

# PAGE OF INTEREST TO WOMEN

## INSOLVENCY

Miss. Emma Cronyn and Miss Cronyn are spending a short time at the Foxborough, Ottawa.

Mrs. James F. Miller, Sheldon Apartments, was a charming afternoon tea hostess on Friday.

Mrs. and Mrs. E. R. Graham of Toronto are visiting Mr. and Mrs. C. H. Hume, Dufferin street.

Miss Joseph C. Armstrong of Toronto spent the week-end with her mother, Mrs. James Armstrong, Maitland street.

Mrs. and Mrs. Charles Foreman have just returned from Waterloo. Mr. Foreman will be rector at St. Basil's Church.

Miss Mary Gemmill, girl work secretary for the Presbyterian Church in Canada, is a guest with Mr. and Mrs. John Gemmill, Mill street.

Miss Madeline Simpson made a brilliant showing at the Toronto Conservatory of Music on Wednesday last, when she was heard there by a critical audience.

Mrs. and Mrs. Reginald Martin, a bride and groom of a short time ago, were pleasantly surprised on Saturday morning, when the special constable staff of the G. O. T. R. presented them with a handsome silver tea service and a cut glass fruit bowl with silver stand.

The home of Mrs. C. E. Keene, Dufferin avenue, presented a pretty scene on Saturday afternoon, when the "I Serve" Club of the Cronyn Memorial Church, under the leadership of Miss Edith Keene, held a tea and musical there. The different rooms of the house were converted into attractive booths. The home cooking found its place in the charming day with Miss Lois Richards as convener, while in the living-room, fragrant with roses and mignonnets and lit with candles, were placed on sale such interesting articles as glass decanters, bathsets, painted flowers, etc., with Miss Mildred Granger in charge. Other attractive booths were the fancy work, presided over by Miss Dorothy Gleason, and the candy table with Miss Ina Coleridge in charge. The tea room was one of the most attractive features of all, small tables prettily decked with buttered bread placed in the dining-room and outside

on the terrace. Here Miss Grace King was hostess. During the afternoon an enjoyable musical program was given under the convener'ship of Miss Dorothy Davis.

The lovely home of Mrs. Hiram Van Loon, Evergreen avenue, was opened Saturday afternoon for a tea and musical, held in aid of the Catholic Women's League relief work. The hostess received her guests wearing a becoming gown of blue crepe de chine and sequins, assisted by Mrs. B. C. McCann, president of the league, smartly gowned in black. The spacious rooms were tastefully decorated for the occasion. Especially pretty was the tea room, the table being covered with an exquisite lace cloth, and arranged with pink satin streamers. Here Mrs. W. G. Coles and Mrs. Coffey presided, assisted by Mrs. B. M. Burns and Miss Jessie Macfie.

A delightful musical program furnished during the afternoon included numbers by Miss Christine Dawson of London, Miss Leon Trotsky of Detroit, Mrs. John Selak, Miss Katharine McLaughlin, Miss Vivian Reid, the Misses Catalano and the Misses Murphy. The hostess was warmly congratulated on the success of her tea, and a goodly sum was added to the league treasury.

"Ardavon Place," London South, the pretty home of Mr. and Mrs. James E. Kerrigan, was the scene of a Saturday night, when they entertained at an informal dance in honor of Col. and Mrs. Claude K. Morgan of London, Eng., who are visiting Mrs. T. H. Smallman. Mrs. Kerrigan received her guests wearing a lovely gown of pale blue satin and shell pink tulle with corsage of sweet peas. Mrs. Morgan was charmingly gowned in cloth of silver, with sequin trimmings, and carried a large white ostrich fan. The house was gay throughout with pink and white tulips, a buffet supper being served about midnight. Among those present were Mr. and Mrs. Jack Smallman, Mr. and Mrs. Webster, Captain Butler, Mr. Fred Betts, Major and Mrs. Eric Reid and their guest, Miss Brooks of London, Eng., Captain and Mrs. Hill, Major and Mrs. Hogan, Dr. and Mrs. Alexander, Mrs. C. S. Hyman, Mr. and Mrs. F. E. Harper, Miss Alice Leonard, Mr. and Mrs. Charlie Hunt, Mr. Douglas Weld, Mr. Ernest Weld and Mr. and Mrs. Wilson Purdon.

## Personal Health Service

(By WILLIAM BRADY, M.D., Noted Physician and Author.)

### Try To Crawl Out of It.

A woman of forty-eight years (had thin, nervous and unable to sleep had written it herself it would have served very well as a nostrum testimonial). She was abnormally conscious of the beating of her heart, and you know it is abnormal to be conscious that one's heart is beating. Yet she crawled out of it. Draw up your chairs, children, and let me tell you how she did it.

A lady aged 32 was greatly emaciated as a result of a prolonged dysentery. He began to suffer with frequent paroxysms or seizures of distressing palpitations, the heart beating with extreme rapidity—tachycardia, to express it in our best medical terms. The only way he could obtain relief from these attacks was by imitating the nervous woman—also, crawled out of it. She was a man aged 35, 48 inches tall and weighing 135 pounds—what proves he had been trying to eat himself to death—had attacks of what he called "neurasthenia of the heart," which his physician privately believed was rather of the nature of angina pectoris, a punishment which comes to those who do not know or care to learn how to live. These man discovered to his surprise that he could crawl out of his "neurasthenia" seizures.

It seems that in spite of our great self-esteem we are still mere animals stalking about proudly and defiantly on our hind legs, and it behooves and benefits many of us to revert for at least a few minutes now and then to our primal posture and run about or pround the house a few times on all fours. Aside of the false variety, that is to say, false dignity, growth before the feet, this last posture one walks on all fours, which means that the hips are high and the shoulders low. The monkey walk has proved especially beneficial for women with prolapses or displacements and other pelvic troubles and for the toning of the muscles and the restoration of the figure after confinement.

## Everywhere in the Dominion

is Canada's Most Famous Dessert



## DIAMOND FLOUR

backed by 66 years of milling experience

QUESTIONS AND ANSWERS.  
Tollet of the Nasal Cavity.  
Our first correspondent writes to have a profuse nasal secretion more or less constantly. He has had his adenoids and tonsils removed. Is there anything we can do to alleviate the formation and accumulation of that secretion? (Mrs. H. R. H.)

ANSWER—Carefully spray the nasal passages twice daily with some lukewarm Alkaline Antiseptic Solution diluted with its own volume of water. Use Devibless No. 18 atomizer, have the bottle only half full, and direct the nozzle straight back as the boy sits erect. Teach him to permit the solution to reach all parts of the nose by throwing back his head while he holds his throat in the position of the "K" sound the word hike (in this position the throat is closed off and the solution cannot run down the throat); the head is then bent forward and the nose freely blown. The handkerchief or toilet paper being held below the nose, not against it. After a week of this, follow the cleansing spray with a spray of Bouillon's solution diluted with its own volume of water.

This solution consists of: Phenol..... 15 grains Compound Tincture of Iodine..... 1 dram Glycerin..... 1 1/2 ounces Distilled water..... 2 ounces Pour the above ingredients into a bottle to 100 F. in a tightly-corked bottle until clear, then filtered.

The nasal toilet outlined may be followed in many cases of persistent or chronic rhinitis, the nose associated with excessive discharge.

This Specialist Obsession.  
I am a girl 19 years old. I am five feet tall and weigh 145 pounds. Lately I have had a good many freckles. I tried—but it made my face a sight. What can be done for bow legs? I have to wear such long skirts. Can cross-eyes be cured without an operation? Please tell me some good specialist to consult. (P. C.)

ANSWER—I advise you not to go to any specialist, except with your family doctor's approval. The specialist proposition in this country is overplayed. It is getting so that it is hard to find a good physician, for the specialists. The country sorely needs a few plain, old-fashioned doctors.

Potassium Iodide.  
Is iodide of potassium harmful to the system if taken for a somewhat extended period to enrich and revitalize the blood of a person who is weak and has that "all in" feeling?  
Answer—Potassium iodide doesn't enrich or vitalize the blood. It rather tends to destroy blood cells. It is certainly unwise to take potassium iodide over a lengthy period unless under the direction of your physician.

Children Cry FOR FLETCHER'S CASTORIA  
Ladies Keep Your Skin Clear, Sweet, Healthy With Cuticura Soap and Cuticura Talcum

## WM. POPE PROPOSED AS NEW PRESIDENT OF DRAMA LEAGUE

J. Stanley Meredith Suggested As Chairman of a Producing Committee.

William Pope is the name suggested as the new president of the London Drama League. His name is to be proposed at the annual meeting of the league, to be held on Monday, May 16, by the nominating committee, under the convener'ship of Dr. J. W. Crane. Mr. Pope was an active member of the London Dramatic Club of pre-war days, and has always been intensely interested in the drama. The coming election of officers is causing great interest throughout the city, as the league membership has recently become very large and representative. The resignation of Dr. W. J. Tamblin, the former president of the league, has been received with regret. The suggestion has been made, however, that he should be made an honorary vice-president. A second honorary vice-president proposed is Dr. David Arnott, who has been instrumental in securing a large and influential list of \$10 patrons for the league. As honorary president, the name of Lieut.-Col. A. Smith, another prominent member of the old London Dramatic Club, has been proposed.

One of the most important officers recommended on this slate is that of chairman of the producing committee, for which office the name of J. Stanley Meredith is suggested. As the league expects to undertake the entertainment of prominent actors who visit the city next year, another important office is that of chairman of the social committee, for which the name of Mrs. E. H. Johnston is offered.

The other officers suggested are as follows: Vice-president, Col. Frank Ware; secretary, Miss Louise Gahnet; treasurer, Mrs. J. H. Gahnet; and assistant treasurer, Mrs. A. D. Jordan; assistant treasurer, Richard Cronyn, and members of the executive, Mrs. John Gemmill, Miss Topley Thomas, Mrs. Arthur Brinkenden, Father Brennan, Kenneth Greene, J. S. Meredith and Charles Hunt.

The slate of officers suggested by the nominating committee will appear on the program at tonight's presentation of the Drama League play "The New Lady Bantock."

## Women's Activities Western Ontario

Address News For This Column to The Editor of Woman's Page.

FLORENCE W. I.  
There was a large attendance at the annual meeting of the Florence W. I. held at the home of Mrs. Scarlett.

The secretary's report gave the average attendance as 26. The total receipts for the year were \$468.47, and expenditures \$80.50, leaving cash on hand of \$387.97. The flower committee reported total receipts of \$11.56, leaving a balance on hand of \$3.95. The officers elected for the coming year were: Mrs. O. E. McRoberts, president; Mrs. Osborne and Mrs. Hall, vice-presidents; Miss N. Drew, secretary-treasurer; Mrs. R. D. Bodkin, district director; Mrs. McCutcheon and Mrs. J. Cook, district representative; flower committee, Miss C. Corbett, Mrs. T. McCutcheon and Miss E. Kerby.

Mrs. E. Webster will be the hostess of the usual June social gathering, when an old-fashioned spelling match will be held, captained by Miss Dobbyn and Mrs. Barney. The losing side will entertain the winners and their husbands in the near future.

The Women's Institute will hold a bazaar sale on Saturday, May 14, in aid of the Children's War Memorial Hospital fund.

THORNDALE W. I.  
The regular meeting of the Women's Institute, Thorndale, was held recently at the home of Mrs. E. Stevenson.

There were about 40 present. The officers for the ensuing year were elected as follows: President, Mrs. Bolton Fitzgerald; vice-president, Mrs. Joseph Moss; secretary-treasurer, Mrs. G. B. Vining; assistant secretary, Mrs. Wheaton; district representative, Mrs. Wesley McCutcheon; directors, Mrs. Dr. Morrison, Mrs. James Fitzsimmons, Mrs. E. Vining, Mrs. Arthur Brown, Mrs. Charles Guest; organist, Mrs. K. Ramsay; musical committee, Mrs. Dr. McFadden, Miss Myrtle Blythe, Miss Edna Colbert, Miss Lavine Henderson and Miss Maria Hueston.

An interesting discussion on "How the Institute Could Benefit the Rural Schools" was led by Mrs. James Wheaton.

## HOME ECONOMICS

MRS. ELIZABETH KENT, MACDONALD COLLEGE.

ADULTERATION OF LINEN.  
Linen can be adulterated, just as cotton can, by using as many as a house-keeper has found to her dismay, in first washing of table-linen for which she has paid a good linen price. Sizing can be detected, usually, if the cloth is held up to a strong light, or if it is rubbed briskly between the fingers. Linen is also adulterated by the addition of oil.

ton fibre to the linen, or by the substitution of cotton for linen. The lustre of linen can be closely imitated on cotton by rolling it between hot rollers. A drop of oil or even water, will often reveal the adulteration. The oil or water makes the linen much more transparent than the cotton. Another simple test is to break the threads; linen breaks with an uneven, pointed end, cotton with a tuffed, fuzzy end. Linen burns quickly with a flame, very like cotton, so that burning is not a good test between them.

## FOR LOVE OF BETTY

(BY MAY CHRISTIE.)  
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### LXXXII.—JACK'S WILL.

She paused, trying to fathom the look on the other woman's face. Mrs. MacTurk's shrewd glance had wandered to a valuable diamond brooch which the girl was wearing. In glittering letters it formed the one word: "April!"

As she saw that curious glance, Miss April flushed. How stupid of her to have chosen that particular brooch today!

She had been given to me for my birthday—in the month of April—she stammered—then could have bitten her tongue out for having been so unnecessarily communicative. Her embarrassment must surely have added suspicion to this woman's mind.

"Do you know what these two packets contain?" Mrs. MacTurk queried sharply.

"No, I don't," she said at last. "I only know that Mr. Trevor had a moment of consciousness last night—and asked me to fetch them both to him."

"Then," said the older woman shrewdly, and with disconcerting directness, "if you don't know what they contain, how comes it that the envelopes have been opened and the seals broken?"

"I'm sure I can't gratify your curiosity on the subject," she said sheepishly. "You yourself ought to know."

The sudden reddish glow which thereupon spread itself across Mrs. MacTurk's broad face warned April that she had gone a shade too far.

"No doubt Jack opened the envelopes himself," she supplemented hurriedly. "But anyway, it doesn't matter."

Mrs. MacTurk rose slowly to her feet. "I do know what one of the envelopes contained," she said. "And I don't think I ought to allow it out of my keeping until poor young Mr. Trevor is well enough to come for it himself."

She held a hand out, as though demanding its return.

April in a dilemma, did not know which packet to relinquish. She had immediate use for the twenty-five hundred dollars. It would be hard to part with the roots well with wet soil. When transferring it to its permanent bed keep the roots covered with a wet sack, by all means protect the roots from the sun. Dig the hole deep enough, so that the roots will spread out, not cramped, and plant a little

deeper, say one inch, than it was before, as it's liable to heave some the first winter. If possible use fine soil next to (under and over roots) then the surface soil and lastly the sub soil which is of poorer quality than the earth firmly around roots and leave the rest to Nature.

Speaking of books and authors, I must confess to be a little ignorant. I love music and poetry, but have to be driven to read prose, though the rest of the family are regular book fiends. When I do read prose I prefer the history of people and countries, telling the ways and customs of people. Recently I was reading about the Maori or early inhabitants of New Zealand. Among other things was their method of cooking, from which I learned a lesson. They used to heat stones and putting their food away with them in a hole in the earth, covering with dampened leaves and filling the hole with stones. A very palatable food was cooked thus.

Oh! dear, little girls should be seen and not heard, so here's my mite for S. C. H., and thank you for seeds received last week.

Ans.—Your letter is very informing. Come again soon. Many thanks for mite.

Dear Miss Grey.—Here I am again to bother you, but Rover wanted the words of a song, so I wrote them down from Memory.

Well, Paddy, your letter was a change from some of the letters I have had lately, such as how should I do my hair neat and tidy. How long to wear my dresses (till they're worn out). Really, I think anybody with sense would know without bothering me. Miss Grey, but she is such an obliging young lady, so now I'll ask her a question myself. Can you hand money or parcels in at the office?

Well, I think everybody must have their feet covered now, as we don't see quite so many asking for the S. F. P. Now, I must run away, as the bobby is pulling at my arm and saying "me-me for the pen; also the kettle is boiling. So come along, Miss Grey and Boxes for a cup of tea with me."

A DEVONSHIRE DIMPLING.  
Ans.—Yes. Thank you very much for filling Rover's request.

Stocking-Foot Patterns.  
Dear Miss Grey.—Am sending by this mail 25 stocking-foot patterns, 4 crepe patterns, and enough cotton squares to make 30 satchets for Thistle. Thought perhaps you could make use of the patterns. Will cut more as soon as I can get time. Did you find out Kiddle Cow-boy's address yet, Miss Grey? Please forward her my letter if you can. Some time, Miss Grey, when you have some satchets on hand please send me two.

No hurry, however. Inclosed find mite. FUZZ WUZZ.

Ans.—Satchets, yours with pleasure. Thank you very much for patterns, which are a great help to me, also for mite. Have forwarded your letter.

Dear Miss Grey.—How does this weather suit you? I guess it is spring for sure now. Last Sunday wasn't much like it, though, was it?

How do the readers like "For Love of Betty?" I don't care much for it. I liked the one before, though.

Miss Grey, will you please forward the inclosed letter to "Irish Paddy from Limerick." Thanking you in advance, I am as B4.

Ans.—Have forwarded your letter, Morning Star.

Dear Cynthia Grey.—I am inclosing a few pieces of cotton for Thistle, also a stamped self-addressed envelope, and would you be kind to send me a satchel when they are sent in.

Enjoy reading the page, especially the discussion on books, but have not noticed any mention of books written by two of my favorite authors, namely: Wm. J. Locke and Jeffrey Farnol. Will some of the "gifted" ones tell us what they think of these two?

Inclosed find dime for S. C. H. F. Will sign as before, although I did not see my other letter in print. PINK LILY.

Ans.—Many thanks for cotton, also for hospital dime.

Dear Miss Grey.—I'll try not to take up too much space. I would like some snapdragon seed, or if there is any other kind please find sure have been having a lovely spring here. We suppose everyone is busy housecleaning. We have a little painting done, but have not much done yet. I am inclosing a few crocheted patterns, also mite for S. C. H.

Ans.—Pleased to mail seeds, Pink Lily. Many thanks for patterns and hospital mite.

Dear Miss Grey.—Are not these days fine? I feel like grabbing my spade and hoe and begin gardening. The readers seem very interested in books. I am a book lover also. Say, can you send a few flower seeds, if it is not too much trouble? I would like a correspondent. Someone (13), my own age. I live in the country and I sure pity the people that are robbed of the beauty of nature just now. I was born on April Fool's day, but please don't think I am one. Please find inclosed mite for fund, and also self-addressed envelope for seeds. My address is with Miss Miss Grey, anyone who cares to write.

Ans.—Am mailing you a few seeds. Many thanks for hospital mite.

BULLETIN.  
In sending for a satchel kindly inclose a stamped, self-addressed envelope, or it will be impossible for me to send you one.

Dear Miss Grey.—I am sorry, but I failed to inclose mite for S. C. H. last time I wrote. I am inclosing stamps for sure this time.

I saw where a reader (I think it was Mrs. Ell Gee) wanted a book of the "hair-raising" type.

If she reads "The Slayer of Souls" by Robert W. Chambers she will have all the horrors she wishes. I have just finished reading "The Secret Witness" by George Gibbs, and "A Daughter of the Land" by Gene Stratton-Porter. They were both splendid.

Other good books I have read are "The Way of an Eagle" by Ethel M.

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