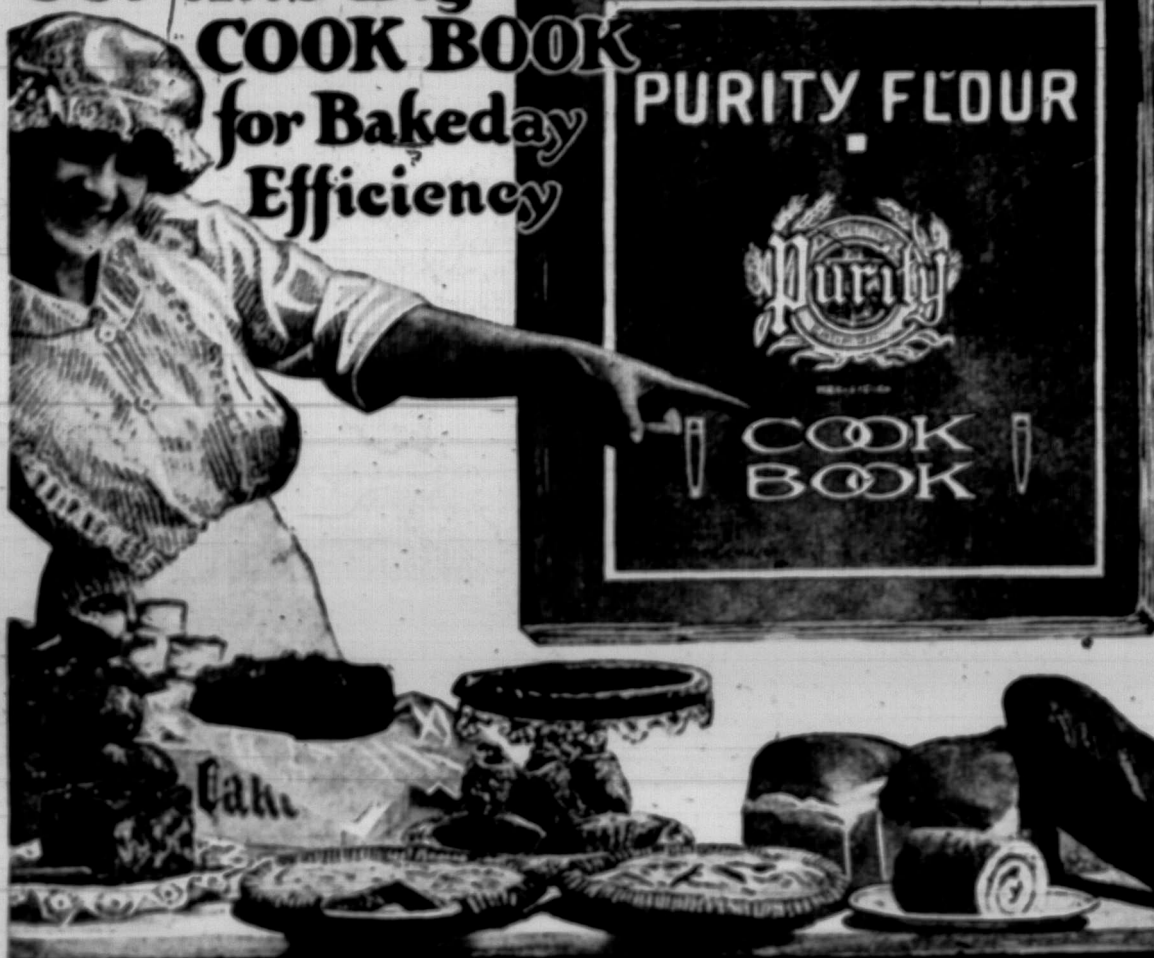


Get this Big COOK BOOK for Bakeday Efficiency



This handsomely bound 180 page Cook Book will be a most useful guide to you in attaining greater efficiency. It contains a collection of recipes and valuable information on the preparation of wholesome and necessary foods. Refer to it next bake-day. You'll appreciate its timely suggestions.

Mail the coupon today.

Western Canada Flour Mills Co. Limited Winnipeg

Enclosed please find 20c. for which you will send me your handsomely bound 180 page Cook Book.

Name

P.O.

Prov.

47

GROCERIES

Farmers and ranchers within 175 miles of Calgary write for our Monthly Grocery Catalogue, showing prices, delivered free to your station.

S. G. FREEZE

The Grocer - Drawer 449, Calgary

WHEN USING WILSON'S FLY PADS

READ DIRECTIONS
CAREFULLY AND
FOLLOW THEM
EXACTLY



Far more effective than Sticky Fly Catchers. Clean to handle. Sold by Druggists and Grocers everywhere.

If you do not see what you want advertised in this issue, write us and we will put you in touch with the makers.

The Alberta Farmers' Co-operative Elevator Co. Limited

Grain

Operating 103 Elevators in Alberta. Grain Commission Merchants, Track Buyers. At your disposal in the marketing of your grain.

Livestock

Offices at the Stock Yards at Calgary and Edmonton. Try the Alberta Farmers' when selling your next lot of cattle, hogs or sheep.

Co-operative Supplies

Let us quote you on your coal, flour and feed, lumber, posts, wire, or any other car lot commodity required by you.

Address all correspondence to

320-340 Lougheed Building, Calgary

members are taking up Belgian Relief work. They are also doing Red Cross work. They are holding monthly meetings and meet in the various homes, as they find that procedure much more sociable than when they meet in the schoolhouse. The organization has a membership of fifteen.—E. A. S.

CONCERNING LIBRARIES

To the United Farm Women of Alberta:—I should like to say a word in connection with the study course recently sent out. I have since been speaking to the Librarian of the Department of Extension, University of Alberta, Edmonton, and she tells me that many of the books mentioned can be obtained from the extension library, both those relating to the different subjects mentioned in the Farmers' Platform and to International Relations as well. These are free of charge except express or return postage and can be borrowed for two weeks or longer. If you write to Miss Montgomery, above address, she will be pleased to give you information.

LEONA R. BARRETT.

PRAIRIE ROSE U.F.W.

At our last meeting held at the home of our president I read the letter received from you suggesting a line of study to be taken up in the clubs. Our club decided to get the books and take up some of the subjects suggested. We are sending \$29 to the Red Cross Society this month. We are busy knitting for our soldier boys also.

AMANDA DAFOE, Secy.

NAMAKA U.F.W.

Our meetings, even during the very busy season, were well attended and great interest taken in the work of the society. On March 23 we held a social and dance, the proceeds from which we sent to the Y.M.C.A. Military Fund. This amounted to \$68.50. On May 27 we had our U.F.A. service, the Rev. J.P. Berry officiating. A special collection taken, \$23.40, was also forwarded to the Y.M.C.A. Fund. On June 29 our local was favored with a visit from Mrs. Parby. Members and friends numbering about 30 met at the home of Mrs. J. H. Sim, and were entertained to dinner. Mrs. Parby delighted the members with her address. On July 6 we gave a "tin ball" social and dance, in aid of the Belgian Relief and St. Dunstan's Home. Each of these received \$50.00, making a total for 1917 to date for special work, \$191.90. Our program for the next two months, includes two joint meetings with our U.F.A.

Mrs. C. W. WATSON.

WOMAN AND THE STATE

The general meeting of the Perintosh branch of the United Farm Women of Alberta, was held on June 1 at the Little Beaver Lake schoolhouse, the president in the chair.

It was moved, seconded and passed that several subjects be ordered from the study of "Women and the State," in order to have them on hand for future reference. The subjects chosen for study were: Section D, Women as part of the State; Section E, Women's work for social betterment; Section F, Some social aspects of feminism.

It was decided that an ice cream social, be held in the Little Beaver Lake schoolhouse on the evening of June 8, after which a refreshment committee was appointed for that evening. All business having been disposed of the president read the paper which she had prepared on the subject of "Women and the State," which contained many helpful ideas, and was much appreciated by those present. We also listened to a very interesting address given by Mrs. Bergen on the same subject. Then the meeting adjourned and refreshments were served.

MATTIE M. OLSEN.

Sec. Treas.

Any lady who is in business of having an eye fixed in the neighborhood of the department of extension, write the provincial secretary of the province at Regina, Manitoba, Mrs. E. C. Winkler, Room 101, Postoffice, Mrs. Violet McLaughlin, P.O. Box 101, Regina, Alberta, Mrs. R. M. Barrett, Alberta.