

Flour trial is essential but— it is not your work!

Flour varies from time to time in baking quality. This is because wheat continually varies according to soil conditions, etc.

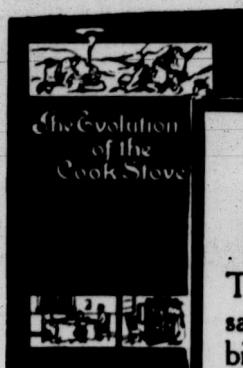
Therefore, if baking results are to be constantly high, baking tests are essential. It is unreasonable to expect you to make these tests at your expense.

PURITY

So from each shipment of wheat delivered at our mills we take a ten pound sample. This is ground into flour. Bread is baked from the flour. If this bread is high in quality and large in quantity, we use the shipment. Otherwise we sell it.

By simply asking for **FLOUR** bearing this name you can always be sure of more bread and better bread.

"More Bread and Better Bread" and
"Better Pastry Too" 523



Let us send you our book "The evolution of the Cookstove"—an interesting history of cooking. It also gives a clear, simple description of the Dominion Pride Range—complete in every detail. Reading this book is like examining the range itself.

Send for a copy.

COUPON

Canada Malleable & Steel
Range Manufacturing Co.,
LIMITED
OSHAWA.

Send a free copy of your book
"The Evolution of the Cookstove."

NAME _____

ADDRESS _____

We pay
Freight

Save 30% on your New Range

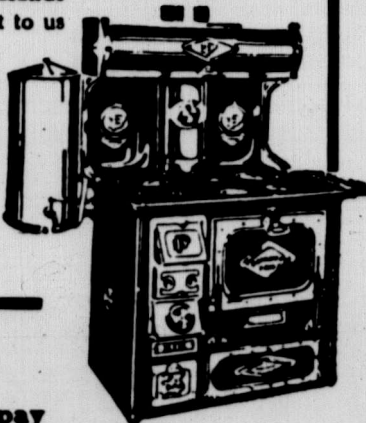
That's about \$20.00 isn't it? And you can save it by ordering direct from the factory (the biggest malleable range plant in Canada.)

Dominion Pride Range is the range you would choose at any price—a beautiful steel range with unbreakable doors, castings and lids of malleable iron—a range that saves coal—a range so solidly built that with care it will last a lifetime.

And you can secure a Dominion Pride Range by making a small payment with your order—the balance on terms to suit your convenience.

Dominion Pride Range

Thousands upon thousands of Canadians have sent to us direct for their ranges, and we have yet to hear a complaint. Our unconditional guarantee goes with every range.



When writing to advertisers please mention The Guide

Sunshine

The Grain Growers' Sunshine Guild

MY RECIPE BOOK

This morning in a sudden burst of industry I made myself a recipe book out of a large notebook I numbered all the pages and found that it contained one hundred and ninety-seven of them, so I divided it up between the various departments as follows, seven for candy, ten for pickles and preserves, and ten for salads and sandwiches. The remaining hundred and seventy pages I divided equally between luncheon dishes, meats, vegetables, cakes and desserts.

Then I took little squares of very thin cardboard and wrote the name of each department on the edge and pasted it on the edge of the leaf so that I can tell without thumbing over the whole book where each department begins.

Into this book I am going to paste the best recipes I find in going over the magazines each month. I expect that it will be one of the most useful things in my office and it took only a few minutes to make. Suppose you try it.

You will find it a great economy of time to have a little bottle of mucilage on hand so that you won't need to waste valuable minutes in copying recipes, but can paste them into your book. It may not look quite as neat, but a recipe book is not made primarily for ornament.

To be sure all the magazines are teeming with recipes, but only about one in every ten is practical for the ordinary kitchen and it is these plain every-day ones I mean to collect.

FRANCIS MARION BEYNON.

BABIES FOR ADOPTION

Dear Sunshine Friends:—I am anxious to find homes for two little baby boys, one just four months and the other three months old. They are beautiful babies, in perfect health, and would fill the heart of some lonely woman with delight. Our Sunshine babies have proved a great success in homes in which they were placed and I feel quite sure that these two baby boys will live up to the faith and love that we have in them.

Any one desiring to adopt these babies must send in two references, a doctor's and a clergyman's, if possible, and state whether they would be able to come for the babies or if they would require a matron to take them to their new homes. Of course if they could come to Winnipeg for them it would be very much better as it would be impossible, of course, for them to be sent out alone.

E. S. L.

A CURE FOR DIARRHEA

Dear Miss Beynon:—As my husband has taken The Guide for nearly two years, I have been a silent reader for some time.

I often see many helpful hints in the columns and I am sending a recipe which I have found good for diarrhea in children. It is said to be good for Cholera Infantum.

One teaspoonful turkey rhubarb, fifteen drops peppermint, soda, size of a garden bean. Pour into a coffee-cup two-thirds of a cupful of water, add rhubarb, peppermint and soda and fill cup with granulated sugar.

If bad give one teaspoonful every half hour, until bowels are regular. For an infant give a little in water.

I am sending five cents for "How to Teach the Truth to Children," and ten cents for "The Most Wonderful Story in the World."

I will close now, wishing you success in your good work.

SYBIL.

WOMEN HAVE ENOUGH TO DO IN THE HOUSE

Dear Miss Beynon:—Quite a long time I have been wanting to write to you for those pamphlets, "The Most Wonderful Story in the World," and "Teaching Life's Truths to Children," and also the one on "Maternity." We have three very inquisitive little ones, the oldest not yet six. But my! the questions they can ask, and I feel that now is the right time to turn their little minds in the right direction. It is not wise to tell children they were found out in the garden and such places, as they won't forget and they will not think well of the parents that told them such

stories. When they go to school they soon find out a lot of things and it may be told them in a way which would not be good for them either. So let us mothers be careful in the bringing up of our dear little ones, as they are to be the men and women of the future.

I am a farmer's wife and like the farm too. Now when everything is looking so nice and green in the country, it is enough to make us feel very happy. We can be just as contented here on the farm as we can in the city. I do feel sorry for any woman on the farm that has to leave her children in the house and go and do the milking and feeding calves, etc. If the husband would only plan his work a little different she wouldn't have to do it. I am sure any woman with care of a house and children, looking after chickens and the many other little things, will find her time filled up pretty well. I am glad my husband is one who takes an interest in the inside as well as the outside work and I am not afraid to ask him to get breakfast any morning that I am not just feeling well enough to get up early.

SHAMROCK.

A GRANDMOTHER WANTS BOOKLETS

Dear Miss Beynon:—I have been for some time a silent reader of The Guide. I enjoy reading the Country Homemakers and Sunshine pages very much. Enclosed is 15 cents for the two booklets, "How to Teach the Truth to Children," and "The Most Wonderful Story in the World." I am a mother of four children and grandmother of eight. So you see, while it is too late for my own, it can be of great help to the smaller ones. I have always felt the need of something of this kind and will be pleased to get them.

With best of wishes for all Guide readers, I will sign myself

A GRANDMOTHER.

NOTE—Ten days to two weeks must be allowed for the forwarding of patterns.



A VARIETY OF GARMENTS THAT CAN EASILY
BE MADE BY THE HOME
DRESSMAKER

7681—Child's Tucked Dress, 1, 2 and 4 years. With or without Shirrings at Long Waist Line.
707—Embroidery Design.
7952—Child's Dress, 6 months, 1, 2 and 4 years.
616—Embroidery Design. With Square or Round Yoke, Round, Square or High Neck, Short or Long Sleeves, with or without Shirring and Belt.
7982—Child's Dress, 2 to 6 years. With Short or Long Sleeves, Round or High Neck.
7986—Boy's Suit, 2 to 6 years. With Long or Short Sleeves.
7973—Boy's Middy Suit, 2 to 6 years. With or without Shield, with Short or Long Sleeves.

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

Note.—Everyone sending in for patterns is requested to send the number of pattern and the size. This is absolutely necessary to insure satisfactory service.

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