

About the House

Start a Little Country Theatre.

More and more since the boys came back, country folk are coming to realize that if we keep the young folks on the farm we must not only eliminate a lot of the drudgery, but we must provide entertainment for them. The days when early to bed and early to rise, and all play and no work makes Jack a lazy boy, had power to move, are long since passed. The cities with their dance halls and movies, or perhaps their concerts and lecture course, are too easy to reach. Factories and stores offer to both boys and girls a means of earning a living easily, with several hours of fun besides. So if the country is to hold its young folks it must hustle up and establish some way of catering to the pleasure-loving side of normal, healthy boys and girls.

A form of entertainment which is growing more and more popular in country places is home talent theatricals. In communities where the idea has been worked out thoroughly the method of organizing has been to send out a questionnaire, asking those who will join to tell what they can best do. The volunteers are then divided into scene painters, costume makers, or actors, according to individual talent. To be successful the Little Country Theatre must be a real community affair, with everybody and his wife working. A one-person show will not work out.

Of course, a suitable hall must be found. If you have a consolidated school with an assembly room, this may be utilized. In lieu of either school or community house which is suitable, a town hall, or unused loft over a store, or even a barn, may be made to do, with the aid of an ingenious carpenter. Many manuals are published which give directions for building the stage, and on scenery and costumes, making up, etc.

Pageants, in which everyone can take part, are as much a part of the work as one-act playlets with a half dozen actors. Ontario, with its wealth of historical stories, all dripping with dramatic interest, offers unbounded material for pageants. Starting with the coming of the French and following with the many thrilling events of the French and Indian wars, the British conquest, coming of the United Empire Loyalists, the War of 1812, and pioneer life in Ontario, there is much to be drawn upon for pageants with a provincial appeal. Then nearly every locality has its own particular history which is replete with local interest. A pageant written, directed and acted by home talent should furnish enough entertainment to keep a neighborhood busy almost a season.

Tasty Salads.

A good little salad which the housewife should have at her fingers' ends is made of apples and celery chopped together and dressed with mayonnaise. This salad can be charmingly served in apples. A word about preparing your apples:

Select, of course, the prettiest and firmest you can find, peel them carefully; take out the core, and scrape out as much of the inside as is possible without allowing your knife to burst through.

In serving them, place each apple on a bed of watercress, lettuce leaves, grape leaves, nasturtiums, or other dainty green thing. They may be decorated, too, with red beets in fancy shapes. Many delicious salads may be served in these pretty apple cups.

A bit of crisp cabbage or lettuce makes a good combination with the apples and celery, and a few chopped nuts are always a splendid addition.

Different combinations of fruits may be used for variety, and a cream dressing instead of mayonnaise will be relished by everybody. To make enough dressing to serve salad to six people, pour one and one-half table-spoonfuls of vinegar over one table-spoonful of granulated sugar, flavor with a little lemon and vanilla extract, and just before serving add three table-spoonfuls of rich cream, either sweet or sour. Mix the ingredients, pour over the fruit or vegetable mixtures, and toss lightly until well mingled. When vegetables are used they should be slightly seasoned with salt and pepper.

To serve salad in cucumber boats, scoop out your cucumbers after cutting them in two lengthwise, and cut them in boat shape. Then refill with our salad mixture. Take some wafers in the shape of triangles and fasten them like three-cornered sails upright in the front of the canoe-shaped cucumber, lay a wreath of greenery round on the plate.

For a very easily prepared dish on the salad order, there could be nothing simpler and more appetizing than whole tomatoes served with mayonnaise.

The tomatoes are dropped in hot water to loosen the skins, which are very carefully stripped off. Arrange each tomato on a bed of green, pour a spoonful of dressing over it, and chill before serving.

Would You Spend Ten Dollars?

In considering the matter of home conveniences, a common tendency is to think in terms of the hundreds of dollars that are necessary in order to buy the furnace, the lighting plant, the water system or other fairly expensive necessities. Every farm home is entitled to such modern conveniences but they come only in time as the purchase money becomes available.

Did you ever stop to think that for about ten dollars you can purchase at any good hardware store some twenty-five conveniences that will save you almost as much labor and trouble as the more expensive improvements? You may have to wait for the furnace, or the lighting plant or the water system but you need not wait for the little conveniences.

Take for example the inexpensive dish drainer. It is estimated that a dish drainer will save at least thirty minutes a day or a total for one year of over twenty working days of nine hours each. This is only one of a dozen or more simple, inexpensive conveniences that will give the worker in the home a total of hours and hours of leisure. Think this over and make a few purchases the next time you go to town.

The Blue Envelope.

Everyone knew that the blue envelopes were coming. Like hundreds of other firms, Copeland & Co. had doubled its business during the war and now saw it shrinking again to its normal size. That meant that many employees could no longer be kept. The firm had given a month's notice of the coming cut, yet when it came it nevertheless seemed like a thunderbolt.

Eight of the office girls were dismissed. Florrie Evans went, of course; Florrie's attitude toward her work had never been serious. She only laughed at her dismissal and remarked that she should not let it worry her. Nellie Scott, who also lost her place, turned pale but said nothing. Others of the dismissed girls sputtered angrily. Of them all only Gertrude Ellis walked straight to Mr. Copeland's office.

She had to wait half an hour before she could see him. At the end of it she was facing Mr. Copeland across his desk. Her eyes met his steadily. She even managed to smile.

"I'm one of the blue envelope girls, Mr. Copeland," she said. "I've come to ask you for a little help. I know of course that I am being dismissed because my work isn't so good as that of the girls who are staying. Would you mind telling me where I have failed? You see, I want to get something out of this. I may be dismissed somewhere else, but I don't intend that it shall be for the same thing."

Mr. Copeland's keen eyes looked interested. He turned to his files and took out her rating card.

"You understand, Miss Ellis," he said, "that neither we nor anyone else would consider you a failure. You do good average work,—even above the average,—but naturally we are keeping the best."

"I understand. But I mean to be the best myself some day, and I want to know what I have to correct."

Mr. Copeland glanced at the card. "You are a little slow. Still, speed is not the first requisite. Your chief trouble seems to be your spelling."

"I was afraid so. I'm a wretched speller. I've worked and worked at it, but evidently I'll have to work harder. I'll plaster my walls with the words that trip me till I can see them with my eyes shut! Thank you, Mr. Copeland."

She had risen, but Mr. Copeland detained her. "One minute, Miss Ellis. We cannot afford to let a girl go who is determined to make her defects help her to victory. You are what we consider to be a very good risk. You will report as usual Monday morning."

And then, with a blue envelope still clasped tightly in her hand, a dazed but smiling girl found herself out in the corridor.

It Must Be.

Young Husband—"It seems to me, my dear, that there is something wrong with this cake."

The Bride (smiling triumphantly)—"That shows what you know about it. The cookery book says it's perfectly delicious."

However high a bird may soar, it seeks its food on earth.

EARTH'S UNKNOWN CORNERS BECKON

ADVENTURES LURE EXPLORERS OF TO-DAY.

Sir Ernest Shackleton's Proposed Voyage of Discovery Attracts Keen Interest.

Dr. H. R. Mill, writing in the London Times on Shackleton's adventure, says

"That the romance of exploration is not dead is perhaps the most delightful of Sir Ernest Shackleton's discoveries, and the very programme of his new expedition in the Quest is aglow with the true fire which drove the explorers of old without the aid of steam into the furthest and coldest recesses of the ocean. To any one who knows the difficulty of sighting a small oceanic island, not to speak of the risks of landing upon it, the program might seem extravagant. Sir Ernest Shackleton has, however, spent twenty years in the performance of almost impossible programs, and those who know him believe that he can accomplish this too.

"An oceanographical cruise of 30,000 miles in a 200-ton craft cannot fail to be as full of excitement as of discomfort, for every island to be touched at is a focus of historic interest to British sailors and men of science, from the voyage of the *Parmaour Pink* with the astronomer Halley in the seventeenth century, through that of the *Resolution* with Cook in the eighteenth, the *Beagle* with Darwin and the *Challenger* in the nineteenth, down to Shackleton's own epic of the *Endurance* in the twentieth.

Central Core of the Adventure.

"Here only one part of the new expedition's route will be referred to, and that is the central core of the adventure, the exploration of the Enderby Quadrant of the Antarctic Area. The late Sir Clements Markham hit upon the happy expedient of dividing the polar cap of the southern hemisphere into the four quadrants defined by the meridian of Greenwich and its continuation of 180 deg. crossed by the meridians of 90 deg. E. and W. To these he gave appropriate names, and the most appropriate is that of the Enderby Quadrant, between the meridian of Greenwich and 90 deg. E., though foreign purists prefer to call it the African Quadrant, as it lies to the south of that continent. It so happens that the two remaining quadrants are well known: in the Victoria (or Australian) Quadrant, to the east, Amundsen and Scott reached the Pole itself—the latter following in the footsteps of Shackleton, who had come within 100 miles of the goal some years earlier, while in the Weddell (or American) Quadrant, on the west, Bruce, Filchner and Shackleton had traced new land to nearly 78 deg. S.

"Between these two known quadrants that of Enderby interposes a sector of unproved possibilities, for no vessel has yet succeeded in getting as far as the seventy-second parallel of latitude within it. The great expeditions have for the most part passed it by. Cook, in his hunt for the temperate southern continent that haunted the minds of the theorists of his century, first crossed the circle at one point, and Bellingshausen succeeded in crossing it at three points nearly fifty years later, but the great British, American and French expeditions of 1840 all kept far to the north. It was a field of fame for the small sealing vessels sent out in the '30s of the last century by the London firm of Enderby Brothers, romantic shipowners, who preferred geographical discovery to financial gain, and who secured ex-nal officers of high attainments as skippers for their ventures.

John Biscoe's Famous Trip.

"One of these, John Biscoe, made perhaps the finest Antarctic voyage of all history in 1830-31, effecting a complete circumnavigation close to the Antarctic circle and a great part of the way on the poleward side of it. Along the western half of the Enderby Quadrant his track still marks the boundary between the known and the unknown. In his brig, the *Tula*, of under 200 tons, accompanied by the cutter *Lively*, of about 50 tons, he fought for months against the furious blizzards in the effort to penetrate the heavy ice to the southward, and at the end of the season, when navigation was possible and with half his crew disabled, he sighted black cliffs and hills projecting through the snow in 66 deg. 80 min. S. and 50 deg. E.; but just as he felt confident of making a landing a terrific storm swept down from the land and drove him helpless to the northward for 150 miles before he could regain control of his ship.

"In 1833 Kemp, with another of Enderby's little ships, coming from the eastward, made the most southerly passage yet accomplished along the western half of the Enderby Quadrant, and in 60 deg. E. reported land on the Antarctic circle. No one has seen these lands since. The *Challenger*

and the worst is yet to come



HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at the Parliament Bldgs., Toronto.

Many people worry a lot about so-called bodily infirmities when there really is little cause for worry. What they need to know is that as the years go by the changed inclinations and requirements are natural, and needs of the body adjust themselves to new conditions. For instance one has often heard people complain about their inability to sleep as many hours as they used to do, and think in consequence that they must be on the verge of a nervous breakdown. Another will lament the fact that he cannot play baseball or tennis, although he was formerly an enthusiast at these games.

How to live at various ages is a matter of very great importance. The young person has more reserve power, more activity, and requires more food. Older people show less activity, sleep less and do not require so much food. Besides, they have to go more carefully and are inclined to avoid even necessary exercise.

However physically fit the best athletes may appear, they seldom show their best form after thirty. Very few of the players in the major leagues of baseball are over thirty years of age, the most notable exception, however, being Ty Cobb, the famous Detroit outfielder. In pugilistic circles Jack Johnson retained the world's championship when over thirty, but such men as these are the exception rather than the rule.

One reason why strenuous exercise is inadvisable after youth has passed, is on account of the blood pressure increasing as the years go by. That the kind of exercise one takes in middle life is of importance from a health standpoint is shown by insurance companies inquiring into this matter on issuing policies.

After all is said and done, youth is only old age deferred, and the strenuous life, the bubbling vivacity and almost ceaseless energy of youth cannot help but serve their purpose in bringing the physical part of our make-up to maturity, and as a natural consequence, provide time in after years for the development of the mind and the capacity for study and application in the making of a living.

At the adult stage of life, too, the demands of business and professional activity necessitates a considerable amount of exercise which takes the place of organized exercise and play

such as is indulged in in youth. Walking is one of the best exercises, and even in cities people should be encouraged to do more walking to and from their place of business. The increasing popularity of golf and the opening up of municipal golf links in some of our large cities is from the health viewpoint a decided move in the right direction. In many of the Y.M.C.A. centres, too, modified exercises for business men have been arranged, which should be developed by the municipalities till indulged in by all the citizens who possibly can arrange the time.

People approaching the old age of life frequently complain of not being able to sleep well at nights, but it should be remembered that this condition is often not insomnia as it is the custom generally for old people to take naps through the day. With advancing years, care should ever be taken to avoid infection, there being a great tendency for old people to develop bronchitis and pneumonia. To guard against these it is advisable for aged folks to avoid crowded places and not get overheated or chilled. Sunshine is an excellent tonic at this time of life as it is at any stage of existence. When the heart's action shows signs of failing, rest is far better than medicines. Moderate exercise, graded to suit different ages, is one of the best adjuncts of health to all classes of the community, and for old people, especially those who have lived an active life, it is essential that they continue to take an interest in the affairs of the world and some interesting hobby or pastime that will keep their minds serene and enable them to get about and keep their blood in circulation. How often we hear and see instances of men who have had a busy life, retiring to seek a well-earned rest in their old age, and passed away a few weeks or months later when cut off from the interests and activities which kept their minds active and their bodily health sustained.

The old saying "Remain in harness," applied in moderation, is very often one of the guideposts to a longer life.

Will the lady signing herself "Mrs. G. D., Bothwell, Ont.," kindly send stamped addressed envelope to Dr. Middleton at the Parliament Buildings, and he will reply personally.

in 1874, like the *Pagoda*, in 1845, made a gallant push into the unknown, but retired in a sorely battered condition.

"The *Quest* is a tough little vessel, and once among the ice her small size and great strength will give her special advantages in working her way, so that she may be confidently expected to push further within the veil than any of her predecessors. She will have the vast advantage of modern sounding gear so that she can feel out the contour of the ocean floor and so get evidence of the proximity of land which was not available to Biscoe and Kemp. Her wireless equipment should enable her chronometers to be rated

while at sea, and so her longitudes ought to be far more precise than those of earlier expeditions. She will be the first to carry a staff of scientific specialists into the wide stretch of unexplored waters between the tracks of the *Challenger* and *Scotia* and south of that of the *Valdivia*. It is not likely that the *Enderby Quadrant* or any other part of the Antarctic will be worth exploring from a utilitarian point of view, but the human race has a right to unveil the whole face of the earth, and the world will be morally richer if Rowett and Shackleton complete what Enderby and Biscoe began."