

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

Health Services of Canadian Medical Association

RHEUMATISM

Most people are surprised to learn that a young child may have rheumatism. They have thought of rheumatism as a disease from which older people suffer...

Rheumatic fever is an infectious disease. The responsible germ is unknown. For its most severe attacks, it selects the joints, the heart muscles and heart valves.

Although the responsible germ is unknown, it is generally agreed that it may enter the body through the diseased tonsils. That is why particular attention is given to the nose and throat when there is any question of rheumatic infection.

The striking difference between rheumatic fever in adults and in children is that, in the case of adults, the joints suffer severely, whereas in children, unfortunately, the heart bears the brunt, and the joints suffer not at all, or but mildly.

In young and older adults, the joint pain is particularly distressing. Children frequently have rather vague and transitory pains with occasional dull aches, the so-called "growing pains".

In order that his heart may be protected, the child with rheumatic fever must have proper treatment, and in treatment, rest is the important point. Rest means absolute rest, in bed, until the infection has disappeared.

Beauty sleep is popularly supposed to be the hours of sleep before midnight, which is true to the extent that sleep before midnight implies long hours of sleep.

A Morning Smile

The teacher was trying to impress upon her pupils the importance of doing right at all times, and to bring out the answer "Bad habits," she inquired: "What is it so easy to get into and so hard to get out of?"

There was silence for a moment and then one little fellow answered, "Bed."



RESTFUL SLEEP for FRETFUL, FEVERISH CHILD

With Castoria's regulation

When your child tosses and cries out in his sleep, it means he is not comfortable. Very often the trouble is that poisonous waste matter is not being carried off as it should be.



CASTORIA CHILDREN CRY FOR IT

They are not tired. They are always ready to go.

Such behaviour throws a tremendous strain upon the body which shows it sooner or later. It is reflected in the face despite all artificial aids. In addition, the fatigued body is an easier victim for the germs of disease.

We do not know a great deal about sleep, but certain things in connection with sleep may be accepted. The first point is that periods of rest must follow periods of activity; they cannot be postponed without endangering the body.

BEAUTY SLEEP

The surface of the body receives a great deal of attention with the rather obvious desire to make its appearance both pleasant and attractive.

Beauty, however, is not superficial; it is deep, as it reflects the health of the interior of the body. The only lasting beauty is that which is based upon the health of the body, which is the reward of a hygienic life.

Dorothy Dix Letter Box

Proper Behavior of Boy Receiving Leap Year Proposal - Shall a Wife Wreck Her Husband's Life by Confessing Her Past? - What to do With a Suspicious Husband

Dear Miss Dix—When a girl proposes to a boy in leap year, what should he do? Should she give him a ring?

BOY IN BLUE

Answer:

I presume the technique of courtship is the same no matter whether the girl or the boy takes the initiative, and that when a young woman pops the question to a young man and he coyly says "yes," she should furnish the engagement ring.

In the good old Victorian days, when people went about love-making in a serious way instead of in the haphazard fashion they do now, a girl wasn't supposed even to suspect that a man had any matrimonial intentions toward her until he up and asked her to be his.



The modern style of proposing is more direct. More in the nature of a business proposition, and hence it is easier for a young man to deal with than the formal one of a more romantic age.

The main thing is to be on your guard and watch your step unless you are ready to let some sweet young thing sell you the idea that it is cheaper for two to live than one and that you are ready to settle down and be a fireside companion.

When a girl begins getting anxious about your health and reminding you to wrap up your throat and wear your rubbers, she has designs on you as a husband. When she begins suggesting going to cheap places and eating sandwiches instead of at a Newburg, it is because she is expecting to share in your bank account some day.

She is going to propose, and you have to do some quick thinking if you make a getaway.

But don't let all of this unduly alarm you. Being made love to is an agreeable experience and, of course, you can always say "no" or you can get out of it by saying you have changed your mind or get your mother to refuse to let you marry.

If you love a girl and want to marry her, it will certainly save you a lot of theatre tickets, flowers and whatnot, as well as mental anxiety, to marry her do the wailing, and if you don't love a girl and don't want to marry her, it will be easier to escape from her if she pursues you in the open than it will be if she stalks you under cover.

There is a lot to be said in favor of leap year. It gives a man a chance at the altar or to dig himself in securely in his bachelor quarters.

DOROTHY DIX.

Dear Dorothy Dix—My marriage was arranged by my husband's and my families. About six months after my marriage I met a young man who dazzled me with romance and he is the father of my child.

WORRIED WIFE.

Lock your guilty secret in your heart and die rather than let your husband find it out. Surely you have done him wrong enough already without destroying his faith in you and the joy he has in the child that he believes to be his own.

And that is what you will do if you tell him the truth. You will wreck his whole house of happiness. You will upset his whole scheme of life. Perhaps he will leave you and go out into the world, a homeless and wifeless and childless embittered man, with his faith in everything that is good smashed into smithereens.

Don't be mean enough and coward enough to buy your own peace of mind at the price of ruining this good man's happiness. Let him go on living in his fool's paradise. Just make up your mind that having this dark secret on your mind and conscience and being ashamed every time you look your trusting husband in the eyes is part of the punishment you must pay for your wrongdoing.

Telling your wrongdoing does not change it. It only makes it the blacker when it is told to some one whose happiness it will blast. Confession is weakness and cowardice. The only atonement you can make to your husband and your child for your sin against them is to keep them in utter ignorance of it.

DOROTHY DIX.

Dear Miss Dix—What do you think of a husband who wants to know where you are every hour of the day, who you have been with, what they said and what you said and who, when you have the car, even checks up the mileage? What would you do with him?

PERPLEXED.

Oh, I'd teach him the old nursery rhyme that begins, "Ask me no questions and I'll tell you no lies," because any man who has enough intelligence to be allowed out without a keeper must know that if he puts his wife through a questionnaire about what she does every minute of the day, she is just going to tell him what she wants him to know and nothing else.

It is funny that husbands and wives are silly and credulous enough to believe that they can keep their mates faithful to them by watching them. It is an utter impossibility, because the spy system is always breaking down at a critical point, and just the knowledge that they are not trusted rouses a man's and woman's sporting blood and makes them outwit their jealous wives and husbands.

So you might tell your suspicious husband that he has to depend upon your honor in the end, and that he would save you both a lot of worry and friction if he would do it in the beginning.

DOROTHY DIX.

Happenings of the Week

There is a hall in every house Behind whose wainscot gnaws the mouse;

Upon each side are ghostly rooms, Peopled with dreams and ancient dooms.

When down this hall you take your light, And face alone the empty night—

Be like the child who goes to bed, The little child who, tho' a-dread Of something crouching crookedly In every corner he can see, Ready to snatch him into gloom, Yet goes on bravely to his room, Knowing above him, watching there, His Father waits upon the stair.

—Madison Cawein.

Women-folk summoned to attend the royal courts this season may wear colored gowns modeled upon four approved by the King and Queen. A description of the gowns now on view in the Lord Chamberlain's office in London says one is of cloud-white silk net sprinkled with tiny diamond stars; another is of water-lily green Nottingham lace and silk chiffon; the third is Australian gold, ruby, orange and black brocade; the fourth is of orchid mauve satin with a train of pansy purple velvet.

Rideau Hall's distinguished baby, Hon. George St. Lawrence Neufville Ponsonby, has grown his first tooth.

His mother, Her Excellency the Countess of Bessborough, related this interesting fact Monday when she attended the open meeting held in connection with the spring executive meeting of the National Council of Women in the Chateau Laurier.

In replying to a welcome extended by Mrs. Charles Thornburn, Her Excellency thanked her for the kind words about "the baby" and said he was a particularly happy baby, but for the fact that he was suffering with his first tooth.

Mrs. George Warburton, Grandview apartments entertained at a small tea last Saturday in honor of Miss Hunt of Summerside.

Mrs. W. S. Stewart entertained at dinner on Saturday in honor of her husband's seventy-seventh birthday.

Mrs. A. S. Mould has returned from a delightful visit to different members of her family going as far as Lake Placid where she was an interested spectator at the Olympic Sports.

Miss Mair, Superintendent of the P. E. I. Hospital entertained delightfully on Thursday afternoon at the Canadian National Hotel at a bridge and tea in honor of the Doctor's wives and other friends.

Quite a number of Charlottetown ladies are leaving early in March on a holiday tour to the Barbadoes and other Southern points.

One of the pleasant events of an otherwise quiet week was the annual tea given by the Guild of the Baptist Church, which was widely patronised.

Back-Ache

HASTENS OLD AGE



Quick relief from backache comes when you apply Nerviline. Lots of rubbing can't do any harm—it will do lots of good for Nerviline doesn't blister or burn. Every drop of Nerviline penetrates to the sore, aching muscles. Being five times stronger than ordinary liniments it quickly drives out the pain; it is composed of several of the most noted pain-destroying substances known to medical science, and can be relied upon for Sore Back, Strained Muscles, Stiff or Swollen Joints, Lumbago, Sciatica, Tooth-ache, or other muscular or joint pains.

Remember—when you rub in Nerviline you rub out the pain.

QUICK RELIEF NERVILINE

Much sympathy is extended to Miss Roehling, Lady Principle, Edgell, who spends her summers at Holland Cove, who fell while skating on the school rink last Wednesday afternoon and fractured a bone in her leg. She was conveyed to the Hospital where the patient was made comfortable. All unite in the hope that Miss Roehling will make a speedy recovery.

Miss Margaret Rhefus, an old girl of Edgell, daughter of Dr. and Mrs. Rhefus, Bridgewater, is coming to assist Miss Murray, Vice Principal, to carry on the school work.

Mrs. A. W. Weeks and family are at present guests at the Windsor Hotel, Montreal.

Many friends here will be interested to know that Miss Evelyn Nicholson left last Tuesday night for Vancouver, to join her parents, Dr. and Mrs. J. A. Nicholson, who are spending the winter there.

Mr. Murdoch Ross leaves this morning for Sackville to meet his daughter, Mrs. Helm and her children, Dorothy Ross and Phyllis who are coming from Toronto on a visit before going to their new home in Vancouver to which city Mr. Helm was transferred some weeks ago.

Mr. and Mrs. Noel DeBlais entertained for their friends at dinner on Thursday evening.

Dames fashion promises larger hats for late spring, but stylists adhere strictly to the diminutive types for the present and for those to be worn with the spring suit. They say they must be small to go with these little bell-hop jackets that are so modish and which appear to go with everything. To bring the short jacket into line with the rest of the costume, all sorts of belts, sashes and ties are shown. They may be a brilliant contrast, such as red on navy blue or paddy green on black. Many ways and combinations in which printed silks are used this year brings them into a new line of interest. That prints are used with artistry and for variety and contrast is the reason of the continued triumph. Sleeves are fine, wide and handsome, with rich embroideries whenever the costume gives the opportunity for decoration, not only of the cuff, deep or shallow, as it may be, but the whole sleeve as well.

The spring robin red breast will see the bang back in favor as a style for the feminine crowning glory. Not the formal square dutch cut bang, nor that tufted effect worn by Victorian fashion plates, but a light, soft, slightly undulating bang that will break the monotony of foreheads long bared to the elements. This information came from Paris by way of the inner office of the Illinois Hat-dressers' Association, where President Max Hoefler studied topknot style forecasts.

However, it was stressed, the hair is dressed back from the forehead. The new bang is simply soft, thinned-out ringlet curls that stray over the forehead. Very pleasant are curls peeping out from under the brim of the new hats that slant down over the right eye. Equally pleasing, the hair-dresser predicted will be light ringlets that stray out from the left temple.

Mrs. Lyons of Moncton has been spending a pleasant week here, the guest of Mr. and Mrs. Gordon Hughes.

Mrs. J. B. Hegan invited a number of friends in for the tea hour on Wednesday in honor of her sister Miss Hunt of Summerside who is her guest.

Many friends here will be interested to know that Mr. A. S. McLean, Montreal, General Manager for the Canadian National Hotels has returned home from the Royal Victoria Hospital much improved in health.

Dr. Cyrus MacMillan, M. A., Ph. D. of McGill is to be guest speaker at the Charter Day luncheon of the Notre Dames de Grace Women's Club on March 4th.

The Prince of Wales is the best linguist of the royal family. He is at home in many languages, and his latest accomplishment is Spanish. Eighteen months ago the Prince knew scarcely any Spanish, but after acquiring a thorough ground-work by regular daily studies, he took every opportunity of practising while on his South-

What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern By Annabelle Worthington

So many of the couturiers are using diagonal fabrics of silk, woolen or cotton in their mid-season showings. And a very effective little dress results—a model that links it definitely with 1922.

The shoulder yoke terminates in flared sleeve. And how versatile they are! The skirt arrangement is decidedly smart and youthful.

And how you will enjoy making it. If you choose either the diagonal silk or sheer woolen in sapphire blue, you can wear it now and all spring.

For resort it's stunning in blue diagonal cotton or white diagonal sheer woolen.

Style No. 908 is designed in sizes 11, 13, 15 and 17 years. Size 15 requires 3 3/4 yards of 39-inch material. Be sure to fill in the size of the preferred. Price of pattern 15 cents.

Form for pattern order with fields for Name, Street Address, City, State.

For The Cook

CHEESE STRAW

How we admired these delicate fingers before we started in to really do serious cooking—as a youngster it was the height of our ambition to make these straws; maybe you felt the same desire. Try them, you'll be surprised how easy it is. Here's how:

- 1/2 cup sifted flour. 1 teaspoon baking powder. 1/2 teaspoon salt. 1/4 teaspoon paprika. 1 tablespoon butter or other fat. 1 cup soft bread crumbs. 2 tablespoons milk. 1 cup grated cheese. Sift the flour, baking powder, salt, and paprika together. Rub in the shortening with the finger tip. Add the bread crumbs, milk and cheese, and mix thoroughly. Roll to one-fourth inch thick on a floured board. Cut in narrow strips and bake in a moderate oven (about 350 degrees F.) for 20 minutes, or until golden brown.

American tour, with the result that he can not only deliver a formal public speech in correct Spanish, but can carry on intimate personal conversations with ease and fluency.

In addition to Spanish, the Prince's other foreign languages are French, Italian, German and Danish. Frequently at York House, when receiving an official visitor from abroad, or some embassy representative, the Prince will surprise him by speaking in his own tongue. He has a place in history as a royal linguist, for he was the first English Prince of Wales to address his people in their own language, and whenever he visits the principality he always says at least a few words in Welsh. Prince George the young-



Mothers, Mix This At Home for a Bad Cough

You'll be pleasantly surprised when you make up this simple home mixture and try it for a distressing cough due to a cold. It takes but a moment to mix, costs little, and saves money, but it can be depended upon to give quick and lasting relief.

Get 2 1/2 ounces of Pinex from any drugist. Pour this into a 16 oz. bottle; then fill it with plain granulated sugar syrup or strained honey. The 16 ounces thus made costs no more than a small bottle of ready-made medicine, yet it is much more effective. It is pure, keeps perfectly and children love its pleasant taste.

This simple remedy has a remarkable three-fold action. It goes right to the seat of trouble, loosens the germs, kills them, and soothes away the inflammation. Part of the medicine is absorbed into the blood, where it acts directly upon the bronchial tubes and thus helps inwardly to throw off the whole trouble with surprising ease. Pinex is a highly concentrated compound of Norway Pine, containing the active agent of creosote, in a refined, palatable form, and known as one of the greatest medicinal agents for severe coughs and bronchial irritations. Do not accept a substitute for Pinex. It is guaranteed to give prompt relief or money refunded.

HEADACHES caused by ACID

PHILLIPS' MILK OF MAGNESIA



ACIDITY haunts its victim like a shadow. No appetite; what you do eat disagrees, causes flatulence and makes you sluggish. Work is an effort. Before night, a headache.

Do you know what is wrong? An acid-soaked system! Too many acid foods. But you need not diet your way out of this difficulty! Take a tablespoonful or two of Phillips' Milk of Magnesia.

From the hour you relieve that acid condition you will feel like another person. Every spoonful of Phillips' Milk of Magnesia will neutralize many times as much acid. Take it when stomach nerves are over-stimulated through worry, or excitement; when everything ferments in your stomach, and waste matter is poisoning the bloodstream or whenever the bowels are clogged.

Phillips' Milk of Magnesia has a gentle, laxative action. It is even so much better for one than the harsh purgatives that upset the stomach or weaken the bowels muscles. An occasional dose of Phillips' Milk of Magnesia is all that is necessary to avoid those periodical attacks of sluggishness so apt to occur with any person who does not get a great deal of physical exercise. Phillips' Milk of Magnesia is sold at drug stores everywhere in the dominion in 50c bottles. Be sure to say "Phillips'" when you buy. Then you're sure of getting the product that doctors prescribe. The ideal dentifrice for clean teeth and healthy gums is Phillips' Dental Magnesia, a superior tooth-paste that safeguards against acid-mouth. (Made in Canada.)

PHILLIPS' MILK OF MAGNESIA

MILBURN'S HEART AND NERVE PILLS. Price 50c a box. Sold at all drug and general stores, or mailed direct on receipt of price by The T. Milburn Co., Ltd., Toronto, Ont.

Sorry To See Night Coming She Could Not Sleep. Mrs. K. McElroy, Kirkfield, Ont., writes: "I was very nervous and run down, was short of breath, and had smothering feelings, and was sorry to see night coming as I could not lie down or go to sleep. I was advised to use Milburn's Heart and Nerve Pills. I took seven boxes and am now completely relieved, can sleep fine all night, and have gained in weight."