

# PAGE OF INTEREST TO WOMEN

## HOME ECONOMICS

MRS. ELIZABETH KENT, MacDONALD COLLEGE.

INSTINCT OF SELF-ASSERTION.



The instinct of self-assertion is strong in every normal child. As soon as he is conscious of himself he wishes to assert himself, his will, his desires, his importance. Like the other instincts, this cannot be killed; it can either be suppressed, to find its outlet in abnormal ways, or developed into wholesome impressions, shyness, vanity, boastfulness, bullying and selfishness are all perverted forms of self-assertion. It is the cause of many kinds of needless human suffering, physical and mental. Many bad habits in children have their source in suppressed self-assertion.

A child's egotism is himself, and must be respected and developed, but trained to respect the similar rights of the other selves around him. The first rule in dealing with a child's self-assertion is to give it scope in both rights and duties. For any right implies a duty, and any duty a right. Let the child have his own possessions and privileges, and his household duties as soon as he is capable of doing anything.

The second rule is to protect him from self-consciousness by taking him from his personal appearance and conduct, and in the presence of others. Parents and relatives and friends all sin, cruelly and foolishly, in the way they discuss a child before his face, seeking resemblances, admiring or condemning, noticing all sorts of details, until it is a wonder anybody grows up without self-consciousness. Hardly anybody does. Personalities among grown-ups are rude towards children they are cruel and harmful. (Copyright, 1921, The Metropolitan Newspaper Service.)

## Personal Health Service

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

### The Lusty Tapeworm.

Tapeworms run from fifteen to twenty feet long, and, in this country they come from eating rare or insufficiently cooked beef that is "measly" and fresh. The "measles" in such beef are the larval forms of the tapeworm in the animal's flesh, and these die if the meat is kept over three weeks in cold storage. Proper meat inspection does away with the danger, but in this country much of the meat marketed has never been

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Health and happiness go hand in hand. Half your troubles will disappear when your stomach and liver have been restored to normal condition by a few doses of Chamberlain's Tablets. Take a Tablet tonight. You'll be glad you did.

TABLETS 25¢

POCKETS.



RIGHT SIDE WRONG SIDE

Anybody who makes clothes for the small boy or girl nowadays needs to know how to make pockets. The simplest pocket is, of course, the patch pocket, and may do for underwear and some little gowns, but is hardly good enough for the boy's trousers or the girl's middie blouse. Cut a patch pocket by the pattern, turn the hem at the top and stitch it—as indicated by the pattern. Turn the three other edges in a quarter of an inch. Before placing the pocket, stitch a piece of the material on the inside of the one-quarter inch line on the line of the top of the pocket to strengthen the cloth where the stitching of the pocket ends. That is where it always tears away. Now baste the pocket into place at the points indicated on the pattern. Stitch on the edge, and then again at a quarter of an inch inside the first stitching, to cover the raw edge of the material on the inside of the pocket.

For a set-in pocket, the much more difficult task, mark the place for the pocket with a thread. Cut the pocket an inch wider than the slit, and ten inches long. Lay the right side of the pocket an inch above the line marking the pocket slit. Mark the line for the slit through the pocket with colored thread. Place a row of stitching all around the marking for the slit, a sixteenth of an inch from the marking. Cut the slit and turn the pocket through to the wrong side of the material. Baste closely all around the edge of the slit, letting the material of the pocket slip over enough to form a narrow piping, stitch close to the lower edge of the slit, fold the pocket in half, edge of the slit to the outside, and stitch along the upper edge of the slit, stitch a seam at the sides of the pocket. Finish the ends of the pocket with bar tacks.

of tapeworm requires the administration of remedies which are too poisonous for any one other than the physician to undertake to give. Blindness has been caused by the ill-advised use of such medicines.

Cattle ingest the segments of the eggs, when their food is contaminated directly or indirectly by human excreta containing segments or eggs. From the intestines of the cow the embryos hatched from the eggs then penetrate into the flesh of the animal, also into the liver, brain, and other organs, and come to rest there as "bladder worms." These are no larger than a raisin seed. The animal seems to show no ill-effect.

**Cod Liver Oil.** I am taking cod liver oil to build me up and also to put on weight. Should I take it before or after meals? Is an emulsion preferable to the pure oil? Do you advise a combination of hypophosphites and iron with it? There are many objections to taking a glass of water soon after the oil? Does this remedy act on the liver?

**Answer:**—It may help to put on flesh, and that is all I understand by your other expression, "building up." Oils tend to delay digestion in the stomach, and hence should be taken an hour or two after meals. I think pure cod liver oil is preferable to emulsions. Hypophosphites have no known medicinal effect on the human body. You had better not add iron to your dose, unless for some exceptional reason and by your physician's direction. No objection to drinking water soon after taking the oil. Cod liver oil is extracted from the livers of cod fish; it has no special effect on the liver. It is a fat, as nourishing as butter or lard; it contains vitamins and some iodine.

**Mitral Insufficiency.** Kindly explain the meaning of mitral insufficiency.

**Answer:**—It is mitral insufficiency, which means that the mitral valve (the valve between the left auricle and left ventricle of the heart) fails to close completely when it should, so there is some backward leakage from the ventricle to the auricle with each heartbeat or ventricular contraction. This may be the result of a distortion of the valve by the scar of former endocarditis or heart disease, or of some backward leakage from the ventricle to the auricle with each heartbeat or ventricular contraction. It may be the result of a distortion of the valve by the scar of former endocarditis or heart disease, or of some backward leakage from the ventricle to the auricle with each heartbeat or ventricular contraction. It may be the result of a distortion of the valve by the scar of former endocarditis or heart disease, or of some backward leakage from the ventricle to the auricle with each heartbeat or ventricular contraction.

**Birthmark.** My husband has a large birthmark on his body, which the doctor called a nevus, bright red in color, but turning white under pressure. What kind of children are likely to inherit such a mark?

MRS. S. B.

ANSWER—No.

**Storage Battery Fumes.** Do the fumes that arise from storage batteries on charge harm the lungs or the health in any way?

**Answer:**—If the ventilation of the place where the charging is done is good there is no risk involved. If ventilation is poor the acid fumes may set up chronic inflammation of the breathing tract. (Copyright National Newspaper Service.)

## Women's Activities Western Ontario

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

### DORCHESTER REBEKAH LODGE

Lillian Rebekah Lodge, No. 298, Dorchester, recently held a very successful progressive euchre party and box social. There were about 70 present. Progressive euchre was played in the early part of the evening, the winners being Miss Beatrice Black and Mr. Joseph Dundas, while the booby prize went to Miss A. Bell and Mr. R. A. Logan. Mr. E. Shaw acted as auctioneer, the highest price paid for a box being \$4.25. Proceeds amounted to about \$150.

### Advertiser Patterns

Owing to the pattern manufacturers increasing the price of patterns to us, all patterns advertised for sale will be 15 CENTS EACH.



A Pleasing School Dress.

Pattern 3454 supplies this model. It is cut in 4 sizes: 4, 6, 8 and 10 years. An 8-year size will require 3½ yards of 36-inch material.

Gingham in check or plaid patterns, striped percale or seersucker, poplin, repp, serge, gabardine and plaid suitings could be used for this style.

A pattern of this illustration mailed to any address on receipt of 15 cents in silver or stamps.

Name .....  
Town .....  
Province .....  
Age (if child's or misses' pattern) .....  
Measurements: Bust..... Waist.....

**CAUTION:** Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is sent measure your bust and waist, and if a skirt, give waist and length measure. When misses' or child's pattern, write only the figure representing age. It is not necessary to write "inches" or "years." Patterns cannot reach you in less than one week from the date of application.

## Cynthia Grey's Mail-Box

"It is a small thing to a man who is a man to him; it is life or death to him whether or not he be merciful to his neighbor."—George MacDonald.

Fair and Warmer.

Dear Miss Grey,—Even though it has been quite a long time since I last visited the Mail-Box, I have enjoyed the discussions on books very much. As for myself, I like all of Ralph Connor's books, especially "The Sky Pilot in No Man's Land." "The Little Shepherd of Kingdom Come" is very interesting also.

Have any of the readers ever read "The Mentor" magazine? I think it is the best I have read, although the National Geographic is also good. May I ask a few questions? What day did August 9, 1904, fall on? I wonder if any of the readers have any used postage stamps of the confederation issue? I would like to get some, if possible. Hoping I have not remained too long. I will inclose a dime for S. C. H. and sign. FAIR AND WARMER.

Ans.—Tuesday. Can anyone supply these stamps for "Fair and Warmer?"

Whip-Poor-Will.

Dear Miss Grey,—It is fully seven months since Whip-Poor-Will sang in the Mail-Box. When you sang I thought of me singing in the gloaming. Although I am still Whip-Poor-Will, my song plaintive and sad instead of truly living, I have to sit aside and sing and watch other people live. When last I sang to you my heart was full of joy and hopes about to be fulfilled; but now I am a withered flower, as I lost my health and had to stop high school, when I had been there just a month. I love flowers, and I am going to grow some and sell them to make a living. It is good when one is laid aside that they have beautiful thoughts to dwell on or they would be despondent. I can tell you for poor people a doctor is a dear attendant.

Well enough about myself. I would be glad if someone would lend me some crochet patterns, and I will copy off some of mine when I get stronger. Would you kindly send me a few seeds? I will exchange some poppy seeds if you wish. If you have any of those sachet bags would you be so kind as to send me one, also Mother of Three's address, as I have a few things I would like to send her. The little girl who went without her hair ribbon. This letter is getting very long, but there are some more questions I would like to ask. I would like to know what color would suit me best. I have bluish-grey eyes, medium brown hair, and a pale, sallow complexion. People say I am quite a pair, so what color would you suggest? I have some good recipes to send in, but as this letter is too long, I will write again. Hoping to see this in print. I remain, Yours very truly, WHIP-POOR-WILL.

P. S.—Did Comrade Rosalie get the letter I wrote her in September?—W.

Ans.—Am mailing your, crochet patterns and seeds. I am sorry there are no sachet bags left. Possibly nature or green would suit you better than blue. Thanks for offer of seeds.

**When Washing Windows.** Dear Miss Grey,—I thought I would write to ask for that romper pattern which is in great demand. I think H. N. D. sent it in. I am sending stamps to help cover the postage, and please let me know if it is not enough, as I will send more. I am sending some seeds. Would you send me a sachet, please; also some crochet patterns? Please find inclosed 25c for S. C. H.

I find this a very good help when washing windows. I will run along in the water. Well I will run along for this time. MARCH 21.

Ans.—There isn't a romper pattern in the Mail-Box at present, nor a sachet. Am mailing you some crochet patterns. Many thanks for seeds and hospital mite.

**Bulletin.** Can anyone supply the words of "Casey Jones," as they have been asked for?

**Requests.** Dear Miss Grey,—I have been a silent reader of your interesting Mail-Box for a long time. But I am no longer. I certainly enjoy reading the letters.

Can anyone supply me with the words of "The Little Brown Jug"? Has anyone any songs or recitations that are real good? If they have will they kindly send them to me? I like leaving my address with Miss Grey. This sure has been one lovely winter, hasn't it?

Next time I come I am going to bring some help with me. Well, I must ring off for now. Inclosed please find mite for S. C. H. CUSHION SLIP.

Ans.—Thank you for hospital mite. Can anyone supply these words?

Easter Lily—Kindly send in your name and address, and I shall print your letter.

Hello, Miss Grey,—Here I am at last. I have been going to write to the Mail-Box for some time, but never picked up courage until tonight. I like the discussion on books, as I am a lover of reading. It is rather hard for me to get books, as I'm not near a library. One of my favorite books is "Freckles," and another one is "The Girl in the Limbtree." There are a great many more that I like also.

I have some little bulbs which are very pretty when they are in bloom, and as it is time now to transplant them, I thought perhaps someone of the Mail-Box would like to get some, as I will have too many for myself. I would send them to Miss Grey if any are wanted, and the money to go to the S. C. H. fund. The blossoms are

purple, and they grow in the house. I don't know what they are called, but they are very pretty. CHARMIAN.

Ans.—Thank you for hospital mite, also for offer of bulbs. I am sure someone will take advantage of it.

Dear Miss Grey and Boxites,—I have just been reading the Mail-Box letters, and thought I would step in for a chat. Although this is my first letter to the Mail-Box, I thoroughly enjoy reading the letters, particularly those discussing books, for I am one who loves reading. I enjoyed the letter of the "Tiger" and the sequel, "The Mistress of Shilstone." But I must not go any farther, for if I get started discussing books that I have read and loved I shall fill a whole valuable page of the "Tiger" and I am including a mite and would like one of those sachet bags if I am not too late. Also could you, Miss Grey, or any of the Boxites, supply me with the words of a song, the first verse of which is

October gave a party,  
The leaves by hunched came,  
The chestnuts, oaks and maples  
And leaves of every name.  
The green grass spread a carpet  
And everything was grand,  
Miss Weather led the dancing,  
Professor Wind, the band.

Shall inclose a self-addressed envelope for the song and a sachet bag, milk to boil, dampen the dish with cold water, and the milk will not stick to dish. Hoping I haven't taken up too much space for a newcomer, I shall sign. TOPEKA.

Ans.—Thank you for the hospital mite. I am sorry but there are no sachet bags left. Can anyone supply this song for Topeka?

Pretty Mickey—Kindly send in a stamped self-addressed envelope, repeating request.

Attention, Kiddle Cow Boy.

Dear Miss Grey,—As this is my first letter to the Mail-Box, I hope I shall see it in print soon. I have been an interested reader of your cozy corner for some time. Reading the many different letters reminds me of a large family always trying to help one another. I am mailing some seeds to you, Miss Grey, and I hope that they will help. I am inclosing dime for S. C. H. and will try and spare more next time I write. I have two little girls, aged 7 and 4 years. Dear Miss Grey, last week I read a letter from one of the Boxites who offered some clothing that was too small for her little sister, if anyone cared to have them. Now if no one else has asked for same, kindly give the Boxite my name and address, I will pay all postage. I have my housecleaning nearly all

done. Have papered two rooms and grained four rooms and have one more room to do yet. I have my flower beds made. I had better close before I wear out my welcome. Hope I may call again. "What do you think of my writing?" Will sign YORKSHIRE GIRL.

Ans.—Many thanks for seeds and hospital dime. I think your writing is a little too small.

**Who Will Help?** Dear Miss Grey,—I wonder if you have a few flower seeds left—any kind will do. Find inclosed 10c for S. C. H. and a self-addressed envelope.

Miss Grey, I wonder if there is a kind soul in the Mail-Box who has got any cast-off clothing they don't want any more? I would like very much to get them, as I have six little ones. My husband has been out of work for seven weeks, but he is doing a little now. The children are a disgrace to send to school. I have three boys and three girls; one girl 16, one girl 6, one boy 11, one boy 4, one boy 8, and a dear little girl 1 year old. Hope some kind soul will help. Will sign my name, APPLE FACE.

Ans.—Anyone wishing to help Apple Face, may have her dress from the Mail-Box. Thanks for hospital mite.

**Hubby's Only One.** Dear Miss Grey,—Well, I see my last letter reached you safely. I am sending the poppy seeds with this mail; they are large, double and mixed colors. Mine were lovely last year. Now, I say where Aunt Nannie has written and sent seeds and patterns; I also see she does not get The Advertiser now. I wonder why? Well, I will start a subscription for her by sending 25 cents, which will help the rest could be made up in the Mail-Box so she could get the paper for a year or even six months. We all helped with the quilt, I think that there was almost enough for two. How about a year's subscription? I would like a few of A. N.'s seeds, especially the cosmos. Inclosed is a stamped envelope for same. If no one helps with the subscription, keep the 25 cents for S. C. H.

Ans.—Aunt Nannie is receiving The Advertiser now, thanks to the fund started by Mystery, so I have put your money in the mite box. Many thanks for seeds. Am mailing you some of Aunt Nannie's.

**Children Cry FOR FLETCHER'S CASTORIA**

**ACIDS IN STOMACH CAUSE INDIGESTION**

Create Gas, Sourness and Pain—How To Treat.

Medical authorities state that nearly nine-tenths of the cases of stomach trouble, indigestion, sourness, burning, gas, bloating, nausea, etc., are due to an excess of hydrochloric acid in the stomach and not as some believe to a lack of digestive juices. The delicate stomach lining is irritated, digestion is delayed and food sours, causing the disagreeable symptoms which every stomach sufferer knows so well.

Artificial digestants are not needed in such cases and may do real harm. Try Jell-O instead of any drug. A few ounces of Jell-O and take a teaspoonful in a quarter glass of water right after eating. This sweetens the stomach, prevents the formation of excess acid and there is no sourness, gas or pain. Jell-O (magnesium in powder or tablet form—never liquid or milk) is harmless to the stomach, inexpensive to take and is the most efficient form of magnesium for stomach purposes. It is used by thousands of people who enjoy their meals with no more fear of indigestion.—ADVT.

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BOYS' SHIRTWAISTS AT \$1.50  
About 25 dozen to clear out Saturday, all sizes. These are high-grade blouses, made from best materials; worth up to \$3.00.  
Special sale price ..... \$1.50

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