Health Hints -:- Fashions -:- Woman's Work -:- Household Topics

Measles in Old and Young The Poison By WOODS HUTCHINSON, M. D.

Almost as soon as the rash of measles has "come out" thoroughly and spread pretty well over the body, the fever begins to subside, the nose and throat to has given rise to a number of popular sies and of the terrible consequences ing visitor, and we were alone. which will result if the rash having come

But there is really very little basis for them, because, as a rule, the lighter the "Why? Oh, you must see for yourself. rash the milder and shorter the disease, and the real danger of "striking in" and attacking the bronchial tubes or the kidduring convalescence.

During the fever the only treatment necessary is to keep the patient comfortably in bed in a well-ventilated room with sponging and wet packs for the fever, plenty of fruit juice and milk, with appropriate antiseptic treatment of the nose and throat to prevent inflammation of the glands of the neck or of the middle ear, which may also be attacked, as in scarlet fever, although not so frequently virus."

convalence can be avoided by con- others say the same thing, too." can be avoided, as this is usually due community. either to over-exertion or exposure to What good did they do and what ing frost after measles.

portant than the middle; indeed, one of goes a long way and makes itself felt our greatest troubles with measies, next more surely than any other kind of polthem, is the extraordinary "premature" person, at one time or another. We may way in which they begin.

the comforting belief that it was the expellen and the germs and scales thrown off from the skin which were the life or she appears on the horizon we principal sources of infection. Or, at least, that children coming down with the measles were not very dangerously infective to others until about the time the mist. "Oh, I shall take Mrs. — with rash appeared. Hence it was not such mist. "Oh, I shall take Mrs. — with me. She will help to make things more late the little "mispects" before they lively." spread the disease very far.

as freely as ever and careful observation ryness and hopelessness caused by lookof a large number of cases revealed the ling on the dark side of everything. When discouraging fact that most cases of boldly confronted, the pessimist has almeasles were apread to others, not only ways his apologia ready. before the rash appeared, but even, apparently, in some instances, before the worst," he says, and smiles in a selflittle patients showed any clear signs of satisfied way, thinging that he has corfever or discomfort in eyes or threat, pered you, In other words, it would appear to require the gift of prophecy to detect and prepared for the worst? Supposing that taclate cases of messles early enough to things are bad, will this make them any prevent the spread of the infection.

of Pessimism

By LUCILLE CAINE.

"I really feel that life isn't worth livbecome more comfortable and the pa- ing when I have been talking to Mrs. tient begins to recover rapidly. This B- for half an hour!" exclaimed a beliefs about the great importance of friend of mine to me the other afternoon. getting the rash "well broke out" in mea- when the door was closed on a depart-

"Why?" I asked, though I imagined partly out on the skin "strikes in again." that I could guess what the answer to my query would be.

I know you only had five minutes of her. but surely that was enough. She is one neys comes a week er ten days later, try as I will I cannot get her to brighten long jeremiad, from beginning to end, and up. Yet, I really do not think that she is as miserable as she pretends to be. At all events it suits her, for she looks the picture of health."

"Perhaps she works all her misery off verbally on other people," I suggested. That kind of a person poisons the atmosphere for the rest of the world, and in doing so rids his or her system of the

"That must be it," answered my friend. Indeed, the main periods of watchful- "I always feel 'done up' when she has ness and risk in measies come at the been here to see me. A hard day's work two ends of it, so to speak, during con- does not have nearly such a nerve-devalescence and before the rash, if pos. stroying effect on me as an hour or so sible before the fever. The dangers of in that lady's society. And I have heard

finement either in bed or upon a lounge | I tried to atone for the sins of the pesfor at least ten days following the break simistic visitor by being ridiculously gay of the fever and then keeping the pa-tions, if a child, off the street or out of friend's house I had leisure to think over school for ten days longer. In this way what she had said, and to consider the nine-tenths of the risks of bronchitis psychological effect of such people on the

chill or, last but by no means least, a harm? The pessimisf is, like the poor, common cold," which may prove a kill- ever with us. He may be in the minority, but that matters little, since his Both ends of the disease are more im- power is what it is. A little pessimlem to the general telerant contempt for son. We have all met the miserable Up to a few years ago we rested in ances. We could, most of us, admit of number such as one among our acquaint

But, try as we may, all our efforts do But in spite of everything we could do not save us from the depressing effect in enforcing the most vigilant quarantine the disease appeared to flourish almost is impossible to escape the feeling of wea-

But, one may ask, why should you be

Babies Die Be-

cause Mothers

Most babies are born

healthy-yet one in five still

slips from its mother's arms each year—simply because

mothers don't know the few

simple things that will keep

Plenty of air-plenty of care-

and the right food-that's what

can (enough for 12 feedings)

and see how Nestle's makes him

NESTLE'S FOOD COMPANY.

Wooiworth Bldg., New York

Please send me FREE your book and

their babies well.

your baby should have. The first two are easy-but the last? How

You know, if you cannot nurse your baby, he must have milk in some form. There is a way to give your baby all the good in cow's milk

without subjecting his delicate stomach to the dangers that raw cow's

Nestlé's Food

happy.

trial package.

Thousands of mothers are finding the right way every day. They

are you to know what the right food is?

milk so often carries.

are bringing up their babies on

Nestle's is milk from healthy cows

purified, then the tough, heavy,

curds are modified—the baby needs

are added. Reduced to a powder

hand has touched it no germ can

reach it. To prepare you add only

fresh water and boil one minute.

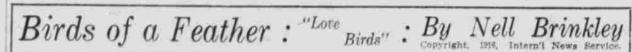
It is a complete food containing all

the nourishment needed to build a

happy, healthy baby. Nurse your

comes in an air-tight can. No

Don't Know





ITTLE gray mate with the golden crest and the silver-voice and the friendly ways, I've picked out the spot where the trees cast the gratefulest shade, where the winds are sweetened in the summer and mildest when the 'White-Birds' fly, where the flowers are most odorous, where the other birds will come and sing the morning matins and the evening

vespers for you, core of my heart, for you and me to build our nest! There'll be a fireplace (of course), and the wind around the outer twigs to sing you to sleep, and for all I am worth I will strive to make the nest downy for you wherever you turn! And-I'm very ashamed-but do you mind-there will be-to start with-but one chair -do you mind very much, golden bird of my -NELL BRINKLEY.

Blame and the Love Thief

By BEATRICE FAIRFAX.

"I have read several of your articles in which I find that in every instance where a girl accepts the attention of a married man you blame her. Why ian't the man equally to biame for encourasing the girl? He knows wrong from right as well as she, to say the least, A man who would act so is to my mind nothing more than a cur and a love thief combined," writes "An interested Reader."

Why do so many women who are attractive, intelligent, full of human affection and tenderness—the sort of woman who were designed by nature to make ideal wives and mothers—never marry? It is because they were bent on cell-bacy? Or is it because men were too stupid to know a good thing when they saw it, and so passed them over? Or is it, the fault of social conditions that never gave them their matrimonial chance?

It is one of life's great puzzles, and in an attempt to solve it Dorothy Dix has asked a number of charming old maids why they never married.

I do not blame the woman more than the man in a guilty love affair-but "The reason I never married," said the society does.

the second part is married and so it is no sich animal." own natures which betrays them to the that I might have had.

man who would tempt them. No man "I had many chances to marry-good ever quite "stole" a girl's heart. He chances, too, and to marry men to whom may have cheated in the whole game of attracted, and with whom I could have "victim" gave him the victory.

a ruined reputation even if it stops short John Drew. of actual disgrace and shame.

lose, of course, I plead with and threaten mustache. He must have unblemished and scold any girl who is contemplating morals, and yet he a man of the world a lisison with a married man.

In the second place, the woman who steals another woman's husband is, without benefiting herself, impoverishing fleshpots be not also be of a sout fleshpots between if she does not the property of it, but he also be of a sout full pattern and able to come a south fleshpots. break up a home and render little children fatherless, she is destroying another woman's peace of mind and happi-

Bex loyalty is hadly needed for women. Women ought to learn to stand together, ors' advertisements. Any girl who can be roused to a sense of fairness and to a feeling of loyalty to the wife of the man for whom she cares would accomfully refuse to become a love

The selfish brute of a man against whom my "Interested Reader" so bitterly fate serves us, and the best we can do inveighs cannot work his will against unhappy and foolishly trusting girls if they refuse to let him do so. There are very few cases where girls are abducted in high powered automobiles or given of a pigmy, and the heart and mind of a

There are very few cases where inno-cent and trusting little creatures enter into love affairs to find only too late that the man to whom a young heart is There are very few cases where innothat the man to whom a young heart is derest and most adorable of husbands given has already a heart in his keep- while a model of all the virtues generally ing! And so I blame women very is a grinding tyrant at home; that mone strongly for making each others trage- making and yearning after the

If men are brutes why yield to them? If they are weak, why make them and water, weaker? If they have no great faith in

Whatever the faults of a double standard of moreis, certainly lowering the idea! the dew on the rose, and that any kin ! of womanhood isn't going to better mat- of plain old prosaic love is better than ters. The only way girls can make the world better is by being themselves so good that the men who come in contact for ourselves, my discovery came too late more lightly of women and love.

sacred trust in the hands of the women of the race. And when they shirk their resposibility they become "slackers" of the most contemptible sort, and bring down on their heads a storm of reproach.

Not that I think men better-but that

Why I Never Married

The Woman Who Demanded Too Much in a Husband

By DOROTHY DIX.

seventh woman, "was because I de-

It is the woman who pays the great manded too much in a husband. penalty of suffering and social estracism the countryman said when he saw a hip-"I was looking for a paragon, and as in a love affair in which the party of popotamus for the first time, 'there ain't

the woman who must be more strenn- "As I look back now on my artless ously blamed-by anyone who has a sym- girlish ideal, with the light of many ously blamed-by anyone who has a sym-years' experience of human nature and pathetic attitude for cases of this sort. much knowledge of the world to illumi-Women suffer tortures of self reproach nate my vision, I don't know whether because of their own moral lapses, to laugh or to cry, for my purpose was Women have to be warned in no uncer- so high and my practice so fooliah, and tain terms against the weakness in their in reaching out after an important tain terms against the weakness in their in missed all of the nice consolation prizes

may have attracted it dishonorably, ne for one reason or another I was greatly love-but he never fully won unless his fallen in love if I had permitted myself. But no. In my youthful egotism I had There are two perfectly practical rea- decided that I would marry no man who sons-spart from all sentimentality-why did not measure up to the standard of women should not indulge in love affairs perfection that I had erected, and, of course, no mere mortal man did.

First from the point of view of their "He couldn't, for my specifications of own selves, there is nothing in a love the kind of a husband that I thought good affair with a married man-that is, noth-croush for me require a composite of the ing advantageous or desirable. Its net salient characteristics of Paul Swan, Sir results are generally a broken heart and Gallahad, Mr. Rockefeller, Keats and

"The man that I married must be hand-With nothing to gain and everything to some, tall, with piercing eyes and a dark who knew his way about,

ful nature and able to quote poetry effectively, and to understand my soul aspirations, and he must have all of the social graces, and wear bis clothes like the godlike young creature in the tail-

"That was the kind of a husband that I was looking for, and poor little goose that I was, I didn't know that the feas. of life is served a la carte, and that we don't get all of the goodies. We have to make our choice from the menu that is pick out the one thing that we relish most.

"Later on, I discovered that masculine pulchritude and brains seldom go tofive-foot-four man may be so big they of the what are as incompatible as oil

"That a husband who is a Beau Brumweaker? If they have no great thath in mel in his dress spends the clothes allowance of the family on himself instead of his wife, and finally, and above all.

no love at all. "But like most discoveries that we make to do me any good. I had let my youth The morals of the race seem to be a by me while I was seeking for the imand my opportunities to marry all pass possible he.

"There was a Jack, who was as handsome as a young Apollo, but I wouldn't marry him because he was as vain as a peacock, and had nothing but his good I hate to see women worse—ts the reason clergyman who proposed to me, an looks to recommend him. There was a for my attack on the girls who steal love ascetle, saint like young fellow, giving from another woman. It doesn't matter himself in a passion of devotion to work who is to blame—the point is to get at in the slums, but I couldn't see myself the most likely person to effect a cure a preacher's wife, living in smelly tenements, and doing mission work instead of going to teas and balls.

"And Tem, who was born with the Midas touch that turned everything to gold, asked me to share his fortune. But Tom hadn't an interest in the world except business, and the prospect of spending all of my evenings talking to a man who thought that Browning was a new Industrial stock, and that the only book with a genuine heart thrill in it was a bankbook, didn't appeal to me, so I turned that proposition down.

"On the other hand, there was Alphonie, who was a quivering bunch of artistic and literary sensibilities, who palpitated to every shade of meaning is books, or pictures, or music, but who could never make a living and whose wife was due to take in boarders and support

'And there was Philip, whose ultimate ambition was achieved when he introduced a new figure into a cotillion, or was the first to wear a manive ribban on his eyeglasses that axactly matched his slik walatcoat and socks. Somehow I couldn't see myself as the wife of as piffling a thing as that, either. 'Now, such one of these men had one

of the qualities I desired to a husband, but sens had them all, and so in my ignorance and inexperience I kept a watchful waiting for the one to come along who combined all of the striues in one. But he never did, and that's way I am an old maid. "If I had to do it over again, with

my present experience and knowledge of life, I should simply choose the man whe had the virtue I thind heat. I wouldn't consider a man's foods or size if I liked the quality of his brack and brains.

"I'd take the money maker and forgot the soul west if I wanted luxuitee, o resupunionably, and highly up the bread pupper, a saltaponomial of popularity saint, inn. And I'm be happy with attack

front a present, what would be want with not And what would I have dense with non-10'd back golden bles? Him only a husband's coperficients that make



Patience a Virtue

of us lay uside that maxim with other and women childish things as we grow up and for. Why have we so little patience and it is even more get. There are a sur more things to think about it. It is so much more easy

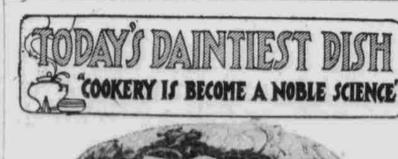
go on that if we do not learn to fight each patience-battle as it presents it-In our childish days we were taught self we shall soon loss the power to that "Patience is a virtue," but some. fight at all and go down the hill of life times one is inclined to fancy that many imiserable, irritable, unlovable cid men

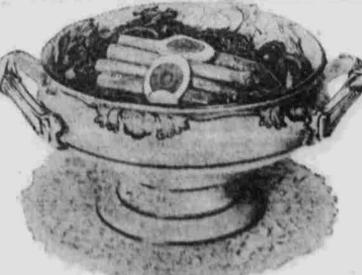
get that the absence and practice of why do we torment one another as we many the older we do? Half the fault lies in that we do not make us irritable and so many more peor to say impatient and unkind things when ple to rub us the wrong way as the years we are not thinking than to speak patiently and kindly, strange as it may seem. And we forget that if we have to give an account of every idle word we utter we shall surely have to answer, too, for every impatient one.

People are so trying," we say, forgetting that others can certainly see litat as many little imperfections and trettating habits in us as we can see in thom. We must wait till we are perfect curselves before we can pick holes In other people and however long we live that time will never come. It is because we are so hisy thinking about other people's faults that we are often

blind to our own. Does not patience often fall its when we are dealing with the aged? Thay are atmestmes cross and hard to please, aven when these about them do their best, but this think how much old people have to bear. When we have contracte or a bradache, we know how trritable we get. aven with those we care for must, and some of these old people are always suffaring. Their lives are often monotonous ton; sark year as it goes by finds them ines able to do the duties they have been accustomed to all these lives, and it is tent to give up and lay undesif on the shalf, as it were. Is it any wonder, then, that they are sometimes britishis?

Purhaps the most patient of all people. you were tireatme? Now it is your time Supreme.





A Tempting Salad—Salad Supreme

By CONSTANCE CLARKE.

Especially pretty effects can be ob-; garnish with olives and hard-boiled 3'd marry the man was could give no are the mathers of little children. Three, fained in the arrangement of salada, 1885.

young and seeded help and love. Were it equally good to set and good to set an they not patient and lesting even when yas and good to look upon in Salad saltspoonful of ealt, a little paprika presume, and make up my sound to be a to repay what ther have done for you. Take some well-weshed, crisp let, and a pinch of angar. Mix into this hadn't got be assessing that same horing case and. Take some well-weshed, crisp let, and a pinch of angar. Mix into this hadn't got be assessing that same horing case and

tack of our and one day we no found in the saled hour. Pour over a saled use

by executaing that same having care and there. Pick is in first pieces and dry office oil, a tablespoonful of white and to know to come to be a personal patterns toward them as they gave oil. Take some well-washed, come better pieces and dry office oil, a tablespoonful of white and to know to come to be a personal patterns toward them as they gave oil. nd weak, and some ... in a clean thith and put juto a salad rarragion vinegar; stir well regether, the usu mans up our minds to mail. Some there some rooked asparagus their aid a half capital of dispend vate the virtue of patience, so the us has and gloved humanous, place all these cream that is alightly sweetened and glove to do not so once, less it was from and gloved humanous, place all these cream that is alightly sweetened and

dressing prepared as believ. Then (Tomorrow-Sunday Night Support) him branchin.