

WHAT IS GLUTEN?

Gluten is the nutritive property contained in the inner "skin" of a grain of wheat. It is the real strength-giver.

Manitoba Hard Wheat contains more gluten than any other wheat grown on the American continent. **FIVE ROSES FLOUR** is made only from the highest-grade Manitoba wheat, and is consequently rich in gluten and more nutritious than ordinary brands made from wheat containing less gluten. Ask your grocer for it and a package of our Breakfast Food, and accept no substitutes.

LAKE OF THE WOODS MILLING CO., LIMITED.

Our Daisy Rubbers



This Trade Mark on a pair of rubbers is an absolute guarantee that they

Possess the good old time wearing quality

Will hold their bright, clean appearance to the end

Cost no more than ordinary rubbers

601

See that this Trade Mark is on the rubbers you buy



For a delicious meal, open and dish a tin of

CLARK'S Corned Beef

As nutritious as it is tasty and labor saving. Contains no bone, no waste. The most economical meat to buy—TRY IT. If your dealer cannot supply you write me and I will see that your order is filled.

CLARK, MFR., MONTREAL.

C-2-05

ADVERTISE IN THE ADVOCATE.



A Seasonable Greeting.

A cold in the head gives you the maximum discomfort and the minimum of sympathy. A creature with bleary eyes and a red nose, who is redolent of turpentine, and whose mind is as responsive as a rubber sponge, is surely not an object of interest to other human beings, and when they have recommend a few unpleasant remedies which are gently accepted, but never taken, their duty is done. I've learned all that by experience the last two weeks. First came the preliminary shiver, and that was treated to six grains of quinine; then it passed beyond preliminaries, and with weeping eyes I sang "Id the good old subber-tibe" with more force than melody. Another dose of quinine struggled strenuously with the cold in my brain, until every faculty crept in fear and trembling to the attic and cellar and closets of my thought, house, and feared to creep out again, even when the warfare was over. However, the worst is past, and I'm now sitting, clothed, and at least partially in my right mind. Really, though, all nonsense aside, in these fall days, when a cold is liable to pounce upon you without warning, like a highwayman, and demand your comfort, if not your money or your life, a box of three-grain quinine capsules is a splendid thing to have on hand. Almost everyone, unless troubled with a weak heart, can take them, and two capsules, a hot bath, and a hot drink of lemonade or milk each night, with a quick cold sponge bath and vigorous rubbing in the morning, will limit a cold to days that otherwise would be prolonged to weeks. Don't go and get a cold, ye dwellers in the Ingle Nook, on purpose to test that remedy, but if you should be so unfortunate, then— But we'll hope for the best, and the heartiest wishes for your freedom from the nuisance will be Dame Durden's.

From a Canadian Yankee

Langenburg, Sask., Sept. 21, '05.
Dear Dame Durden,—I have thought a great many times that I should like to be able to give some helpful advice to the readers of the Ingle Nook, but I am afraid that what little I know would not be worth putting in, when so many others are writing better letters. But as you suggested that you would like to have the readers give a few rules of conduct toward friends, I will send these:

1. Be kind and charitable to them at all times, or particularly when they are in trouble.
2. Do not try to show them that you are better than they are.
3. Do not flatter them.
4. Do not criticise them or the work they do.
5. Never do to them what you would not wish them to do to you.
6. Try each day to do some secret good for them, if nothing more than to pray for them.

Do you not think it would be both helpful and interesting if you asked the Ingle Nook readers to point out a few of the rules (after they have all been printed and read) which they think are the best ones, and give their reasons for so thinking? But perhaps this would occupy too much space.

1. Can any one tell me how to clean a drab Henrietta dress with ammonia, or anything that will do as well. Benzine and gasoline have both been tried by rubbing it on the spots, but it does not take care of the spot. It always leaves a mark.
2. Does any one know a good way for fingernails which, when used at the edge and have a tendency to

ward growing away from the flesh? 3. Is there any way of pickling green wild tomatoes so they will not have a strong taste?

A YANKEE GIRL.

[You are too modest, Yankee Girl. Just give the Chatterers a chance to decide whether what you know is worth anything, will you? What a host of good friends you should have! Have you ever tried this recipe for removing spots? It is said to leave no stain: Make a soap jelly of shavings of some pure white soap. Mix some of this jelly up well with gasoline, and clean with the mixture. As to the difficulty with your nails, I am sorry I cannot help you, except to advise you to consult a specialist, as it is an unusual trouble, and an amateur might do more harm than good.]

[Can any of you answer Yankee Girl's last question satisfactorily? If so, will you, please?—D. D.]

A Friend from New Ontario

Dear Dame Durden,—I have been feasting on the bright ideas presented by the Ingle Nook Chatterers, and now the subject of friendship has been introduced, I just can't keep still any longer. This is a subject that has height, depth and width. We have been isolated back here in the forests of Rainy River Valley for seven years, and can fully appreciate the "golden links" of friendship. If we have our confidence betrayed sometimes, is this sufficient reason to suspect every person that advances friendly relations? Sad, indeed, is the condition of those who allow the chilling blasts of indifference to so deaden their affections that they try to live independently of others. Did you ever meet an otherwise attractive-looking person whose face betrayed icicles round the heart?

Thalms says, "We should possess ourselves with a calm, clear mind" as a good basis for friendship, but if some others, like myself, seem to fail in this effort, and are intensely impulsive, we are those who are apt to "repent at leisure."

One rule for obtaining friends is to believe that everyone you meet is possessed with a better nature, and in a measure let them understand that you consider them trustworthy. With prudence, we can do this without sacrificing any of the "Whatsoever things are pure or lovely or beautiful," and will often inspire them to a sense of the great need of sustaining a high standard of sincerity. But, of course, we must wait longer before we can submit to them the "key to the side-door of the chamber of our confidence."

It is astonishing how little some value a true friend. One way to retain our friends is to appreciate them, not expect too much of them, and always speak a word of praise when we can. Someone has truly said, "More taffy and less epitaphy."

When we are almost persuaded to think some one has not been true to the trust we have given them, we might often get enlightened by exercising a little patience, and enquire if the "partial truths, or embellished truths, or exaggerated truths" have not got a wider circulation than was necessary; also turn a flashlight on our own transgressions as well as on those who "trespass against us."

Our lives would be more to us and have more influence for good if we could manifest more of that charity that Abraham had when he said to Lot: "If you go to the left I will go to the right; if you go to the right, then I will go to the left." In the lonely hours of isolation, with little opportunity to mingle with the