

A Refreshing Drink at any Hour



Gold Standard TEA

"GUARANTEED THE BEST."

is a tea that you will enjoy drinking. You will like the smooth, rich flavor, the delicate fragrance and aroma.

It's different from other teas, because it's better. Nearly all teas have a harsh or slightly bitter taste, which is due to imperfect blending and leaf that is not properly matured.

Gold Standard is entirely free from faults of this kind, because it is carefully selected and blended perfectly. It is a combination of the finest Assam and Ceylon Teas, blended so that you get the good qualities of both.

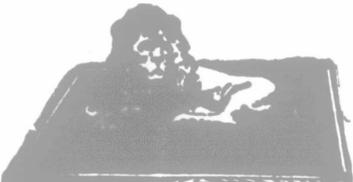
The flavor is smooth and rich, delicious to taste and refreshing.

The reason is—perfect blending.

We will send you a Cook Book

If your grocer does not have **Gold Standard Tea** send us his name and address and we will send you our new 80 page Cook Book free.

Codville Co. Ltd.
Dept. F. Winnipeg, Man.



"Thou hast been called, O sleep, the friend of woe, But 'tis the happy that have called you so."
—Robert Southey.

Sleep on a Guaranteed

HERCULES BED

for thirty nights.

Money back if you want it.

If you don't sleep sounder and awake more rested—if you don't think guaranteed Hercules Spring Beds are the best you ever heard of—just say so to your dealer and he will promptly refund your money.

Gold Medal Furniture Co., Limited.
Toronto Montreal Winnipeg

INGLE NOOK CHATS

HOW TO REPAIR ENAMEL WARE.

Dear Dame Durden:—How to repair enamelled ware was the request of "Bella Coola" a few weeks ago. If the enamel is chipped and the metal rusty it should be well cleaned with emery paper (fine), or if not obtainable use old fine sandpaper, then proceed to solder in the usual way and use the flux. Should the enamel only be chipped and not leaking it should be cleaned and given two thin coats of bath enamel. This enamel will stand hot water, but should not be used for cooking utensils. Be sure to let the first coat of enamel dry before the second is put on.

ANOTHER VISIT FROM NAMELESS.

Dear Dame Durden:—Part of my "new" house is an old house, unused for over a year, and every evening out come hundreds of "millers"—those dusty grey moths—that are quite harmless so far as I know, but very disagreeable nevertheless. What can I do to get rid of them? I catch and destroy them every evening but it makes no difference to their number next evening.

I wonder if any one could send me, through you, Dame Durden, copies of the recipes for parkin published this year, also those for cakes without eggs. I had copied them all into separate booklets each with a fancy cover and the title in gold and had designed them for Christmas gifts. Another in process of making was "Christmas Cake" and if some benevolent member of the circle would furnish me with the recipes I would be very much obliged indeed. I have scarcely had time to read the paper since I came home but one recipe for rhubarb and strawberries I tried and found excellent.

"Can the work of the farmer's wife be simplified during harvest?" Mine would be if I could learn how to make various dishes that will "warm up" easily, or be appetizing and tolerably dainty when cold. Food that has stood in bachelor quarters for two or three days during harvest looks so dry and mussy. I have been carrying hot dinners at least every other day a distance of three miles every year, and when one has little children it is too much. I have found those tea cans (3 lb. size) and syrup pails invaluable when packing the "grub-box," they keep the bread, buns or cakes so nicely.

I meant to write at length on one of the subjects you suggested but I have already made this so long I will leave it for another time.

NAMELESS.
(So glad to hear from you again. Perhaps some of the ideas in Sept. 4th issue might be helpful in solving your good problem in harvest time. I'll try to get those recipes collected for you and send them on. It was a pity yours were destroyed when you had gone to so much trouble to put them in attractive form.)

I do not know how you can get rid of the "dusty millers." Being comparatively harmless the books on insects devote very little space to them. You might try shutting up a room in the evening and burning a little sulphur or insect powder in it, being sure not to allow any one to remain in the room. Burn every cocoon you can find.—D.D.)

HELPS FROM A TRUE PIONEER.

Dear Dame Durden:—As I am writing a note to the editor I will send one to you. Wasn't that letter of Hugh Mc Keller's splendid? I thought every word he wrote just right. I have enjoyed so much those short stories in the FARMER'S ADVOCATE. I like them so much better than the continued ones.

What excellent advice "Resident" gave in her letters. I hope new-comers have taken care of them as they should be a great help for the coming winter. I have lived in Manitoba twenty-four

years. I would advise those wishing to learn to cook in the Canadian way to purchase a Blue Ribbon cook book for they are very good and the recipes are economical.

There can be a great deal of labor saved by leaving the dishes unwiped but they must be washed very carefully with plenty of warm water, and set in the drainer so that each dish is apart from the others. Warm water may be poured over them, then set away to dry. If you have much glass you will need to keep three cloths; keep the one you wash the dishes with absolutely for the earthenware dishes, rinsing it out and hanging it to dry immediately after they are washed, and using another for the granite ware, pots and pans. Fold a cloth several thicknesses and set it on the table or a board. Turn glasses upside down on this to drain, and if well rinsed in warm water they will be lovely and sparkling when dry.

When you make a sponge cake for supper, make half as much more than for the cake; put some stewed fruit in a pudding dish setting it on the stove till warm. Put the sponge on top of fruit and bake, and you have a pudding for next day for dinner. This comes very handy especially if it is wash day.

When you are making pies, roll out some paste thin, cut in funny or plain small shapes (diamond shapes are pretty) and bake. Then some day when you are in a hurry add them to a meat stew ten minutes before serving, and it makes a lovely pot pie.

PIONEER.
(Thank you very much for your complimentary closing. Am glad you think I'm "nice", but perhaps it is well you are viewing me from a distance. A near neighbor has dealt a blow to my vanity by saying in confidence to her neighbor, that I'm "very disagreeable looking and not at all clever." Isn't that discouraging?—D. D.)



Stanfield's Underwear

Defies the Cold

Stanfield's Underwear is the most perfect protection against Canadian winters.

It is just the right weight for warmth—yet not too heavy for easy comfort.

Stanfield's "Unshrinkable" Underwear

is made of Nova Scotia wool—the finest in the world—and is guaranteed absolutely unshrinkable.

See that your dealer gives you what you want—STANFIELD'S Underwear.

To know the Martin-Orme piano you must see it. Send your name and address to-day and we'll mail you a descriptive catalogue showing photographs of the instrument and telling how it's manufactured.

Many styles and many prices, but only one quality—the best.

If the Martin-Orme Piano is not represented near you, we will ship a piano to your address, in any part of Canada.

Write for prices and terms. Old instruments exchanged at a liberal valuation.

ORME & SON, Limited
OTTAWA, ONT.

Agents:
Messrs. A. E. SOULIS & CO.,
Winnipeg - Man.

Highland Park College
Des Moines, Iowa.



Terms Open Sept. 2, Oct. 14, Nov. 28, 1907, and Jan. 6, 1908.

THE FOLLOWING REGULAR COURSES MAINTAINED

1 Classical	11 Pharmacy
2 Scientific	12 Music
3 Normal	13 Oratory
4 Primary Training	14 Business
5 Civil Engineering	15 Shorthand
6 Electrical Engineering	16 Telegraphy
7 Steam Engineering	17 Pen Art and Drawing
8 Mechanical Engineering	18 Railway Mail Service
9 Mechanics' Course	19 Summer School
10 Telephone Engineering	20 Home Study

Instructions given in all branches by correspondence.

Board \$1.50, \$2.00 and \$2.50 per week. Tuition in College Normal, and Commercial Courses, \$15.00 a quarter. All expenses three months \$48.40; six months \$91.11, nine months \$132.40. School all year. Enter anytime. 3500 students annually. Catalog free. Mention course you are interested in and state whether you wish resident or correspondence work.

Highland Park College, Des Moines, Iowa.

Comfort In Working Boots



A man cannot work when his shoes pinch—when a seam rubs against his toes until it makes a corn—when a wrinkle chafes his foot constantly. With the end in view of getting away from these defects so common in many working boots we have produced the Amherst. This boot is Blucher made, of soft grain leather, on the roomy, comfortable last shown above, with even seams. Entirely made of solid leather, it guarantees durability, stability and long service—at \$3.00 a more economical working boot cannot be made. We deliver them to you prepaid for \$3.00 Send to-day.

Geo. H. Anderson & Co.,
Port Arthur, - Ontario

ADVERTISE IN THE ADVOCATE