



Always the cookbook says:
"Sift Your Flour."

No lumps, you see. *Aerates* the flour, making it lighter.

Put FIVE ROSES in your sifter.

Never soft and sticky — never lumpy, musty, woolly.

Never coarse.

Milled superfine from *Manitoba's* grandest wheat.

Fine, granular, very dry.

Nothing remains in the sifter—FIVE ROSES is free, heavy.

And your bread is more porous, more yielding, more appetizing.

And more Digestible.

Because the particles are finer, easier to get at by the stomach juices.

Use this very fine flour—*superfine*.

FIVE ROSES.

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Five Roses Flour

Not Bleached



Not Blended

LAKE OF THE WOODS MILLING COMPANY, LIMITED, MONTREAL

THOUGHTFULNESS

is one of the results of a course at

Alma (Ladies) College

ST. THOMAS, CANADA.

(Handsome catalogue on application.)

A grateful father recently said to Principal Warner: "My wife and I thank you and the teachers for your kindness and help to our daughter. She is so thoughtful and helpful since she returned from your College. We are very proud of her."

Such results are best secured in ALMA COLLEGE, which is both home and school.

Fall Semester Opens
September 11th

COWAN'S PERFECTION COCOA

(MAPLE LEAF LABEL)

is all Cocoa—and has
all the food properties—
all the delicious flavor of
the best cocoa beans.

DO YOU USE COWAN'S?

anyone else. She often has a herd of cattle numbering from fifty to one hundred.

"When I was eight years old," she says, "father brought home a lean, ill-conditioned bovine, and told me that if I would milk it and take care of it he would make me a present of it. This I agreed to do. I scrubbed that cow, curried its coat, cleaned its stable, and in a few months it was as fine and fat as any in our herd. I also milked it. After I had been milking the animal for a few months—and it took me considerable time at each milking—father noticed that I was not making the progress that he thought I should. He offered to show me how to do it. He milked that cow, and it took him longer than it did me. When he had finished, he told me that it was the hardest cow to milk he had ever owned. I had mastered the milking of an exceptionally hard animal, and after that the others were easy. I have been milking twice a day ever since."

In addition to her fine herd of cattle she at present has about fifty hogs, twenty horses, ranging from the heavy farm draft horse to Miss Goodenow's faithful driving animal, a flock of twenty-three sheep, and countless barn-yard fowls of every description.

Every acre of her farm is under cultivation. She is an advocate and practices the four-year rotation crop. Hay, corn, oats and wheat follow each other in as many years. This rotary method is used on the thirty-acre strip into which the farm is divided, and the planting is so arranged that she gets a good crop of each every year.

She has on her farm two horses and cattle barns, each with a large loft for storing hay and grain. She also has three separate granaries. A large tool shed, a corner, and a pigpen 20x50

feet, built by herself, comprise the balance of her outbuildings.

The large farmhouse is fitted with every convenience which its distance from the city will allow. It is heated with steam throughout. At night, light is furnished by gasoline lamps. The house has twenty-two rooms. Standing in the rear of the house and connected to it is the dairy. Here is a cream separator run by steam, a large churn which makes 100 pounds of butter for market each week, and which is operated by a gasoline engine, and also a cold-storage plant.

GETS LAND FOR CHILD.

There is one distinctly feminine side to this woman's character. It is her love for children. After her father's death she employed a girl named Bell Rose. Miss Rose likes the place so well that she has remained there ten years. Six years ago Miss Rose became sick. A young woman from Grand Rapids, who had a three-weeks-old baby, was hired to help out. Upon arriving at the Goodenow farm the child's mother also became ill.

She remained there with her child for thirteen weeks. At the expiration of that time Miss Goodenow had become so attached to the child that she procured the consent of its mother to an adoption. Immediately afterward she purchased an additional forty-acre farm, and is holding it in trust for the child, to whom she has given the name of Carol.

Two years later, realizing that this child would be happier in the company of other children, she took a boy and girl from the Blodgett Home. Shortly after she took another boy. She kept the boys for two years, but could not get along with them. The girl, however, had been adopted. She is sixteen years of age. A piano has been purchased for her, and another forty acres added to

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