

Sidelights From The Girls' Conference
Held in Macdonald Hall, Guelph, April 23-26

BY ESTHER FIRTH.

SATURDAY AND SUNDAY

The singing of "Onward Christian Soldiers" and the repeating of the Lord's Prayer in unison opened the discussion Saturday in Assembly Hall on "The Girl, Her Responsibility to Home and Community and How May a Girl Derive and Contribute Most in Home and Family Relationships."

The following report was the result of the discussions brought in by the secretaries of each group.

How may every girl make her home an efficient and happy one. An efficient home is one in which no time, no energy, and no money is wasted.

1. Division of labor with systematic changes. (a) To make each member of the family efficient in various departments. (b) To create a harmonious spirit in the household.

2. By becoming familiar with better methods in doing these duties. (a) By collecting information from reliable sources such as Dept. of Agriculture, Toronto, Washington, Ottawa. (b) By attending short courses, conferences, etc. (c) Neighboring interchange of methods and ideas. (d) Use of Packet Loan Library, Massey Hall, Guelph.

3. By having a plan of your work. 4. By planning arrangement of working equipment to conserve energy and time.

5. Making most of your opportunities to acquire labor-saving devices. 6. By systematic expenditure of the family income. (a) Budgeting of family income. (b) budgeting of the girl's own share of the family income.

7. By learning to spend money wisely. 8. By earning money in the home, possibly by poultry, dairy, bees, gardens, fruit, orchards, flowers, sewing, lunches, raising young farm-stock or pets.

How can a girl develop a real hospitality in the home? Hospitality is a friendly welcoming and entertaining of guests.

1. Invitations sent early, carefully written to tell time and kind of entertainment provided. Suggest train.

2. Meet guest at station, take home, inform her of time of meals, etc.

3. Guests room to include hangers, needle and thread, writing materials, well chosen books, flowers, etc. 4. Make guest feel at home, let her help with housework. Perform daily routine of work and meals. Apologies for house, etc. not in good order.

5. Provide choice of entertainment. 6. Home parties, group games, contests, cards, dancing, refreshment served for sociability rather than food value. Decorations may be to suit occasion.

7. Club meetings held in homes promote a friendly atmosphere. Home Decorations. We cannot have beautiful homes unless we appreciate beauty ourselves, and we can develop appreciation by study of and association with nature, beautiful pictures and other art.

For beautiful home: 1. We must choose artistic furnishings. (a) Color that harmonizes, gray and rose, browns and tans with yellow and dull, soft blue. (b) Restraint in design—do not have figured walls, rugs and hangings all in one room. (c) Simple, not ornate furniture.

2. We must take proper care of furnishings. (a) Cleanliness and neatness are essential. (b) Care of table linen, glass, etc. 3. We may help greatly to beautify our homes by our own handiwork. (a) Wicker lamps, sewing baskets, jardinières, trays, etc. (b) Very artistic rag rugs. (c) Crocheting and embroidery on dresser covers, bed spreads, curtains will make the cheaper materials into artistic furnishings. (d) Painting and enameling of old or unfinished furniture, etc.

4. We must make an artistic setting for the house by the lawn. (a) Trees in background and at sides. (b) Shrubbery in clumps and single bushes at edge of lawn and to fill in corners. (c) Perennial flowers for border at edge of lawn with high plants at back and shorter in front. (d) Vines growing over fences, outbuildings of the house itself.

Development of home spirit. I. Interest in home activities. II. Place of music in the development of the home.

(a) Value of music—I. Music has power to draw us closer together. 2. Has a restful, soothing effect. 3. Music brings out the finer part of our personality. 4. It is a form of mental recreation.

(b) Kinds of music for the home—1. Sacred. 2. Classics. 3. Good songs, old and new. 4. Modern piano pieces. 5. Popular music in right amount at right time.

Means of obtaining music in the home—Sing songs. 2. Piano or organ. 3. Radio. 4. Gramophone. 5. Stringed instruments.

(d) Books that may be bought for use in the home—1. Heart songs. 2. Church and home. 3. Famous classics for the piano. 4. Modern piano pieces.

Place of Literature in the development of the home spirit. (a) Choose worth while books. (b) Set apart a certain amount of time for reading. (c) Value of reading—1. Books have a broadening effect. 2. They bring us into closer union with the family. 3. Mental recreation. 4. For development and increase of knowledge. (d) Type chosen for recreation depends on the individual. (e) Subscribe to good maga-

zines and papers. (f) Arouse interest in Canadian authors and literature. (g) How to obtain good literature in the home—4. Buying of books and magazines. 2. Book or magazine clubs. 3. Established libraries. 4. Travelling libraries.

How may a girl assume her responsibility as a good citizen to her community?

1. What a girl owes her community depends upon the individual girl. Use what power you have. 2. Girl should direct her energy in field she is most interested in and for which she has the greatest ability, skill and training to perform.

3. Fields open to girls for community work—I. Sanitary community. (a) Supplying of paper cups and towels, etc. in public places. "Clean-up Week" campaigns, "Town Dump Yards".

II. Interest in schools. (a) School lunch. (b) Supply playground equipment. (c) Helping with sports. (d) Supply music for schools, piano, etc. 5. Securing of better sanitary conditions.

III. Protection of beauty spots. (a) "Fire Prevention" campaign. (b) Disposal of paper, etc. in public parks. (c) Join horticultural society. (d) Protection of wild life, birds, animals. (e) Protection of trees, flowers, etc.

IV. Protection and immortalizing of historic places. (a) Preserve them. (b) Marking of them and keeping them before people. (c) Study of cities—how to organize Good Time clubs.

To be successful, club must have definite aim. Club should bring people together and have good time. People must be brought together by common interests before the club is organized. The leader is important—holds the club together. Characteristics of good leaders. (a) Interest in people. (b) Interest in the aim of the club. (c) Interest in the girls' welfare. (d) Tact, humor and patience. Organization should not undertake too many different things. The form of the organization should be simple. A definite program should be planned. Try to keep the older people interested.

How may a girl raise the standard of health in her community? By knowing and following the rules of health herself. By co-operating with the rules of the medical health officer in her district. By reporting unclean surroundings, etc. Distributing health bulletins published by Ontario Board of Health among the people. Co-operating with school teacher by helping her give instruction in home nursing, first aid, physiology, foods, dietetics and by organizing a Junior Red Cross in the schools. By health campaigns and clubs for purpose of following rules of health.

How may girls raise the standard of education in their community? 1. By taking advantage of every educational opportunity herself and being enthusiastic about all educational movements.

2. By keeping the attendance officer up to his job. 3. By organizing a study club and introducing debates, plays, music, art, etc. 4. Develop leadership by placing responsibility.

5. Starting a circulating library in the community. 6. Organizing Girl Guides, Boy Scouts, etc. 8. Reading daily papers in your home, and taking advantage of radio if possible. Band yourselves together; do not try to work alone.

How may a literary and dramatic society be organized in a rural community? 1. Discover leaders along this line: I. Rural Leaders. II. Minister. III. Junior Women's Institute. IV. Young Farmers' Organizations. V. All young people's organizations.

2. Get people interested. How? Be enthusiastic yourself. Get groups together. Competitions. 3. Type of program—must fit season to be suitable.

(a) For Literary Society: Debated mock trials, special programs, Canadian Night, Edgar Guest, James Whitcombe Riley. Bulletins from Department of Agriculture, O.A.C., Rural Literary and Debating Society—Professor Urwin, O. A. C.

(b) For Dramatic Clubs: Plays must be of interest and educational value. Suggestions for plays from O. A. C. For people to train, see Mr. McLaren, County Representative, Extension Department, O. A. C.

How may music clubs be organized in our community? What is music? Music is made up of rhythm, melody and harmony. Rhythm appeals to the physical side. Melody appeals to the intellectual side. Harmony appeals to the spiritual side of our natures. Perfect music is when these parts are equally developed. Music is one of the highest forms of recreation. Ways of having music are by organizing clubs, choruses, musical contests, orchestras, bands, and music study clubs. How may these be formed? First have a leader. An accompanist is necessary to help the leader. Look over your community before you act. Others may become interested through good leaders. Competition. Know your music to be taught. Encourage young people to take music lessons and work up enthusiasm. For community singing, song sheets should be provided, a blackboard or lantern slides. Community singing develops an appreciation for music, takes away

formality and helps make people better acquainted. Choose a program that suits everybody. This brings in a variety of popular music as well as classical. Music develops the mental, physical and social part of life. The classical clubs could be held at the homes, churches and schools of the community or halls.

To develop the appreciation of music. 1. By outside lecturers. 2. Bring musicians to the community. 3. Have groups go to the city to hear the music and bring back reports.

At 11 a.m., we viewed more exhibits of the Macdonald Institute girls' work. Neat little scrap books were made, quite simply. How often you read some splendid article, say on "Suggestions for Entertaining," Menus, Helpful Hints, etc. We would like to save these articles, but have no real place for them. If we had a scrap book or just a long envelope, neatly labeled, we could contribute to our information on each subject as we came across them in our reading.

Afternoon Session

The afternoon session in Memorial Hall, began at 2 o'clock with Mr. Lionel Stevenson, Director of Extension Service, O. A. C., presiding. After the community singing, which we had all enjoyed at each meeting, led by Professor Blackwood, and a duet by two senior students, we listened with interest to Mr. Putnam, who is well known to all branches of the Women's Institute, who stated that women are the real leaders in any movement in a community. They have greater ability and more patience in organizing, and persevere. He urged to depend on your own ability and not to depend on assistance from outside, where the interest was not so keen.

President J. C. Reynolds, in a few remarks, stated that Mr. Putnam was his first acquaintance when he arrived at the O. A. C. some thirty-two years ago.

Short addresses were given by Miss E. Guest, who is well known in literary circles, on "Literature in the Home," who dwelt on the value of books, for their companionship, culture and information. We all cannot travel, but we can learn a great deal about others' travels in many books. She advocated reading aloud, in the home which she thought bound a family together. "In choosing a library, if your means are limited," she said, "begin with what you like best, out of what you can get." She stated that the rules of life were in the Bible in the Ten Commandments. She thought books were our best friends. There was always a book for every mood. If you feel giddy and foolish, you could read "When a Man Marries". If in a serious or thoughtful mood, one can read more substantial literature; and when you are tired reading, you can close the book, put it back on the shelf where it remains until such time as you care to pick it up to finish it.

Professor Evans spoke for a few minutes on "Art in the Home," and said: "Have nothing in your home that you know not to be beautiful or useful."

Evening Session

The evening session began at 8 o'clock, when interesting reports were given by four young ladies, who won a trip to Chicago last year as prizes in judging contests. They were Miss Josie Harris, Peel County, Miss Eleta Smith, Wentworth, and Miss Vera Furner of Ingersoll, and another young lady from Peel County whose name we did not catch. Each described one day of their trip, in which a very full program was enjoyed. They were royally entertained, and indeed were very fortunate prize-winners, and made their listeners quite envious. It was remarked from the chair as well as from their audience how much at ease these young ladies appeared on the platform.

A delightful pageant was given by the Macdonald girls, "The Call of the Country". A simple but happy home was shown, in which the daughter was quite satisfied until the city girls came and lured her away with their pretty clothes and ornaments, and their promise of a good time. At first she hesitates, but finally follows them, where she soon finds that all is not gold that glitters. Then the scene changes. In comes Manual Training, Domestic Science, the University Girl, Improved Agriculture, the Trained Nurse, etc. who mingle with the spirit of contentment and who are all here now to help the rural girl find contentment and happiness in her own home and surroundings, and forget her longing for the city. She is just as clever as her city cousin, and if

she but takes advantage of the many opportunities for self-improvement within her reach, she may become a most fascinating young woman. There is more natural beauty in the country, and not the artificial beauty of the cities, but many fail to appreciate it or even see it.

At the close of the program, Miss Ethel Chapman, who had played a prominent part in the arranging of the conference, made a few short, complimentary remarks to the staff and students of Macdonald College, and called them to the platform where they were presented with flowers and candy by the delegates in slight recognition of the splendid way they had entertained us all. They certainly did much to make our stay the delightful entertainment it proved.

Sunday morning, we were taken in groups to whatever church we wished to attend, where we were welcomed by the different pastors. We attended Chalmers' Presbyterian Church, Chalmers' Presbyterian Church.

In the afternoon at 3 o'clock, a program was planned by the Student Christian Organization, when the topic, "The Girl and Her Religion" was discussed. I did not attend this meeting, so am unable to tell you more about it.

Sunday and Monday morning saw the majority of the delegates leave for their separate homes, everyone, I think, leaving well satisfied and happy with the entertainment of the past four days in which the programs were full, but which seemed all too short, and nearly everyone hoped it would be their good fortune to attend another conference, or still better, take a full course or a short course at Macdonald Institute.

Miss Dorothy Frost of Walkerton was one of the hostesses at Table 35, at which I sat, and Miss Durst of Chesley proved a most efficient leader of one of the discussion groups I attended. These two young ladies are completing their courses at Macdonald Institute this year.

IS MIND GOVERNED BY PRENATAL INFLUENCE

Can prenatal influence affect a person mentally? Many scientists doubt this possibility, although they admit that people can inherit mental as well as physical traits. But they deny that have any bearing on the mind. Instances may be cited to support their contention, but the opposing school of psychologists can find many examples to offer in refutation.

Research over a period of years has resulted in dividing these two sets of thinkers who hold distinctly opposing views. Then how can the average person form an opinion on the topic?

If the answer is "by observation," then the matter is simplified. Because this subject is handled in a direct, simple manner in "Ports of Call," the William Fox picture to be shown at the Veterans' Star theatre tomorrow and Saturday nights. It deals with the unreasoning fear which governs the principal character, portrayed by Edmund Lowe. This feeling of terror is supposed to be attributed to prenatal influence. When the scene is changed to the tropics, where natural and man-made terrors are increased tenfold, the man discovers he can fight if he has to do it. It is then that his will power asserts itself. Twice in a pinch, he proves his courage and finally overcomes what many people, lacking a better name, call prenatal influence. Those who are interested in the subject will find an interesting study in the Veterans' Star Theatre offering.

Arizona Heat

"It gets awfully hot in Arizona in the summer time."

"That so? How do you know?"

"Well, a traveller out there last summer says he saw a coyote chasing a jack rabbit across the prairie, and it was so hot they were both walking."

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"If it's new, we have it."

FACTS ABOUT TEA SERIES—No. 8

The Consumption of Tea

Tea as a beverage is used in nearly every country in the world. It is estimated over 200 billion cups are consumed annually. Australia leads in tea drinking with an annual per capita consumption of about nine pounds, which means that every Australian consumes from six to eight cups of tea every day. The consumption per capita in England is 8½ lbs., and in Canada nearly 5 lbs. In the United States, it is less than 1 lb., but this is largely because Americans have not been able to get fine teas until comparatively recently. "SALADA" is considered one of the choicest blends on the market, and is the largest selling tea in either United States or Canada.

"SALADA"

WHY THE UPPER WAS LOWER

Here is an amusing story from the pages of "Rail Life" by Alfred Price, a veteran C. P. R. official:

A member of the New York City Canadian Club recently made a flying trip to Canada. After completing his business, he went over to the station to see about his reservation.

"Let me have sleeping accommodation to New York," he said to the man at the window.

"For a single passenger?"

"No," he replied, "I'm married, but I'm going alone this time; a single shelf will do."

"Upper or lower?" asked the agent. "You understand, of course, the lower is higher than the upper. The higher price is for the lower berth. If you want it lower, you'll have to go higher. We sell the upper lower than the lower. In other words, the higher, the lower."

"Then, why do they all prefer the lower?" inquired the traveller.

"On account of convenience," the agent replied. "Most persons don't like the upper, although it's lower, on account of its being higher, and because, when you occupy an upper, you have to get up to go to bed, and then get down when you get up. I would advise you to take the lower, although it's higher than the upper, for the reason I have stated,

that the upper is lower because it is higher. You can have the lower if you pay higher, but if you are willing to go higher, it will be lower."

"Too deep for me," replied the man. "I'll ride in the smoker, when I can sit up when I sit down."

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By R. (Rad)

In England, the cross "addicts" as it has in the its way into radio broad

The broadcaster publishes a diagram in a newspaper, and announcer reads off a list of clues. This is followed by instrumental selections with the cross puzzle words. In instrumental selections, words are found in the titles, in vocal selections, the words are slightly accented by the singer. The solutions are mailed to the broadcaster within next twenty-four hours, and successful puzzle-workers' names are announced.

Radio to the Rescue

That the radio is man's best blessing of the century is the verdict of all who own a set it a crystal or an expensive



outfit. It has brought untold piness into the poor man's home as well as the rich man's palace, a comfort to old age and a joy to youth. And its development date makes it indispensable to

Its greatest blessing, however, been felt in times of distress, particular instances, that the mind of the writer at this are ample evidence that the can be of immeasurable service man. There was the Missouri, Illinois and Indiana disaster, a tornado which took an untold in life and property and thousands of men, women and children homeless. Hardly three after the news came in, relief with supplies, doctors and men were on the way to the stricken area. Radio broadcasting alone that instant relief possible.

Another case was the volunteer shutting down of all broadcast by twenty-four eastern stations a time that efforts were being to check on an S. O. S. call by less from a ship at sea. The was saved, and all went well, again helped.

Indeed, folks, you're just being to realize what a world

RADIO QUEST

Mr. Sherrill will be your problems. Write him,

G. L. B. wants to know: "What is the proper size of by-pass condenser to use across the B battery. Also, is it necessary to use a set of by-pass condensers across head phones?"

Ans.—You can use any cap up to about 1 mfd. across a battery. The condenser across head phones should not be over

CAN YOU BEAT THIS ONE

Mr. and Mrs. Thomas Bell of returned last week from a visit relatives at Nelson, Baiton Co. While there, they took a stroll on the farm and, Mr. Bell saw a jack rabbit, which he made up mind he was going to get. Mrs. Bell and two of his mice started out to look up "Uncleley," and when coming over brow of a hill, he spied two of and they were scrapping just two dogs. He took aim and fired them. They both started to run going some distance across a when it dropped dead. The other across two ten-acre fields which dropped dead also. The pair both shot by the one bullet, when examined, it was found both were shot through the head Goderich Star.

ACROSS CANADA AND BACK
The wonder trip of the summer will be conducted by Laird of Macdonald College, to toria, B. C., and back.

Inspired by the success of the to Victoria last year on the part of the Teachers' Federation, ing at that point, and filled with patriotic motives for everyone of their own country, the Dean is arranged for a special train of dard sleeping cars to leave on July 20, visiting Port Ar Fort William, Winnipeg, Banff, Moose Jaw, Calgary, Banff, Louise, Vancouver, thence by seer to Victoria.

Returning, the trip will be via Okanagan Valley, Nelson, the enay Lakes, Windermere Bun