

# The Women of Canada

bear the brunt of those burdens that make the home a perfect place in which to develop sturdy men fit for war or the pursuits of peace. Happy is the housewife who knows how to banish kitchen worries by serving

## SHREDDED WHEAT

Being ready-cooked and ready-to-serve it furnishes a hot, nourishing breakfast for school children and can be prepared "in a jiffy." Contains all the rich, body-building material in the whole wheat grain made digestible by steam-cooking, shredding and baking. Always the same quality, always the same price.

For breakfast heat the Biscuit in oven to restore crispness and then pour hot milk over it, adding a little cream. Salt or sweeten to suit the taste. Better than mushy porridges that are bolted down without chewing. A hot, nourishing breakfast for a chilly day. Deliciously nourishing for any meal with sliced bananas, baked apples or canned or preserved fruits of and kind.

MADE IN CANADA

From the Choicest Canadian Wheat by

The Canadian Shredded Wheat Company, Limited

Niagara Falls, Ont.

Toronto Office:  
49 Wellington Street East



60-H

"Ganong's" are the wholesome Chocolates that children never tire of, nor parents regret giving.

Ganong's Chocolates

IN ANSWERING ADVERTISEMENTS MENTION "THE CANADIAN COURIER."

the sober natural shades in vogue for our own British Tommies. Sunday is the great day, for the thousands of the poorer women can be seen approaching the offices of the Automobile Club in the Place de la Concorde,

where "le petit paquet" with its pair of socks, woollen scarf and shirt is tenderly handed over for transport to the long lines across France. Knitting in Paris has now become benignant.

## Canadian Women's Press Club

**A**FTER thirty-four years of residence in Manitoba, Mrs. Nellie McClung is removing to Edmonton, Alberta.

The women of Brantford, Ont., recently published a patriotic number of the *Expositor*. The editors were Mrs. Everard Cotes, and Miss E. Van Norman.

Mrs. Arthur Murphy, of Edmonton, the President of the Canadian Women's Press Club, upon whom His Majesty, King George, recently conferred the decoration of a Lady of Grace of the Order of St. John of Jerusalem, has received letters of congratulations from all the local branches in the Dominion.

The Fort William and Port Arthur Clubs held their annual meeting last week, when the following officers were elected: Hon. President, Mrs. A. J. Barrie; President, Mrs. J. M. Sherk;

Winnipeg, she was the guest of honour at a tea, on which occasion she was presented with some "rebel" verses and a bunch of steamer letters calculated to alleviate any pangs of homesickness she may have.

Sir Robert Borden has presented the Edmonton Club with an autographed photograph for their club-room.

"The Courtship of Miss Canada" and "War Time in Song and Story," two cantatas by Mrs. F. S. Knight, of the Port Arthur Club, were presented last month in several cities.

The Calgary Women's Press Club are supplying loads of coal to needy families throughout the winter.

Miss Nan Moulton was recently elected to be President of the Winnipeg Branch. The other officers are:



Club room in the Civic Block of the Port Arthur and Fort William branch of the Canadian Women's Press Club.

Vice-President, Mrs. F. S. Knight; Sec. Treas., Miss Kathleen Mitchell.

Mrs. D. C. McGregor has recently removed from Toronto to London, Ont., where her husband has accepted the pastorate of St. Andrew's Presbyterian Church. Mrs. McGregor, who is known to Canadian readers of discrimination as "Marian Keith," has recently published a volume entitled "The End of the Rainbow."

Mrs. J. E. Elliott, of Toronto, entertained the Toronto Club recently in her studio, where an interesting address was given by one of the members on Valcartier. This Club also had an exhibition of etchings of scenes within the war zone, the work of Miss Dorothy Stevens. A little talk was given on each by Miss Estelle Kerr. On Oct. 28th, the Premier of Ontario and Mrs. W. H. Hearst were the guests of the Club, Miss Helen Merrill acting as hostess.

Mrs. Perry, "Phyllis" of the *Saturday Post*, Winnipeg, addressed the Toronto Club recently en route for England. On her departure from Win-

Miss Kennethe Haig and Mrs. W. G. Bale, Vice-Presidents; Miss Mary Clendenan, Secretary; Miss Margaret Bernister, Treasurer.

Messrs. Hodder & Stoughton, London and Toronto, have published this month a book by Mrs. Arthur Murphy (Janey Canuck), entitled, "Seeds of Pine."

The following have been admitted to the membership of the Canadian Women's Press Club during the month:

Miss Mary M. Clendenan, Manitoba Free Press, Winnipeg; Miss Blodwen Davies, Times-Journal, Fort William; Miss Audrey Abraham and Miss Grace Dunning, The Telegram, Winnipeg.

**La Mode and Roman Stripes**  
**A** NEW YORK fashion specialist declares that it is better to look the other way should a persuasive seller offer those gay bits of colour known as Roman stripes, and which the girls in Italy wear at all seasons, regardless of the fashion. They are attractive and they do help