

Cream and Eggs Wanted

Ship your cream and eggs to us. Nearly \$50,000 distributed co-operatively among our customers last year.

Market your produce on the co-operative basis. Quality recognized in payment.

We have cans and egg cases for sale to customers.

Our aim—Greater Production, Conservation and Service.

The Saskatchewan Co-operative Creameries Limited

Regina - - Sask.



Pays off Mortgages Builds Fine Homes

Big money in selling cream this year. Neither frost nor hail, nor excessive rain, nor even untimely drought will seriously injure the season's cream crop.

Send us a few cans and be convinced, or write us for information.

The Edmonton City Dairy LIMITED
Edmonton, Alta

Potatoes

If there is a shortage in potatoes in your district drop us a line and let us know how many you want for seed, also for consumption till the new crop, and we will supply you same. You may co-operate with your neighbors and by buying a whole car can save a considerable amount on the freight. Wire, phone or write for prices.

Golden Star Fruit & Produce Co.

91 LUSTED AVENUE, WINNIPEG

WHEN WRITING TO ADVERTISERS
PLEASE MENTION THE GUIDE

Eyes Examined, Glasses Correctly Fitted

Send us your broken lenses and have us duplicate them. We have installed the machinery for grinding lenses so that we may give you a quick and accurate service. We supply only the best quality in both lenses and mountings.

ORCHERTON'S LIMITED
Refraction and Manufacturing Opticians
Jewellers and Watchmakers
Hammill Building 204 Main St., Moose Jaw, Sask.

Curried Beef Heart

1 beef heart 1 pint boiling water
1 onion 2 tablespoons fat
1 tablespoon curry powder 1/4 cup flour
Salt and pepper

Pour boiling water over beef heart and let stand for ten minutes. Cut off fat and arteries and cut in small pieces. Try out enough of the fat which was cut off to make two tablespoonsful. Chop the onion and brown it in the fat, together with the pieces of fat rolled in the flour. Add the water and cook gently until the meat is tender. Replenish the water as it simmers away. When tender add seasoning and curry powder mixed with a little cold water. Thicken with flour if needed. Heart is very delicious stuffed with dressing made of bread crumbs seasoned with poultry dressing, salt, pepper and onion. This needs to be baked in a slow oven for three or four hours, and heated frequently.

Stuffed Flank Steak

1 thick flank steak 1 cup bread soaked in water
1 egg 2 tablespoons flour
Salt and pepper 2 cups boiling water
1/4 cup dripping 1 small onion

Score or pound the steak. Make a dressing of soaked bread, egg, onions and seasoning. Spread this dressing on the steak roll up and tie with a cord. Sprinkle with salt and pepper and dredge with flour. Heat dripping in a frying pan and brown the meat, roll in the hot fat. Remove meat, add hot water and let boil two minutes. Pour this gravy over meat roll and cook slowly until tender in a casserole, steamer or fireless cooker. If steamed or cooked in the fireless cooker, the roll should be browned before serving.

Tomato Chowder

2 cups of tomatoes 4 cups of milk
1 medium sized potato 1 good slice of salt
1/2 medium sized onion Salt and pepper

Cut the potatoes and onions into small pieces. Cut the pork into small cubes and fry until a light brown. Add the potatoes, onions, tomatoes, salt and pepper. Cover with boiling water and cook for half an hour. Then add the milk and allow it to boil again. Fresh tomatoes may be used if they are on the market.

Mock Venison

Leg of mutton weighing from 8 to 10 pounds 1 tablespoon each of whole clove and allspice
2 cups of cider vinegar 1 tablespoon sugar
4 bay leaves 1/2 teaspoon pepper
1 tablespoon salt 1 lemon

Wipe the leg of mutton with a wet piece of cheesecloth, put into an earthenware crock or a large bowl and cover with the spices, vinegar and seasoning. If the vinegar does not cover the meat, add cold water to cover. Add the thinly cut lemon. Set in a cold place for forty-eight hours, then take the meat from the crock, put it into a roasting pan (without liquid) and baste with the vinegar and spices. Cover the pan and roast slowly.

The Country Cook.

Making Tablecloths Last

I find that the following discovery will prolong the life of a tablecloth from six months to a year. When the cloth is partly worn, cut an inch off one side and one end and rehem. When it is ironed, all the creases will come in new places, and thus the wear is redistributed.—Mrs. W. C. N.

Coal Oil a Help

Spots on painted woodwork may be quickly and safely removed with coal oil. A little added to the water helps in the cleaning of most paint.

To Clean Wall Paper

A bit of dough or stale bread will help remove the dirt and smoke from wall paper. Apply chalk to the greasy spots. If the greasy spots are very persistent rub them over lightly with a fine sand paper.

The inexpensive cabbage becomes a delicious vegetable when properly cooked. I learned at cooking school that it should be cooked uncovered, and from fifteen to twenty minutes only. The odor is quickly diffused by the currents of air and is not noticeable, and the vegetable is as light and delicate as the more expensive out-of-season foods. When cooked with the cover on, the odor becomes concentrated and escapes with full force to every part of the house.

Clearance Sale of Used ORGANS

Remarkable values! Genuine big cash savings! Five-Octave and Piano Case Organs received in exchange for new instruments, thoroughly overhauled and put into excellent condition, and offered for quick clearance at PRICES, reaching in some cases, below one-third of original cost.

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| Six-Octave Piano Case Thomas Organ, Walnut, Regular \$125, for \$50 | Six-Octave Piano Case Godefrich Organ, Walnut, Regular \$140, for \$75 |
| Five-Octave Doherty Organ, Walnut, Regular \$125, for \$55 | Six-Octave Piano Case Unbridge Organ, Walnut, Regular \$140, for \$75 |

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THE CANADA STARCH CO., LIMITED, MONTREAL.



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Never in the history of this country has the demand for a sensible working garment for women been so great as at the present, hundreds of our customers are wearing these overalls, and can vouch for their sensibility. They are perfectly modest in every respect, designed along lines that make them so. Made of good serviceable materials that can be washed as often as required.

These overalls are the last word in a comfortable, durable working garment, whether needed for home, garden or farm; they are ideal for community garden clubs or girls' base ball teams. Comes in Khaki drill, blue with white stripe, galatea or white drill.

Sizes: Bust 36 to 44. State color desired.
60NA1368.—Complete Overall Suit, as shown. Each **\$9.75**
60NA1369.—Overall with bib. Each **2.50**

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