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# Sunshine

The Grain Growers' Sunshine Guild

## NO PLACE FOR TROUBLES

One correspondent wants to know if I don't think we should keep our troubles out of the Sunshine page. I'm afraid I don't. Indeed, it was partly my idea that there are times when the woman away off on the prairie alone feels that she must tell someone how things are with her. So, under the protection of a non-de-plume, she sits down with pen and paper and in unburdening her heart of its cares feels a thousand times better. I wouldn't deprive her of this satisfaction for the world.

As for its not being good for the readers I am not too sure about that. My experience has been that it is the troubles of others that bring out the best in us. It is wonderful how quickly people respond to the cry of sorrow, forgetting, in the meantime, their own griefs and coming to a keener appreciation of their blessings.

So, my dear reader, I think it is a very good thing for the careworn farmer's wife to tell it all out, with the certainty that her confidence will be respected and it is good for all of us to face the fact that we are not the only ones in the world who have troubles.

I am reminded, as I write, that I have just had word from the Hiawatha friends that they are sending us in two boxes of clothing and I would like to hear from any one who is in need of this kind of assistance.

Also I must acknowledge a contribution from the boys and girls of Starr's Point which I sent on to its intended destination. To prevent further confusion of mails it had better be explained that this department has no connection with any other Sunshine organization in the city.

FRANCIS MARION BEYNON.

## HOW TO MAKE TURNIP PIE

Dear Miss Beynon:—I have enjoyed reading the Homemaker page very much and Sunshine corner also. I have two children, and I am also one of the Mothers that is lost for a way to tell the children, so I am enclosing 5 cents in stamps for the little booklet "How to Teach the Truth to Children." I am also enclosing a recipe for turnip pie.

Make a nice rich crust as for a pie. Then line a deep pudding dish with crust, put in a layer of fried pork, next a layer of turnips, pepper and salt, and so on till the dish is filled and put a crust on top. It is nice for the supper served hot.

Now, I will go before someone thinks that I have stayed too long. Wishing the page success, and sisters and brothers good luck, I will sign my name

A CHILD OF MISFORTUNE.

## Grape Conserve

One basket of Concord grapes, 25c worth of sugar, 25c worth of walnuts, 25c worth of raisins. Take out the pulp of the grapes and cook. Put through a cullender to get all the seeds out. Seed the raisins. Chop the nuts in small pieces, then mix all together, skins and all, and cook down like jam and seal.

## A Good Quick Cake

One cup of flour, one cup of sugar, one teaspoon of baking powder. Break two eggs in a cup and fill it with sweet cream. Mix all, adding half teaspoon of vanilla and bake.

One of our readers has sent us the three excellent recipes given above.

## CHILDREN TO BE GUARDED

Dear Sunshine:—Having been reading your page every week for a long time now, I take a great interest in it and thought I would like to put in my say.

I read Lorna Doone's letter, and also Lasca's and Violet's, and I think Lorna Doone and Violet are quite right. I think a man meets enough temptations away from home without keeping it right in the home. More than that, I think a mother ought to be very careful and not have such examples set before her children.

I am a homesteader's wife and have

two little girls, the eldest won't be two until next month, and our baby is seven months, so I can tell you I find plenty to do. I will send you a good recipe for doughnuts: Three eggs, two cups sugar, one cup sour cream, two cups buttermilk, one teaspoonful soda and a little nutmeg and flour to make a soft dough. I also have some good cookie recipes. If anyone cares for them Sunshine will forward the letter. Will close with best wishes to Sunshine and all the readers and will sign myself

NELLIE.

## ONE OF MANY REQUESTS FOR BOOKLET

Dear Miss Beynon:—I am one of the many readers of the Sunshine of The Grain Growers' Guide and am indeed much interested in it at all times and especially so in the last Guide as in it I see where you have announced the fact that you have now a booklet on maternity ready for mailing.

Now I am a young expectant mother and am very desirous of obtaining such a booklet, so herewith enclose the five cents which is the sum you ask for.

I will close with all good wishes for the future of the Sunshine.

JUNIATA.



PRETTY AFTERNOON MODELS

7539—Blouse or Guimpe for Misses and Small Women, 14, 16 and 18 years. With Full Sleeves in Three-Quarter or Full Length, or with Plain Long One-Piece Sleeves, with or without Peplum. Perforated for Round or Square Yoke Facing, or for Round or Square, Low or Dutch Neck. 1 1/2 yards 36 with 3/4 yard 18 inches wide for yoke facing and cuffs, for 16 year size.

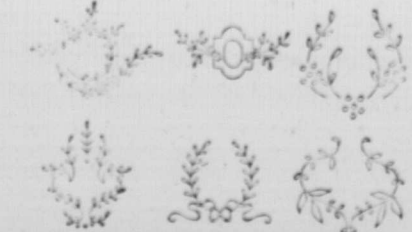
7532—Blouse with Long Shoulders, 34 to 40 bust. With One-Piece Set-In Sleeves, with or without Chemisette. 2 1/4 yards 36, with 3/4 yard 18 inches wide for round collar and cuffs, 1/4 yard any width for trim, 3/4 yard 18 inches wide for chemisette and stock collar, for medium size.

7538—Semi-Princess Dress, for Misses and Small Women, 16 and 18 years. 4 yards 36, with 7 1/4 yards of banding, 5 1/2 yards lace, 3 1/2 inches wide to trim as shown in large view, 1 1/4 yards 18 inches wide for yoke and under-deeves, 2 yards ruffling to trim as shown in small front view, for 16 year size.

7283—Two-Piece Skirt for Misses and Small Women, 14, 16 and 18 years. With High or Natural Waist Line. 2 1/4 yards 36, width of skirt at lower edge 1 1/4 yards, for 16 year size.

7297—Four-Gored Skirt, 22 to 32 waist. With High or Natural Waist Line. 3 1/2 yards 36, width of skirt at lower edge 3 yards, 2 1/4 yards when plait is laid, for medium size.

The above patterns will be mailed to any address by the Fashion Department of this paper, on receipt of ten cents for each.



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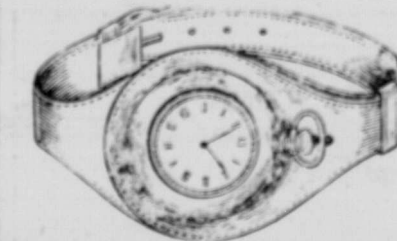
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