

codfish in cold water, pick in small pieces and soak a short time. Pare two heaping cups potatoes. Boil fish and potatoes together in boiling water. When potatoes are soft drain through a strainer, return to kettle in which they were boiled, wash thoroughly, add one-half tablespoon butter, one egg, well beaten, a pinch of pepper, salt if necessary. Take up by spoonfuls, put in frying basket, fry one minute in deep fat, allowing six fish balls to one frying. Strain on brown paper. Double the quantity if desired.

Oat-meal Muffins. Sift $1\frac{1}{2}$ cups flour, 4 teaspoons baking powder, $\frac{1}{2}$ teaspoon sugar, then add one cup cooked oat-meal mixed with $\frac{1}{2}$ cup milk, add two table-spoons butter or clarified fat and two egg yolks well beaten. Then fold in the two stiffly beaten whites. Bake in a hot oven in well buttered muffin tins.

LOVE SONNET OF A COWBOY

The other day she asked me what I read,
And I owned up right there and told
her straight.

That I was readin' then "The Trailer's
Fate,"
But that the book I liked was "Six-Gun
Ned."

And say "the roasin' that come on my
head;

She said I oughter read each night till
late.

A chap named Browning that he's
simply great,

And all dime junk is fierce, that's what
she said.

So now, I've tried to borrow, left and
right,

Of all the cowboys in the neighborhood,
But none of 'em kin tumble to my play;
I'm tryin' awful hard to be polite,

And play the game as any highbrow would,
But who in h— I's this Browning,
anyway?

Arthur Chapman, in Denver Republic.

HARD TIMES

Obliging and cheerful, Mr. Carter, the provision dealer, kept a smiling face even during hard times. Bills were overdue and orders small, but he served his customers with genial alacrity, and did not complain. Mr. Oakes, the constable, watched him as he went to the telephone and admitted his happy disposition.

"Yes, ma'am," said Mr. Carter to the instrument, "yes, ma'am, we can deliver them inside of two hours." He bit his pencil and prepared to write.

"One, east cake, yes, ma'am, two

lemons, a pound of sody-crackers, yes, ma'am, box of matches, fi-cent loaf o' bread, yes, ma'am, and two cents' worth o' meat for the cat. Thank you. That'll be all? Yes, ma'am. Be over before noon.

"Well, Oakes, that's the way it goes. Hear that order from Mrs. Wilkins? Twenty-four cents' worth in all. Profit about four cents, and a mile to go to deliver."

"I wouldn't do it," said Mr. Oakes. "You would if you was in the business and wanted to keep your trade. Sundays and parties make her orders good, take it through the whole month."

A few minutes later the telephone bell rang again, and Mr. Carter responded. Over the wire came an eager voice.

ROBIN HOOD FLOUR

ROBIN
HOOD
AND
MAID MARIAN



Makes lighter,
better flavored and
a more **nutritious bread,**
and **more loaves to the sack**
than any other flour. **ROBIN HOOD**
FLOUR is made from the choicest wheat
from the most select farms in Saskatchewan.

A **money-back guarantee** in every sack.
ROBIN HOOD FLOUR — MADE IN MOOSE JAW



WITCHCRAFT

There's a witchcraft in the May,
Bluebirds say,
For 'tis then the pansies wise
Give the garden a surprise
By changing into ranging butterflies.

Who has seen them, wing on wing,
Fluttering,
Purple, orange, lilac, brown,
On the road to Rainbow Town,
Where the petal-people love to settle
down?

Should you meet them, do not snap
Off your cap
With a prisoner in view;
Leave them to the air and dew,
Else the garden will not lightly pardon
you.
Katherine Lee Bates, in the Congre-
gationalist.

TRUE PATRIOTS

Camilla Sanderson, Toronto
Not they alone who risk their lives
In battles fierce on land or sea
Do most to make their country free;
Nor they most worthy highest praise
Who shout their love of liberty.
But each true man shall find his name
Writ large where worth outrivals fame.

Not always they in foremost place
In schools of learning, halls of state,
Do most to make their country great;
Nor they who flaunt a patriot zeal.
But they whose daily lives create
Right standards, who bear well their part
In loyal service hand and heart.



8953. A Delightful Seasonable Frock.

Very effective for linen, chambray, gingham, percale, cashmere, pongee or other materials now in vogue. The model may be developed as a one-piece dress, or with separate waist and skirt. It is to be worn with or without a gumpie or tucker. The Waist and Skirt have an inserted panel at front and back, which could be prettily braided or embroidered. A shaped yoke collar and cuff forms a suitable finish for neck and sleeve edge. The Pattern is cut in 5 sizes: 14, 15, 16, 17 and 18 years. It requires $4\frac{1}{4}$ yards of 36 inch material for the 14 year size.



8973. A Good Coat Model.
Child's Reefer (in two lengths) with Sailor Collar.

For cloth, silk, linen or other wash fabrics, this design is very desirable. It is comfortable and pretty, with double breasted fronts, and "box" back. As here shown white pique was used with free edges embroidered in scallops. Pearl buttons trim the fronts. The sleeve is finished with an upturned simple cuff. The Pattern is cut in 5 sizes: 1 year, 2, 4, 6, and 8 years. It requires $2\frac{1}{4}$ yards of 40 inch material for the 2 year size.



8968. A Charming Negligee.

Ladies Dressing Sack.
Side closings are as effective in garments of this kind as in shirt waists and gowns. This cool looking model is suitable for lawn, dimity, challie, cross bar muslin, crepe or silk. As here shown, white silk with trimming of blue and white dotted silk was used. The Pattern is cut in three sizes: Small, Medium and Large. It requires $3\frac{1}{4}$ yards of 27 inch material for the Medium size.



8958-8955. A Stylish Calling or Afternoon Gown.

Striped Serge suiting in black and white, with facings in white satin, is shown here. Ladies' Waist Pattern 8958 and Ladies' Skirt Pattern 8955 furnish the models. The skirt is composed of three gores, with an insert at each side seam. The waist is made in surplice style and has a chemise of net, outlined by deep satin revers that form a shawl collar over the back. The Waist Pattern is cut in 5 sizes: 32, 34, 36, 38 and 40 inches bust measure. The Skirt Pattern in 5 sizes: 22, 24, 26, 28 and 30 inches waist measure. It requires 6 yards of 36 inch material with 1 yard of 20 inch 'fall over' lace or net, for a Medium size. This illustration calls for two separate patterns, which will be mailed to any address on receipt of 10 cents for each in silver or stamps.

HOW TO SECURE THE GUIDE PATTERNS

To secure any of the patterns published in The Guide, all that is necessary is to send 10 cents to the Pattern Department, Grain Growers' Guide, Winnipeg, and state the number of the pattern, giving bust measure for waist patterns, waist measure for skirt patterns, and the age when ordering patterns for Misses or Children. It will require from ten days to two weeks to secure these patterns as they are supplied direct from the makers. No new worker need be nervous or afraid to use The Guide Patterns. They are accurate and perfectly and plainly marked. Full directions for making are given with every pattern you buy; also the picture of the finished garment to use as a guide.