

## Woman's Realm

### MAKE PARLOR IN OLD-FASHIONED HOME SERVE A PURPOSE.

If you have never tried using the largest, pleasantest room in the house for the family bedroom, you don't know how much more you will enjoy it in that capacity, than as a parlor, used only occasionally.

I live in one of those old-fashioned houses in which a parlor was added to an already larger number of rooms than is needed by the average family. This company room was the largest room in the house, and so pleasant, airy and sunny with its south and west indows and sash door opening to the east upon the end of a south verandah. So delightfully situated it was a shame to use it so little. Such an abundance of sunshine went to waste in it and the finest view we had was from its seldom-used windows.

I tried using it as a living-room, but it was too remote from the kitchen and dining-room, and an air of made-to-be-used-only-on-state-occasions clung to it so persistently that the man invariably stopped in the "middle" room to lounge and read, leaving my cherished living-room to the isolation that the habits of years had banished it.

I reflected one day what an attractive bed-room it would make, and how convenient the smaller room opening from it would be as a nursery. The idea so captivated me that I promptly planned to rearrange it for that purpose and soon had my erstwhile useless parlor fitted up as a bedroom and private sitting-room.

A fair-sized bedroom opened from the middle room, which was also a large room, and both having a south exposure. I had a very wide doorway cut between the two rooms, nearly eliminating the partition, and so combined them into one delightfully long, sunny living-room. It was so enjoyable to have the piano and books and all the most useful articles of furniture out where we would use them every day. Our living-room became one, in a sense that no other room ever had, while my parlor never afforded me the pleasure and satisfaction that my big, sunny bedroom does with its accommodation for a fire in the winter and plenty of fresh and sun-shine during the summer.—Mrs. E. M.

### MEASLES.

The season for measles is during the winter and spring months. One-half of the deaths from measles in Canada occurred in the months of January, February and March. A great many of these deaths could have been prevented if parents had realized the danger and how to avoid it.

The dangerous age for measles is early childhood. Sixty per cent. of the deaths from measles occur in children under five years of age. Some parents consider measles to be a necessary evil of childhood and that a child may be allowed to catch measles and have it "over and done with." This is a great mistake.

The older a child is when he contracts measles the better the chance he will have of recovery, the younger he is the greater the danger. The

death rate of children having measles at two years of age may be five times as high as it is among those who postpone the disease until the tenth year of life.

Measles is spread by the secretions of the nose and throat, especially in the tiny droplets sprayed out in coughing, sneezing and loud talking. The danger of catching the disease is greatest during the period from five days before the rash appears and for five days thereafter. Before the rash appears the child may seem to have only a cold, but in reality this cold may be the beginning of measles.

From the time of exposure, from ten days to two weeks elapses before the child is taken ill. The illness is much less likely to be dangerous if taken in hand at an early stage. The first symptoms are a rise in body temperature and redness of the eyes. Therefore, when a child has been exposed to measles, the temperature should be taken on the eighth, ninth and tenth days after exposure. If the body temperature has risen or the eyes are reddened, put the child to bed and keep him there. Bed is the one safe place to fight measles, and the earlier in the disease the child is put to bed, the less will be the danger of death or a serious result, such as pneumonia, tuberculosis, eye or ear trouble. There is all the difference in the world between an attack of measles developing in a child exposed to body chill, and in a child safeguarded by warmth and rest.

Measles requires good nursing and the care of a physician. The patient should be kept away from other people until the rash has quite gone, and should remain in bed as long as there is fever or a cough. Do not let the child be uncovered and chilled as this may lead to pneumonia. A somewhat darkened, comfortably warm room is the best and the air should be kept moist and soothing to the air passages by means of pans of water or by wet sheets, which may be hung across the doorway.

### THE OLD MOTHER.

Lord, rest me from my daughter  
Who is so kind to me;  
Never need I walk alone,  
Nothing have I that's my own,  
What I begin, by her is done;  
And from all but her alone  
Am I rested, till I moan.  
Lord, rest me from my daughter  
Who is kind to me.

—Elisabeth Morris.

### FRUIT SALAD.

Half pound English walnuts, half pound marshmallows, 2 cups diced pineapple, 2 cups canned white cherries.

Chop or break the nut meats, cut the marshmallows in quarters with scissors, and add pineapple and cherries. Mix with dressing, and let stand twenty-four hours before serving.

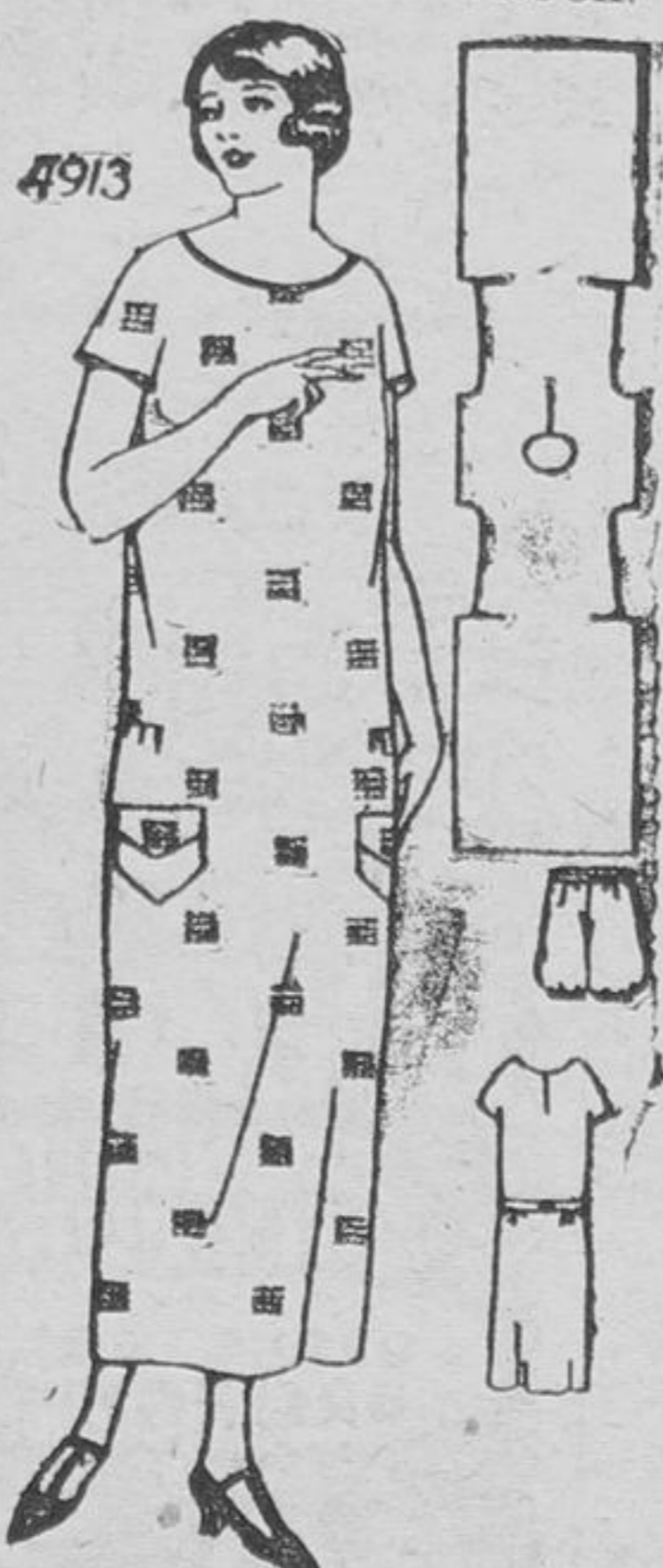
### OVERNIGHT SALAD DRESSING.

1½ tsp. flour, ½ tsp. mustard, ½ cup milk, ½ tsp. salt, 1 egg yolk, ½ lemon, 2 cups cream.

Mix flour, mustard, and salt; add

the milk and egg yolk, and cook over hot water until the mixture thickens. When cool, add the juice of one-half lemon and two cups cream, whipped until stiff.

### A NEW APRON FROCK.



4913. The busy, practical housekeeper will welcome this simple frock and the bloomers that accompany it, because freedom and comfort while at work are so desirable. The bloomers may be of the same material as the frock or of contrasting material.

The Pattern of this splendid style is cut in 4 Sizes: Small, 34-36; Medium, 38-40; Large, 42-44; Extra Large, 46-48 inches bust measure. The width of the frock at the foot is 1½ yards. To make this model for a Medium size will require 4¾ yards for the frock and 2¾ yards for the knickers of 27-inch material.

Pattern mailed to any address on receipt of 15c in silver, by the Wilson Publishing Co., 73 West Adelaide St., Toronto. Allow two weeks for receipt of pattern.

Send 15c in silver for our up-to-date Fall and Winter 1924-1925 Book of Fashions.

### Treat Their Enemies to Laughing Powder.

A naturalist recently returned from Arabia has described to a learned society a plant called the "laughing cactus." The plant gets its name from the fact that anyone eating its seed gives way for some minutes afterwards to immoderate laughter, frequently ending in nervous prostration.

The natives of the district in which the plant flourishes dry the seeds and grind them into powder, which they keep, and on suitable occasions administer to those against whom they have a real or fancied grievance.

An overdose may result in temporary loss of reason, following which the victim falls into a deep sleep, awakening with no memory of his curious conduct.



### Locating the Break.

Old Isosceles—"Why so sad, young fellow? Did your girl break her engagement with you last night?"  
Young Rounder—"No—broke me."

To write a good love-letter you ought to begin without knowing what you mean to say, and to finish without knowing what you have written.—Rousseau.

Sometime! Why not this time?

# RED ROSE TEA "is good tea"

The ORANGE PEKOE is extra good. Try it!

## MARVELS OF LOST WORLDS

Exploring the Untrodden Places of the Earth.

The eminent archaeologist, Dr. Thomas Gann, discoverer of the famous Lost City of Maya, in British Honduras, who sailed recently in the Manazares to complete his survey of the ruins, hopes to find in one of the great burial chambers which have been unearthed some of the codices buried with every Maya high priest, which may give the story of these strange people and their mysterious wanderings.

He is one of many explorers who are penetrating the still untrodden places of the earth in search of the secrets of cities and civilizations which will throw light on the history of the earth.

The discovery by Captain Angus Buchanan, the leader of the Lord Rothschild expedition, of a city built of salt in the heart of the Sahara has for instance, given a new impulse to the investigation of the vast uncharted areas of Western and Central Asia, of Arabia, Tibet, China and Indo-China, of New Guinea, and of Africa.

There are still in the Antarctic five million square miles of untraversed land; the Kola Peninsula, in Arctic Lapland, awaits the pioneer, and there are two million square miles of South America which may yield priceless discoveries.

In the heart of China there has been found a race of blonde women with curly yellow hair, descendants of a people whose very name has been lost; while in the Becker-Nihon Islands of the Hawaiian group, among the ruins of an unknown city built in stately terraces, there has been found a colony whose men are Apollos and

whose women are of extraordinary beauty.

In the Isthmus of Panama, beyond the Darien Mountains, Mr. Mitchell-Hedges found a mysterious race of Indians with pure Mongolian features, living among prehistoric animals. In the same region was found a race of white Indians settled among the ruins of a great city which flourished 5,000 years ago.

On the Fly River, in New Guinea, Captain Frank Hurley found a race of bronze-colored cannibals whose strongly-marked Hebrew features identify them with one of the Lost Tribes of Israel.

A race of white savages has been found in the Unyamwezi country, in the heart of Africa, while in the hills to the north of the Mekhong Valley, in Indo-China, is a silent tribe which has no deity, worships no idols, and has a language which consists only of five simple sounds.

In the Panama jungle travellers have found the perfectly preserved mummy of a girl whose hands and feet bore claws like those of some weird bird. These and other relics point to the existence in that region in past ages of a race of human tree-dwellers, and Mr. John Giffen Cuthbertson, of the United States National Foreign Trade Council, found in the east of Ecuador a tribe who worship their women, and kill without parley any man who is disrespectful to a woman.

This record embraces only a few of the discoveries of recent years; but while such rewards await the traveler, who can wonder that in these prosaic days the lure of exploration still maintains its hold?

### Licenses.

Practically everything a man does any more depends upon the amount of permission he has obtained from somebody in authority.

He must have a license to get married, a permit to be buried and a birth certificate for his children. His car bears a license plate in front and rear and in several states he must have a license of his own, telling his qualifications as a driver. He cannot hunt without a permit. If he wishes to practice medicine, dentistry or some other profession it is necessary for him to display a diploma or a license, or both.

School-teachers must be licensed and so must plumbers. Inspectors are needed to inspect the licenses and see if they are in due form. If the thing keeps on the newspaper stories of the future may be something like this:

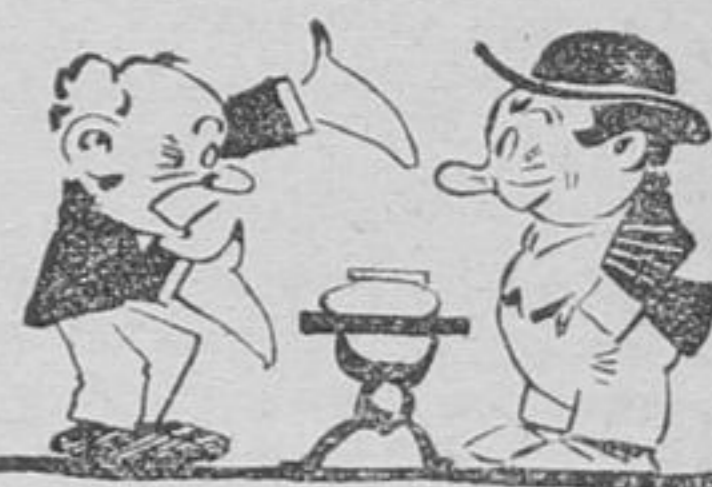
Mr. and Mrs. Israel Plunk (marriage license No. 887,654) and their little daughter Rosobelle (birth certificate No. 465,799) were motoring between Squeedunk and Far Corners yesterday afternoon when their car (state license No. 766; driver's license No. 8922) skidded in fresh gravel that had been applied by Zach White (contractor license No. 666,777; gravel inspected by Inspector No. 3-A-235).

The car turned turtle (acrobatic license No. 41144) and the occupants were thrown into the ditch. Putnam Blount (farmer's license No. 55), who came along at the time, was powerless to render aid as he has no license to

remove disabled passengers from autos.

Abner Jinks offered assistance but was arrested by State Policeman No. 42, as Jinks only had a carpenter's license and was doing work unauthorized by the code.

Plunk and his family eventually were removed when police took them into custody on charges of obstructing a public drain without having a plumber's license permitting them to remain in the ditch.



### Not Under Charges as Yet.

"The representative from your section doesn't seem to have attracted much attention in Congress yet."

"No; but he's in great hope that charges of some sort will be brought against him before long."

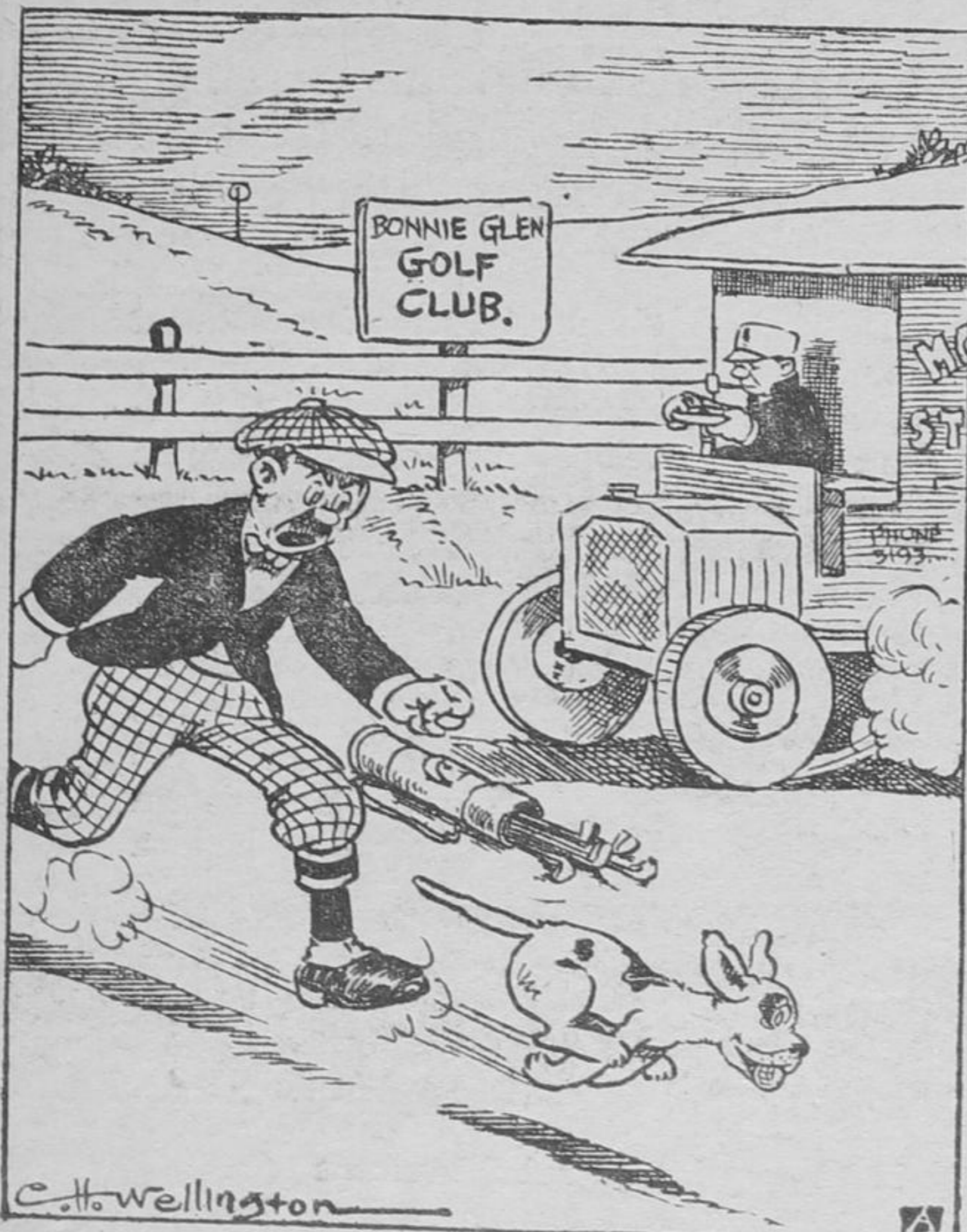
### The Strongest Cord.

No cord or cable can forcibly draw, or hold so fast, as love can do with a twined thread.—Robert Burton.

The Sahara Desert is 3,100 miles long and 600 miles wide. It covers an area equal to two-thirds of Europe.

ISSUE No. 6—'25.

### —AND THE WORST IS YET TO COME



## Work and Worry Weaken Many Women

NEW HEALTH CAN BE HAD THROUGH

## Dr. Williams' Pink Pills

They Give New Vitality—and more.

The demands upon a mother's strength are many and severe; her own health trials and her children's welfare exact heavy tolls, while broken rest and much indoor living tend to weaken her constitution. No wonder that the woman at home is often indisposed through sick headache, backache, and nervous troubles. But varied as her health troubles are, the cause is simple, and relief near at hand. When well, it is good blood that keeps a woman well; when ill, she must make her blood rich to renew her health, and the nursing mother—more than any other—needs rich blood and plenty of it.

Care of diet, sufficient rest, fresh air, and Dr. Williams' Pink Pills will keep a woman's health robust and regular; and because these pills make new blood abundantly, thousands of weak wives and mothers have derived prompt health-help from them.

Mrs. Stewart Grant, Stewiacke, N.S., says:—"After the birth of my first baby I did not regain my health. I could scarcely walk across the room because of the pains in my back. I began taking Dr. Williams' Pink Pills and through their use regained good health. Later an attack of influenza left me very weak, and again the pills fully restored me. I can recommend them to any one who is weak or run down."