

## RESPONSIBILITY OF WOMANHOOD

Religious Duty to Take Interest in Affairs of City and Country.

(Toronto Globe.)

"Women need to remember, that if they are to enjoy the privileges and advantages of being recognized as individuals they must also assume the responsibilities of individuals," stated Mrs. L. C. McKinney, ex-M. P. P. A. Alberta, who addressed a large meeting of the College Heights Women's Educational Association yesterday afternoon, on the subject, "Women in Municipal and Political Life."

She sees changes. For a long time women had sat comfortably back and allowed other people to do their thinking and make decisions for them, but in these enlightened days the new responsibilities must be assumed, and the younger generation taught to appreciate their privileges and advantages.

"All too often our women have really been trained to get all they can out of life and put as little as possible into it. The woman who has had to work with her hands has been at least pitied, if not actually frowned upon and looked down upon. That attitude has come to be too nearly our national ideal for our girls," she continued, going on to say that within the last decade there had been a material change in ideas on that point, and that nowadays women must make some contribution to society worthy of herself and worthy of any individual.

"Life is a great whole to me," said Mrs. McKinney. "I cannot separate my life into fractions. It is just as much my religious duty to be interested in the affairs of the town of the city in which I live as it is to be interested in my church duties. I do not think that a woman neglects her home in any particular, of necessity, by interesting herself outside the home. I rather think she is a very much better wife and mother if she has some interest outside than if she closes her eyes to everything beyond her four walls."

The old notion that women would be robbed of their femininity if they entered politics was now generally conceded to be wrong. Women had entered political life, in the first place, to protect their own interests, and if, as had been alleged, they were sacrificing some of the chivalrous treatment formerly accorded them by the men it was because they were being more than repaid by what they were accomplishing for the great mass of less fortunate sisters. Womanhood generally would receive a greater consideration in politics if woman was there in person to

## Put Good Health into your Favorite Dishes



GOOD Health is simply a matter of keeping the internal organs working in a normal and orderly way—by eating proper foods. And of all foods, the one which best stimulates natural functioning is Bran.

The daily use of Bran in some form is a pleasant way to health, for Bran is an appetizing food which can be served in various forms. Bran gems, bread, muffins, cookies, nut or fruit bread, cakes, and tea biscuits are all delicious and are simple to make. Bran can be taken at breakfast with cereals or with fruit, or preserves, at dinner with soup, or at any time with milk. No matter how it is taken, Bran always keeps you regular the way nature intended—provided you use just pure, natural, uncooked Bran.

### PURE NATURAL BRAN

Tillson's Health Bran comes from the cleanest and purest soft winter wheat used in the Quaker Mills. It is not cooked or treated. It is only sterilized before being packed in the dust-proof, air-proof cartons in which it reaches you. Serve Tillson's Bran in some form every day. It will help to safeguard the health of your family.

### TRY THESE BRAN MUFFINS

1½ cups Tillson's Health Bran,  
1 cup flour,  
¾ cup brown sugar,  
2 teaspoons baking powder,  
1 cup milk,  
1 egg,  
1 tablespoon butter.  
Mix dry ingredients thoroughly; then add well beaten egg and milk; stir and drop into muffin tins.

Large package 25 cents, at your grocer's.

## Tillson's Health Bran

Not Cooked - Not Treated  
THE QUAKER MILLS  
PETERBOROUGH AND SASKATOON

## MUST MARRY TO GET \$25,000 LEGACY

Corona Girl, Restricted by Uncle's Will, in No Hurry to Quit Bakery for Altar.

New York, Nov. 7.—Although she has just been made heiress to \$25,000 on condition that she marries, Miss Ruth Spanier, of Corona, does not intend to give up the selling of bread, rolls and pies in her mother's store nor does she intend to marry in haste just to get the money. It was only two days ago that Miss Spanier received information from an attorney in Los Angeles, Cal., that she had been named as one of the beneficiaries in the will of her uncle, Jacob Spanier.

Miss Spanier, who is twenty-one years old, lives with her mother, Mrs. Dora Spanier, at 211 Corona avenue, Corona. They have conducted a bakery since the death of Miss Spanier's father last spring.

"If I ever receive it, the bequest," she said last night, "I will give a considerable portion to charity. My activities during the past few years have given me an experience to teach me where some of the money at least could be put to a very good purpose. I am satisfied with the work I am doing and I am going to continue it. I certainly will not marry for money, although I admit that this sum would be acceptable. When I marry it shall be for love and I will not hasten or alter my plans just because of this bequest and its unusual restrictions."

### HANGING IN CANADA.

(Hamilton Herald.) So long as the death penalty is inflicted upon convicted murderers in this country, and so long as the legal mode of execution is hanging it should be the duty of the Department of Justice at Ottawa to make proper provision for the hanging to be done in a skilful and expeditious manner. There should be no repetition of the repellent scene at a recent bungled execution. There ought to be an official executioner. But, better still, a surer, more modern and less revolting mode of execution should be adopted.

### SETS EMERGENCY BRAKE.

When a new automobile bumper strikes any object electrical connections cut off the ignition and set the emergency brake on a car.

## Holeproof Hosiery

It fits so well, looks so well and costs so little!

MADE IN CANADA

### DECEMBER WORLD FICTION.

The December number of World Fiction contains stories from Sweden, France, Italy, Bulgaria, Russia, Ireland, Japan, Czechoslovakia, Chile, Denmark, Germany and Norway, besides an American poem and the fifth instalment of the serial novel, "The Mole."

The leading story of the month is Selma Lagerlof's "The Highborn of Torsholm," which gives a very interesting and dramatic picture of Swedish life and customs a hundred or so years ago. The "Song of Songs" by Annie Vivanti is a rollicking tale of a husband's search for new and "colorful" emotional experiences. "The Joy of the Republic" is a picture of conditions in Ireland today, and a very gripping story. One of the best things in this number is the "Shot on the Moor," a thrilling, fantastic tale.

A suspension bridge 100 feet long has been found in Africa, made entirely of reeds and grass.

## Ironize More Foods

One of the body's daily needs is food-iron for the blood.

Raisins furnish iron—the natural, organic iron which is most easily assimilated by the system.

Add raisins, therefore, to cakes, cookies, breakfast foods, bread, etc., and you add this benefit as well as luscious flavor.

Ask merchants for Sun-Maid Raisins

## Ragged unsightly cuticle

You need never again have it

HANDS that are in themselves really beautiful are often ruined by an unsightly ragged cuticle. Yet everyone can have shapely nails and smooth, even cuticle. For manicuring is no longer the dangerous and difficult undertaking it used to be.

No more harmful cutting of the cuticle! For no matter how careful you are, you simply cannot cut the hard dry edges about the base of the nail without piercing through to the living skin. This dangerous method of caring for your nails soon gives you the ragged ugly cuticle that you especially want to avoid.

But of course the surplus cuticle has to be removed and this can be done easily, quickly and harmlessly with Cutex Cuticle Remover. With an orange stick dipped in the liquid you work gently about the base of the nails. Then rinse and when drying push the cuticle gently downwards. Your nail stuns will remain smooth and even.



Mail this coupon with 12c. to-day

Northam Warren,  
Dept. S.T.T., 200 Mountain St.,  
Montreal, Canada.

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Street \_\_\_\_\_  
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## NON-STERILE CATGUT.

Use on non-sterile catgut in performing a surgical operation has resulted



### The finishing touch of distinction—a brilliant polish

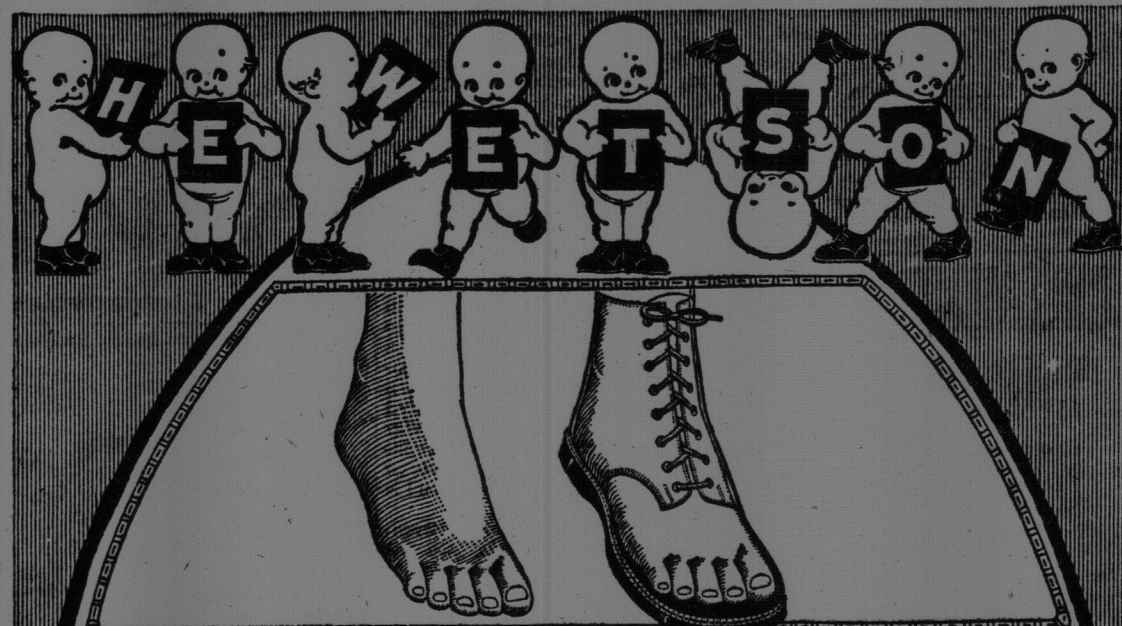
Your manicure will not be complete until you have used one of the brilliant polishes to add the finishing touch to your nails. Cutex has just produced two new marvelous ones in the most popular forms, powder and liquid.

The Powder Polish is practically instantaneous. A dazzling lustre that lasts better than any you have ever had before. The Liquid Polish is uniformly smooth, dries instantly and leaves a brilliant lustre that will last a week or more.

Cutex Manicure Sets come in four sizes, 60c, \$1.00, \$1.50 and \$3.00. Or each of the Cutex items comes separately at 35c. At all drug and department stores in the United States and Canada.

MADE IN CANADA

Introductory Set—now only 12c.  
Fill out this coupon and mail it with 12c. in stamps for the Introductory Set containing samples of Cutex Cuticle Remover, Powder Polish, Liquid Polish, Cutex Nail Polish, Cutex Nail Polish (Comfort), and Cutex Nail Polish (Orange Acid).



The normal shape of a child's foot

The Hewetson fits it naturally

## A Crime Against Children's Feet

EIGHTY-SEVEN per cent. of the girls, and sixty-four per cent. of the boys, are suffering from deformed feet through wearing faulty, bad-fitting, wrongly-shaped shoes. These figures are from a report recently issued by Dr. Maurice J. Lewis, of New York, who conducted an investigation in the public schools.

Ninety per cent. of adult foot troubles are caused by faulty shoes—and a great proportion date from childhood.

Get Hewetson Shoes for your children. Don't condemn your child

to a life-time of misery from fallen arches and deformed toes. Hewetson Shoes are lasted true to Nature's own design. They provide room for little feet to grow as human feet were intended to grow.

Hewetson's Baby Welts with flexible cushion soles come in sizes 1 to 5.

Hewetson's Baby Welts with velvet leather soles come in sizes 1 to 5.

Hewetson's Children's Welts with oak bend leather soles, in sizes 4 to 11.

A Hewetson trade mark on every sole.

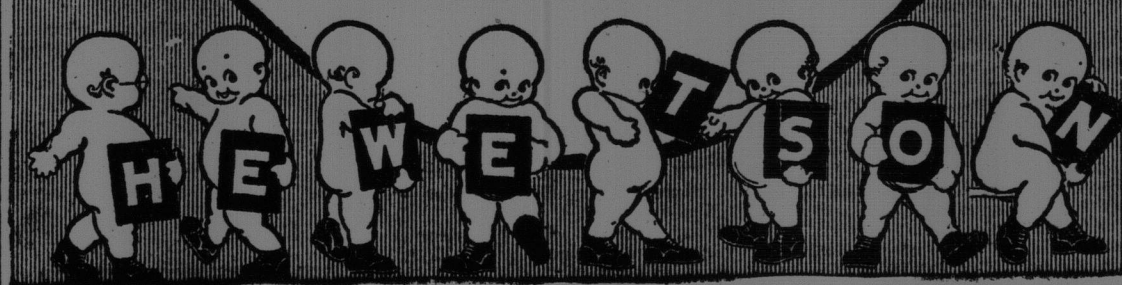
## HEWETSON SHOES FOR CHILDREN

"Made Stronger to Wear Longer"

J. W. Hewetson Co., Limited

Shoemakers to Children

Brampton, Ont. and Acton, Ont.



## Cook with This Ware - It Uses Less Fuel

Do you know that by using the wrong kind of cooking utensils, you can waste dollars and dollars of good money every year? It's true! This money can be saved if good enameled ware is used, such as Diamond Ware or Pearl Ware. The secret is that they heat up more quickly and hold the heat.

Here is a good test. Take a Diamond Ware or Pearl Ware saucepan and a saucepan of equal size made of brass, copper or aluminum. Into each pour two quarts of cold water. Place each saucepan over the burner or fire. The water in the Diamond or Pearl saucepan will come to the boil in just half the time it takes the other. Think of the money that can be saved by women using good enameled ware for all their cooking. No heat is wasted when Diamond or Pearl Ware is used.

With fuel at the present prices, economical housewives should not forget that by using SMP Enameled Ware kitchen utensils nearly half the cost of gas, coal, wood or electricity for cooking can be saved.

What ware do you cook with? Are you saving money and enjoying full satisfaction by using Diamond Ware or Pearl Ware utensils, or are you still using all-metal wares? Equip your kitchens at once with economical Diamond or Pearl Ware.

Sold in every good hardware store.

The Sheet Metal Products Co. of Canada  
Limited  
Edmonton  
Toronto  
Vancouver  
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