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and only continued cooking at a high temperature will rupture this case, and fit the potato for human food. One cannot then be surprised to see the result of the tremendous strain on the digestive organs, which manifests itself outwardly in that loss of the "Bloom of childhood," so pretty to see and alas how rarely viewed in these days of promiscuous feeding. The theory that raw potatoes keep intestinal worms from children is open to argument, else, why is this continent so well advertised with worm powders, candies and remedies labelled as "attractive for children to take." Of course, excess of sweets will work as much mischief as a raw potato. As a rule babies have begun to eat something before being weaned and there seems nothing to take the place of a fairly thick crust of bread (unbuttered). Babies have a lot of saliva and the oleaginous matter is unnecessary. Oatmeal gruel, thin enough to suck up from a spoon, and sago, are also very nourishing, well boiled. Corn starch often used, has, I am told on good authority, no feeding value whatever. Soda crackers come under the same censure, soda taken in bread form being hard of digestion to many adults. If one must use sugar, and some seem to think it necessary, an excellent baby doctress says "only to barely sweeten" so as not to destroy the taste of food, but I maintain that oatmeal should be taken in the "Guid Scots way," a pinch of salt alone being used with it. The brawny Scot was a good example. I hear, also, he is dwindling away to a white loaf of bread. Now, for the granny food, cut the crust from a slice of bread, cover generously with water and simmer in a closed pan for 10 or 15 minutes, or until it swells "rich." Strain it for a wee infant, or for an older babe, just use enough water to make a delicate porridge, and feed with a spoon. For the toddler the diet is so easy I can't understand any mother wanting more, porridge, bread and butter, a little well cooked root vegetable and milk, being staples within reach of all farm raised children. Crumbled bread moistened with broth and half an egg later on are good, no meat, apples, raw and cooked, surely furnish an ample bill of fare.

You ask for an opinion re women as officers handling other women. That's rather involved, isn't it? But, as in my life I only had one woman behave in a mean unwomanly way when I was sick and helpless, I had better say she was not worth mentioning. So I think there are many fine characters I have come in contact with, that by all means women should be in a position to deal with their own mind, and much good will come of it. Lochnivar, your letter was great. Yes, equality and justice is all we want. Why are not men with your ideas in Parliament? The honorable gentlemen there at present would be employing themselves to better advantage (to us any way) by tidying the streets and beautifying vacant lots.

Apologizing for this lengthy epistle. I remain with best wishes to our hostess and all.

ROSE TURRELL.

Wilson River, Dauphin.

Dear Mrs. Turrell:—Many thanks for your letter containing the hints on child

diet. I feel sure that it will be of assistance to many of my readers. I am very glad to have your paper on votes for women. I only wish a few more would follow your example and write in on any subject of interest. Yes, I think Lochnivar's letter was very fine, and a few men like Lochnivar among the powers that be would materially help the fight for the freedom of our women. I intend to write up several papers on the care of infants, as I find there are so many young mothers out on the prairie who have no means of learning what is the best method of caring for their children. I hope that the year 1912 will see great progress in many matters affecting the women and children. I would prefer seeing the men come forward and take up the fight for women's freedom, but there is not the slightest doubt that the time is drawing nigh when women will have a voice and take a share in the making of our laws. Write again, dear friend. Many thanks for the high tribute to the page. I am glad it is of use to you, and hope indeed that it will prove more useful in the coming months.

MARY FORD.

USEFUL RECIPES

Tasty Meat Pie.—Cold meat is not very appetizing in the winter, so this is how I finish up part of my Sunday joint. The bones I make soup of. Cut the meat in pieces and lay in a pie dish, put in an egg cup and pour some gravy over the meat. Next boil some six small onions, and when soft make them into a layer in the dish and cover with a nice short crust. Be sure and leave a hole in the top. My ingredients are four ounces of flour, one tablespoonful level of baking powder, a pinch of salt, one ounce of butter, one ounce of shredded suet. Mix with some milk and water. Roll out, cover the dish and just bake sufficient to brown the crust nicely.

Oatmeal Currant Biscuits.—Take half a pound of flour, a quarter pound of coarse oatmeal, two ounces of brown sugar, two ounces of currants, and one gill of milk. Mix the flour, oatmeal and sugar; warm the butter in the milk, add the currants and then work the whole into a paste; roll out very thinly, stamp out into rounds or other shape, place them on a baking tin, and bake them in a moderate oven for about twenty minutes.

Bakewell Tart.—Grease a dinner plate, line it with pastry, spread with raspberry jam and cover with the following mixture: two ounces of butter, two ounces of sugar, one egg, three ounces of ground rice. Beat butter and sugar to a cream, add egg and beat well, then stir in the ground rice. If too stiff add a little milk. Bake about half an hour in a moderate oven. A delicious tart.

A Delicious Cake.—Mix one pound of flour, half a pound of fine white sugar, half a pound of sultana raisins, four ounces of candied peel in strips, three ounces of candied cherries cut in half, a pinch of ground cloves, a dessertspoonful of good baking powder, a pinch of salt and half a pound of butter. The latter is to be rubbed in lightly with the tips of the fingers. Three eggs and a wineglassful of milk are next to be added. Pour the mixture into a shallow baking tin (well buttered) and bake in a moderate oven for two hours.

Beef Roll.—One pound of beefsteak and half a pound of bacon fat. Mince fine and chop together, adding two teaspoonfuls of breadcrumbs and a little seasoning sauce. If liked, add salt and pepper. Unite together with a beaten egg. Form into a thick roll and place in a floured cloth tied at both ends. Boil for two hours, then turn out, and while hot cover the roll with crisp brown breadcrumbs. To be eaten cold.

MOTHER EVE'S PUDDING

If you want a good pudding, to teach you I'm willing.

Take two pennyworth of eggs (when twelve for a shilling).

And of the same fruit that Eve had once chosen

Well pared and chopped, at least half a dozen.

Six ounces of bread (let your dog eat the crust).

The crumbs must be grated as fine as the dust.

Six ounces of currants from the stones you must sort

Lest they break all your teeth, and spoil all your sport.

ASK YOUR OWN DOCTOR

To turn up the report of the British Medical Association printed in the British Medical Journal of Sept. 16th, 1911

This report proves that Bovril nourishes and strengthens, and is at the same time a valuable aid to digestion

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The long winter evenings give a woman a splendid chance for sewing or embroidery; but her eyes suffer from the strain unless she has a good light.

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It gives a strong, diffused light that is remarkably easy to the eyes.

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The Imperial Oil Company, Limited

Six ounces of sugar won't make it too sweet.

Some salt and some nutmeg will make it complete.

Three hours let it boil without hurry and flutter.

And don't serve it up without sugar and butter.

Dear Miss Ford:—I am unexpectedly called upon to make a trip either to Ontario or British Columbia with a young girl suffering from overstrained nerves due to too heavy work on the farm, means are limited, and I have not travelled by train since I settled on a Northwest farm eighteen years ago, so that I feel decidedly nervous about the undertaking. Will you kindly give me some advice as to suitable dress and cheapest mode of travel. Also could you suggest some place where board would not be too expensive, as we have no relatives whom we could visit. I enjoy very much the

Home Department, often finding very useful hints there.

Yours very truly,

Prince Albert.

A. P.

Dear Friend:—If you could let me know whether you have decided on going east or west I could then give you full information. If you are going to B.C. you will not require the warm clothing that would be necessary if you are coming east. It would save considerable time for me as I am very anxious to give you every assistance, if you will write as soon as you have decided which journey to take. Are you aware that there is a hydropathic establishment to be opened in the outskirts of Winnipeg which might, of course, save you considerable expense. Many thanks for your kind tribute to the page. I trust, indeed, to be able to help you in many useful suggestions.

MARY FORD.