

At the Sign of the Maple

Home-Made Toys

(Concluded from page 11.)

for the best sample home-made toys submitted to them. No entrance fee is required to enter the competition, which closes on November 10th. All toys, however, must be sent to the Guild office with carriage paid and the worker's price plainly marked. After the awards have been made, the toys will be placed on sale in some central locality in time for the Christmas trade.

There seems to be no important reason why the art of toy-making should not flourish in Canada with as great success as the industry attained in Germany. Needless to say no more Canadian money will go to Germany for the purchase of those toys which were hitherto obtained in that country, but that need not deprive our



MRS. R. M. GRAHAM.
Sec'y., Municipal Chapter I.O.D.E., of London, who addressed the assembled members of thirty-eight Western Ontario Chapters.

children of their playthings. There must be countless Canadians with the required skill and imagination necessary to produce such articles, and it is for the purpose of developing this talent, and eventually creating a toy industry in Canada, that the Canadian Handicrafts Guild has made their offer. Particulars as to prizes may be obtained by application to the Montreal address.

A Popular Appointment

MRS. Lillian Beynon Thomas, of Winnipeg, has been recently named by the new Manitoba Government, as one of the members of the Advisory Board of the Agricultural College. Mrs. Thomas is well known in the Women's Press Club, the Political Equality League and other organizations. She is an authority on all the problems of the farm women. For years she has wielded a powerful pen in the Free Press and other journals, where she is known as "Lillian Laurie," in their interests and for every progressive movement. As a public speaker she is immensely popular and widely influential, and it is felt that the Government could not have made a wiser choice. As an organizer, Mrs. Thomas has few equals in her own province or elsewhere, and she will undoubtedly in her new capacity find congenial and profitable work in getting every woman who is a rural dweller, into touch with the Home Economics Societies and the Agricultural College Extension work for women.

Recently too, Mrs. Thomas has been appointed by the Local Council of Women, of Winnipeg, its provincial

representative on the National Council, so it is apparent that Manitoba wishes to do her honour as one of its most useful citizens.

News Brevities

A gift of a motor ambulance was recently made by the Toronto W.C.T.U. to the Canadian Red Cross Society. It will go to the front with the next Canadian Contingent.

October 8th will be Field Day at the Hamilton Golf and Country Club. The Toronto, Rosedale and Lambton Golf Clubs, all of Toronto, have entered two teams of five players each.

Duke and Duchess of Connaught were represented by Lord Richard Neville, at the Melba Red Cross concert in Toronto on Monday last. T.R.H. will, however, attend the same concert to be held in the Arena, at Montreal, on October 13th.

Hamilton will hold a "Hospital Sunday" on Oct. 17th. The collection will be under the supervision of the Paardeburg Chapter, I.O.D.E., who take this means of calling on the support of the churches and the public to help carry on their winter campaign.

Serbian Relief is the latest cause to gain the attention of the Municipal Chapter, I.O.D.E., of Winnipeg. A "Serbian Hospital Supply and Comfort Week" will be held beginning Oct. 25th., during which time contributions of Red Cross supplies, canned goods and money will be gladly received.

The engagement has been announced of Miss Kathleen Dunsmuir, of Victoria, daughter of Mr. James Dunsmuir, former Lieut.-Governor of British Columbia, to Major Seldon Humphrys, with the British forces in France. Miss Dunsmuir met her fiancé at Havre, where she has been in charge of a motor kitchen, for the purchase of which she raised funds among friends at the outset of the war.

Thursday, October 21st will be "Trafalgar Day" throughout Ontario. The request that such a day be held has been received by Lieut.-Governor



MRS. DUNCAN C. ROSS.
Of Strathroy, Ont., who spoke at the recent I.O.D.E. rally at London.

Hendrie from Lord Lansdowne, who states that additional funds are required to carry on the work of the Red Cross. Committees are being formed in every municipality in the Province to superintend the collection of money on that day.



If Tea and Coffee Came in Capsules

as their drug, caffeine, is frequently sold, tea and coffee drinkers would wake up to the fact that tea and coffee are not foods but drugs.

Yet in spite of the warnings of reputable physicians, many persons fail to realize the harmful effects of caffeine, the subtle, habit-forming drug in tea and coffee. Taken regularly this drug—the frequent cause of nervousness, heart-flutter, headache and other ailments—sooner or later gets its hold.

Look tea and coffee in the face—read what physicians and health experts say: (Names on application)

"Some people get the craving for alcohol by first taking tea or coffee."

"Coffee is a dope and narcotic almost equal to opium. Slowly but surely it gets control of its victim and holds him in its grasp a pitiful, helpless victim."

"Coffee is a drug. Those addicted to its use are drug addicts."

"They (the tea and coffee drugs) are comparable to opium in that they induce a habit and should be avoided."

Right now is the time to find out whether or not tea or coffee has a hold on you. It's simple and easy—quit both for ten days and use

POSTUM

the pure food-drink

Made of wheat and a bit of wholesome molasses, Postum has a delicious, snappy flavour, yet contains no drug or other harmful element.

The better health that follows freedom from the tea and coffee drug shows

"There's a Reason" for POSTUM

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Canadian Postum Cereal Co., Ltd., Windsor, Ont.