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The Chaffless
COFFEE

Gold Standard
THE
CHAFFLESS
COFFEE
De-e-licious!

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Gold Standard Mfg. Co. Winnipeg

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Got Gophers?
Kill-Em-Quick
Gophers killed now won't injure next year's crops. Use KILL-EM-QUICK

exercise brought her before the world today as a perfect type of physical beauty. Susanna Coerft, physical training expert, is responsible for the physical fitness of women government employees in Washington. Army officers are assigned to her for drill work, and she is organizing twenty-five companies of women. Already nineteen of these (1900 women in all) have regular drill.

Our own young women in the Voluntary Aid Work are splendid examples of physical strength, and physical strength means, as a rule, moral and mental power. The girl who is healthy in body, mind, and soul is an asset to our country.

At the Door of Opportunity

Our magazines are full of announcements concerning woman's part in industry.

Miss Ida L. Webster is sport editor of The Toronto World.

A young Tennessee woman, Elva M. Witt, has just been promoted from the position of assistant passenger agent to that of passenger agent of the Seaboard Airline at Jacksonville, Fla.

Private Opha M. Johnson is enrolled in the Marine Corps. She will look after the interests of young women who are soon to be enrolled in the Marine Corps Reserve and detailed as clerks at Marine Corps headquarters.

In Italy 120,000 women are facing the hardest work of the war in factories. Some are making airplanes, and their work is recognized and appreciated. Every effort is made to guard the health of the munition workers there.

Day nurseries have been established in the munition plants, and as a result, infant mortality has decreased from 36 to 9 per cent.

Mrs. Mary A. Wilson, who earned \$10,000 a year as head of a school in Philadelphia, teaching institutional cooking to chefs, is now giving her services free to her country. She is teaching sailor boys how to cook. She says the cook is more important than the captain. Miss Maybelle Glenn is bringing about a singing Democracy. Thousands of children have through her, carried the spirit of song into their home; and the inspiration has penetrated the life of the household, the neighborhood and the community. She had a vision of the unification of the voices of children and parents, and now she is making whole towns sing. She has brought about community singing. In some places 4,000 people gather to sing.

Men, women and children of a given neighborhood look forward to the evening their community will have its sing, and everybody sings. A singing democracy is being brought about in Miss Glenn's state, and all has come about through a young girl's vision.

A Business Girl's Club

One night every week for the entire summer, the committee of the Oliver meetings have invited two hundred business girls to tea—a different group every week. It was a big undertaking, and has been most successful. Two weeks ago I went in as a stranger and was deeply impressed with the magnificent manifestation of hospitality and interest in these business girls. They have gathered together a large number, and are forming from it a down-town business club. A room has been rented in a building on Portage Avenue, which will be open for girls every evening in the week. Girls who want a little wholesome recreation in the evening will find here a safe and home-like place. Women, who are really interested in young business girls, will do everything in their power to help them, and it is hoped this club will be the means of satisfying a most urgent need. In Vancouver and other places similar clubs have been formed and are most encouraging in every way.

The Lips of the Righteous and Others

A girl's conversation interprets her character. The other day a new girl in a store was the subject of discussion among some of the other clerks.

This was the conversation:

BODY MASSAGE, SCALP TREATMENT, MANICURING
Mme. McMillan, Suite 2
Phone G. 3454 470 Main St., Winnipeg

"She's quiet, isn't she?"

"Yes."

"Have you heard her talk yet?"

"I heard her twice. She's a tough one—not our kind."

Sarah K. Bolton in her book, "Girls Who Became Famous," emphasizes the power of a woman's conversation. There was Margaret Fuller, who influenced the mind of every person she met. One of her friends said of her:

"What fire, what exuberance, what reach, what grasp and overflow of thought shone in her conversation! She possessed the charm that every woman may possess—appreciation of others, and interest in their welfare. This sympathy unlocked every heart to her. She was made the confidante of thousands. All classes loved her. She was always an inspiration. Men never talked idle, commonplace talk with her; she could appreciate the best of their minds and hearts, and they gave it."

And so the words we say interpret our character and influence others.

"A word of cheer, when dark despair

O'ercomes the spirit frail,
Is like the welcome breath of air
That fills the fluttering sail."

Mrs. Frederick Funston, whose husband gave his life for his country, says this in an article she has written for women:

"Be careful of the prevailing conversation at 'knitting teas.' I have been invited to what was intended to be a pleasurable affair, and have gone home saddened and depressed beyond description as the result of the conversations there. Such conversations rob us of our courage." She calls them "gloom parties." She adds further: "If every woman, who passes on a discouraging story would think twice and realize that it is virtually giving aid and comfort to the enemy, much that is said would not be repeated. Knowing that much German propaganda is innocently made current by loyal but unthinking women, I should not be surprised to see the secret service department issue a slogan to the woman of the country like this: 'Don't talk so much; if you cannot help, at least do not hinder.'"

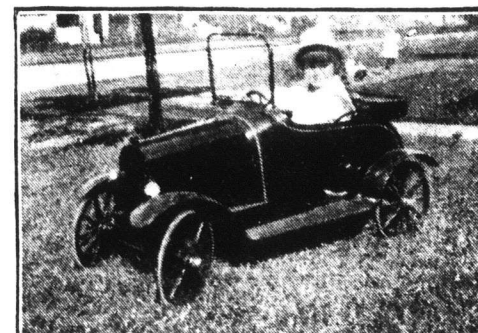
To Have and to Share

In The National League of Women Workers, with headquarters in New York the club girls in New Haven, Conn., where there are huge munition plants, and the tide of patriotism runs high, have organized a Girls' Patriotic League. Their motto is: "To Have and to Share."

These girls are employed in factories, offices and stores, and many, of course, are in munitions work. They are banded together in neighborhood groups and have neighborhood meeting places. Although quite loosely organized, as compared to the permanent clubs in the National League of Women Workers, these groups make their own plans, supervise their own activities, and decide what sort of patriotic work they will undertake.

Mrs. Charles McLean Andrews, the president of the league, to whose energy and ability its success is largely due, gives her time almost exclusively to organization and consolidation. The work of individual groups is planned and carried out by the girls themselves. There is a President's Committee of about fifty members, elected by the various groups which they represent and constituting a sort of league council. This committee discusses plans and ideas for league work at monthly meetings.

The league headquarters on Whitney Avenue, near the business section of the city, are open five nights a week for R Cross work and other sorts of war service. Any girl may qualify for membership in the Girls' Patriotic League by promising among other things, to do at least two hours of war work a week, under the direction of the league. This is not a difficult requirement, for there are—noon-hour



In Manitoba, the very youngsters know the tricks of mowing.

classes in factories and stores and evening classes conducted by the neighborhood groups, so that there are many opportunities to serve.

Organized for war work, through spectacular growth the New Haven Girls' Patriotic League has become a force for good in the community. It is Mrs. Andrews' plan to develop these efficient groups into permanent organizations which, after the war, shall be devoted to civic activities.

Delicious Corn Bread

2 cupfuls corn meal, 1 cupful white flour, ½ cupful barley flour, ½ teaspoonful salt, 2 tablespoonfuls fat, 6 teaspoonfuls baking powder, milk to make paste. This corn bread will taste like a fine buckwheat bread.



WHOLESALE WINNIPEG

MANITOBA Extension Schools

Gas Engine Operation, Agriculture, and Home Economics

November 25 to March 14

During this period Twenty-one Extension Schools will be held. If the work on your farm prevents your taking one of the excellent courses provided at the Manitoba Agricultural College, do not fail to enroll for the Short Course School to be held near your own home.

Circuits are being arranged as follows:

Nov. 26-Dec. 6—St. Louis, Binscarth, Benito.
Dec. 9-Dec. 20—Lenore, Shoal Lake, Swan River.
Jan. 7-Jan. 17—Oak Lake, Minnedosa, Dauphin.
Jan. 21-Jan. 31—Elkhorn, Hamiota, Gilbert Plains.
Feb. 4-Feb. 14—Wellwood, Gladstone, Roblin.
Feb. 18-Feb. 23—Emerson, Cartwright, Oakville.
Mar. 4-Mar. 14—St. Anne, Killarney, Langruth.

SUBJECTS—Gas Engine, Live Stock, Field Crops, Farm Accounts, Dress-making and Millinery for the girls and women.

EQUIPMENT—Good use will be made of material and stock which can be obtained locally, but in addition a carload of gas engines and other equipment will be taken to each school. An advance enrolment of 25 is required.

Live Stock, Dairy and Poultry Course

In six years Manitoba has changed from a province which imported a million pounds of butter to one that exports five million pounds in a year. To meet the demand for information on the selection and care of the dairy herd, the care of milk and cream, and how poultry can be made a profitable side line, Four Day Courses will be held at the following places if a sufficient number of farmers enrol at the organization meeting.

Melita, Waskada, Cypress River, Holland, Belair, Belmont, Glenboro, Somerset, Camper, Ashern, Altonburg, Speer Hill, Grahamdale, Cypressville, Fisher Branch, Arborg, Sorangu, Piney, Stuartburn, Inwood (district), Laurier, Erickson and Elphinstone.

Advance enrolment required is 15.

Watch your local paper for an announcement of the organization meeting.

For further particulars in regard to any of these schools, write to:

Agricultural Extension Service
Parliament Buildings, Winnipeg, Man.