WOMAN'S SUPPLEMENT CANADIAN COURIER

MANY brands of Baking Powder contain alum, which is an injurious acid. The ingredients of alum baking powder are never printed on the label.

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the shredded whole wheat wafer.

It is the whole wheat, steam-cooked shredded, compressed into a wafer, and baked—the maximum of nutriment in smallest bulk. Many people prefer it to ordinary bread toast. Heated in the oven to restore its crispness it is delicious for luncheon, or for any meal, with butter, potted cheese or marmalades.

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Made of Choicest Selected Canadian Wheat A Canadian Food for Canadians

The Canadian Shredded Wheat Company, Limited

Niagara Falls, Ont.

Toronto Office: 49 Wellington Street East

The Franchise Corner

Why Men Vote

By FREDERIC DAVIDSON, M.A., Ph.D.

WELL, men vote mainly because of a W ELL, men vote mainly because of a delusion under which they labour, that by marking a mystic X opposite the name of some stranger on the ballot they are sharing in the government of the people, by the people and for the people.

Formerly kings were supposed to possess the divine right and ability to rule; now these qualities of majesty are credited to the brain-pan of that bull-headed Minotaur, King Demos, the aforesaid brain-pan appearing, to judge by results, to be filled with sawdust, when not by affinitive alcohol. Men are deluded by the fiction of representative government, which excludes one-half of the nation, its women, from the vote; excludes another quarter by the party system; and leaves the choice of "representatives" (save the mark!) in the hands of oligarchic caucuses and Formerly kings were supposed to posthe party system; and leaves the choice of "representatives" (save the mark!) in the hands of oligarchic caucuses and local bosses. "Safe" men are chosen, men that will respond to the lash of the party whip when the division bell rings.

There are other reasons, however, why

Some men vote for two dollars. Some vote because a friend asked

them.
Others vote for a particular candidate because he is a Roman Catholic, or a Presbyterian, or a Jew, or a prohibitionist, or an Orangeman; or because he has promised a job, or to return the favour in another election, or to support the voter's tender for a contract.
Others vote against the brutal tyrannizing rich and for the white-souled, martyr worker, or they vote for the noble, unselfish capitalist, and to keep the workingman in his place.

F INALLY, there are a few, a very few, who with clarity of thought have studied national and municipal questions, who are anxious to advance the best interests of city and country, but these mostly stay at home; they refuse to vote, for they know it is of no use.

Oh we we have the Orange vote, the

to vote, for they know it is of no use.

Oh, yes, we nave the Orange vote, the Catholic vote, the liquor vote, the temperance vote, the "Nationalist" vote, representing a small section of one province; the labour vote, the foreign vote, a vote for every creed, fad, interest and prejudice, but where is the vote that will sink these differences in an effort for the common good? The one vote from which we might hope, to some extent at least, for this result, the vote of the women of the nation, is tyrannously denied.

extent at least, for this result, the vote of the women of the nation, is tyrannously denied.

And when our "representatives" are safely installed in Parliament, Legislature or Council, why do they vote? They vote because they are lobbied, they vote because of party exigency, they vote in order to get into power or to stay there, they vote with one eye on their leaders, the other on the next election. And the resultant legislation reflects this squint. A prominent Liberal said to me the other day: "We are taking up tax reform because the Socialists' propaganda is gaining ground and this is one of the least unreasonable of their proposals. If we didn't take it up, the other party would, for it is good politics." Does anyone imagine that the stalwarts behind Mr. Rowell really believe in the abolition of the bar, or that Sir James Whitney's following was converted over night to the anti-treating view?

ing view?
Until we are qualified by an education in civics to select the best grey matter to govern us there is really no valid reason why men should vote at all.

Who?

By ELIZABETH ROBERTS MacDONALD

SEVERAL times, by several people, I have been asked to write something in favour of Equal Suffrage. It is a subject in which I am most ardently interested—but when I try to write on it, the wonder strikes me afresh as to

who has any right to keep us from voting! When one thinks of it, it is uproariously funny that one-half of the adult members of the human race should be debarred by the other half from the obvious rights of humanity, and should calmly (or otherwise) submit to be governed by laws in the making of which they have no part. It seems to me so preposterously silly for us not to vote, that I cannot help the feeling that it is surely unnecessary to marshal arguments as to anything so plainly and simply a right. Who has a right to prevent us? As free and equal human beings, with minds, souls—whatever you like to call the most important part of us—we naturally have a "right" to do and have whatever any human beings should do and have. No male creature has ever, that I know of, suggested that as women we have not perfect liberty to breathe and eat! Now, to the thoughtful woman, in earnest about life and its innumerable possibilities, the air of political liberty and of freedom to exercise her powers as fully as man can exercise his, is as needful for her spiritual part as actual air and food are for her body.

Who has the "right" to limit, cramp

for her body.

Who has the "right" to limit, cramp and starve half of the human race?

The I.O.D.E. and Working Girl

The I.O.D.E. and Working Girl

A T the recent annual meeting of the National Chapter of the Daughters of the Empire, in Toronto, the secretary's report showed remarkable progress made on behalf of the Canadian working girl.

The Municipal and Primary Chapters, Hamilton, had accomplished together the opening and furnishing of a club exclusively to benefit working girls. The Montreal Primary and Municipal Chapters had undertaken the raising of funds for the erection and equipment of a home-like hotel for working girls; the money was rapidly being found. The Loyalists' Chapter, St. John's, P.Q., had donated one hundred dollars to forward the founding of a club for girls who achieve their self-support. And the Waterloo Chapter, Galt, had raised sufficient money to buy and outfit a house that will be, indeed, a home to girls who are obliged to make their livings.

At the same meeting was re-elected to

livings.

At the same meeting was re-elected to the office of President, Mrs. A. E. Gooderham, the tactful and able woman whose picture appears on the first Supplement

The U. S. Congress, which appropriates \$3,000,000 to promote the health of pigs and other animals, has at last appropriated the meagre sum of \$30,000 for a Children's Bureau, to investigate questions bearing on the welfare of children. This is the result of seven years of "indirect influence," by public-spirited women. Seven years!—to persuade men that the welfare of the future citizens of their country is of vital importance. If the power to deal with such problems were shared equally by the women of the country, and not left wholly in men's hands, would a seven years' agitation have been necessary?

Only when the women of the State are admitted to political equality with men will adequate laws in the best interests of women and children be enacted, and effectually enforced.

"W OMEN are just beginning to outgrow their condition as parasites," is the astonishing way of putting a point of a writer inspired by Miss Macmurchy's articles relating to the Canadian working girl. Touching the side of the problem that deals with unskilled work, he urges the necessity of "vocational" education, which will enable women who fend for themselves to take their places, equally, in the field of work, with men, as labourers worthy of their hire. He maintains that much of the hardness of the working girl's condition is due to the lack of just that education.