

## Boys and Girls!

### Look Here!

### Is your Spending Money getting low?

Hundreds of our young folks have this summer been turning what would otherwise be idle hours into bright, shining dollars. You can join them if you wish to do so, and you can continue the work right through the winter. What we want you to do is easy, enjoyable and healthy. It will not interfere with your present duties. You can devote just as much or as little time to it as you wish.

### Handsome Story Books

These will also be given as special prizes to the most successful workers. The lucky winners of two fine books during the present month were:

Master Harold McLeod,  
Manor, Sask.; and

Master Clifford Donohue,  
Virden, Man. Age 12 years

Just listen to what young friend Donohue says:

"I thank you for your book. I think it is very nice. I will do my best to help in the good work."

### Now then! Young Folks!

Tell all your playmates about this splendid opportunity to earn enough money to buy yourself something useful.

Write to—DESK No. 1

### Grain Growers' Guide

WINNIPEG, MAN.

Be sure to give your name and age; also state if your father is a subscriber to The Guide, and let us know if you have a pony or a bicycle.

# Sunshine

The Grain Growers' Sunshine Guild

FROM THE "HYMN TO THE NIGHT"  
I heard the trailing garments of the night  
Sweep through her marble halls!  
I saw her sable skirts all fringed with light  
From the celestial walls.

I felt her presence by its spell of night,  
Stoop o'er me from above;  
The calm majestic presence of the night,  
As of the one I love.

I heard the sounds of sorrow and delight,  
The manifold, soft chimes.  
That fill the haunted chambers of the night,  
Like some old poet's rhymes.

O holy night! from thee I learn to bear  
What man hath borne before!  
Thou layest thy finger on the lips of care  
And they complain no more.

—Henry W. Longfellow.

#### THAT NEEDLESS STEP

It was a mere man who suggested to me the needlessness of that step down from the main part of the house to the summer kitchen and up from the kitchen to the body of the house. Kitchens can just as well be built on a level with the rest of the house as below it and save the energy wasted in feeling for the step when one goes out in the dark and unconsciously bracing so as to save the jar every time the room is entered.

You will probably find that carpenters have a weakness for building houses with a step down somewhere and when you protest they will probably scratch their heads and declare that it is never done any other way.

But, thank fortune, that idiotic statement, "What was good enough for mother is good enough for me," is dying out. Because poor old mother had to put up with inconveniences that helped to shorten her days is no reason why I should not save myself steps if I can, and because things never have been done is no sign that they never can be.

I suppose every one of our readers takes scores of steps up or down or around every day that they don't need to take. If any of you know a way of saving these neighbors of yours steps, or minutes or wrinkles in the forehead it would be a real kindness to write a letter to the Sunshine corner and tell them about it.

And will you please write on just one side of the paper and give a pen name to be used in the page.

FRANCIS MARION BEYNON.

#### MORE CLOTHING SENT

Dear Sunshine:—My wife has forwarded to you a case of clothing which she thinks you may find uses for among your many poor in Winnipeg. They are not new but it seems a pity to destroy what may be of some service yet. Wishing you success in your praiseworthy efforts, yours sincerely

A.J.G.

They arrived safely and have been passed along to the needy ones for whom they were intended and gratefully received.

F. M. B.

#### TWO HELPFUL REMEDIES

Dear Sunshine:—I see by The Guide that several excellent remedies have been given Young Mother for the little girl's bowel trouble, so I thought I would recommend a preventative. As this trouble is brought on by a change in the weather, it must be the change of temperature that the bowels are subjected to that causes it, and to prevent this put a flannel band on your little girl. Let it come well down over the abdomen and well up under the arms and I think you will have less trouble with her. The band can be made of a piece of soft white flannel or a knitted one can be bought as preferred. The knitted ones stay in place best.

And to Arabella—there is a simple and effective remedy for a cough, also for croup, that I have used many times in my family with good results. If for the croup wrap the baby up good in a heated woolen blanket so that its body, and especially feet, will be very warm. Fold a cloth several thicknesses and wet in very cold water and apply to the throat. Usually two applications will bring relief.

I have found the cold applications very beneficial in cases of colds that are attended with much coughing, but in such cases it is not necessary to keep the body so warm as in cases of croup. Of course, if a child has a bad cold and is croupy I always keep chest and back well greased with lard, turpentine, camphor and coaloil well mixed and warmed together.

I enjoy the page very much, success to it and its readers.

FAITH.

#### ANSWERS LORNA DOONE

Dear Sunshine:—Will you pardon my intrusion especially when fault-finding? Now we wouldn't be living up to the name of our department if we became contentious, but I hope, Sunshine, you will pardon me this time. Having read Lorna Doone's letter it has made a deep impression on my mind.

Lorna Doone speaks of the poor unfortunate girl and advises us not to open our door to such a girl. It seems to me that such treatment would tend to shove the poor girl lower down. How better could we help those poor girls than by taking them by the hand and even opening our homes? I believe that is the one and only way to reclaim our fallen sister. Our towns and cities have places where these girls may go lower in their vice but where do we find those places to shield and protect? I know there are Y.W.C.A.'s, etc., and yet, Sunshine, we know they are not taken there and kept while these other houses keep them and lure them to further evil. How can we help them unless we take them into the sanctity of home and teach them purity through example?

Lorna Doone did not tell us she tried to win this girl and even in that extreme case I believe good could come out of it. Man meets temptation wherever he goes in this world and if he cannot withstand temptation in his own home where he must feel most conscious of wife's love, what are his chances elsewhere? It seems to me Lorna Doone's advice is like the parable where the king forgave his servant 1000 talents but this servant would not forgive his debtor 100 talents.

Also, Sunshine, don't you think if a girl of that class felt we all had no hope of her reforming she would become reckless? I do.

Before closing, I want to express my appreciation of the Sunshine nook. I enjoy the letters very much.

LASCA.

There is, as you say, Lasca, a great deal of truth in that saying "What you trust a man to be you make the man you trust." But it is a big question and I must confess, one that I know very little about.

F. M. B.

#### POLLY-WEE'S LONG EARS

By Marion Mallette Thornton

"I don't want to!" said Polly-Wee. Then she shut her red lips tight and sat down flat on the floor in her little petticoat, and would not say another word.

There was no reason at all why Polly-Wee should not wear the pretty plaid dress grandmother had laid out for her. Grandmother thought there were some very good reasons why she should. But when a little girl sits flat on the floor and will not move or speak, reasons do not count.

Nobody knew Miss Eleanor was in the hall, but she was coming for Polly-Wee to go down-town with her.

"H'm!" she said, looking in. "So Polly-Wee has on her long ears again!"

Polly-Wee felt of her small pink ears, and forgot she was not going to speak.

"They aren't long," she said; "they're just as short."

"Why," said Miss Eleanor, soberly, "you acted just as if they were. Come up to my room, and I'll show you."

Polly-Wee hopped off the floor and ran upstairs just as she was, in her bare arms and ruffy petticoat.

"See here, Polly-Wee," said Miss Eleanor, holding out a picture. "This is a little fellow that used to live next door to me."

The picture was a very small donkey with very long ears.

"He used to draw the children in a cart—when he felt like it. He would be as good as gold for a whole morning, and then all at once he would stop, and no

coaxing or scolding or even whipping would make him stir. One day the children were a mile from home when he stopped. They could not get him to budge, and they had to walk all the way back. When Donkey-Boy got good and ready, he came home by himself, dragging the cart behind him. What do you think of that?"

Polly-Wee's face was red, and she kept her eyes on the picture.

"I fink he was—naughty," she whispered.

"Yes," nodded Miss Eleanor, "but he didn't know any better, you see. Little donkeys often act like that. And they always have long ears."

Polly-Wee went downstairs again very fast.

"Please, grandmother!" she cried, holding out a plump arm, "please put on my dress."

Grandmother slipped the plaid sleeve over it, and in three minutes Polly-Wee was ready to go down-town, as sweet and good a little lady as you ever saw.

And after that when Polly-Wee "didn't want to," all grandmother had to do was to feel of her ears.

## SIMPLIFY YOUR COOKING

Much of the pleasure of life is lost in the worry of preparing meals. Bovril in the hands of a resourceful woman solves the problem. Bovril stirred simply into hot water and flavored to taste makes an excellent bouillon. Meats reheated have their original flavor restored and enhanced by a little Bovril. Bovril Sandwiches are in constant demand by old and young, especially by children. Bovril Tea—hot or cold—can be served at any time with crackers, and as a last thing at night to induce sound sleep, hot Bovril is unequalled.

2-7-12

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Strathmore; Fourth

## Office

Gentlemen:—The from this office comment, and soon reported since the the necessity of part of the farmer deals with the statements in the insurance claims, a furnished it appraiser visited the next neighbor his work, he (the neighbor to sign a matter of form, when too late, for his signature the stands to lose over the appraiser and an expensive la neighbor signed he was attaching the result is that papers he finds attached to a authorized agent, settlement offered satisfactory. The on details, but just considering that n

#### Location

We have now latest maps of A enable us to loc of each of the Un be kind enough (section, townshi meeting place, t if any, of such to have this inf date as possible to arrange for a tours and it is the information do so.

#### Memorandum

On going over year ending June the response to fairly satisfactory number of unions active which have to date. As the the only means the degree of li various unions, outsiders as the our membership this matter right thing points to t Alberta farmers is going to be the history of the the next winter t prominently be province, but w will need to be s carrying it into to arrange for tours, planning scale requiring port of all the the secretaries take the oppor amount due to t and thus in a ta of the support

#### Grain

The special of The Grain Grow effective for se informed that t has been good years the circula increased by a total circulation Strengthen you time strengthen advantage of the week for the bal twenty-five cen

#### Taxation

At the requ following resolu