

garments, always two steps back for one forward whenever I let go for a moment, and the numbness and deadness of coming illness has shadowed me heavily of late. Please thank everyone for me." We all missed Mrs. Boomer's bright and inspiring enthusiasm very much indeed.

NOTES OF THE TRIENNIAL.

We are very deeply indebted, and offer our grateful thanks to the Editor-in-chief and Huron's Editor, for so kindly arranging for us to have two extra pages in the last LEAFLET in which to publish the account of the Triennial. Many subjects could only be briefly mentioned as it was, and we propose to enlarge upon these as space permits. St. Andrew's day is so near at hand that we will begin by

SELF DENIAL WEEK.

In accordance with the resolution passed at the Triennial, we would urge the observance of the appointed week on all our members. "Deny thyself" is one of our Lord's distinct commands, and an extra opportunity for cultivating this Christian grace should be welcomed by everyone. The week immediately following St. Andrew's day will fall in Advent, a season set apart by our Church for examination and preparation, and what more fitting accompaniment than a personal self denial for the sake of those who have never heard the message we rejoice in?

METHOD.—Personal self denial, the cutting down, as far as possible, for one week of ordinary personal expenses, such as car fares, lunches, amusements, magazines, books, papers, candy, flowers, gloves, luxuries large and small, or the going without something one wants to buy, followed by the conscientious giving of the money so saved. This is to be sent through the Diocesan Treasurer to the Provincial Treasurer every year, and will be voted on at the Triennial Meetings. We know that all who prayerfully acquiesce in this plan will feel a very real reflex benefit on their own spiritual lives.

DIOCESEAN METHODS.

So many have expressed such disappointment that this item of our programme had to be left out at the Triennial, that the Diocesan Presidents have been asked to publish accounts of their methods in the LEAFLET. In December we hope to see (1) Diocesan Board Meetings, and in January (2) conducting junior work. Where more details would be useful one Diocesan Secretary can write to the other for them, and so the next best thing to a discussion will, we trust, be arrived at.

Mrs. Fortin, our interesting correspondent from Winnipeg, asks for space to record their good news. "Our W. A. has sent out its first Lady Missionary. Miss Wooster, an earnest Christian young woman,