

Housework Dislike Is Termed "Phobia"

Dread May Be Removed by Proper Guidance Says Institution

"Horror of Housekeeping" is only a phobia bred by modern living conditions, and can be eradicated from the mind of a girl forever by proper guidance, say experts and psychologists at the Home Making Centre, an institution sponsored by the New York State Federation of Women's Clubs.

In proof of its contention, the federation has in its possession letters from fifty-six girls who, out of a class of 125, were successful in completing the course for brides, and have received diplomas.

Most of the pupils in the class conducted as an experiment by the federation had expressed themselves before enrollment as being so fearful of the duties housekeeping involved that they would even have considered breaking off their engagements rather than go through with the experience. In their letters the graduates declared that housekeeping held no more terrors for them.

GIRLS TAUGHT PRACTICAL METHODS

In one of the most interesting letters received by Mrs. Charles E. Gregory, originator of housekeeping and not the slightest idea as to how to go about it, allow me to tell you just what I found of exceptional value through the aid given by the Home Making Center. In the first place, we were taught by experts many special methods of housekeeping, and were shown how to find out the best means of conducting the housekeeping side of homemaking. In the second place, we learned that homemaking need not be drudgery, but can be made intensely interesting in many ways.

PHOBIA CALLED PRODUCT OF FEAR

It is the contention of State Federation educators that because girls are not compelled to do their share in the home, kitchen included, the "horror of housekeeping" phobia makes itself apparent as soon as a girl is betrothed. As a matter of fact, psychologists at the Center declared that the phobia is the product of fear bred by conscious ignorance of the requirements.

Mrs. Gregory, who is educational director of the Home Making Centre, said that knowledge is the greatest known antidote to fear, and added that the happiest persons she knows are those women who are competent housekeepers.

Vacationists Urged

To Remember Pets

A plea for pets whose masters blithely depart vacation-bound, leaving them to fend for themselves, is made by Mrs. Diana Belais, founder and president of the New York Anti-Visitation Society, in a recent interview. Mrs. Belais, known as a humanitarian, has devoted the last 20 years to advancing the welfare of animals.

"There are few plights more pitiable than a cat or dog, deserted, wandering forlornly about sniffing for a stray titbit of food, and wondering where its master is," said Mrs. Belais.

"Some months ago, I learned with horror of the practice of cottagers in a certain summer resort. Deserting their pets at the end of the summer, they expected them to forage in the woods for food throughout the winter. It is true that some of the more 'kindly' left windows open so that the animals could find shelter.

"The dog has been of such service to humankind,—think of the deeds of canine heroism we read of almost daily!—that it certainly merits better treatment than this."

Caverns of Romance

A new thrill is being provided for visitors to Gullford, (England).

For something like 1,000 years there have been extensive caverns in the chalk of the North Downs, running underground towards the old Norman castle. These caverns, whose origin and purpose are mysteries, are being lit by electricity and opened to the public.

There are a number of interesting caverns in various parts of the country, some of them with romantic histories, and an increasing number of people who are interested in their exploration.

Ireland also has its caverns, one of which has just been laid bare at the Hill of Tara, the County Meath home of the ancient kings of Ireland and the centre of early Irish civilization. But perhaps the most interesting of all the caverns of the British Isles are those of the famous Cheddar Gorge, with their amazing stalactites.

"Flivver" Airplane

Ready for Market

Kansas City, Kan.—A "flivver" type airplane which, its manufacturers predict, is destined to become popular with "backyard" aviators, is ready for the market at a price slightly under \$1000.

The tiny craft is powered with an engine weighing less than 85 pounds and with a wing span of 37 feet. A parasol-type monoplane, it carries only one person and is powered with an engine developing 25 horsepower.

Lizard Hunting In Black Republic

Mr. Klingel Describes His Adventures on the Island of Hispaniola

The adventures of a lizard hunter are graphically described in a recent article entitled "Lizard Hunting in the Black Republic," in Natural History, journal of the American Museum of Natural History. Gilbert C. Klingel, author of the story, writes:

"In the American Museum of Natural History there is a habitat group of rhinoceros iguana, a striking West Indian lizard between four and five feet in length, which has been so named because of the three spikes on its snout.

"The day of the rhinoceros iguana is almost over. In the desert land of Haiti, near St. Marc and Gonaives, it once occurred in great numbers. There to-day it is seen only on rare occasions.

"I decided to investigate first La Petite Gonaives, a small inhabited island in the blue Gulf of Gonaives, just south of the larger island of La Gonaives. As a result of the good services of my friend, the collector of customs, we engaged a native sailboat and a captain and made preparations for a ten-day trip.

"KING" OF THE ISLAND

"Late in the afternoon we glided into the mangrove-bordered harbor of Anse a Galets and dropped anchor. The village consisted of a few thatch huts and the gendarmerie headquarters.

"We passed a pleasant evening, enjoying the hospitality of Lieutenant Wirkus, and left the next morning for the little island to the south. Jagged coral heads protruded above the blue waters of the bay, and we soon found it advisable to keep a sharp watch for those just beneath the surface.

"Our native captain claimed, before leaving, that he was familiar with these waters, but I soon discovered that he knew neither the channel nor the way to manage his boat. As we approached the fringing reef of the island, the situation became strained and without waiting for further remarks from the captain, I took the tiller and headed for the south end of La Gonaives.

"Several hours later we rounded Point Gantasse, extreme tip of the island, and there pictured in vivid greens and browns, against a background of blue sky and still blue sea, lay the little island of La Petite Gonaives. It is formed of coral and is so small that it could be crossed in a hop, skip and jump as the gendarme lieutenant had told us. However, it is far more interesting than its big brother island to the north.

"Our little boat nosed its way into a diminutive harbor, frightening six sleepy pelicans which were eyeing us disdainfully. We ran our bow well up on a little strip of shell-strewn sand that served as the beach for the two or three native fishermen who had their huts near by. The entire village, a mere handful of ragged men, came down to see their unexpected visitors. In answer to their inquiry for 'Iayzah,' the patois name for the rhinoceros iguana, one of the fellows volunteered to guide us across the little island. A few feet from the village we came abruptly upon eight of the beasts we were seeking which dashed away upon our approach.

PREPARE TO TAKE PICTURES

It was thus obvious that we could not obtain pictures of them without a blind. Returning to the boat we stripped it of its sails and, when these were draped over the slabs of glaring coral, our improvised concealment looked far less conspicuous than I had imagined it would. We had brought some bananas and mangoes for bait, but after our hours of hard work in the midst of the blistering coral, the sight of this luscious fruit was too much for our powers of resistance and we decided to eat the bananas and use the peelings for bait.

"Hardly had we settled ourselves within our blind before a half score of the ungainly iguanas swept down upon the banana peels. The temperature was gradually rising under the sail and soon it became stifling. The great brutes came nearer and nearer until they were within a few feet of the lens of my motion-picture camera. One grotesque fellow even walked around the blind to the opening in the rear and looked in upon us. I made a wild grab for him with my hands, but he was off like a flash. The remainder of the liard company dashed away, but soon came back and eyed our blind suspiciously. They looked like so many dinosaurs—certainly Stegosauri or Tyrannosauri could have seemed no more weird—the great horns on their snouts, the spines along their backs, the sharp black claws and those little glinting eyes always staring at us gave us a thrill that we shall not forget for many days.

"We had arrived in La Petite Gonaives too late for the egg-laying season, and hence, after a week of searching for the eggs and additional life-history facts, we gave up and returned to the Haitian mainland.

"Haiti is one of the most densely populated areas in the world. Though it is but one-third the size of the Dominion Republic, it has more than three times the population. While the natives are quite picturesque and very interesting, to one engaged in nature study they are sometimes extremely annoying. Wherever we went there was a gang following to see what was



"Me and My Dog"

Little Wheeler seems bent on the Half-Nelson in this photograph. Wheeler, as everybody knows, is youngest member of popular "Our Gang" films.

going to happen. To get rid of them was almost impossible, for as soon as one crowd dispersed another collected. We once constructed a blind for observation, but had to give it up in disgust. Yet, they were so willing to help and so good-natured that we could not help but like them.

NATIVES COURTEOUS

"They have a sense of humor and as a general rule are very courteous. Although extremely poverty-stricken and decrepit in appearance, they are far from the mystical and vicious people that so many writers like to picture them. In fact, Haiti to-day, for all its voodoo and mystery, is one of the most peaceful spots in earth.

"Further work in Haiti was begun in earnest near St. Marc—some 200 kilometers north of Port au Prince. As we walked across the arid hills, thousands of dragon-flies seemed to dart at us from all sides. The reason soon became painfully apparent. They were attracted by the mosquitoes with which the district was infested. During a short jaunt into the hills our arms and legs became black with the pests. Finally, we could stand it no longer; we broke into a run and, dashing out upon the beach, we stripped and plunged into the water. For two days we were thus tormented and then suddenly the mosquitoes disappeared and we were left to work in peace. We were never again bothered by noxious insects.

"Our attention at St. Marc was soon attracted by the 'mabouya,' large sharp-snouted lizards which are common inhabitants of the Haitian archipelago. These lizards, known as Ameiva chrysoloma, are among the most conspicuous lizards of Haiti. They have bright yellow stripes and polka-dots, and they live frequently in colonies near the rivers. As they are very nervous creatures, they are hard to approach and, when startled, they dash through the brush with apparent disregard for thorns and brambles.

HAIRY SPIDERS

"We were particularly interested in finding the eggs of Ameiva, so, for the better part of a week we searched over the valley back of Marc and pried into all kinds of burrows. As often as not we uncovered great ugly tarantulas. It is a queer sensation to thrust your arm into a hole and connect with a big hairy spider. Fortunately we were never bitten. By the end of the fifth day we were but little better off than when we had started, save that we had accumulated a number of notes on burrowing habits. On the following morning, however, we located a colony in a bank at the mouth of a short ravine.

"The holes in the bank were to all appearances, the same as other burrows we had worked, but excavation showed them to be quite different. We chose one and dug. It ran straight into the bank for three feet and then widened into a large hollow or cavity. There it apparently came to an end. We looked rather hopelessly at each other, but acting upon a hunch, I had my native boy dig further. He was thus engaged when I noticed that the end of his pick had suddenly become stained. I rationally yelled to him to stop, I seized a trowel and carefully cleared away the earth. In a few moments there came to light five eggs, four a beautiful white and one hopelessly crushed. The crushed egg contained a well developed, if somewhat mashed, embryo.

"The eggs had been laid in a little cavity just large enough to hold them and then had been walled in with a hard packed plug of earth. We carefully placed them in a container and continued digging. Now that the burrow was out it was easy. From that bur-

row we took two more clutches and from the colony we collected a total of five. They were packed in moist wood pulp and rushed to the Marine Post Office in Port au Prince, whence they finally reached the American Museum.

Sounds

The singing of small birds when day is young;
Stray bells at dusk when kine lie, pasturing;
The brooks that slide o'er pebbles, or among
Banks gurgle on; racer-like tides that fling
Themselves prostrate on beaches; and the roar
Of winds in Autumn woods; rain on the roof
That endeth heat; closing a cotter's door
At eve; the pibroch's plaint; a horse's hoof
Far on a country road. What sounds awake
More, pleasing echoes? Few unless it be
The merriment and din that children make
At play—spontaneous, frolicsome and free.

The rhythmic unity of limb and voice,
A poetry in which Art can rejoice!
—Alexander Louis Fraser.

Hot July Days Hard on Baby

July—the month of oppressive heat; red-hot days and sweltering nights; is extremely hard on little ones. Diarrhoea, dysentery, colic and cholera infantum carry off thousands of precious little lives every summer. The mother must be on her guard to prevent these troubles, or if they come on suddenly to fight them. No other medicine is of such aid to mothers during the hot summer as is Baby's Own Tablets. They regulate the bowels and stomach, and an occasional dose given to the well child will prevent summer complaint, or if the trouble does come suddenly will banish it. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

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For Bilsters—Minard's Liniment.

46,000 British Girls Trained By Bureau

Leamington, Eng.—Forty-six thousand girls have passed through the day domestic training centers established in this country by the Central Committee for Women's Training and Employment, said Miss Margaret Bondfield, Minister of Labor, when she opened Newbold Beeches, the first residential domestic training center for unemployed girls in Britain, recently.

Miss Bondfield appealed to mistresses to remember it takes two to make a happy household. "You cannot go back to the pre-war attitude, and those who try to return to the patriarchal system must recognize they are beating their heads against a stone wall."

Miss Bondfield gave the viewpoint of the girl who has been in industry for seven or eight years, working about 48 hours a week, with Saturday afternoon and Sunday off, and leisure time not interfered with. "In domestic service, that freedom, she said, from the very nature of the work, must be entirely changed. The girl probably has no companion, she continued, and is expected to change her whole attitude as well as environment and social habits. "At Newbold Beeches," she said, "we are trying to create a home so that after they have gone to situations, the girls may be able to keep in touch with friends they have made here."

She appealed to trainees to show a little "backbone" in fighting to overcome loneliness in new work. "If you will try to stick it out," she said, "you will have done one of the great things in life by winning a moral victory over a weakness."

A Real Nerve Tonic

Is a Bountiful Supply of Rich, Health-Giving Blood.

Sufferers from nervous debility and themselves tired, low-spirited and unable to keep their minds on anything. They are totally unfit to perform their everyday duties.

Doctoring the nerves with sedatives is a terrible mistake. The only real nerve tonic is a good supply of rich, red blood. To secure this rich, red blood Dr. Williams' Pink Pills should be taken. Enriching and purifying the blood is their whole mission. Concerning them Mrs. Albert Bentley, Bancroft, Ont., writes:—"Two years ago I was a complete wreck; in bed for seven months; extremely nervous had no color. Nothing I tried seemed to help me till I began Dr. Williams' Pink Pills. My condition at once improved and to-day I am well and able for anything without fatigue or trouble."

You can get these pills from any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Dressing Your Salad

The secret of a good French salad lies in its dressing. A successful French salad should be dressed before it goes to table. Only best olive oil should be used to make a French dressing, and the proportions are three spoonfuls of oil to one of vinegar.

Many people, however, prefer to add the three spoonfuls of oil to their salad, seeing that the lettuce, etc., is well coated, and toss in the vinegar dressing afterwards. To each spoonful of vinegar half a teaspoonful of salt, pepper, and sugar should be added. Tarragon vinegar may be added to the other vinegar to vary the flavour sometimes. The dressing, whether made with or without the oil, should be kept as cool as possible. An onion wiped round the inside of the salad bowl will improve the flavour of the salad tremendously without giving too decided a flavour of onion.

Bought mayonnaise or salad cream soon runs away with the housekeeping money, so it is as well to know that there are home-made dressings that will keep, and if you make a supply in some of your slack moments in the kitchen you will find it much more economical. The following dressing will keep almost indefinitely if bottled and kept in a cool place. Place four tablespoonfuls of castor sugar in a bowl with six teaspoonfuls of tarragon or white vinegar (whichever you prefer), one teaspoonful of mignonette paper, salt, pepper, and mustard to taste. Stir frequently during the day with a wooden spoon. Cover and leave till the next day, when six teaspoonfuls of salad oil should be added, drop by drop.

About Blinds

To revive coloured blinds that have become slightly faded, smear lightly and evenly with linsed oil. Apply with a pad of salt rag, and allow the oil to dry on the material.

A quick and simple way to mend a torn cotton blind is to dip a piece of the same material in hot starch, place it carefully over the affected part, and press with a hot iron. This edges of paper blinds are not so liable to become frayed if some medium-width tape is pasted along the edges.

God has the qualities of a good governor as well as of a great architect.

As I went over London bridge I saw a ship loaded with people, but there wasn't a single one on it!—They were all married.

New Price

30^{c.} 1/2 lb.

RED LABEL

RED ROSE
TEA

Economy Corner

Stuffed Potatoes

Select good-sized potatoes. Scrub, boil 10 minutes and bake until done. While potatoes are cooking, cook a small amount of hamburger (or any other chopped leftover meat) with chopped onion. When potatoes are done, scoop out contents and thoroughly mix the mashed potato and hamburger; season and fill shells, which have been kept hot. Serve with a side dish of creamed string beans, with a little grated cheese over them, just before serving. With graham bread, fruit and a cup of tea, see how it tastes.

Corn Fluff

One cup canned corn (use very little of the juice). Run through a sieve until it is like pulp; add one cup rich milk; tablespoon butter; season with salt and pepper; add well-beaten yolks of three eggs. Cook in double boiler until smooth and creamy, stirring all the time. Remove from fire and cool. Fold in the stiffly-beaten whites of four eggs. Turn in a buttered baking dish and bake in a hot oven 20 minutes.

Eleven-Year Old Author Sends Book to President

Washington—President Hoover was pleased when he learned of the biography, "Our President, Herbert Hoover," was written and printed by William J. Marsh Jr., eleven-year-old New Milford, Conn., boy.

The Chief Executive learned of the boy's enterprise and use of a 50-cent printing press which came into the hands of his father, an antique dealer, and immediately let it be known that he was eager to have a copy of the book.

A White House statement was issued, saying: "The President has read with much interest the account of the writing and printing of his life by eleven-year-old William J. Marsh Jr., of New Milford, Conn. He is anxiously waiting for a copy of this book."

The first edition of "Our President, Herbert Hoover," written and printed by William J. Marsh Jr., of New Milford, Conn., is exhausted. All sixty copies have been snapped up.

The first edition of the new book, which seemed to strike a popular note because of its contrast with the work of the hypercritical, acidulated and debunking school of biography, was printed entirely by the author on his own printing press whose initial cost was 50 cents, but whose upkeep has already passed \$50. Further editions are contemplated, but nothing settled because four New York publishing houses telephoned or wired to the Marsh home solemnly enjoining the boy and his parents to agree to nothing, to sign nothing, to make up their minds to nothing until the matter had been talked over with their representatives. The publishing house scouts thought they had a possible prize in the book because of its enthusiasm, its unspooled outlook on life, its joyful acceptance of the American scene and its absence from the inferiority complex which causes the minnows to write so viciously of the whales.

Minard's Liniment Checks Colds.

Tourist (in mining town)—"Is this a healthy place to settle in?" Hotel Proprietor—"It is that, sir; but it's a most unhealthy place if you don't settle."

Nurses Wanted

The Toronto Hospital for Incurables, in affiliation with Bellevue and Allard Hospitals, New York City, offers a Three Year's Course of Training to Young Women, having the required education, and desirous of becoming nurses. This Hospital has adopted the eight-hour system. The pupils receive uniforms of the School, a monthly allowance and travelling expenses to and from New York. For further particulars write or apply to the Superintendent.

The Mysterious Path

A little twisty pathway winds Through woodland dimly deep— Past oak and beech where pine and fir A darker passage keep.

I've never seen a living sully! Along its leafy way, Nor known a roving puppy stroll Or frisking rabbit play.

This little path its secrets hides, But oh, it puzzles me Who made it there and down it strides— It looks well trod, you see. —H. M. W.

It pays to be straight. Note the popularity of the letter "L."

Classified Advertising

FOR SALE

AI BABY CHICKS—WE HATCHED 215,000 last year in four varieties. Write for free catalogue. A. H. Switzer, Granton, Ont.

AGENTS WANTED

AGENTS EARN GOOD MONEY selling the best fruit trees, shrubs, vines, evergreens, roses, etc.; town or country; selling outfit supplied; every help given; commissions paid weekly. E. D. Smith & Sons, Ltd., Winona, Ontario. 600 acres fruit and nursery stock.

Relieve Insect Bites!

Minard's neutralizes the poison of mosquito and black fly bites. A dependable antiseptic.



Cuticura Shaving Stick Contains the medicinal properties of Cuticura. Freely lathering and soothing. It promotes skin health and protects the newly shaved surface from infection. 35c. Everywhere.



Picture of Health Now

"In May and June I was badly run down and had faint spells until it was a drag to do my work. In July and August I didn't seem to pick up so I decided to try Lydia E. Pinkham's Vegetable Compound because I saw it advertised. I took two bottles and now I feel fine, do all my work and milk two cows. If any woman writes, I will certainly answer her letter."—Mrs. George R. Gillespie, Punnicny, Saskatchewan.

Lydia E. Pinkham's Vegetable Compound