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isation of immigrants. Without the whole-souled co-operation of Canadian women these ends cannot be carried out with the high efficiency which is possible. The only safety for women, as for men and the nation, is in not shirking; and we can and should adopt better standards of living, less extravagance and more beauty, less useless spending and higher ideals in the good use of money.

The sacrifices which have been made in the war are reasons for believing that, not declining into melancholy and depression, the world will continue to receive powers of service which have never been equalled. In the same way our higher standards of work will be continued. To be trained, to have skill, to address ourselves to the new problems of life, to reorganise the economics of home-making, to make the care of children a highly efficient occupation, to bring higher standards of economy and