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up. I like to read the Sunshine Guild
and Young Folks Circle and the Home
page. Taking it all through, I think
The Guide is the best magazine printed.
From your friend,
W. H. McMASTER.

Indian Head.

Michigan Farmers take advanced stand.
Will vote only for candidates who pro-
mise to support equal suffrage.

Illinois Farmers, 8000 strong, endorse
votes for women.

National and many state granges want
square deal for farmers' wives.

Bishop of Oxford wants women to
vote in church affairs—says their ex-
clusion is a shame.

WHAT WE NEED

"Yes, indeed, I believe in a club.
Dear as woman's home is to her, it
should not occupy all her thought and
her activity. If it does, she will inevitably
grow to be selfish, narrow and inelastic.
Many women limit their interests to their
church work, but is not this a mistake?
Ought we not to seek the steady improve-
ment of our minds, and can we do this
better than by intellectual effort in com-
pany with others? Women in the country
reside remote from intellectual centres,
and have fewer opportunities for culture
than their city friends. Their daily
work is exacting and arduous. We have
found that our neighboring club, in which
we study the history of our country, and
the careers of its great men, and write
papers on subjects of mutual interest
is a great help in meeting our mental
needs. We follow a subscribed program,
and at our alternate meetings the hostess
furnishes a musical or literary entertain-
ment of some description. We prohibit
refreshments at our ordinary meetings.
MRS. A. M.

A WELCOME MEMBER

I have always wanted to belong to a
good club, but living in the country and
being so busy all the time, I could not.
The only time for me is in the evening,
and I do not like to take my little four-
year-old girl and drive eight or ten miles
with her when she ought to be in bed.

A MOTHER.

Our Home Interests Club, requiring
no dues, no personal attendance, and no
effort on the part of the members beyond
reading this page, sympathizing with its
aims and writing helpful letters, meets
the precise wants of this mother who very
properly decides to stay at home with her
little girl rather than take her out when
she should be asleep. It meets the needs,
too, and asks the co-operation of such
excellent club women as the one who tells
us of the wide-awake group in her neigh-
borhood.

MARY FORD.

"Every woman is an instinctive mother,
whether an actual one or not. This
sense of motherhood directs women in
politics as in other things. And women
know that children have been robbed
of their school rights, have been menaced
by gambling houses and brothels, have
been ground between economic mill-
stones, have been exposed to disease and
danger of maiming in unsanitary and
badly-equipped factories, and that all
these wrongs are based on degraded
politics. Women instinctively seek the
kind of politics that will right these
wrongs."—May Robson.

Home Cookery

DIFFERENT WAYS TO COOK EGGS

Eggs and Kidney Omelette.—Three
eggs, one ounce of butter, one sheep's
kidney, seasoning, half a teaspoonful of
chopped onion and parsley. Beat the
eggs well. Melt half an ounce of butter
in the frying pan and add the meat and
vegetables, cooking them until tender.
Add these to the beaten eggs, seasoned
to taste with salt and pepper. Melt
the rest of the butter in the frying pan,
and brush it all over the pan. Pour the
mixture in and let it cook for about
three minutes, turn it on to a fireproof
dish and bake another three minutes.
Serve at once.

Indian Eggs.—Six poached eggs on nice-
ly fried slices of bread, one small onion,
one pint of milk, one ounce of dripping,
one teaspoonful of flour, one tablespoonful
of curry powder. Slice the onion very
finely. Melt the butter in a saucepan;
put in the onion and fry it a nice brown.
Add the flour and curry powder, and fry

again for about four minutes. Add the
milk, mixing it in smoothly. Bring to the
boil, stirring it all the time. Let it
simmer for ten minutes. Then strain it
over the poached eggs.

Tomatoes and Eggs.—Take two large
tomatoes, two eggs, one ounce of butter,
two slices of buttered toast. Put the
tomatoes into a basin of boiling water;
let them stand for two minutes, then
peel and cut them into slices. Put them
into a saucepan with the butter, pepper
and salt. Let them stew gently for
fifteen minutes. Beat up the eggs,
add to the tomatoes, and stir the mixture
over the fire until it is thick. Serve very
hot.

Omelette.—Three eggs, one ounce of
butter, one dessertspoonful of castor
sugar, a few drops of vanilla flavoring.
Beat the eggs well. Stir in the sugar
until the mixture thickens. Add the
flavoring. Melt the butter in a frying
pan. Pour in the mixture, let it cook for
a minute or two till set. Then put it
in a hot oven to bake for seven minutes.
Turn the omelette out on a sheet of
kitchen paper sprinkled with sugar.
Lightly spread some jam over it and
double it in half.

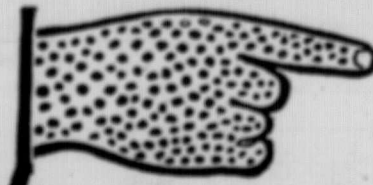
Egg Sauce for Fish.—One hard boiled
egg, one ounce of butter, half a pint of
milk or fish stock, three-quarters of an
ounce of flour, salt and pepper. Melt
the butter and stir in the flour smoothly
over the fire for a minute or two. Be
careful not to allow it to brown. Next
add the milk and some of the stock.
When the sauce begins to boil and thicken
add the chopped boiled egg and seasoning.
This sauce is used chiefly with boiled cod.

Rabbit Soup.—One rabbit, a Spanish
onion, a stick of celery, a turnip, some
stock, a bunch of herbs, thickening of
flour, a little cream (if at hand), pepper,
salt. Skin and wash the rabbit and set
aside the head, liver and kidneys for
gravy. Boil the rabbit in water, then
strain it off and add the vegetables and
herbs, etc. Cook in the stock till the
meat drops off the bones. Take it out,
cut the meat into small, neat pieces,
putting back the bones and odds and
ends into the soup. Boil for another
hour, then strain and thicken to a cream-
like consistency with the flour. One
rabbit should make nearly two quarts
of soup, and milk will answer it as well
as stock; more of whichever is used can
be added to make up the required quan-
tity after the soup is strained. When
thickened add the pieces of rabbit to the
soup to heat before sending to the table.

A BUSINESS MAN'S GREATEST LOSS

Is his temper—and this expensive irritability comes from
fatigue. A cup of Bovril at 11 or between 4 and 5, or a
Bovril Sandwich, quickly restores the good temper and cheerful
energy which are the most valuable of business assets, and
which cannot exist where nourishment is lacking.

ALL THAT IS
is in **BOVRIL** GOOD IN BEEF



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and write the number that you count on a sheet of paper or post
card and mail to us and we will let you know at once if you are a
winner. AN EXTRA PRIZE of \$10.00 will be given for the
nearest correct count.

MENTION
THIS PAPER

DOMINION PREMIUM CO.,
214 St. James Street, - Montreal, P. C.

THE EDUCATION OF CHILDREN

What Erasmus, the prophet of the
Renaissance, and Luther, the prophet
of the reformation, have to say about
the education of children may be carefully
read and pondered upon in the twentieth
century. Erasmus in meeting the objec-
tions, which, strange to say, are heard
still today, met them by the same argu-
ments with which we may still success-
fully meet them.

"You say," says Erasmus, "that you
have no time to educate your children.
If you will give up some of your foolish
pleasures, if you will give up some of
your useless avocations, and especially
if you will devote less time to your sense-
less social functions, you will have time
enough to educate your children. You
have no money. No money! Why, you
pay less for your teachers that you pay
for your cook."

"You mothers are more particular to
dress your children than to educate them.
You are anxious for their hats and their
dresses that they should appear well.
If you must gratify your vanity by dress-
ing anybody, buy a monkey and dress
him. You say that education impairs
the health. I should certainly always
advise moderation in the amount of
mental exertion demanded, but I have
little patience with critics who only become
anxious about the youthful constitution
when education is mooted, but who are
indifferent to the far more certain risks
of overfeeding, late hours, and unsuitable
dressing in the classes about whom I am
here concerned."

Luther's utterances are equally force-
ful. When advocating the obligation of
the State to educate the children, he said:

"Since we are all required, and especial-
ly the magistrates, above all other things
to educate the youth who are born and
are growing up among us, and to train
them up in the way of virtue, it is needful
that we have schools, preachers and
pastors. If the parents will not reform,
they must go their way to ruin; but if
the young are neglected, and left without
education, it is the fault of the State,
and the effect will be that the country
will swarm with vile and lawless people,
so that our safety, no less than the
command of God requireth us to see and
ward off this evil."

"Put a fence around matrimony and
immediately every man and woman will
be scrambling to get inside. As it is,
it is so easy that they are suspicious of
it. When marriage becomes a privilege
of the elect, then everybody will elect
to take advantage of the privilege."
—Helen Rowland.

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