

THE WOMEN'S PAGE

ANCIENT CRETE'S SECRETS AS LEARNED BY A WOMAN



Dr. Edith N. Hall,
Directing Her Workmen
at the Crete Excavations.

The Work of Dr. Edith N. Hall, Who Has Been Finding Out Many Things About the Sea Kings Who Flourished 4000 Years Ago

THE island of Crete was being quarreled over this fall, as it has been quarreled over for hundreds of years. Turk, Greek and Italian have disputed its possession, one for sentimental reasons, another for religious reasons and another for the sake of military strategy, which appears in history to be about the most cogent reason of all.

But among the grasping crew of them, Crete and the Creteans occupy something of the unpleasant position of the bone slipping around amid the clashing of some very hungry pair of jaws; and, so far as any sustenance goes which it might provide, it is pretty nearly as bare now as any other bone would be after centuries of gnawings. A little bread and oil, and a few fresh snails, if they can find them, and your Creteans will work gratefully for the barest of bare livings.

Will that be what England, with its squadrons keeping the seas and its merchant

fleets scouring every coast, will come to 4000 years from now?

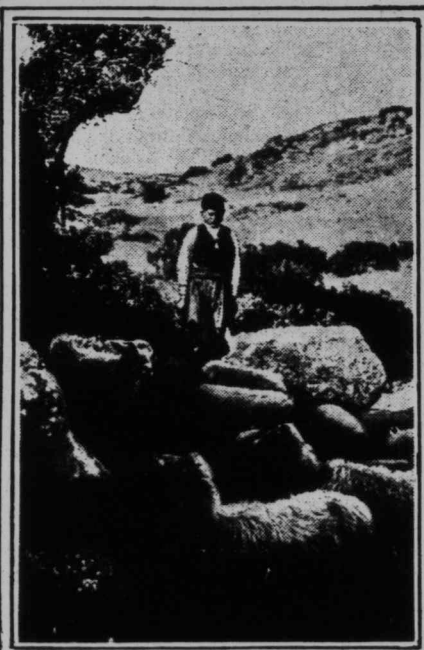
For England is now only what Crete was nearly 4000 years ago. Nobody knows the language its people spoke, although plenty of specimens of their writings remain. Nobody knows just who they were, although it is easy to picture them in their pride and their splendor.

They were the sea kings of the known world, ruling and robbing it with as fine a freedom as any modern nation of conquerors. To them poured in the riches of lesser overlords and the fruits of the toil of distant slaves. A great and mighty people, puissant and dreaded, before whose sails cities trembled that are long since dust.

Now the tangible evidences of their riches and their pride are being revealed to the world, which only recently heard of their existence, by the hands of one woman from a land of whose existence those roving sea kings never dreamed.

with open courts and winding corridors, with storehouses for treasure, a well-equipped bathroom and a suite of apartments for the queen that would compare favorably with those of a high-born woman of today. But the tale is not yet told. We cannot read the writing of this faraway people of 2000 B. C. We do not know when they came or whether they later went, or how they were related to the Greeks of Pericles' time. All this must be learned by the spade. Only by the patient excavation of site after site can such problems be solved.

Two years ago we commenced excavating for the museum a town situated on a steep and lofty mountain crag in eastern Crete where the successors



Neighbors of the Excavators Were the Modern Cretean Shepherd Boys



A Minoan Tripod Stand

Antiquities Are Packed to the Coast for Shipment

Bodkins and Safety Pins Used by the Minoans 4000 Years Ago, and Recently Recovered

of Minoan had lived in the days of their declining power. It was in a wild and rugged district, where our ponies could scarcely make their way over boulders and along dizzy ledges, and where it was difficult to find a level spot big enough to pitch my tent. Our faithful workmen had no other shelter than the small bush huts which they improvised for themselves, and their food was confined to bread and oil, with an occasional dish of snails as a relish.

In spite of our hardships and difficulties, we accomplished our end, for we found deep deposits of earth crammed with pottery, the very best evidence possible. It seemed, in fact, that we might learn from an extended excavation of this site, especially if we could also find the tombs, the answers to some of the vexed questions as to when and how the Minoan power fell, and it was with this purpose in mind that I returned to Crete last March.

Crete is not an island which is easy of access. This year I tried going by way of Egypt, but the same difficulties beset me as heretofore. The steamers were small and dirty, and we were landed in rowboats at 1 A. M. in a heavy sea. It was two days before my companion and myself had sufficiently recovered from seasickness to start on our journey toward. In the meantime I had an opportunity to see the new accessions of the Candia Museum and to arrange with the government for our excavation permit.

All traveling in Crete is done on horseback. Camp beds and the necessary food and clothing are carried on the pack saddle of the muleteer. We stayed at the house of Mr. Seager, at Pachia Ammos, until the rains were over, making ready to go into camp. There were tents to patch, stores and kitchen utensils to arrange for, and wheelbarrows and waterbarrels to overhaul. In the meantime we dug a few stray tombs at Kavousi to which our attention had been called by our Kavousi workmen.

On the last of April we were ready. A Turkish calique brought the picks, spades and wheelbarrows, as well as the tents and camp supplies, to a cove at the foot of the mountain. Our workmen, with the help of a few pack animals, carried them to a little plateau halfway up the mountain, where we had decided to pitch our camp this year. A small stone hut was secured for a kitchen by the payment of 10 francs for the season.

We had no neighbors save the shepherds who pastured their flocks close by, but every night and morning the well of water near my tent presented a lively scene when the women and children from the village below stopped to water their "possessions"—generally a donkey, a goat and a pig apiece—in their way to and from their fields. This well of water was, in fact, the social center of the place, all the more so when the women learned that I would allow them to inspect my tent. Sometimes, at evening, when I rode home from work, I would find a dozen waiting for me to show them the wonders of my tent, which consisted of a camp bed, a table and two chairs.

SQUAD OF FIFTY DIGGERS

On May 1 we began digging in earnest with about fifty men. I set them to clear away the brush and stones on the north face of the summit where unusually good walls were peering out from among the bushes, and where I thought well-preserved houses might be found.

But I also started another project. Two years ago, under the guy ropes of my tent, I had noticed a heap of stones that looked like the top of a "beehive" tomb; but I had not investigated it because of the inconvenience of disturbing my tent. This year, however, I resolved to lose no time in trying this spot, and I sent one of the oldest and most trusted workmen there. The second day, when on my rounds, I visited him, and he showed me a piece of bronze, which I recognized as a piece of a foot from a very fine bronze tripod. He also pointed in triumph to a small pile of teeth and of human bones he had found. He had not yet cleared any of the walls of the tomb, but that it was indeed a tomb there could be no doubt.

During the next week I spent most of my time sitting on the edge of this excavation, for every few

minutes Nikolaos would hand me up something—another piece of the tripod, a bronze safety-pin, a porcelain bead or a bit of pottery. So much pottery came to light that we were able to put together forty vases, more than all the other workmen together found during that first week.

The porcelain beads particularly interested me, for they looked to be Egyptian. I had already filled all the small boxes I had with them when Nikolaos, who was full of jokes about the value of beads in the next world, suddenly cried:

"Behold, I have his seal, too!"

"And, sure enough, there was a porcelain seal with Egyptian hieroglyphs; and that same day he found five more. I cannot read hieroglyphs; we had, accordingly, to wait until two weeks later, when we chanced to have a visit from an English Egyptologist. He pronounced them to be commemorative seals of the twenty-first or the twenty-second dynasty from about 550-500 B. C. We had thus accomplished one of our purposes, for we had obtained evidence for dating the fall of the great Minoan civilization.

TOMBS WIDELY SCATTERED

"I had thought that, with one tomb found, the cemetery of our town was already discovered, and that it would be an easy matter to find more tombs. But such was not the case; the tombs proved to be widely scattered. We spent days in digging trial trenches which yielded absolutely nothing. We did, however, find more in the end, six of the 'beehive' type, and at least fifty shallow graves, which yielded quantities of vases and many bronze safety-pins or fibulae.

It is often said that Queen Victoria invented the safety-pin. But it was only a reinvention; it had been in use throughout the first millennium B. C. These pins, moreover, are of singular value to the archeologist; for, according to their shape and size, the peoples who used them may be classified. We had, therefore, good evidence for the solution of the other archeological problem as to who these people were.

It was now the middle of June and the heat was intense. The women and children no longer returned to the village for the night; whole families were camping in the fields for the harvesting season. Near every threshing floor a family camped under a tree, while men, women and children helped with the work of reaping, threshing and winnowing, all of which is accomplished by the most primitive methods. We were daily visited at our work among the tombs by these neighbors, who brought us fresh almonds, apricots and plums tied up in the corners of their aprons or handkerchiefs; and they were delighted to receive in return presents of pins with colored heads.

In spite of the heat, there was one thing more to accomplish. One of our basket boys had brought me excellent potsherds from a field in the plain, not close to the sea. I was eager to try there for a week to learn if it was a site worthy of further excavation another season. Unfortunately, the Romans had been there before us, so that much of the pottery was badly broken. Some beautiful specimens of the very best period, however, were recovered during the week that excavation lasted; and there is every evidence that much more lies hidden away beneath the earth.

But by this time our money was exhausted and we were obliged to send for the Turkish calique, in which all our goods and chattels, with our precious finds, were shipped to the house.

A few days were spent there in sorting pottery and other finds. I packed up the specimens in green cases and set sail with them in the small coasting steamer for Candia.

The authorities of the Candia Museum, with their usual kindness, gave me the use of a large, cool basement room where I could spread out my pottery and bronzes on long tables. Here I worked for ten days, photographing and taking final notes and measurements. The last task of all was to petition the Cretan government, in the name of the museum, for a consignment of the objects found. I asked for over sixty pieces, which, if they are granted to us, will reach the museum this autumn.

FOOD THRIFT IN PRINCIPLE AND PRACTICE

By Prof. E. H. S. Bailey

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WHILE everybody is theorizing on the high cost of living, it may be worth while to look the problem squarely in the face and consider whether personally we have any part in bringing about this result, or whether "somebody else" is the one who alone is to be blamed.

It may seem hardly worth while to compare the food habits of the people of corresponding civilization in Europe with ourselves, because the conditions, surroundings and traditions are so entirely different from those in the United States that the comparison immediately breaks down from the weight of the "buts" that any one familiar with continental conditions would insist on adding to our statement.

It is possible, however, to get some light on the matter of economy of food by noticing the food habits of others.

FOOD abroad is often very expensive, as there is not a sufficient quantity raised for home consumption. Sugar, which is at the present time regarded as a food more than simply a luxury, costs in Italy as much as 18 cents a pound at retail, because of the import tax laid upon it by the government. Salt is also almost a luxury there, although it is mostly of home production.

On account of the high taxes in various countries, breadstuffs and meats are high, and people with small incomes can afford only the coarsest and cheapest bread. It is not an uncommon sight to see signs indicating where horse meat is for sale, while "pumpernickel," a very coarse rye bread, is much in demand in many countries. Fruits and vegetables would not be called cheap, when compared with the wages received by those producing

them; though it must be said that fruits and vegetables are abundantly raised.

How, then, do these people live? This is answered in one word by saying, "Simply." This would be the key to the whole problem in the United States if the people were willing to undergo personal sacrifice. You say, "We are not going to live on black bread and beer, even if it does cost less." So great a change in the method of living is not contemplated; but sacrifices must be made somewhere, or the conditions of living will not be improved.

It is the luxurious living that has come upon us so gradually that it has become a habit, and so we think it a necessity to decent living, that has brought the middle classes of our people to the point where saving for the future seems virtually impossible.

Among the little economies practiced across the water—economies which we ignore, but which, taken together, decrease the cost of living—it may be worth while to notice the following:

First, since the people have not lived luxuriously in the past, and have not learned what we call the necessity for such living, they are willing to suffer a little inconvenience to save small amounts of money. As an instance of the trend of the feeling in this direction, in London the underground railway company was calling attention by means of placards to the fact that a first-class ticket between stations costs only an additional penny, because most of the time the third-class cars are crowded, but the company must haul the first-class carriages almost empty.

Second, they utilize everything that is "worth utilizing"; or, in a word, they eliminate the waste of resources. This waste may come from carelessness or laziness or lack of thought, which is often another name for laziness. The land is utilized; not a foot is wasted. It is a common sight to see the rocky hillsides in Italy, Germany and France terraced and made to yield abundant crops of grapes, olives and other fruit.

Third, the fertilizers that originate about the stable or farm are all utilized, as is abundantly shown by the great fertility of the fields where these fertilizers have been applied. With us the rich organic waste of the cities is dumped into the river or carted off with the garbage.

Fourth, fuel is such an important item in the preparation of food that the peasants gather all the sticks and twigs in the woods, and they dig the "turf" (peat) in the

lowlands. For household use, denatured alcohol and kerosene are also extensively used. The fuel is, however, used in a small stove or burner, so that 75 per cent of it is not wasted, as with us, in heating the stove, and when the meal is cooked there is not a large amount of residual heat to be thrown away.

The people abroad recognize the fact that it is often cheaper, especially in a small family, to buy cooked food than to cook it at home. In buying bread, it is true, we must pay quite a percentage of the cost to the baker; but it is often cheaper to do this than to pay for the fuel with which to bake the bread.

The same thing is true in the purchase of meats. It may pay better to let the dealer cook the roast in a wholesale way than to keep up our own fire for several hours. These things are all to be studied from the point of economy, and not so much on account of the labor of the housekeeper which is involved.

COOKING ON LARGE SCALE

As an illustration of what can be done by cooking on a large scale, the "Cuisine Populaire," of Geneva, may be mentioned. Here nutritious soup can be bought to take home at about 3 cents a quart; beans (two rations) or 1 cent; meat (two rations) for 12 cents, and wine for 10 cents a quart. This establishment, although charitable in design, is managed so as to pay expenses.

Fifth, another important economy is seeing that no food is wasted. It is proverbial that the French can live upon what other people would waste. "It is not too much trouble" for them to look after the household and see that there is no waste. The women conserve grain and a part of their duty, and they have been trained to do this through succeeding generations. Such economies among the common people have made the French nation unique in that the people always have money to loan to the government when there is a demand for it.

Sixth, the amount of meat used is cut down to the minimum, because meat is expensive. Experiments have shown that most of us eat too much meat and too much of the protein class. In fact, it is probable that so large an amount is not actually needed for the proper growth and nutrition of the body. The German laborer will make a lunch on black bread with a piece of cheese or sausage and a cup of coffee or a glass of beer, and feel that he has been sufficiently nourished.

Seventh, the household food supply is in many coun-

tries supplemented, among the common people, by the milk from the cow or goat, or the few rods of ground around the cottage are utilized for raising vegetables. "It is not too much trouble" to do this, and in the aggregate it amounts to a large sum to the man of moderate income who has a large family to raise.

Eighth, the food is purchased in the open market, either by the mistress or servants, and in many cities fruits and vegetables are brought around to the house daily by vendors, who have a regular route and who supply their customers. This method of supply gives the mistress or a trusted servant a chance to see exactly what she is buying, and she does not "order by phone," with the liability of getting anything that the dealer happens to have on hand. Very often a boy with a handcart or with a bicycle delivers the goods previously ordered. By this method the customer does not have to pay for one or perhaps two phones, for the time of the man who takes the order and that of the man who delivers the goods. It is needless to suggest that all these expenses of order and delivery are ultimately added to the cost of the coffee or sugar or meat which you buy. Enough has been suggested to show that there are ways for the economical working of the household where other people practice, but to which most Americans are strangers. These are simply suggestions, and some may be suitable for application in one place and others under different conditions.

With the abundant food supply in the United States, if to this could be added greater habits of thrift and economy and less carelessness and waste, we should have as cheap living as could be desired. In England and some continental countries a peasant would starve in a few months were it not for the foodstuffs which they import from other countries. This is not true in the United States, and it is time we utilized this fact and reduced the cost of living for the great mass of the people.

Finally, while we deplore the high cost of foodstuffs and believe that in many cases it is much higher than necessary, there is this other side to the matter where we actually can "do something." If we would diminish the cost of living, we must first of all get rid of the luxury and be willing to do more of the actual labor, both mental and manual, ourselves.

People who are too indolent or careless to intelligently direct or actually do the work of the household have little excuse for complaining when the monthly bill equal or exceeds the monthly income, and leave no margin of cash to lay aside for future needs.

ANCIENT SECRETS REVEALED

It is the most ancient fairy tale in the world, until now wholly improbable and just now proved beyond the last hesitation of doubt. For it was Miss Hall's work of this last summer which settled the most puzzling question of all: if, during those long centuries of resistance to civilization, when the warlike Greeks sent to them the bitterly grudging tribute of maidens for the fabled Minotaur, and the known world paid them tribute in their cries on high, the people of Minoan did continue invincible and secure, when could the blow have fallen which hurled them down to ruin; and who were the greater, stronger conquerors who overthrew them?

It seems the irony of fate that a woman, one woman, should at last write the epitaph of the fabled Minotaur; yet it was Miss Hall who, this summer, proved that the end of the Minoan power came about 800 B. C., at the hands of the all-conquering Egyptians. How she did it is best told in her own words, for she has the gift of picturing the researches of the present, while she lifts the veil that lay for thousands of years over the past.

"The story of the archeological discoveries in Crete is now ten years old. Even our schoolboys are learning today that the labyrinth of Minoan has been found, and that it was a palace three stories high,