

Quality Butter

That's the kind you make with Maxwell's "Favorite" Churn.



Hands, Feet, Levers with Roller bearing.

Maxwell's "Favorite" is used all over the world—in Denmark, the butter country of the world—in the United States, in spite of high tariffs—and in every Section of Canada. Our Agricultural Colleges and Govt. Inspectors recommend it, because it is the finest butter-maker in the world. Write for catalogue if your dealer does not handle it.

DAVID MAXWELL & SONS,
ST. MARY'S, ONT.

Western Representative:—
JOHN A. McEWAN, 603 Union Bank Building
WINNIPEG, MAN.

WELL, WELL!

THIS is a HOME DYE that ANYONE can use



I dyed ALL these DIFFERENT KINDS of Goods with the SAME Dye. I used

DYOLA
ONE DYE FOR ALL KINDS OF GOODS

No Chance of Mistake. Simple and Clean. Send for Free Color Card and Booklet 181.

The JOHNSON-RICHARDSON CO., Limited,
Montreal, Can.

DOMINION EXPRESS

Money Orders

and Foreign Cheques are payable all over the World.

They may be sent in payment of produce, tax, gas and electric light bills, interest on notes and mortgages, insurance premiums, subscriptions to newspapers and magazines, and in fact in payment of all kinds of accounts, whether in or out of town.

We give you a receipt and if the remittance goes astray in the mails, **we refund your money** or issue a new order free of charge.

TRAVELLERS' CHEQUES ISSUED. MONEY SENT BY TELEGRAPH AND CABLE.

When purchasing Goods by mail, ALWAYS remit by

DOMINION EXPRESS CO. MONEY ORDERS

RATES FOR MONEY ORDERS:

\$ 5. AND UNDER	5 CENTS
OVER 5. TO \$10.	6 "
" 10. " 20.	10 "
" 20. " 50.	15 "
" 50. " 100.	21 "

AGENCIES THROUGHOUT CANADA.

PLEASE MENTION THE GUIDE
WHEN WRITING TO ADVERTISERS

there is lack of imagination, and consequently imperfect character.—The Christian Life.

DON'T SLEEP ON YOUR BACK

Dear Readers of the "Home"—Did it ever occur to you that no creature that God ever made was intended to sleep on its back—unless it be a sloth—and who wants to be a sloth? No organ of the body does its work properly when we are lying on our backs, especially the heart and blood-vessels. Train your babies from the beginning to lie on their stomachs either on a large pillow or on a soft bed without a pillow. Do not wrap them tightly, nor cover the head, unless to throw a thin cover over loosely if a covering seems necessary. Bend the little arms at the elbow letting the hands lie free at each side of the face. There is no danger of their smothering, babies are so much stronger according to their age and size than grown up persons, and when they rouse up will raise themselves on their limbs, which helps to strengthen them, and will also throw up or turn their heads just as they like. Lying on the stomach also prevents colic, at least my own babies never had colic. No one will ever snore, have the "nightmare," or unpleasant dreams if they never sleep on their back. If a person has not been trained to it from childhood, sleeping face downward is very uncomfortable for a grown person, and if persisted in, would, I think, make the muscles of the back sore, so the best we can do is to sleep on the right side if there is food in the stomach, alternating with the left if the food has had time to pass out of the stomach. Some have the idea that lying on the back will make the back and shoulders straighter, which is a mistake, but if it were true the ill effects are so many, it is better to make a little extra effort in the daytime to straighten up, and enjoy a pleasant, healthful rest at night. I hope there are just ever so many babies in the Guide homes, little new ones too, but if any mother thinks she has not enough milk for her baby I wish she would try drinking cocoa. It is ever so much cheaper and better than bothering with bottles and baby foods. The directions are on the boxes generally, but I put a spoonful each of cocoa and sugar in a teacup and stir while pouring in boiling water, adding milk or cream if you like. Try to drink four to six cups a day if possible, and between meals is best. Best wishes to the mothers and babies.

MRS. T. F. WILLIAMS
Skipton, Sask.

**A WEEK'S MEALS
SUNDAY**

Dinner.—Rolled sirloin of beef, Yorkshire pudding, baked potatoes, boiled cabbage, Pomona's pudding.

Supper.—Cold beef, celery and beetroot salad, canned apricots, custard.

MONDAY

Dinner.—Carrot soup, hot-pot (from left over cold meat), baked bread pudding.

Supper.—Roast fillet of beef, horseradish sauce, colcannon custard and jam.

TUESDAY

Dinner.—Fresh minced beef, mashed potatoes, suet pudding with currants.

Supper.—Haricot bean soup, eggs in tomatoes, suet and currant pudding.

WEDNESDAY

Dinner.—Breast of mutton, boiled potatoes, banana and orange salad.

Supper.—Ragout of rabbit (bush rabbit or jack rabbit), boiled rice, fried potatoes, fried roly poly pudding.

THURSDAY

Dinner.—Pea soup, mutton with vegetables, mince pie or apple roly poly pudding.

Supper.—Fried or baked sausages, Yorkshire pudding, apple sauce and rice pudding.

FRIDAY

Dinner.—Boiled cod (salt or fresh) egg sauce, cabinet pudding or boiled batter pudding with currants.

Supper.—Fried fish with bread crumbs (put into boiling fat), inexpensive plum pudding, preserved fruits.

SATURDAY

Dinner.—Hashed rabbit or roast pork stuffed with onions, apple pie or preserved fruit.

Supper.—Macaroni and cheese, bread and butter pudding.

On Griddle Cakes for Breakfast

Folks will find Crown Brand Corn Syrup more delicious and more easily digested than any other syrup



Crown Brand Corn Syrup

Is just pure syrup in its most digestible form, as clear as strained honey, higher in food value than other syrups, and agrees with digestions that cannot stand other sweets

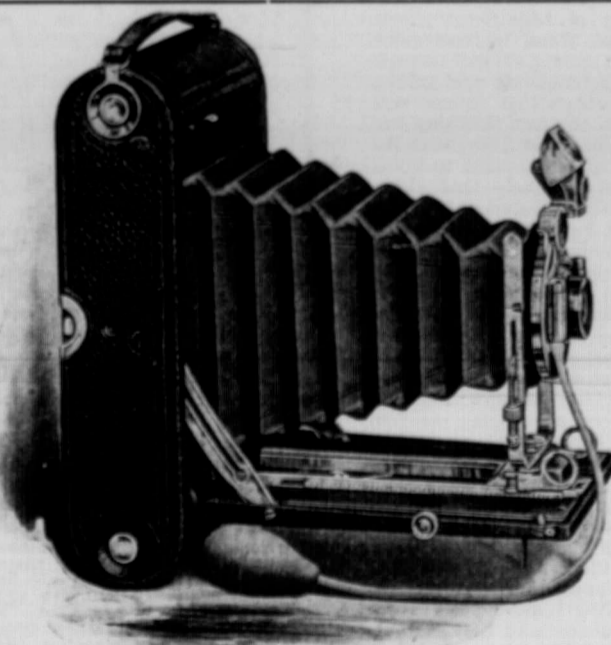
All Good Grocers sell
Crown Brand Corn Syrup

THE EDWARDSBURG STARCH CO.
LIMITED
MONTREAL—CARDINAL—TORONTO—BRANTFORD—VANCOUVER

E. A. BONNAR, K.O. W. H. TRUEMAN, LL.B.
Bonnar, Trueman & Co.
BARRISTERS, ETC.

P.O. Box 168
Telephone Garry 4783

Offices: Suites 5-7, London Block,
WINNIPEG



KODAKS

WE carry a full line of up-to-date Photographic Supplies for the Professional and Amateur Photographer. Amateur Finishing and Enlarging done. Fill in the coupon and return to us

STEELE MITCHELL LIMITED
WINNIPEG MANITOBA

FREE CATALOGUE COUPON

STEELE MITCHELL LIMITED
Photographic Dealers
WINNIPEG, MANITOBA

Please send me your Free Illustrated Kodak Catalogue and Price List.

Name _____
Address _____