q. What does "a la creole" mean?

A. It means "with tomatoes."

Q. When visiting, who should suggest retiring?

A. The visitor.

Q. When served soup in a cup, do you eat it with a spoon?

A. You may sip it with a spoon altogether or in part, or drink it altogether.

Q. When staying at a hotel for any length of time, do you tip the waiter at each meal?

A. When leaving, or if you dine occasionally only at each meal.

Q. When meeting someone on the street, who has been away for some time, who should make the first advances, the person who has been away, or the other?

A. The other.

Q. When a lady is acquainted with a married man, but not with his wife, is it permissible for her to send him a Christmas card if she so desires?

A. No.

Q. When on the train, reading, and the train being crowded, someone whom you do not know, comes and sits alongside of you, is it permissible to keep on reading?

Yes, after exchanging the usual courtesy remarks.

and Peter, to assist him as Deacon and Sub-deacon, in the celebrating of solemn High Mass of Requiem for the repose of their mother's soul.

The names of the priests are as follows:—Mgr. J. C. McLean, P. A. V. G. Rev. A. P. McAulay, Rev. I. R. A. McDonald, Rev. P. D. McGuigan, Rev. D. P. Croken, Rev. O. Kiggins, Rev. Francis Hughes, Rev. P. S. Duffly, Rev. Joe. Rooney, Rev. J. C. McDonald, Rev. James Rooney, Rev. A. L. Sinnott, Rev. G. V. McCabe, Rev. G. P. Monaghan, Rev. L. P. Callaghan, Rev. W. McCabe, Rev. E. Clinton, Rev. Merlin McCarthy, Rev. Walter McGuigan, Rev. B. Croken, Rev. C. McCarthy, Rev. J. Campbell.

The Ecclesiastics in attendance were:—Reverends, George McDonald, James Fitzgerald, Adolphus Gillis, Douglas McNeill, Bennet McDonald, James Farrell and Joseph Walsh.

Seven sons, Thomas, John, Philip, Joachim of Cardigan, Reverends, Leo, Joseph and Peter, of Alberta, and one daughter Mrs. Daniel McAulay of Cardigan, are left to mourn their sad loss.

One brother Philip Rooney, of Cherry Valley, and one sister Mrs. Anne Shea, Fort Augustus also survive.

Besides the foregoing thirty-four sorrow-stricken grandchildren and a host of relatives and friends participate in the sad bereavement.

The pallbearers were: Daniel O'Halloran, J. T. Gillis, J. P. McAulay, M. Sanphy, T. J. Donahoe and P. McQuaid, R. I. P.

(Patriot please copy)

Weed: "Do you think kissing is unhealthy?"

Stenographer: "I don't know. I've never been—"

Weed: "What! Never been kissed?"

Stenographer: "No, I've never been ill after it!"

How to Deal With the Modern Child

Dorothy Dix

If Parents Wish to Control the Modern Generation of Self-Sufficient Children, They Will Have to Treat Them as Grown Men and Women, and as Their Equals

From all over this fair land of ours comes the despairing wail of parents that they cannot control their children. Boys and girls in their teens defy their authority and jeer at their opinions and mock their counsel.

Assuredly the reign of the heavy parents is at an end. The domestic czar, whose word was law, has been deposed along with the other autocrats. No longer do children tremble before their parents' wrath.

Therefore, inasmuch as all the old methods of managing children have failed in these days of the self-determination and self-expression of youngsters, I often wonder why parents do not try treating their children as regular human beings and appealing to them as man to man and woman to woman, having their feelings and reactions to their own.

I believe that this plan would work and that boys and girls would gladly accept the advice of their parents if they put for their suggestions as the result of experience instead of trying to enforce their opinions as arbitrary commands.

To begin with, the parents who wish to control their children must sell themselves to their youngsters as they would to any stranger whose viewpoint they wish to influence. Most parents do not consider this necessity.

Little Johnny and little Susie have mother's and father's numbers to the last figure and they know just exactly how much their judgment is worth, how modern or antiquated are their opinions, how much they are swayed by temper and prejudice.

Half the time when Johnny doesn't go to father for advice, it is because father has made a mess of his own life and hasn't qualified for the role of oracle.

Half the time when Susie won't listen to mother, it is because she knows that mother hasn't any more intelligence than a hen and that she thinks that everything is wrong that is different from what they did when she was a girl!

Also, if, instead of trying to enforce the old slavish obedience on their children, parents would abandon the arbitrary attitude and talk things over with their youngsters they would get better results.

But even very small children are amenable to reason, and when fathers and mothers will take the trouble to explain to a child why it is best and wisest or necessary to do a certain thing, it is very seldom that the child will not adopt the suggestion without protest.

It is the custom to speak of the youth of today as a forward and headstrong generation which will not harken to the counsel of its elders, but when this is the case it is generally because the elders issue ultimatums to them instead of parleying with them diplomatically and trying to get their point of view.

A pretty young flapper, who was very strong for the modern theory that she had a right to live her own life in her own way, fell very much in love with a young man who was about everything that was undesirable in a husband, but he was handsome and had away with him and the girl was determined to marry him.

"Of course, I don't think that Tom is a suitable person for you to marry, but you may be right and I may be wrong. I want to be perfectly fair about this thing, so let's make a list of the qualities that your husband would have to possess in order to make you happy and another list of the ones that would be certain to bring unhappiness on you."

The girl agreed, and before the time was up she came to her father and told him that she had found out that Tom would be a total loss as a husband and she was through with him.

I get hundreds of letters from girls who tell me that their mothers forbid them to pet and kiss, but they don't tell them why. Or that their mothers object to their staying out until 2 or 3 o'clock in the morning.

And the girls defy mother and pet and drink and continue to go on wild parties and stay out late, but perhaps it would stay some of them on their reckless course if, instead of reading the riot act to them, mother would sit down quietly and tell them that it isn't the boys that a girl needs to protect herself against, it is her own nature, and that she can go as irresponsibly drunk on kisses as she can on hooch and that a wild party isn't worth paying for by a lifetime of shame and remorse.

All of which comes to saying that in dealing with modern children we have to deal with them as human beings and not look upon them, as parents used to do, as marionettes that we could work by pulling the string.

Ell by a golf ball while on a club course near Edinburgh, Scotland, recently, seventeen-year-old Miss Christian D. Lorie died soon afterward from a fractured skull.

Milady Beautiful

By Lela Leach

Make-up for Different Types There is no doubt that the modern woman grows constantly more fastid-



ious. She is not satisfied with beautiful costumes, but she must also have beautiful accessories, attractive to the most minute detail.

There are many types, but for the present we shall discuss the eight commonest types of beauty and the make-up that should be used by each.

The blonde with blue eyes, fair hair and fair skin may choose geranium rouge, geranium or ruby lipstick, creamy powder and blue eye shadow.

If milady has chestnut hair, hazel or gray eyes and ivory skin she will find raspberry rouge, raspberry or ruby lipstick, cream powder and blue eye shadow becoming.

The Titian blonde, with her auburn hair, brown eyes and white skin, will find coral rouge and cardinal lipstick, creamy powder and brown eye shadow flattering, but the brunette with brown hair, brown eyes and fair skin, should choose raspberry rouge, raspberry or ruby lipstick, creamy powder and blue eye shadow.

The darker brunette with black hair, hazel, brown or black eyes with olive complexion needs a darker face powder, raspberry rouge and brown eye shadow. The brunette with black hair, blue eyes and fair skin may use geranium rouge, geranium or cardinal lipstick, cream powder and blue eye shadow.

Then there are the sun-tan powders in darker or lighter shades for sports and evening wear. Powders for sun-tan make-up come in various shades, ranging through deep cream, old ivory, copper, bronze, sun glow, banana, evening glow, gypsy and rose India to tans and ochre.

The newest make-up is apple blossom. It is running side by side with the new sun-tan make-up complexion "Be fair, if you can't be dark becomingly," is the vogue of the moment.

By autumn the apple blossom tint should be in full swing, because sun-tan is not becoming to every woman. The kind of sun-tan that can be put on and taken off at pleasure makes blue eye look faded, and if the brows and lashes are light, it is necessary to use eye make-up to give the desired effect when used by blondes.

Brown and black eyed women with dark eyebrows and lashes are safe, but the blue or gray-eyed woman should use lining pencils and eye shadow when wearing sun-tan make-up. Purple eye shadow, orchid mauve and green powder with light lipstick will be seen on the blondes.

The modern girl's struggle to make her skin appear luminous, especially in evening make-up, is reflected in the apple blossom face powders and rouge. These add shades of face powder that do not attempt to be natural are more effective under artificial lights. But it must be remembered that the application of this type of evening make-up requires artistic skill or the result will be grotesque rather than beautiful.

Tomorrow — Beauty Questions Answered.

What the Fashionable Are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington

A demure little frock of pink swiss with white dots with program ribbon bows on shoulders. Pink organ-die ruffling trims edge of hem, round neckline and open sleeves.

You'll be surprised to learn that Style No. 2938 has but two major parts—front and back. Sleeves cut in one with front and back. Tucks

It is designed in sizes 1, 2, 4 and 6 years. Flowered organdie, printed batiste in floral pattern, and plain organdie in pastel tone are especially dainty and interesting hand sewing for spare moments while preparing dinner or waiting for game of bridge.

Fresh colored crepe de chine is adorable for wee maids and is easily tubbed and always appears so smart. For playtime, chambray in pale blue or orchid is sturdy selection and very effective with white bias binding around hem, neck and sleeves.

Dotted linen in French blue and white with plain blue binding, white cotton broadcloth printed in gay red dots with dark blue binding, yellow plique with brown binding, and orchid and white checked gingham are cute ideas so entirely dependable for serviceable.

It's an opportunity to make several attractive frocks for little daughter at the cost of one bought frock. All you have to do, is to cut it out, seam sides, turn hem, tuck front and back along perforated lines and finish neckline and sleeves edges with binding.

Pattern price 15 cents. Be sure to fill in size of pattern. Address Pattern Department, The New Fall and Winter Fashion Magazine is 15 cents, but only 10 cents when ordered with a pattern.

No. 2938. Size Name Street Address City State.

Household Hints

By Roberts Lee

Oiled Floors When sweeping oiled floors, try pinning a cloth to the broom. The cloth will become oily and collect dust and lint. This also makes the floor look brighter and cleaner.

Plaster Casts To clean plaster casts dip them in cold liquid starch. When dry, the dirt will come off with it, leaving the casts as clean and white as when new.

Safety Pins Two safety pins will often prove an excellent substitute for a cork screw.

For The Cook

SPICED COOKIES 1/2 pound sugar, 2 eggs, 2 cans 1/2 cupful butter, 2 1/2 cupfuls flour, 1 cupful raisins, seeded, 1 teaspoonful each of cinnamon, nutmeg and cloves, 1 teaspoonful soda, 1/4 teaspoonful salt, 1/2 cupful sour milk. Cream sugar and butter, then add the eggs, beaten, spices and chopped raisins. To this add, alternately, the flour and the sour milk, having first dissolved the soda in the milk. Drop on buttered tins by teaspoonful and bake in a hot oven.

Advertisement for Kotex Sanitary Napkins, featuring an image of a Kotex box and the text 'Millions of Women Wouldn't be Without It'.