PAGE OF INTEREST TO WOMEN

SOCIAL and PERSONAL

TELL IT TO THE SOCIETY EDITOR.

Miss Gussie Shaw has returned from a short visit at Grand Bend and Crediton.

Mrs. D. Campbell and daughter Winifred are holidaying with friends at Kerwood.

Mr. and Mrs. Roy Roberts of 213 Perth avenue, Toronto, are visiting their parents at 569 William street.

Mr. Irving Cooke and Mr. Clarence Bary have returned to Buffalo after a short visit with friends in this city.

Miss Audrey Campbell has returned to the city after holidaying for the past two weeks in Belmont and vicinity.

Mrs. J. Ensign and family of Battle Creek, Mich., have been visiting at the home of Mr. John Sellers, 793 Elias street.

Mr. Andrew Grant of Toronto is spending a few days in the city as the guest of his sister, Mrs. Will Hexter, 466 Emery street.

Mr. and Mrs. J. Studley Ashplant of this city, Miss Winnifred Ashplant of New York, and Mr. Will Anderson left today to motor to Detroit, where they will spend a week.

Miss Mary J. Manley, B.A., has returned to the city after taking a summer post-graduate course at Columbia University in physical education and school management.

Miss Dorothy McCann, who has been taking a summer course at Columbia University, is holidaying at Beaumaris, Muskoka, the guest of her cousin, Miss Mary Meredith.

Mrs. C. C. L. Couzenn and Miss Grace Couzenn of Cleveland, O., have been visiting Mrs. McArthur and daughter Inez of the Allen Apartments and have returned home. Mrs. McArthur and daughter are returning with them.

TINDAL—STAINTON.

A quiet wedding took place at the parsonage of the Centennial Methodist Church on Tuesday, August 24, when Miss Gertrude Blanche Stainton of 1169 York street, East London, was united in marriage to Mr. David Edward Tindal. The ceremony was performed by Rev. H. T. Ferguson. The young couple will reside in South London.

McLAUGHLIN—WRIGHT.

A quiet wedding took place at the Centennial Methodist parsonage on August 23, when Mrs. Ethel Wright was married to Mr. Warren McLaughlin of the Bell Telephone Company. They were attended by Mr. and Mrs. Joseph Tucker, the Rev. H. T. Ferguson performing the ceremony. Mr. and Mrs. McLaughlin will reside in this city.

CORNELL—TOPPING.

A charming midsummer weddingt ook place Saturday noon at the home of Mr. and Mrs. James Topping, Adelaide street, when their second daughter, Gladys Margaret, was united in marriage to Mr. Ward Cornell, only son of the Rev. Frank and Mrs. Cornell of Winchester, Ind., the Rev. R. J. Ross of Auburn officiating.

The bride, who entered the drawing-room on the arm of her father, to the strains of Mendelssohn's Wedding March, looked lovely in a gown of ivory taffeta, with the conventional bridal veil of embroidered net and orange blossoms arranged in Juliet cap fashion, and carried a shower bouquet of Sweetheart roses. After the ceremony the wedding luncheon was served, the table being prettily decorated with pink and white asters.

The many beautiful presents and substantial checks received testified the high esteem in which the bride and groom were held. The groom's gift to the pianist, Miss Ada Munro of Ailsa Craig, was an Italian bar-pin set with a yellow topaz, and to the bride an onyx ring.

The happy couple left on the afternoon train and intend spending their honeymoon in Bowmanville, Trenton and Wellington on the Bay of Quinte. The bride looked charming in a black silk accordion-pleated dress, with Hudson seal scarf and black picture hat.

Mr. and Mrs. Cornell will be at home to their friends after September 7 at Glen Allen, Ont.

HOME ECONOMICS

MRS. ELIZABETH KENT, MacDONALD COLLEGE.

OLD LUSTRE DISHES.

"This old lustre pitcher has been in the family at least a hundred years," said a friend to me one day, with pride, and his pride was justified, for it was a thing of beauty in copper lustre. The manufacture of this ware in England seems to have been learned from the Spanish or the Italian makers of majolica, the surface of which flowed like beaten metal. The English makers tried to produce gold, silver and copper lustres. The earliest date for copper lustre is 1770, when the manufacture was begun near Bristol. Some of the early specimens are entirely covered with copper, some have portions in relief in bright colors on white. Many of the decorations are of turquoise blue. One piece has a castle in the background, with a shepherd and his flock in the foreground.

The Wedgwood lustres appeared about 1780, and about the same time Wilson of Staffordshire manufactured copper lustres, while the Dilwyn potteries produced them in 1800 at Swansea.

Gold and silver lustres appeared early in the nineteenth century. A silver lustre teapot is almost indistinguishable from real silver. Some of the early pieces were in silver, decorated with white; some had a white ground with elaborate patterns of foliage, fruit or birds woven of silver thread, or more rarely a silver pattern upon a canary ground.

The gold or purple lustres are of remarkable brilliancy, glowing in the light with rich purple or shining like polished gold. They are less enduring than the other lustres, and some specimens show signs of wear.

There is a great demand for lustre wares, but modern work is not equal, either in silver or copper lustre, to the old, while the secret of the gold lustre seems to be lost.

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TALKS ON HEALTH

BY WILLIAM BRADY, M. D., Noted Physician and Author.

SEX HYGIENE.

A mother writes, evidently in great anguish, how she had reason to feel that her son, aged seventeen, needed counsel concerning his own welfare, and how, after prolonged worry and anxiety, she finally wrote what she wished to say in the form of a letter, sealed it, and handed it to the boy with the request that he read it in privacy. The next morning she asked the boy if he understood and he said yes. But mother is still anxious and she writes to me about it.

I don't know, but I doubt that mother took the proper course. I think she should have asked the family doctor or any good doctor to have a quiet talk with the boy and give him such information as a boy should have. If for some unusual reason this was not feasible, then the mother might have sought the aid of literature which is available from various sources nowadays. The public health service, at Washington, D. C., sends on request free pamphlets on sex hygiene for boys and young men; or pamphlets for girls and young women. The American Social Hygiene Association, Inc., 105 West Fortieth street, New York City, publishes innumerable pamphlets on every phase of the subject and makes only a nominal charge of a few cents for the pamphlets

It is quite evident, in many letters I receive from parents, that there is a sad misunderstanding of the vital facts even by parents. Therefore, the parent is not competent to undertake the instruction of son or daughter without the assistance from some authoritative source.

Most of the books purporting to tell the truth about this subject err in various ways. Unimportant trifles are grossly exaggerated; common and significant occurrences are misrepresented and made to seem dreadful; and the real dangers, which are terrible enough, are rather concealed in mystical phrases or vague suggestions.

There is one thing absolutely essential in the instruction of young people concerning the truths of life, and that is frankness. You can't deceive a child for long. And when the child finds out that you have misrepresented something of such paramount importance, what will be the child's feeling toward you and all your teachings?

Another serious aspect of the problem is the effort of unqualified teachers to impart such knowledge to children coming under their influence, in school or in Sunday school. Unless the teacher has had special training in this branch of pedagogy he or she should not attempt to give such instruction. Certainly the parent's approval should be sought before anything of the kind is introduced to a class of young people.

QUESTIONS AND ANSWERS.

Hardness of Drinking Water.

We use water from an artesian well. It is pure, but very hard and rather constipating. The tea kettle constantly shows a white deposit. A physician said constant use of this water would hasten old age and hardening of the arteries. Would you advise purchasing a filtering outfit? (Mrs. S. D. H.)

ANSWER—No. If the water is fit to drink, its hardness is of no consequence so far as health is concerned. Filtering would probably not alter the hardness. Distillation would remove the hardness. There is no reason to imagine that hard water has any such influence upon the arteries.

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Improved equipment, including Gymnasium, Electric Lights, Larger Grounds.

For Calendar write—

P. S. DOBSON, M.A., Principal
Alma College, St. Thomas

R. I. WARNER, M.A., D.D.,
Principal Emeritus 35

Cynthia Grey's Mail-Box

To have done whatever had to be done,
To have turned the gaze of your soul to the sun,
To have made life better and brighter for one,
This it is to have lived.
—Clifford Harrison.

Hopes To See Mail-Box Cot.

Dear Miss Grey,—My visits seem few and far between. Summer is such a busy time that letters are often neglected through lack of opportunity to write. I always enjoy the Mail-Box. That was a good letter from March Wind. She certainly has the gift of the pen, which few of us have. We all sympathize with her in the loss of her beloved baby. It must indeed be a hard trial to bear. One of the Boxites was inquiring how to keep the yellow and black beetle from the cucumbers. If you will plant radishes right near they will not bother you. There is something in the radishes that they object to. I read this in the Horticultural Magazine and found it satisfactory, and thought it worth passing on. If you sprinkle salt when planting radishes they will not get wormy.

I am inclosing 25 cents for the Hospital Fund, every little helps. I would like to see the Mail-Box friends endow a cot "The Cynthia Grey Cot" would sound well. Would be glad to have the S. F. P., for which stamped envelope inclosed. I am sending some recipes, which I can strongly recommend. Greetings to all the happy family. Yours, as before. POLLYANNA.

Ans.—Thank you, Pollyanna, for the Hospital gift and for your inspiring words about the cot. I am sure we are all enthusiastic to make it an accomplished fact some day.

how the gifts grow into a goodly sum. We have given $165; we have on hand $14, and it will take $1,000 to endow a cot. Don't you think we should feel encouraged Thank you very much for sending us such splendid recipes—and giving us excellent garden hints.

Pollyanna's Pickles.

Celery Sauce—I peck ripe tomatoes, 4 large onions, 2 heads chopped celery, 2 pounds brown sugar, 4 ounces salt, ¼ teaspoon red pepper, 1 teaspoon allspice, 1 teaspoon cinnamon; pour on this 1 quart vinegar; boil 2 hours.

Apple Sauce Cake—2 cups sweetened applesauce, 1 cup brown sugar, 1 large teaspoon baking soda (put in sauce and beat well), 1 cup currants, 1 cup raisins, ½ cup butter or shortening, ¼ teaspoon cinnamon, 2½ cups flour; peel if desired; bake in moderate oven.

Corn Relish—1 dozen cobs cooked corn, 1 small cabbage, 6 onions, 2 red peppers, 2 cups granulated sugar, 1 quart cider vinegar, 2 tablespoons salt, 3 tablespoons flour, 1 tablespoon strong mustard, 1 teaspoon turmeric. Method—Cut corn from cobs, chop cabbage, onions, peppers fine, cook altogether 1 hour; seal while hot.

Cucumber Relish—Nine large cucumbers, 4 large onions, chop fine, add salt, let stand over night; 2½ cups sugar, ½ cup flour, 1 teaspoon mustard, 1 teaspoon celery seed; cover with vinegar and scald.

Dear Miss Grey,—Here I am again after years of silence. How is everybody these nice days? This is not much like the hot summers we used to have, is it? A person doesn't have to go to the lake very often this year for fresh air.

Miss Grey, can you read a person's character and tell fortunes by their writing? If so, please tell me mine, will you? And much oblige.

AN OLD TIMER.

Ans.—Sorry I must say no to your request, Old Timer, and that I cannot read character from handwriting.

REQUESTS.

Dear Cynthia Grey,—I have been an interested reader of your column. At last I have gathered up enough courage to write. I have heard quite a lot lately about "The Dying Nun," and I would like to get the words of it or the words of "I'll Take You Home Again, Kathleen." I thank you in advance for same, and please find inclosed a stamped, self-addressed envelope. WHIP-POOR-WILL.

Ans.—Thank you for Hospital gift. Request is referred to readers.

Dear Miss Grey,—As no one has sent Sweet Pea a nightdress yoke to copy I am inclosing directions for making one, and hope she will be successful in following same. I also inclose recipe for elderberry wine, asked for by English Mother.

And now to ask for a little help. Would some one send in a recipe for grape wine, and could you print again the recipe Mother of Six sent in for pickles to put in an open crock or pail?

Thanking you in advance,

HEATHER BELL.

Ans.—Thank you for all the help you bring, Heather Bell. Will print the recipe for wine you sent in. The pickle recipe you asked for is: 1 gallon cider vinegar, 2 ounces curry powder, 4 ounces salt, 4 ounces mustard, 4 ounces mustard seed, 3 ounces ginger root, 2 ounces turmeric, pinch of cayenne pepper. Let all stand three days, stir once daily, then put in cucumbers, beans, onions and cauliflower.

Dill Pickles.

Dear Miss Grey,—Would you please publish a Dill pickle recipe for me? My Dill is already and I have no recipe.

DILL PICKLES.

Ans.—Here is a recipe which Sarnian sent in some time ago: Make a brine strong enough to bear up a fresh egg, then add half as much water as you have brine. Wash the cucumbers carefully, not bruising them, and into a stone jar put first a layer of fresh grape leaves and a layer of dill, using the stems and leaves along with the tops; then a layer of cucumbers; continue in this way until the jar is full; pour the brine over the cucumbers and cover with another layer of fresh dill and grape leaves with a few nice horseradish leaves laid over them; then cover, first with a clean white cloth, then with a plate that will just go on top of the jar, then put a weight on the plate to keep the cucumbers under the brine. The cloth must be taken off the cucumbers frequently and washed and scalded and returned. Some recommend that after two or three weeks the brine shall be drained off and fresh brine, though not so strong of salt, be poured over them.

REQUESTS.

Dear Miss Grey,—I see so many requests for the butterfly pattern and insertions in crochet I thought I might be of some help this time by sending them in. Can anyone tell me what time to take up houseplants and get them ready for windows?

I should very much like to get a correspondent from near Cobalt. Am sending a mite for S. C. H.

MUTT'S SISTER.

Ans.—Thank you very much, Mutt's Sister, for sending in help to Mail-Box and for Hospital gift. August is the month to get "slips" ready for winter blooming, I am told.

Queries.

Dear Miss Grey,—1. Could you please tell me what will take white enamel off a navy blue panama skirt?

2. If one wore a little taffeta frock and dress oxfords to winter afternoon affairs would it be correct?

3. A cure for ants in cupboard?

4. In returning calls, when mother is an invalid should daughter take a card of mother's as well as her own?

5. In paying first call to new-comers which should be done?

I shall be very grateful if you will answer same. BEBITA.

Ans.—1. Try turpentine or gasoline.

2. Yes.

3. Sprinkle insect powder, ground mustard, sulphur, camphor, cloves or oil of cedar where they frequent.

4. Yes.

5. Your question is rather indefinite. If you refer to cards you should leave cards for your mother under the circumstances.

A Lover of Babies.

Your letter has been mailed to One Who Loves to Help Another. You will, no doubt, hear from her promptly.

CYNTHIA GREY.

Salmon Pudding—Canned or fresh salmon, 1 cup tomato puree, 2 tablespoons butter substitute or vegetable oil, 2 cups cooked macaroni or potatoes, 1 tablespoon cornstarch or flour, seasonings. Place in the bottom of a baking dish a few crumbs of bread. Place over this a layer of red salmon, then cover with a layer of cooked macaroni. Season the tomato sauce well with salt, pepper and the butter, and thicken with the cornstarch or flour. Pour half of this over the macaroni. Repeat, then cover the top with buttered crumbs and bake in the oven about thirty minutes. Serve in the dish in which it is baked. It liked, egg sauce may be substituted for the tomato sauce, adding a tablespoon of grated cheese to it. This makes an attractive as well as appetizing dish.

Superior Spring Salad—One cup cooked chicken or lamb, a few mint leaves, mayonnaise dressing, 1 large cucumber, 1 cup cooked peas, 1 cup shredded lettuce, radishes.

Peel, slice and place the cucumber in ice-water, a half-hour, then drain and chop, add to the chopped chicken or lamb. Stir in the well-seasoned peas and the lettuce and the minced mint leaves. Moisten with about a cup of mayonnaise dressing and toss lightly together. Garnish with tiny red radishes placed around the edge of the salad plate or bowl.

Baked Stuffed Onions—Large mild onions, bread crumbs, sausage or bacon, white sauce. Peel the onions and parboil in slightly salted water, then drain and remove the centres, keeping these to serve in soups. Place sausage meat in the centre, cover with bread crumbs and pour over some white sauce and bake in the oven until tender and the sausage is cooked. If preferred, bits of bacon added to bread crumbs may be used. Season the white sauce well with salt and pepper.

Fried Cucumbers—Large cucumbers, egg, flour, salt and pepper. Peel and slice the cucumbers in thick slices, dip in beaten egg, then in flour well-seasoned with salt and pepper. Fry a nice brown on both sides in hot fat.

Olive Sandwiches—Twelve large olives, 3 hard-boiled eggs, 1 pimento, mayonnaise dressing. Mince the olives and the pimento very fine, add the eggs also minced fine, then add enough mayonnaise dressing to make of a nice consistency to spread. Use as filling between very thin slices of bread cut into fancy shapes.

Bean Pickles.

Dear Miss Grey,—Inclosed find 15 cents for C. Hospital Fund, and would you please send me this famous stocking-foot pattern? As I have been thinking of writing for it for years now, as I have a family of five, and it takes some mending where there is only one to do it. I enjoy reading over the letters and have found many useful helps. Would you please print the bean pickle recipe I saw once. I will sign my name ETTA MAY.

Ans.—Thank you for Hospital gift, Etta May. Pattern has been mailed and here is the recipe for bean pickles:

Bean Pickles—1 peck butter beans stringed, boiled and drained in salted water. If large, cut in small lengths before boiling.

Dressing—3 pints cider vinegar, 3 pounds granulated sugar, 1 cup mustard, 1 cup flour, 2 tablespoons celery seed, 2 tablespoons turmeric powder. Boil dressing and stir while boiling. When thickened stir the beans through it once, then seal in jars.

To Destroy Bedbugs.

Dear Miss Grey,—Would like to know if anyone could tell me how to get rid of bedbug eggs and also bedbugs. Saw in your column some time ago how to get rid of bugs but not the eggs, but have mislaid the paper. Kindly give all information possible. Yours truly,

MRS. M. J. M.

Ans.—The following remedies have appeared in the Mail-Box: 1. Get an ounce of corrosive sublimate (deadly poison), dissolve with about ½ pint of either turpentine or wood alcohol and apply to beds and wall with a small paint brush or to any cracks in the woodwork where bugs could get in. After applying fill cracks with common hard soap. If this remedy is applied once a week for several weeks it will rid you of the pests.

2. Another method is: Apply with tree sprayer enough gasoline to half fill sprayer, 10 cents oil of cedar, 10 cents carbolic acid. Spray beds and all cracks in the room or any place where they are likely to be. If this is applied occasionally they will soon disappear.

3. Close all the rooms where these pests are and take in a red hot brick on a piece of iron and put 10 cents worth of cayenne pepper on the top. Be sure and get out of the room as quickly as possible, close the door tight so that the bugs are bound to stay in and do not enter again until fully four hours have elapsed.

TRANSMIGRATION.

[Ethel Wolff.]

Do we return according to our rating
Over life's highway in another guise—
Go limping, overburdened, broken-hearted,
Gaily to pass again with love-lit eyes,
Or faring onward, coldly self-important,
Giving no aid and deaf to each appeal,
Come back to find a world of feet about us,
And cringe obedient at a master's heel?

What was I once—a vagrant without shelter?
Surely I knew life under an open sky!
Gay memories come and go, dim and uncertain,
Of prowling nights with others such as I;
Of streets in the pale dawn, blank-eyed or shuttered,
Down which I plodded on my aimless way;
Of bare black countrysides with scanty hedges,
Where I crouched shuddering to wait the day.

Poor little mortals, laughing, fighting, weeping,
Over life's highway to the Styx we go;
Deep shadows all behind us, and before us
Perchance another pilgrimage of joy or woe.

CANADIAN NATIONAL EXHIBITION, TORONTO.

To accommodate visitors to the above, the Grand Trunk Railway will operate special train on August 30, September 2, 4, 6, 8 and 9, between London and Toronto, leaving London 10:45 a.m., arriving Toronto Exhibition Grounds 1:48 p.m., Toronto 2 p.m. (standard time), returning special will leave Exhibition Grounds 10 p.m. (standard time), arriving London at 1:40 a.m. For further particulars apply to Grand Trunk Agents. Sept.8

Advertiser Patterns

Owing to the pattern manufacturers increasing the price of patterns to us, all patterns advertised from this date will be 15 CENTS EACH.

A VERY ATTRACTIVE DRESS FOR HOME WEAR.

3063. This is very good for gingham, chambray, lawn, drill, linen, serge, gabardine, voile, poplin, repp or percale. It is a dressy model that may be finished with a comfortable sleeve in bishop style or one in short length, with a turned back cuff. Width of skirt at lower edge is 1¾ yards.

The pattern is cut in 6 sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. Size 38 requires 5¾ yards of 36-inch material.

A pattern of this illustration mailed to any address on receipt of 15c in silver or 1c and 2c stamps.

Name .....

Town .....

Province .....

Age (if child's or misses' pattern).....

Measurement: Bust..... Waist.....

CAUTION: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is bust measure, you need only mark 38, 44, or whatever it may be. When in waist measure, 22, 24, 26, or whatever it may be. If a skirt, give waist and length measure. When misses' or child's pattern, write only the figure representing the age. It is not necessary to write "inches" or "years." Patterns cannot reach you in less than one week from the date of application.

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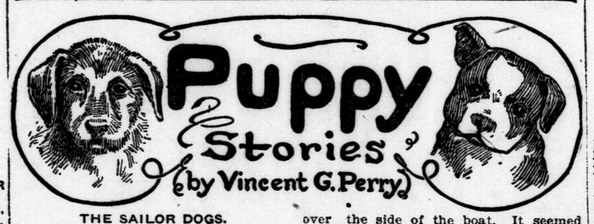
For Colds, Pain, Headache, Neuralgia, Toothache, Earache, and for Rheumatism, Lumbago, Sciatica, Neuritis, take Aspirin marked with the name "Bayer" or you are not taking Aspirin at all.

Accept only "Bayer Tablets of Aspirin" in an unbroken "Bayer" package which contains complete directions. Then you are getting real Aspirin—the genuine Aspirin prescribed by physicians for over nineteen years. Now made in Canada.

Handy tin boxes containing 12 tablets cost but a few cents. Druggists also sell larger "Bayer" packages.

There is only one Aspirin—"Bayer"—You must say "Bayer"

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."



THE SAILOR DOGS.
Part Two.

For two whole days the dogs had been sailing on the lake. Land had long since disappeared, and there was nothing but water all around them. What miserable dogs they were. At first it had seemed a good adventure, but now they were hungry and cold. Even Darkey, who had loved water so much was sick of it.

"Today is the day I was to go back to the city," wailed little Snowball, I was to be in the fall shows—but now, but now—" and Snowball felt so bad she could not finish.

"And I was to go to the fall shows, too," Mike, the Irish terrier, said dismally.

"It's too bad we brought such aristocratic dogs with us," Spot the Hound declared, altogether out of patience with the complaining of the two. Dibby the Dane told Spot to hush, for the big dog felt sorry for the little dogs. He knew that a tiny dog like Snowball would soon get ill exposed like that to the cold—and as for Mike, well, Mike did not have much grit, Dibby thought.

"I'm so hungry," whined Snowball.

All this time Darkey had not said a word, for the water spaniel was feeling sorry indeed that he had persuaded the other dogs to leave their happy homes, for he was just as hungry himself. Although he knew how hungry all the dogs were, though he was not saying anything he was keeping his sharp little eyes open, and the first thing the other dogs knew there was a splash and Darkey was over the side of the boat. It seemed as if he had dived right to the bottom of the lake, but he hadn't. He had just dived after a fish he had seen, and a minute later he came up with it in his teeth. How quickly that fish disappeared. Darkey tried again and again and soon he had caught enough fish to satisfy their hunger. After that Spot the hound kept his eyes open and when a sea bird flew near enough, he took a jump and caught it, so they had their breakfast for next day all ready for them. It was not going to be so bad they thought that night, when darkness came, so they went to sleep happy.

Darkey was the first to wake up. He had heard the sound of an engine, and knew a big boat was near. The others had wakened, too. "We must bark," Dibby told them. "Then we will be rescued." With that he started barking and all the other dogs joined him, but the boat was too near and the engine too loud for them to be heard. It seemed to be getting louder every minute. Then a great black object came in sight, there was a crash and the dogs were hurled in the air, their boat broken, and sunk. How cold the water felt as they came down into it and the waves closed over them. Poor little dogs, what hope had they to be saved?

There they were swimming in the water, Darkey, Tibby, Mike and Spot. But where was Snowball, the tiny poodle?

To Be Continued.

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WOMAN LEGISLATOR PRAISES PORTO RICO

Marguerite L. Smith, Member of New York Assembly, sees Great Possibilities.

New York, Aug. 24.—Miss Marguerite L. Smith, the first woman from New York County to be elected to the Assembly, returned a few days ago from a two-months' visit to Porto Rico, where she went to study social and economic conditions of the natives down there.

Miss Smith was seen at her home, 21 West 122nd street, one day last week by a newspaper reporter, who found her looking the picture of perfect health. She said she had long wanted to pay a visit to Porto Rico.

"I left here May 29, going direct to San Juan, where I met Mr. and Mrs. Edward K. Junghans of Ponce. He is a large sugar plantation owner. We drove from San Juan over the military road to Ponce, a distance of some ninety miles, and it is a trip that once made by visitors will never be forgotten. While in San Juan I made an address before about one hundred members of the Rotary Club, in which I explained in detail how our Assembly and Senate at Albany do their work, and I was agreeably surprised to see how much interest the members took in my talk. They certainly can ask questions.

"I explained to them what I had tried to do, outlining my pet measures, the raising of standards by 100 per cent Americanism and of advocating the same legislation for women as for men. Some of the large buildings in San Juan and Ponce are quite up to date, but in the smaller towns it struck me they were much behind the times; but I could see signs of improvement on all sides, so in a few years I am sure there will be a big difference in conditions there. We met the acting governor at San Juan, and he showed me the Governor's Palace. He told me I was the first woman to address the Rotary Club.

"The governor is appointed by our Government, and we have a sufficient military force stationed at Fort Morro and San Cristobal, near San Juan, to insure the protection of the natives, so they can maintain an orderly government. The military headquarters are at Cayey. The island has an attorney-general, commissioner of education, commissioner of interior and judges who are appointed by our Government. I find that the supreme court and the lower courts are very similar to ours in their methods of procedure. The officials of the city are elected by the people."

"There are two main parties, the Federalists and the Unionists. The people are proud and very emotional, and they want independence, which no doubt they will get when they are able to govern themselves intelligently. The Unionists are not for independence. They have their radicals down there the same as we have here to deal with. I was told some months ago with the intention of fomenting trouble among he native workers, but they met with a very cold reception. From what I heard the laborers are very well paid and have no reason to complain."

"They are making great strides in educational work. The public school buildings are very good, but I was told there is a great scarcity of teachers. The majority of students, both men and women, who are desirous of the higher education come up here to complete their studies. Spanish seems to be the principal language, although I heard quite a number of the natives speak English. The main industries, I was told, are sugar, tobacco, coffee, and fruit. The great sugar centrals at Ponce, San Juan and other points employ many thousands of hands, who seem to be well satisfied with present conditions. Caguas is the great tobacco centre."

Miss Smith said that she was told an effort is being made to improve social conditions, to regulate child labor and to give the children a better opportunity for normal development. She said:

"I was somewhat surprised to learn that women have no voice whatever in the affairs of government. The home conditions of the masses need improving, but I suppose those things will come about in due course of time. They are erecting a poorhouse in Ponce which will be a model building when completed. The natives who live in huts shut all the windows and even plug up the keyholes when night comes, which, I was told, was done to keep out the night air. When I tried to explain to some of them that all air was good for the health they could not see it.

"Sanitary conditions are being introduced, but these things come slowly in a country where the masses are so unappreciative of healthful conditions. However, where the United States extends its protecting arm conditions improve more rapidly than in neighboring countries without our influence."

Miss Smith said she was struck with the great difference between the foliage of the island and our own. The flamboyant trees, with their large umbrella branches covering the roadways, make vistas that would charm any eye. She motored over the island with friends, covering a distance of nearly 3,000 miles. Miss Smith, who has always been interested in athletics, did not miss a day that she did not take a swim, play tennis or golf. She says the trip was both enjoyable and profitable to her in her future work.

WHAT'S IN A NAME?

Facts about your name; its history; its meaning; whence it was derived; its significance; your lucky day and lucky jewel.

AILEEN.

By Mildred Marshall.

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Chief among the Irish names beloved of poets and writers is Aileen. It means "light," and back in the earliest stages of its existence was associated with the lovely Helen, of whom Aeschylus said:

"Wherefore else this fatal name,
That Helen and destruction are the same."

The insular Celts adopted the name as Ilan. It had great vogue in that form, and Ellin was a common name in Wales. Scotland accepted it as Ellen, and Ireland promptly changed its spelling to the delightful and typical Aileen, sometimes called Eileen.

The ballads which Irish talent has devoted to various fair Aileens, with whom "mavourneen" is so euphoniously coupled, would fill volumes. Aileen became almost a national name, and certainly a symbol of national beauty. The number of fair Irish maids who bore the title of Aileen is legion.

It is fitting that the pearl, the fairest of gems, should be assigned to Aileen. It will prove a talisman against age and sorrow. For her it is believed to exercise its power to bestow youth, beauty and charm. Monday is her lucky day, and 7 her lucky number.

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