

The panel on "Career Explorations." Left to right: Miss Betty Jean Anderson, public school teacher; Mrs. Chas. Heinbuch, nurse; Miss Frances Lampman, moderator of panel; Miss Isabelle Gilchrist, home economist; Mrs. Taylor, a Brant county farm homemaker.



Ontario Girls' Conference

UNDER THE DIRECTION of Miss Jean Scott, Supervisor of Junior Extension in the Ontario Department of Agriculture's Home Economics Service, the tenth annual "Ontario Girls' Conference" was held at the Federated Colleges, Guelph in June. This is a Conference for 4-H Homemaking Club members of sixteen or over who have completed at least six club units, whose work has been up to a standard and who have been helpful to their clubs in a general way. Each county in the province is allowed to send a quota of girls in proportion to its club membership, making up a total attendance of two hundred at the conference.

A Girl And Her Goals

Dr. W. A. Young, chaplain at the Federated Colleges, speaking on the conference theme, "A Girl and Her Goals," told the girls that one of an older person's fears is that some of them with good opportunities will sacrifice their goals for some immediate desire, as Esau sold his birthright for a dish of stew; and he told a story of a robin that was "crazy about worms." One day he saw a sign "Worms For Sale" and he made a deal with the salesman to trade him worms for feathers—giving the man a feather every time he wanted a worm. He had a great time that summer, all the worms he wanted even though he had to pay for them with feathers. Then the cold winds came down from the north and the birds began to fly south but the robin had lost so many feathers he couldn't fly; and in the cold of the winter he died.

"Life will call you to pleasures from many directions," Dr. Young said. "It was never so easy for a girl to fail to be what she wants to be. You must keep your goal and purpose in

view and know where you're going. Don't exchange the feathers with which you were expected to soar for a mess of worms.

"You don't reach your goals by looking at them or thinking about them," the padre advised. "The road to failure as well as another road is paved with good intentions; and the most ashamed people I have ever met never meant to do wrong. They just thought if they didn't do what everyone else was doing they'd be 'a square.' But life is like a chain store. Everything you pick you have to pay for. Defy your elders now and you have to pay for it. Choose the best and you will pay for it in hard work and self discipline but it will be worth it."

The Freedom From Hunger Crusade

"In the 'Freedom From Hunger' crusade it is helpful to send food and money to the hungry countries but it does not solve the problem," Dr. Mabel Sanderson of Macdonald Institute told the conference. She explained that the only way to help the people to help themselves is the plan, now in operation through FAO, of sending men and women trained in agriculture and home economics to live close to the people, learn what their problems are and try to find ways of solving them. Then they must train local people to work with them, carrying education to the natives of the country. The people undertaking this work must be very practical with good health and a resiliency of mind and spirit, so most of those who are sent are fairly young. Dr. Sanderson referred to the fine work being done by Jean Steckel of Waterloo county. Some of Miss Steckel's problems were to get the African women to prepare food on a raised platform out of the way of insects—not on the