Assists Digestion

SILKSTONE **GUESSING CONTEST EXTENDED**



Owing to the harvesting operations in proress throughout the West, the farmers and
heir wives have not been able to take advantge of the big opportunity offered them by
, F. Stephens & Co., Ltd., Winnipeg,
hrough the Silkatone Contest, to try the
serits of this beautiful wall coating, or enter
heir guesses as to the amount of money conained in the jar. This contest as advertised
y O. F. Stephens & Co., Ltd., has attracted
ery wide attention and many of the Stehens' agents and other parties have remested the company to extend the time of
he Contest from September 30 to October 31.
The company has considered it fair to do
his as no one has yet guessed the exact
mount of money in the jar. Until October
11, therefore, anyone whe has bought a quart
f Silkstone, the beautiful and sanitary new
rall finish, may send in a guess as to the
mount of money contained in the jar now
m exhibition at the Winnipeg Industrial
sureau. If more than one quart of Silkstone
to allowed.

NOTE THE DATE

UNTIL OCTOBER 31

The jar holds (9-16) nine-sixteenths of gallon of water and it is now filled with oney—gold, silver, bills and copper. The oney contained is less than (\$500) five indred dollars and more than (\$50) fifty ollars. Buy more quarts of Silkstone and ni your guess at the amount of money once. You may be the lucky winner.

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WHAT IS GOOD HEALTH WORTH TO YOU?

There is only one answer to this question

There is only one answer to this question—everything. Prosperity, leisure, beautiful surroundings all pale into insignificance as possessions compared with the great boon of good health.

So we feel sure that our little booklet called "Maternity," which warns women of the grave dangers attendant upon the expectant mother, will perhaps save the lives of some of our readers and prevent others from having to face years of chronic invalidism. If it does this we are more than repaid for whatever trouble and expense the preparation of it has incurred.

it has incurred. But its good work does not stop there. Instructions are given for the care of the mother and child at the time of con-finement and valuable advice offered regarding the proper feeding of young children.
This book will be sent to any of The

Guide readers who send us five cents to help defray the expense of printing

and postage.
So much for the bodily welfare of the mother-to-be. The mental welfare of herself and of the child for whose life of herself and of the child for whose life depends largely on she is responsible depends largely on herself. It is a terrible thing when you remember how many women give way to unrestrained fits of temper, to tumulto unrestrained fits of temper, to tumultuous tempests of weeping and to all sorts of absurd whims before their children are born. We revere the sculptor who can create out of marble a wonderful resemblance to life and yet every woman has not only the power to create life but to make the life which she creates beautiful and sweet and sunny or cross and irritable and melancholy.

But it also has its splendid side for the many who realize and appreciate their power and strive to use it wisely at whatever cost to themselves of self-restraint and exertion at a time when

restraint and exertion at a time when both are difficult.

FRANCIS MARION BEYNON. I must ask anyone desiring an answer by mail to send a self-addressed and stamped envelope and if you wish to communicate with any contributor to this page the quickest and most satisfactory way is to enclose the letter in a plain envelope and send it to me with a note saying for whom it is intended.

F. M. B.

WOMAN WANTED TO WORK FOR SMALL FAMILY ON A FARM Dear Miss Beynon:—I am writing to ask you if you know of any middle aged lady who might be able to do the work on a farm where there is an old lady and her son and hired man? No milking. The old lady is not able to do much but is around and wants company. One child not objected to. Work for a short time with good wages or a good home with small wages for some years. MAUD.

WOULD LIKE CLOTHING

WOULD LIKE CLOTHING

Dear Miss Beynon:—I noticed you are sending a valuable book out called, "How to Teach Children the Truth" and as I am a mother of four children I would like to have one. I am on a farm working for a widower with my husband so you see we have no place of our own yet. My oldest is 5 years this September, and a boy 3½, another girl 2 in December and a baby two months old so I have my hands full. As one of your members said she could give some clothes away I would not mind if I could get some as it takes such a lot to keep them in dresses and petticoats, so would be much obliged if I got some or some clothes to make some out of.

Has any one ever tried marrow pre-

Has any one ever tried marrow pre-served? It is fine and I fed the threshers last year with it and one other kind of fruit and they all thought it fine so I am just putting mine down now so will tell any one how I put mine down if they do not know. Will sign myself A WORKER.

DO YOU KNOW A RECIPE FOR GREEN TOMATO JAM?

Dear Miss Beynon:—I have read with interest all the letters on your page and I want to tell you that I agree with you in your talk about the expectant mother, and although I am rather young

being only eighteen, I do know that it is shameful the way people young and old make fun of women at such a time. Could anybody send me a recipe for green tomato jam? If some one would I would be very much obliged. Yours truly,

WANTS LITTLE GIRL

Dear Miss Beynon:—My husband thanks you very much for printing our letter for a young man help. We have not heard of anyone yet but hope we shall as it is a very busy time and Mr. J. wants to go out threshing and he cannot go and leave me here alone. I would not wants to go out threshing and he cannot go and leave me here alone. I would not mind if I knew of any lady who would like to come and stay with me. There is only myself and the baby 16 months old, such a good little fellow. I have been so nervous since the house was blown down that I could not think of being left in the house alone; so if we could get a young man who could stay here while Mr. J, went out and he with him or if any lady would come and stay it would be a rest for them and a change. I would have two cows to feed and chicks and calves to see to. Now Dear Miss I would have two cows to feed and chicks and calves to see to. Now Dear Miss Beynon, I have written a letter to Lonesome Margaret wanting someone to adopt a little boy. Well, if I am too late or I do not hear of another child in a month's time, if you should hear of anyone wanting a home for a little girl would you be so kind as to let me know. My little sonnie wants a little playmate. He is only sixteen months old. I thought I would like a little girl to amuse him and take him out so I could get on with my work. He does like to be out of doors; but if not a little girl to take him out,

work. He does like to be out of doors; but if not a little girl to take him out, one two or three year old to play together.

Now Miss Beynon, I do not want to tire you with my long letter, I know you have plenty to do, but I must say I prefer London, England, to Canada. This June our house was blown down and last year our roops was spoilt by hail.

Now I must close, telling you my home was Chiswick and my husband's was Slouham, Suffolk.—KEW GARDENS.



MODELS FOR MISSES AND SMALL WOMEN

MODELS FOR MISSES AND SMALL WOMEN 7337—Mannish Shirt Waist for Misses and Small Women, 14, 16 and 18 years. With Turned Over Collar and Turned Over or Straight Cuffs. 1½ yard, 36 inches for 16 year size.

7287—Fancy Blouse for Misses and Small Women, 14, 16 and 18 years. With or without Lining with Under Sleeves, with High or Natural Waist Line. 2 yards of material 36 inches wide, with 1 yard 18 inches wide for yoke and undersleeves, ½ yard of lace for the sleeve frills, ‡ yard of silk for piping, for 16 year size.

7308—Semi-Princesse Dress for Misses and Small Women, 14, 16 and 18 years. With Straight Skirt, with or without Lining that can be made with High or Low Neck, with or without Under Sleeves. 3½ yards 36 inches wide for frill and 5½ yards of rose-bud banding, ½ yard 18 inches wide for yoke and under-sleeves, for 16 year size.

7494—Five-Gored Skirt, 22 to 32 Waist. With High or Natural Waist Line. 3½ yards 35 inches when material has figure or nap, 4½ yards 27 inches when material has neither figure nor nap, for medium size.

7321—Two-Piece Skirt for Misses and Small Women, 14, 16 and 18 years. With or without Pointed Extensions on Front Portion. ½½ yards 36 inches whey 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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Now I the minute Every you or who ca a picture This is to habi ant. word inha it is the c farm or you think pictures f

once taker send your get a suni that we sh land and away out playmates May Benr not think other you picture of ur last fifteen oth pietures of books for

Any be extended some good wise be a All are of teacher

the age g All pic later tha Addres

Growers

It was the stree and the the bunc unusually cheer an merriest hum of was only out of t their lon

boy hear chimney. There by the la a tall ma and wear boots. "Heda

the farm "Ay! "but I'n Christma I suppose A cho answer.

"Ay!
I shall."
So after boys and Paul Rid