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

HEALTH

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

THE VENEREAL DISEASES

The Venereal diseases the greatest menace of womanhood. Readily prevented, rather easily cured. On the wane in most civilized countries where there are efficient health services.

The venereal diseases have in the past done more damage to the health of woman than any other type of infection. Up till 20 years ago mention of these affections was taboo in the daily press. It was not mentioned in polite society. One of the most helpful things in a campaign against a disease is to get the public talking about it. Scarcely a dent was made in the armour of tuberculosis until about 30 years ago when health officers and other medical men gave publicity to the measures which have been so successful in lessening the ravages of that malady. The same thing is true in respect to cancer.

The movement against the venereal diseases in Canada began 20 years ago by the enactments providing for adequate compulsory treatment and the cheapening of the required remedies. This was followed by the demand of provincial health officers and other interested persons that the government of Canada assist the provinces financially in the care of cases. To the credit of the present Chief Justice of Ontario, then acting in the capacity of Minister of Health at Ottawa, the demand was successful and a sum of $200,000 was provided annually over a period of years for this purpose to be succeeded for a few years by one-half this sum. The provinces for the most part provided equivalent sums of money, set up clinics for treatment and machinery to see that persons having venereal disease continued treatment until cured.

At the time the admissions to hospitals showed about 12 per cent of venereal disease. Today similar admissions are less than 2 per cent.

The two principal venereal diseases are syphilis and gonorrhoea. Of the two possibly the latter is the more destructive of the health of women. On the other hand taken all in all, syphilis is one of the most fearful of all human diseases. It is said to have been brought to Europe by the sailors of Columbus following the discovery of America. It rapidly spread through the inhabitants of the continent and has long since reached to and beyond the fringes of civilization.

These affections are by no means conquered. It is only by eternal vigilance that they will be prevented from resuming their former place in the society of devastating diseases. Public health authorities can never rest on their oars. Infectious disease is like the jungle; it grows overnight in the absence of control.

It costs less to control disease than to treat it. In Canada the annual cost of the treatment of disease reaches the enormous total of three hundred and eleven millions of dollars ($311,000,000.) We spend only about six to seven millions in the effort to prevent disease. The necessary expenditure in disease control through health departments is about $2.50 per capita or for all Canada something under $30 millions. If that sum were spent on prevention every year it is a fair estimate that the cost of treatment would be cut in half.

One hopes that one of these days a statesman will arise with vision calculated to give enduring battle against the forces of disease. He will have a hard fight but the results will entitle him to whatever honours may come his way.

Questions concerning health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

"What do you think of the Ethiopian embroglio?"

"Well, I must say that I like our old-fashioned fruits best."

"It Keeps Me on my Feet"

says Mrs. Harold Patriquin, R.R. No. 1, Malagash, Nova Scotia.

"Lydia E. Pinkham's Vegetable Compound is a wonderful medicine. I recommend it to any woman who suffers as I used to. I usually spent the first day in my bed, for the pain was so intense. Since taking it I can do all my work and never miss a day."

98 out of 100 Women Report Benefit

Liquid and Tablets - - At all Druggists

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Today's Short Wave Radio Program

(All time is Eastern Standard)

TUESDAY, DECEMBER 1

BERLIN

5:15 p.m.—Merry Songs of the Rococo Time. DJD, 25.4 m., 11.77 meg.

SCHENECTADY

5:35 p.m.—Short Wave Mail Bag. W2XAF 31.4 m., 9.53 meg.

ROME

6 p.m.—News in English. 2RO, 31.1 m., 9.63 meg.

LONDON

6:55 p.m.—"Manor to Mine." A program of contemporary contrast in village life. GSP. 19.6 m., 15.31 meg.; GSD, 25.5 m., 11.75 meg.; GSC, 31.3 m., 9.58 meg.

CARACAS

8:30 p.m. — The Continentals. YV2RC, 51.7 m., 5.8 meg.

LONDON

10:20 p.m. — "Twisted Tunes." GSD, 25.5 m., 11.75 meg.; GSC, 31.3 m., 9.58 meg.

PARIS

10:20 p.m. — News in English. TPA—4 25.6 m., 11.72 meg.

MONTREAL

10:30 p.m.—"Arabesque"—pattern in melody, vocalists and string ensemble. CRCX, 49.2 m., 6.09 meg.; CJRO, 48.7 m., 6.15 meg.; CJRX, 11.72 meg.

Children's Colds

. . . Best treated without "dosing."

JUST RUB ON AT BEDTIME...

VICKS VAPORUB

ANYTHING but LOVE

by JANET DORAN

CHAPTER XX

The door had scarcely closed on Johnny when Alma crumpled up on the divan and burst into a storm of tears.

"I'm such a fool," she sobbed, "such an utter idiot to care so, Caroline! Everything he does, every word he speaks, has the power to hurt me so cruelly! I—I wish I'd never met him, never seen him!"

"Alma," Caroline said earnestly, what happened? Did your quarrel? Why did he act so strangely, and what did he mean by that last remark—about the money he hoped you'd enjoy?"

"I guess," Alma said miserably, "he meant Sig. He evidently thinks I'm going to marry him. At least, I didn't deny what he said before, about my being engaged."

"But why, if you care so much, do you let him go on thinking that?" exploded Caroline, in exasperation. "I can't see why you don't tell him you're not engaged!"

"He's had reason—too much reason—already, to think I'm in love with him. Crazy over him! So it's just as well to let him think I'm engaged to Sig. I'm not throwing myself at any man's head, Caroline. This is Johnny's decision not mine. And until he wants me badly enough to explain things—to tell me what stands between us—I'm through with him. He needn't think he can play dog in the manger!"

"Alma Whittaker!" Caroline scolded. "You know perfectly well you don't believe that of Johnny Anthony! You know perfectly well that whatever his reasons are for keeping silent, they must be good ones. That's just hurt pride that makes you talk like that!"

Alma wiped the tear streaks from her face.

"For all I know," she said bitterly, "he may be married!"

"I don't believe it!" Caroline blazed. He'd have told you if he were. He's not the sort to deceive a girl about a thing like that!"

"Why do you stick up for him so, Caroline?" Alma asked curiously.

Caroline laughed shortly. "Once," she said briefly, "I was in love, but I let a lot of foolish pride and lack of faith wreck things completely. I'll be an old maid before long, Alma, and I might have had a home, husband and happiness if I'd had gumption enough to hold to my belief in—a man!"

"But what can I do?" Alma protested, in weary defeat. "He has this past—whatever it is. Apparently he can do nothing about it."

"You can quit taking an injured attitude and making things hard for him. And you can quit deceiving him, for instance, about Sig, because of your false pride. If you really love him and if you're sure he loves you, you'll stand by until he's in a position to speak. If he loves you enough, he won't give up easily. He'll find some way of overcoming the obstacle, whatever it is."

The clock chimed eleven.

"I must be going," said Alma.

"Alma," Caroline said suddenly, "let me go job-hunting with you tomorrow. I'd love it! I might even get something to do myself!"

"Oh, I wish you would come with me!"

"Fine! I'll call for you in my car. What time?"

"Oh, early in the afternoon. I'll be over at the old place. It's going to be sold at noon. After that, I'm a girl without a home. I shall probably live in a hall bedroom and eat tinned beans."

"You mean you're not going to stay with your aunt Harriet? How come?"

"The scandal we've brought is too much," Alma explained wryly. "So Aunt Harriet is leaving Burntwood until it does down. She's taking Dad to Maine."

"Stay with me, Alma, until you get your bearings — won't you, please?" Caroline urged. And thus it was arranged.

It occurred to Alma, when she was once more under Aunt Harriet's roof, that the one person to step forward and make a place for her—to offer to share — was the one person among her friends who had the least to share!

"But probably," she mused, as she tossed in her bed, "the others don't realize just how desperate things are. But anyhow, Caroline came forward. And her kind of friendship, her sort of sharing and help, has no hitch to it! No stipulations involving marriage to a banker! Sharing seems to begin in poverty — and maybe it ends there, too!"

The next morning, Alma walked to her old home with a feeling of resignation buoyed up by her plans for the future. Here ended one journey, but she was soon starting another—a new life.

Entering the living room, she stared around curiously, and then, startled, discovered something. The big chair—hers and Johnny's—was gone!

"Where," she demanded of the auction agent, "is that big chair? The tapestry chair?"

"A man just bought it and took it away, miss—private sale," the agent replied. "It's quite legal. The only stipulation was that we must have a certain price."

Johnny's and her chair gone! Sold privately because it was legal so long as a certain price was reached. Alma turned and stumbled up the stairs. But then, she realized, what difference did it make? Even if they hadn't sold the chair until the auction at noon, she couldn't have done anything about it — couldn't have bought it herself. Not this noon, nor for many noons to come, could she afford to buy even the legs to a chair like that!

(To be continued)

WAKE UP YOUR LIVER BILE—

And You'll Jump Out of Bed in the Morning Rarin' to Go

The liver should pour out two pounds of liquid bile into your bowels daily. If this bile is not flowing freely, your food doesn't digest. It just decays in the bowels. Gas bloats up your stomach. You get constipated. Harmful poisons go into the body, and you feel sour, sunk and the world looks punk.

A mere bowel movement doesn't always get at the cause. You need something that works on the liver as well. It takes those good, old Carter's Little Liver Pills to get these two pounds of bile flowing freely and make you feel "up and up". Harmless and gentle, they make the bile flow freely. They do the work of calomel but have no calomel or mercury in them. Ask for Carter's Little Liver Pills by name! Stubbornly refuse anything else. 25c.

A Morning Smile

Lady Interviewer — Then your knowledge, McTuggen, must cover a very wide field.

Dentist— Thousands of achers, madam, roughly speaking.

An Aberdonian paid a visit to a friend in Glasgow, but overstayed his welcome by a fortnight. At last he packed up, and as he left he said:

"Well, John, I've had a fine time. Ye've been real guid to me. I liked the hoose. I liked the food, I liked the whisky, I enjoyed the cinemas and the theatres I dinna ken hoo to thank ye. I'll send ye a hen when I get hame."

Weeks passed and no sign of the hen. At length John met him at the market.

"Hullo!" he said by the way of greeting, "I thocht ye were to send me a hen."

"So I was," said Tam, "but it didna dee."

Watch out for the girl who says she wouldn't marry you if you were the last man under the sun. She might get you under the moon.

CORNS Lift Right Out No Pain!

QUICK RELIEF

PUTNAM'S CORN EXTRACTOR

Dorothy Dix's Letter Box

If You Tire of the Company of Your Fiance Before Marriage, Then You Do Not Have That Great Love That is Essential for Happiness

Dear Dorothy Dix—Should an engaged couple see each other every night? Is it natural for people in love to get tired of seeing each other often, and get on each other's nerves occasionally? My fiance never gets tired of seeing me, but I like to spent an evening at home alone sometimes and visit girl friends. He is also of a different religious faith from mine, but he consented to be married in my church. He does not wish to change his religion. I told him that if he loved me as much as he thinks he does he would be glad to change his religion. People will probably think he doesn't care for me if he doesn't Am I wrong in not wanting his mother, a divorcee, to live with us? She earns her own living and is young and active. How can I tell whether or not I really love this boy? I can't seem to make up my mind. I don't know whether or not I want to be married. I have never had to make any decisions for myself, so it makes things hard, but my fiance says that no one can make up my mind for me but myself. Can you give me any advice? TWENTY.

Answer:

Plenty. And if you will take some of it, it will save you and the young man a lot of grief. My first piece of advice is to put off your marriage until you are older and your mind has had time to jell. You are not ready for marriage now. No matter if you are 20, you are still a child emotionally. Your character is still unformed, your tastes unsettled. You don't know what you want yourself, or else you would not be asking some one else to tell you what to do.

More than that, you are not really in love with the young man. You have none of the deep feeling for him that a woman should have for the man she marries. You are flattered by his love and admiration for you, and you are intrigued by the idea of getting married and all the fuss and frolic that goes with a wedding. Besides, all the other girls are getting married and you think you should do so, too.

Believe me, my child, when you do fall really in love you won't be bored by the boy friend coming to see you every night. You will think it is an eternity from day to day, and you will call him up by telephone to see if he is still alive and hasn't forgotten that he loves you. Nor will you wonder whether or not you are in love. You will not only know it in every fiber of your being, but you will be convinced that no one ever felt that way before. Neither will you dread being married. You will want to hurry up the wedding day.

The problem of two people of different religious faiths marrying is a very serious one and one that every young couple contemplating such a union should consider long and prayerfully and with deep soul searching. Why two people who love each other cannot live together in peace when they both worship Him who is the God of love, no one can explain. It is merely a fact that just as no wars have been so bloody as holy wars and no persecutions so cruel as those done in the name of religion, so there is nothing about which husbands and wives can quarrel so bitterly, nothing which can so completely estrange them as a difference in creed.

I think mixed marriages are always undesirable and dangerous, and that they should never be entered into by people who are ardent in their own faiths and devoted to their own churches. They only succeed when one or the other has no strong feeling about his or her creed.

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Dear Miss Dix—A girl of 17, living next door to me, left home not very long ago. A boy she had been keeping company with also disappeared about the same time. Last week they both returned and the girl's parents refused to take her in. She is about to become a mother and I feel so sorry for her. She told me on her word of honor that she and the boy were married, but as she is only 17 and he 19 I ran't really believe her. The girl's mother has always been very cruel to her. Many times has she beaten her publicly because she failed to do an errand or some other small thing, so she can look for no help from her mother. I am an elderly woman with no children and would like to take this couple into my home and grandmother their baby if I were certain that she had been married. How can I find out? MRS. E. C.

Answer:

If they have been married they must have a marriage certificate, or at any rate be able to tell you where they took out the marriage license, and you can write to the marriage license clerk and find out.

But even if they have not been married, don't let that keep you from holding out a helping hand to these poor, foolish children in their hour of need. If they have done wrong, they need you all the more, for they will have to pay the price of their sin, for the general public will pass them by on the other side as they sit homeless and penniless by the roadside, and it is only a Good Samaritan, like you, who will come to their rescue.

If you take these forlorn young creatures into your home, you can save them. You can give the girl the mothering that she has never had and that doubtless would have saved her from the folly of running off with the boy before they were old enough to marry or had anything to marry on. You can feed the boy, get him a job, give him back his self-respect and start him on the way of meeting the responsibilities he has taken on too young shoulders. And if, as you suspect, this couple are not married, you can have them married and save a little child from having to go through the world with the brand on it.

* * * * * *

Dear Miss Dix—What is a person to do when a friend comes to visit her and brings along children who wreck the house Before my guest arrived I locked everything lockable and hid everything hideable. I gave the child toys galore to play with, but did these amuse her? Not at all. She took the cushions off the davenport, wrecked my house flowers, mussed my best dress, pounded the piano, broke the harmonica, burned the rug, stood up in her chair at the table and reached across and filled her plate with the entire contents of a dish. And all that her mother said was: "Oh, darling!" What on earth is a hostess to do with such guests. MRS. B. W.

Answer:

The only thing you can do is simply to bar the door against them. Few people have the courage to invite women with children to visit them, because in these days when children are encouraged to express their natural impulses, instead of having them curbed with a hair-brush, there are few youngsters who have many manners or respect for other people's property. DOROTHY DIX.

LITTLE HELPS

Dry the tinware and prevent rust. The up-to-date colander has a long handle that protects the cook from steam burns.

Cut flowers are beautiful in the home, but they are anything but lovely if allowed to die in their holders and then not thrown out.

The HOUSEWIFE and HER ACTIVITIES

PROVES IT DOES

Isn't it funny
That so many
Business men
Will get up in the morning
Clean their teeth with an advertised brush and advertised tooth paste,
Shave with advertised razor,
Wash and shave with advertised soaps,
Put on advertised underwear,
Advertised hose, garters, shirt, collar and shoes,
Seat themselves at the table
And eat advertised breakfast food and bread,
Put on an advertised hat and advertised gloves,
Go to the station in an advertised motor car
Give down letters to a typist who types on an advertised machine
Using advertised carbons,
Sign their letters with an advertised pen
Containing advertised ink,
And,
Turn down a proposal to advertise on the ground
That
Advertising Doesn't Pay?
—Printer's Ink.

ONCE A WEEK

Don't wait until the cleaner is giving you poor service before you empty the vacuum bag. It is not good for the cleaner and certainly not good for real service. Empty it every week and get the most out of your vacuum cleaner.

THE KITCHEN STOOL

A high stool that may be tucked out of sight under the drainboard when not in use is a fine help to the woman who does all her own work. It takes but a minute to pull it out and she may be seated while preparing vegetables, ironing, or even washing dishes. Mother's feet will not be so tired at the end of the day with all the small rests.

Bulbs for forcing indoors should be potted now and set away in a dark, cool cellar to root. Don't forget a few freesias this year.

Begin planning your 1937 garden by reading up on favorite plants in flowers in books and catalogs.

Lily of the valley pips which have been chilled in cold storage will develop flowers in fifteen days if placed in moss and water in a shallow bowl. They are the most fragrant of the easily forced bulbs.

REMEDY FOR CHILBLAINS.

Bathe the affected parts in warm water (not hot), dry well then gently rub with a slice of freshly cut lemon. Repeat the treatment two or three times a day until relieved.

POT BULBS NOW FOR WINTER DISPLAY

It is not too late to put bulbs for the winter display of flowers. Some of them, like the tulips, take too long, but there are many others just as beautiful, and much easier to grow.

Scillas, grapes hyacinths, crocuses, glories-of-the-snow and snow-drops are easy subjects. The main feature in growing them is not to give too much heat. All of these may be potted up now and set outdoors to remain until freezing weather, or put away in a cool dark basement to root, when they may be brought into the house and to the light gradually as top growth advances.

Lilies of the valley are one of the easiest of house plants to handle. Pot up a supply of the prepared cold storage pips. Set them away, and bring in a few at a time to bloom they will respond quickly to light and warmth and their fragrance and beauty is very worth while.

Crocuses are also easily grown indoors. Half a dozen bulbs in a bulb pan will give a fine display. Set them away to make roots, as is done with hyacinths and when the top growth is well above the pot bring them into the light. They open quickly and a succession of blooms will give nearly a month of beauty.

The dainty snowdrops need more care than the others, and a little too much heat does for them. They must have a cold room, but once the blooms are out they can be brought to warmer quarters.

Grape hyacinths have become one of the chief favorites among florists as their dainty spikes of sky blue "grapes" make exceedingly effective pots.

All of these bulbs should be planted in quantity all about the garden, and when they are going into the garden, if they haven't already, save a handful of each for growing indoors. They will well repay the trouble and their dainty beauty is as much appreciated as the more stately hyacinths and narcissi. There is still time to plant them outdoors, so long as the ground is not frozen.

THE COOK'S CORNER

POTTED CHRISTMAS MEAT

Three pork hocks; 2 lbs. stewing beef (of the shank) 2 tspns. mixed pickling spices; seasonings.

Method: Wash the meat; put in kettle and cover with cold water. Simmer gently for three hours. Remove the meat and put through meat chopper; set aside in bowl. Boil the bones for another hour. Strain; add spices and continue cooking until the liquid is reduced by half. Strain over the chopped meat; add salt and pepper and mix thoroughly. Turn mixture into a wet bowl, chill, slice and serve with fowl or with cold salads.

MINCEMEAT

One lb. raw beef; 1-2 lb. fresh tongue; 2 lbs. each of raisins, currants, apples' kidney suet and brown sugar; 1 teaspoon each of cloves, cinnamon, nutmeg mixed with 1 teaspoon powdered sugar; 1-2 pt. brandy; 1-2 lb. candied orange peel; 1 pt. grape juice or cider; 1-2 lb. candied lemon peel; 1-2 lb. candied citron peel.

Boil beef and tongue and chop fine. Chop suet as fine as meal. Shred peel and citron. Mix all the ingredients. Put in a stone crock. This makes one gallon of mincemeat—enough for quite a lot of pies and cookies during the holiday season. If you desire to keep it for any length of time, pour a layer of melted suet over the top. If brought to a boil and then canned, mincemeat may be carried from one season to the other.

CHRISTMAS STARS

One cup and 3 tablespoons powdered sugar; 1 teaspoon lemon juice; 1 teaspoon grated lemon rind; 1 egg white; 3-4 cup ground blanched almonds; 1-8 teaspoon cinnamon.

Fold the sugar, lemon juice and lemon rind into the stiffly beaten egg white. Add the almonds and cinnamon. Roll to 3-8 inch thickness on a board that has been sprinkled with powdered sugar. Cut into star shapes (or any other appropriate shape). Bake on a greased baking sheet in a moderate oven (350 deg. F.) for 8 to 10 minutes. Makes 2 dozen cookies.

Dr. Wood's NORWAY PINE SYRUP

Feel Chilly-Start to Sneeze Nose Starts to Run

Then comes the cold which, if not attended to immediately, shortly works down into the bronchial tubes, and the cough starts.

On the first sign of a cold or cough go to your druggist's and get a bottle of Dr. Wood's Norway Pine Syrup.

You will find it to be a prompt, pleasant, reliable and effectual remedy for your trouble.

It has been on the market for the past 44 years. Don't experiment with a substitute and be disappointed. Get "Dr. Wood's".

Duke Attends Sailors' Dinner

The Duke of Gloucester is shown above as he attended the dinner of the British Sailors' Society recently in the Dorchester hotel, London.

GORDON FIFE, Soldier of Fortune — On the Altar of the People! — By Bob Moore and John Hales