

The Island of Tea

The choicest tea in the world grows high up on the mountain-sides of Ceylon. The native purity and garden-freshness of this superb Ceylon Tea is preserved by the sealed lead packages used in packing.

"SALADA"

Black, Green or Mixed

SEALED LEAD PACKETS ONLY.

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

ADVERTISING is the foundation of all successful enterprises. If your advertisement appeared in these pages it would be read by over 34,000 prospective buyers. Patronize our advertisers—advertise yourself—and we will all be successful.

NEW COAL OIL LIGHT BEATS ELECTRIC OR GASOLINE

10 Days FREE—Send No Money

We don't ask you to pay us a cent until you have used this wonderful modern light in your own home for ten days, then you may return it at our expense if not perfectly satisfied. We want you to prove for yourself that it gives five to fifteen times as much light as the ordinary oil lamp; beats electric, gasoline or acetylene. Lights and is put out just like the old oil lamp.

BURNS 70 HOURS ON 1 GALLON OIL

Gives a powerful white light, burns common coal oil (kerosene), no odor, smoke or noise, simple, clean, won't explode. Guaranteed.

\$1000.00 Reward

will be given to the person who shows us an oil lamp equal to this Aladdin in every way (details of offer given in our circular). Would we dare make such a challenge to the world if there was the slightest doubt as to the merits of the Aladdin? We want one person in each locality to whom we can refer customers. Write quick for our 10 Day Absolutely Free Trial Proposition, Agents' Wholesale Prices, and learn how to get **ONE FREE**.

MANTLE LAMP CO., 249 Aladdin Bldg., Montreal & Winnipeg

AGENTS WANTED

to demonstrate in territory where oil lamps are in use. Experience unnecessary. Many agents average five sales a day and make \$300.00 per month. One farmer cleared over \$500.00 in 6 weeks. You can make money evenings and spare time. Write quick for territory and sample.

Sunshine

The Grain Growers' Sunshine Guild

ABOUT THE MONTESSORI SCHOOL

The coming of Dr. Montessori to America reminds one of all that one has read about the Montessori school, where children learn by playing. Into this school one morning came a little boy, who just naturally loved colors, but who lived in a dingy house, in a dingy street, where he rarely saw beautiful things.

Almost the first sight that met his eyes in this strange school was a little boy of about his own age, playing with some wonderful colored spools, and so much did they gladden his sight that he shouted, "Mine, Mine," and snatched a handful.

In this action the teacher did not see greediness or any other form of naughtiness, only a great love of color. So she gathered up a handful of spools and came over to him and said, "Those are your neighbor's spools. Will you give them back to him, then you can have these to play with?" So the little laddie carried the spools back to the little boy from whom he had snatched them and came back to the teacher, who laid a spool on the white table before him and said, "This is red." After a moment she laid a spool at the opposite side of the table and said, "This is blue," waiting again for him to make the association between the color and the name.

Then she took the next step in the Montessori teaching. "What is this?" she asked, pointing to the red, and the child answered promptly and correctly, "Red," "and this," pointing to the other, "blue," he shouted gleefully.

Then followed the third step. "Show me the red. Show me the blue." When he had done this correctly, the teacher laid down the other two spools. "These are yellow," she said, and went away, leaving him to enjoy what he had learned.

That night, before the little new pupil went to bed, he stood looking out at the window and shouted, pointing to the sunset, "See, red, yellow." Already the sunset meant more to him.

FRANCIS MARION BEYNON.

FLAX SEED AND CARBOLIC SOAP

Dear Miss Beynon:—I note Dandelion's inquiry as regards the flax. I am afraid I did not make myself clear when I wrote. I would take a couple of tablespoons of whole flax, and put it in an enamelled cup, pouring on enough water to cover. Let this simmer on a not too hot part of the range; it becomes of a rather thick and gelatinous consistency. Eat with salt or sugar. Of course the whole dry flax would be perfectly harmless and perhaps equally as good, only this is easier to take. It is a splendid preparation for maternity, if used regularly for three months, or as much longer as you like.

While I am at it, I will add another recipe. To cure dandruff, wash the hair once a month with Lifebuoy (carbolic) soap. To make the hair grow, use common vaseline, rubbed into the scalp. A ten-cent jar will last a year. A little coal-oil rubbed into the roots of school-children's hair will act as a tonic, and be a preventative of parasites. To darken fading brown shades of hair, moisten when "doing up" in "curl-rags" or "kid curlers," with strong, cold, black tea.

WOLF WILLOW.

MATERNITY SUGGESTIONS

Dear Miss Beynon:—I have just read in your issue of December 31 the question of "Dandelion," as to taking of flaxseed. Perhaps "Wolf Willow" will answer right away, too, but my little testimony to its merits will not come amiss, I know. I have used it before the coming of each of my three, and always found it helpful. With the last two I also used considerable slippery elm, always carrying a piece in my pocket and chewing a bit whenever I felt like eating between meals. I tried to eat sparingly all thru the period and found it handy to have something like that to keep me from wanting to eat too often.

I made a thin slippery tea of the flaxseed and drank it off quite a few times each day, putting on more water to keep it from getting too thick and slimy. If some of the seeds go down, too, there is no harm done. It is well worth trying,

this slippery elm and flaxseed regime, also the sparing diet. I got some of these ideas from a book called "Tohology" which will be found invaluable to wives and mothers.

There is another invaluable help towards easy and safe child-birth, and that is spikenard-root tea, taken each morning for about six weeks before confinement. This corrects any tendency toward kidney trouble, regulates the entire system, and brings an almost painless delivery. It is much recommended in the "American Woman" (a magazine I dearly love), and also in our old Family Doctor book.

My sister tried it, with excellent results, but I have never had occasion to use it since learning of it. You can get a package of it from Eaton's, or any other good drug store. Steep a teaspoonful of the loose shreds of roots each night in a tea-cup and drink it first thing in the morning, leaving the dregs in the cup. If you find this a little too much at first, begin with a weaker infusion, or take less of it.

Now that I've started, I'd like to say that I don't think we women have quite come up to our privileges since we have not yet told any of our experiences, "Counting our blessings," as it were, for the Sunshine page. Perhaps the Christmas preparations have kept us too much occupied with other Sunshine work, and we may hear some yet. For my part I am glad to know that I never complained when I had my share of the deprivations and discomforts of home-steading. I gloried in having a share in the pioneering of this great new country, and it is not my choice that I am not there yet. True pioneers are like true patriots, true soldiers, true explorers, and others who are in the front, making history. They know that hardship and self-denial is a part of it, but they are glad they have the strength and spirit to endure and to conquer. You, dear editor, have the same spirit when you encounter opposition in the suffrage cause, so we hail you as a kindred spirit, a pioneer. Lovingly

ONWARD.

Oh, but I am a really truly pioneer as well. Haven't I many a time had the hair nearly frozen to my scalp in our paper box of a country house, and my feet covered with chilblains from the cold floor? Indeed, yes, I have pioneered.



7951—Cutaway Coat, 34 to 42 bust. With or without Cuffs and Waistcoat.
7758—Cutaway Coat, 34 to 42 bust. With or without Vestee and Tabs on Back.
8064—A Coat with Kimono Sleeves 34 to 44 bust. In Full or Three-Quarter Length.
7307—Boy's Reefer, 6 to 14 years.
7804—Boy's Norfolk Blouse Suit, 6 to 10 years. With Straight Trousers, with or without Standing Collar.

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