

The Young Woman and Her Problem

By Pearl Richmond Hamilton

At the Chautauqua

It is good to be back in Canada again after a vacation on the other side of the line, for after all, there is no place like Canada. Interesting lectures, demonstrations, and entertainments are inspiring the people towards patriotic work. A great serious effort is directed to economy in living expenses. The Americans are an extravagant people, and farmers in the fertile sections of the country need to learn the necessity of saving for the cause of justice and honor as well as the city population.

One authority states that the Americans waste enough to feed Europe. Another says it would take four hundred thousand acres of wheat land to make up the loss sustained if only one slice of stale bread a day were thrown away in every American household. One lecturer, Mrs. Rohrer, urged every woman to cook potatoes with the skins on, as 46 per cent of the nourishment is lost when potatoes are cooked after peeling them (indeed, I think about 75 per cent is lost after some girls peel potatoes). She never serves potatoes cooked the same way during the week. The skins of the potatoes can be taken off quickly after they are cooked, and then can be served in many different ways.

Mrs. Rohrer, who for several years conducted the cooking department in the Ladies' Home Journal, is one of the women who is lecturing through the country in the interests of economy in food. It was a treat to hear her. When she stepped on the platform I thought she was a woman of forty-five, but during her lecture she referred to her son who is fighting in the trenches, and he is forty-seven.

When Mrs. Rohrer studied domestic science in London, she with others were sent to Scotland to find as many couples as they could who were over eighty years old. They were in Scotland only a few days when they found fifty. That was enough to convince them of the value of the food eaten by these people. Porridge and plain food create strength in body and mind. She very much deplored the use of sugar on porridge for children, as is used in this country. She furthermore stated that on this continent it takes two men to carry her trunk and they puff so she feels like helping them, while at her home in the East Indies one man carries it on his shoulder for miles. This difference in physical strength she attributed to the difference in food—emphasizing in this case the value of rice as a food. Mrs. Sarah Tyson Rohrer is one of the greatest authorities on Home Economics and the art of living, and her personality is convincing evidence that she practices what she preaches—"If you can't serve your country at the battle front you can serve her at the dinner table. Preach and live the gospel of the clean plate."

Dr. J. L. Gordon

It was a great privilege to attend this particular chautauqua, for besides Mrs. Rohrer, other speakers of wide experience furnished us with enough intellectual food to keep the mind busy for many months. It will be of interest to our readers to know that Dr. J. L. Gordon was the first speaker of the course. Dr. Gordon, who for several years wrote "The Young Man and His Problem" in The Western Home Monthly, is now pastor of First Congregational Church in Washington, D.C. During his lecture, however, one feels that he is from Canada, for practically all of his personal references were Canadian. His subject was "Success." His own personality is so rugged and powerful that to hear him is to receive new courage and new inspiration for the worth-while things of life. He appeals to all that is manly in men and boys, and in his lecture constantly emphasized the value of an aim in life that builds character.

"Gypsy Smith"

Another speaker who proudly referred to Canada as his present home, was Gypsy Smith. In a remarkable story, "From Gypsy Camp to Pulpit," Gypsy Smith told of his nomadic tribesmen. The atmosphere was charged with the spirit of the camp fires of his people, the love songs of the roaming caravans, and

the folk-lore of a people strange and weird, yet strong and affectionate. He told of his boyhood experiences in Wales, of his cowboy days in Mexico, of his cab-driving years in London; then a hush in the audience indicated profound reverence as he said he was a Barnardo boy rescued and brought to the light of Christian civilization by the great Divine Power that his people were beginning to learn about. Yes, Gypsy Smith's lecture left an impression that it is worth while to save one boy's life even though he be found in an environment of poverty and distress.

Judge Ben Lindsey

Judge Ben Lindsey was one of the very best speakers—straight from the heart of boyhood and girlhood he came to appeal to the heart of manhood and womanhood. I had looked forward with eager interest to his lecture, for the work in Juvenile Courts touches a tender spot in my heart. Those young boys and girls who, in most cases, through economic want or poor home conditions, wander into bad company and reap bitter harvests, are starved for proper parental control and affection. Fortunate, indeed, are they if the judge is a man or woman who understands them. Winnipeg has for judge of the Juvenile Court a man of this type. He seems like a father to the boys and girls brought before him, and somehow when I listened to Judge Ben Lindsey, of Denver, as he told of his manner of judging delinquent boys and girls, I felt that here in Winnipeg our own judge of the Juvenile Court—Judge McKerchar, is very like Judge Lindsey in his methods and in his sympathy with delinquent boys and girls—for he, too, reveres the rights of childhood. Judge Lindsey summed up his lecture with this statement: "Love without justice is weak and sentimental, but there is no justice without love."

Katharine Ridgeway

If any girl feels she is too obscure to rise to the heights of a profession, let her study the life of Katherine Ridgeway, who struggled from obscurity, through adversity, to the pinnacle of her profession as a reader. She knows the human heart and knows just what chords to play upon to stir that heart to its divine depths. She makes one think the attainment of such award is worth while. There were other speakers, but I shall mention one more, and that one I have left until the last, because her lecture was of special interest to girls. It was really a heart to heart talk about girls, and I loved her for that talk.

Dr. Nan Sperry

Dr. Nan Sperry, of Missouri, is the champion of the working girl. She has gone into the factory, mill and shop as a worker. She knows the bitterness of the long day over piecework. She knows the dreariness of the lonely room in a boarding house. She knows the temptations of the girl in industry. Out of this experience she comes to the public with a message from the heart of girlhood.

As factory inspector of Kansas City and assistant labor commissioner of Missouri, she has accomplished such results that she is regarded as one of the vital moral forces of the southwest. A strange coincidence to me happened in her lecture. A terrific wind made it impossible for her to speak in the tent, so the audience moved to the assembly room of the high school building. It was in this same room that I taught my last term of school. I had not been in the room since. Somehow that made me even more interested in Dr. Nan Sperry—call it sentiment if you will, but my mind went back to the high school girls in my classes as I sat that day listening to Mrs. Sperry urge us to interest ourselves in girls.

I know that in that very room, as a teacher, the inspiration of those high school girls filled my heart with love for all girls, and how that love has helped me through these years. Somehow I have a vision of the time when I shall experience the sunset of life. It will be full of beautiful life colors for the happy memories of the girls I love will make it glorious. I sometimes feel like asking the editor for a drawing at the top of our page. I would like a fireplace with two or three cozy chairs near it. Many Continued on Page 40.

July 2nd, 1917.

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and a preface by

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