

creased capacity, greater difficulties, more work." The girls of the nation have the moulding of the men of the future. This great empire is entrusted to their care, and what it will be in the future is just what the girls try to make it. Girls have great power and influence in forming minds and characters. Ask not for easier work but more strength.

So many girls spend two-thirds of their time looking for easier jobs. The search for ease is the greatest crime of the girl of to-day. "I'll find you easy work," says the temptress for she knows this is the best bait to throw out to catch the girl in her teens. The girl who has the easy job laughs at the hard working girl, and tells her she is foolish to work so hard. Her influence weakens her associates.

How much would a child amount to who would remain for years in the primary department because it is easy? Yet this is just what girls are doing in the school of life. We are placed here to rise in the school of life through solving difficult problems.

The musician must exercise the muscles of his wrist and fingers—so must we exercise the muscles of the mind.

I see two pictures. The forehead of one girl is opened and the top of her head is filled with rubbish—her brain is a waste basket. The other is a picture of a girl whose brain is orderly. It is full of files in which ideas are carefully stored in their proper places ready for use. Systematic concentration on her work makes her a superior mental housekeeper. We do so much mental shopping at life's cheap bargain counters, and leave the soul out. We buy piano players to-day because we have not the time and energy to learn to play. We go to the movies to see an event in history acted that our parents had to dig out through hard study. We buy sets of somebody's interpretation of classics—mental hash—that save us the time and energy of studying to form our own ideas. In the mad rush for change we have not the time to think.

Ruskin says: "A thing is worth precisely what it can do for you; not what you choose to pay for it."

Show me girls who say: "Where shall we go to-night? What's doing? What's on at the movies?" and I will show you girls who are mentally dead—putting in time till the body wears out. At forty they will be faded, flabby, lazy, indifferent lumps of human clay.

"Intelligence begs, 'Give me more time!' Ignorance asks, 'What shall I do?'"

Is this sign written on your forehead? "Closed—gone out of business."

THE LOCAL COUNCIL OF WOMEN

The most representative organization of women that has ever gathered in Winnipeg met here the sixteenth of May. The Local Council of Women includes 55 affiliated societies of women in Manitoba with a total membership of 9,046. So many societies working together must be a splendid power for good in Manitoba affairs.

Mrs. R. F. McWilliams was elected president. The organization made a wise choice as Mrs. McWilliams is especially fitted for the position. She is familiar with women's club work, has splendid executive ability and is a college woman—besides she has a keen sense of duty toward the community and is generous in her judgment.

Two minute reports from each society were read at the meeting and all present were astonished at the enormous amount of work done by women's societies in Manitoba.

Nearly all societies assist in the Red Cross work. I note that the one who represented girls' work suggested the inauguration of a live club for business girls with rooms down town. Some months ago the writer of this page wrote on the great need of such a club. It is something for those interested in girls to think about. Any movement that has for its object the welfare of wage-earning girls is

worthy of encouragement. The women of the council are anxious to extend a helping hand to girls for which we are sincerely grateful.

We are fortunate, indeed, at this time to have an organization of this kind in Western Canada—an organization consisting of women of all ranks.

One of the chapels in Liverpool cathedral is devoted to recording deeds of good women. The painted windows immortalize women of all callings, ancient and present day, who have served and helped their country. There are windows in honor of Queen Margaret and Queen Bertha, and paintings of Hannah and of Ruth of the Bible, and, more modern, Mary Somerville, Mary Rogers the stewardess, Josephine Butler, Mrs. Browning, Elizabeth Fry, and numerous others.

Some women are called upon to govern, and others are destined to live and work alone; but each in her own way can do good, and can help in a nation's welfare.

DAUGHTERS OF THE EMPIRE

A convention of this worthy organization was recently held in Winnipeg. With chapters all over the west the women under Mrs. Colin Campbell as leader, have devoted their entire energy towards helping the soldiers and everything pertaining to the needs of those who are fighting for our protection and honor. Many members of this organization are giving all of their time and money, and after the war is over the British nation will reflect with astonishment on the valuable contribution of service from this wonderful organization of women.

Singing is the best antidote for sighing.

Respectability is more than position. A buzzard perched on a church steeple is a buzzard still.

What if the road be rough that might be smooth?

Is not the rough road best for thee, until Thou learn, by patient walking in the truth,

To trust and hope in God, and to be still?

Why should'st thou strive, and fret, and fear, and doubt

As if His way, being dark, must bode thee ill?

If thine own way be clearly pointed out, Leave Him to clear up His and

Be thou still—Walter Smith

An interesting biography of one who was a successful missionary in a foreign land tells how, on the eve of his departure from home, he went to call on a friend. He was accompanied by an associate in his chosen work, a grave, ascetic man, also bound for the same distant field. The hostess, greeting them, drew forward a rocking-chair, but the more serious brother promptly declined it and selected a less comfortable seat.

"No, madam, a missionary must learn to do without luxuries," he said.

The lady glanced hesitatingly at her remaining caller.

"You will take it?"

"Certainly. A missionary must learn to fit into any place," he answered, with a mirthful readiness that saved the situation, as the same sunniness and sense of humor saved many a more difficult situation in the years that followed.

The heroism that accepts hardships when they come and bears them courageously is scarcely more admirable than the common sense that quickly and gratefully accepts and makes the most of the blessings and helps that are also scattered along life's way. All are the ordering of the Father, "Who wisely knows to give or to withhold," and to refuse the comfort and sweetness that come to us is as faithless and foolish as to complain of the trials that befall, and try to escape all difficulties in our path.

When God sends privations He sends compensations also, but the needless sacrifices we manufacture for ourselves bring no gift of grace with them. A cheery heart, ready to adapt itself to circumstances is better than any asceticism.

Hand Feeding Baby

Troubles and Failures.

Some of the causes of these can well be pointed out again. Ordinary cows milk is unsatisfactory—it contains too much indigestible curd, too little milk sugar, and is frequently acid. To correct these faults is more than can be undertaken successfully in the home. Remember—"Milk is peculiarly susceptible and liable to contamination not only while in the hands of the producer, but also after it reaches the consumer. Thus as is well known it causes and spreads serious diseases, and has a great influence on infant

mortality." (Leading Medical Opinion.) Cows milk varies in quality so that the child seldom receives two feeds alike. Condensed Milk, as usually given, errs in that it contains too little cream, and has large quantities of preservative sugar added, and as with cows milk the curds are indigestible. Consider these points, and when selecting an alternative to the natural food make sure it "closely resembles healthy mother's milk." Physicians agree that "Progressive Dietary" is most valuable.

Simplicity and Success

When baby is very young or delicate he should be given the 'Allenburys' Milk Food No. 1. This food is identical in composition with maternal milk, and can, if necessary, be given alternately, so alike are the natural and the prepared food in this instance. It is pure, completely nourishing and digestible.

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