



1 CANADA FOOD BOARD
Flour License Nos. 15, 16, 17, 18
Cereal License No. 2-009

A War-Winning Combination— **PURITY FLOUR** Government Standard

—and— **PURITY OATS**

In all your baking

Write us for recipes

Western Canada Flour Mills Co. Limited
Winnipeg Brandon Calgary Edmonton



fill them in with bits of boiled beets. Serve on lettuce leaves, and cover them with salad dressing. The centres may be served next day with cream sauce. Lettuce is not available garnish with parsley or celery tips.

Scalloped Cabbage

1 small cabbage
1 egg
Milk or soup stock
Seasoning
Cut the cabbage in quarters and boil in salted water until tender. Set aside to cool. Chop and season with salt and pepper and butter substitute. Stir in a beaten egg and a little stock or soup milk. Put in a baking dish and sprinkle bread crumbs over the top. Bake thirty minutes in a moderate oven.

Vegetable Stew With Dumpling

6 potatoes
1 small turnip
1 Parsnip
6 carrots
2 onions
A soup bone
Instead of a soup bone one may use the bones from a roast after most of the meat has been cut off. When the vegetables are tender, thicken with two tablespoons flour. Add dumplings last.

Dumpling

1 cup flour
1 teaspoon baking powder
1 egg
1/4 teaspoon salt
1 tablespoon vegetable butter substitute
1 cup milk
Rub the salt, flour, baking powder and fat together. Beat the egg and add to the cup of milk. Drop from a tablespoon into the boiling gravy and cook covered for ten minutes.

Braised Cabbage

1 large head cabbage
1 tablespoon bacon-fat
1 small onion
1 tablespoon flour
1/2 cup stock or wine
Salt and pepper to taste
Shred the cabbage; melt the bacon-fat in a heavy pot, add the onion chopped, and when this is cooked almost soft, stir in the flour, stock, and cabbage. Cook and cook till the cabbage is tender, about forty-five minutes. Season with salt and pepper to taste.

Stewed Carrots

Too many of us throw out the water in which we boil rice. It is excellent in soup and this recipe for stewed carrots provides a new use for it.
1 quart carrots
1 teaspoon grated onion
1 tablespoon flour
1 quart rice stock
Salt and pepper
1 tablespoon chopped parsley
Cut the carrots in slices and boil in the rice stock until tender. Add the grated onion, the seasoning and the flour mixed with a little cold water. Boil for five minutes and add the chopped parsley. Just before serving add one tablespoon of butter substitute.

Potato and Sausage Rolls

1/2 lb. sausage
Cold potatoes
Pepper and Salt
1 egg
1 cup bread crumbs
Mash the potatoes well, add the seasoning, beat the egg well and add it to the potatoes. Mix and fill a large tablespoon with the potato mixture, cut the sausage into halves and place a half on each spoonful of potato, cover with more potato. Turn out of the spoon and dip the whole into bread crumbs. Have ready a frying pan with hot fat and fry each roll until a nice brown. Serve very hot.

The Country Cook.

Winnipeg Garden Show

The products of Winnipeg gardens in exhibition at the Industrial Bureau in Winnipeg last week was convincing evidence of what can be accomplished in the way of growing vegetables and flowers by city people. The large room was completely filled with all varieties of vegetables which, together with the flowers, made an attractive exhibit. The organization of the Winnipeg Garden Show dates back two years ago, and the result as seen this year is due to the energetic work of the committee behind the scheme, together with a realization of the citizens of Winnipeg of the importance of producing their own vegetables. R. A. Newton, secretary of the Garden Show, at the luncheon on Wednesday, stated that there had been an increase of about 200 per cent. in the entries since 1916, and H. W. Watson, of the home garden committee, pointed out that there had been 60 entries to the show made by school children. The demand for garden privileges on vacant lots showed an increase of 65 per cent. over 1917, and there was at present 20 requests for lots for the season of 1919.

If you do not see what you want advertised in this issue, write us, and we will put you in touch with the makers.

APPLES

For the Boys in France

As the result of the success attending similar shipments, I am making a special feature of 7-pound boxes of Apples, for shipment to the boys in France. The apples will be of standard varieties, and the boxes will contain about 6 pounds of fruit. The price of the box, including postage to France is \$1.00. These boxes are for shipment to France only. No orders can be taken for shipment to England, Ireland or Scotland.

Price List of winter Vegetables on application.

Canadian Food Control License
No. 3-918.

R. POLLOCK

Grower and Shipper of Okanagan
Fruits and Vegetables
R.R. No. 1, SUMMERLAND, B.C.

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THE WESTERN HOME MONTHLY, WINNIPEG

WHEN WRITING TO ADVERTISERS PLEASE MENTION THE GUIDE

Molly
And having a

DEAR Julia: Well, the city at last! To know where you all about this in the white bedroom that any but I am not in a fit state to you to-night. State is beautiful, just exact in the magazines. It's a must wait for another because I feel it in my is going to be the most but it was hard to leave I know I am not near you people would have. However, I am going to as Agnes wishes, and, a the Moss Creek Expos the time of my life. There is so much I w you about Agnes' house but they must all await clothes are dreams, Juli here I come to the re letter. You should be when I took my elot trunk. She didn't m but I guess my countr raked her to it. "Me That isn't what you'r while you're down he your very best afterno just about screamed Molly Mason, we're g some decent clothes. are all very grand but they won't do at To-morrow, first thing a suit." That was fin says, "We'll do some remember that we ne always says that peop should dress much bet should, for you know was like money fro asking for it. So here I am, Molly Creek, launched on ture of getting a ne that has simply millio said, "Your fall suit made." This, in h tene. As I become r shopping in Winni a great step this is, ways ordered from the way, Julia, what wou Creek if it weren't. First thing in the down to what Agnes Beautiful gold letter and doors told us the Ladies' Tailors." V scores of ladies in fa architecture was a that a good wind v them to pieces. Bu one thing I'm tha know the family wot thankful spirit here. fashions are all long, at all, and that's n "The very figure styles." And so b he was telling me w and how it should b little detail. I won going to be my suit. You know when we in Moss Creek to i have to supply the i as we do the materi and everything. B is all the tailor's I'm glad I don't h I never long to be i on. It must be ver acting—to be that I mean. "Coats are much Some are as long as height you should h inches." We dec brown tweed. They out of everything year, for material scarce. It is quite lined throughout satin. But Julia, I Tailor-mades are t This year the only is a little fullness coat. The back h from the waist dow at the waist on the