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### This Ad. is Worth 50c to You

#### This Is Your Last Chance and You Must Act Quickly



Owing to the great advance in the cost of both material and labor we will be forced to advance the price of the **Three Minute Suction Washer** to \$1.75 inside of a month, and would have to do it to-day only for the fact that we have on hand a few hundred washers that were made when material was low, and which we can still sell at the original price of \$1.25 post paid. Don't forget that this is the original Suction Washer—the washer that will wash anything washable in three minutes. If it does not we will return your money. Washes fine silks, lace curtains, blankets, comforters, collars, shirts, all in the same tub at the same time, and in three minutes. It also blues and rinses. An ordinary weekly wash can be done in 30 minutes with this wonderful washer.

#### DON'T MISS THIS CHANCE!

We will accept this ad. as cash for 50c. Send us only \$1.25 and we will send the washer to any address post paid. We will also send to readers of this paper our catalogue of one hundred household necessities. Things that will make your work easier and more pleasant, articles that cannot be purchased elsewhere, and which we sell at practically wholesale prices, charges paid. Send \$1.25 for the washer to-day. Your money back if not satisfied.

The People's Wholesale Supply Co., Barrie, Ont.

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A big 110-page Cook Book sent free upon request.

The Gold Standard Mfg. Co.  
WINNIPEG

### Recipes

#### ORANGE SAUCE

Heat one pint of thin cream over a dish of hot water; then add two tablespoonfuls of sugar and the grated rind of half a medium-sized orange, and cook until the cream is scalding hot; at this point add the juice of the orange and fold in the stiffly beaten white of one large egg and turn into a warm dish for serving. To fold the egg in take the white by tablespoonfuls and lay on the sauce; then carefully cut it into the sauce; at the same time fold the sauce over it, continuing this folding motion until the white is well mixed with the sauce. This method keeps the cells of the white unbroken during the cooking, and the sauce will be light and feathery instead of thick, as when the white is beaten or stirred in.

#### BLACK PUDDING SAUCE

Beat the yolk of one egg with one-half pint of granulated sugar and a rounding tablespoonful of butter; when it is light and foamy, add half pint of boiling water in a thin stream, beating constantly; then place the dish in boiling water and set over the fire to cook until the custard coats the spoon when it is withdrawn, instead of leaving the spoon free of the mixture; at this point add a little nutmeg and flavor with lemon juice to suit the taste; then pour the mixture in a stream on the stiffly beaten white of the egg. Serve in a warm sauce dish.

#### WHAT TO EAT TO BE WARM

##### The Right Kind of Food Lessens the Coal Bill

By Mary Hamilton Talbot

A father said to me last winter, "We're lowering our expense account by almost cutting out meat. We hardly buy two pounds a week, and I never saw the kids so hungry; we have trouble to get enough bread and potatoes to fill them up. It's funny, though, when they have such wholesome food that they complain so much of headache and have so many colds."

I was their guest soon afterward and when I saw Johnnie eat six potatoes and as many slices of bread, and Martha "fill up" on these foods, I knew why it took so much to satisfy them and the reason for the headaches and colds.

Every fiber of their growing, expanding bodies cried out for muscle-making elements which their food lacked, and then rebellious Nature remonstrated against such a starchy diet. The overtaxed waste channels did not properly eliminate the food clinkers and the result was headache and lowered vitality, in which state an individual becomes a prey to colds and grip.

A no-meat diet which cuts expense at the cost of the body is poor economy, for meat is the great furnisher of heat and muscle-energy and is one of the greatest stimulants among foods. Our food is like the fuel we put in our furnaces, it must be burned before there is a feeling of warmth.

I can hear some meat-loving man say to his wife right here, "What did I tell you about meat? If it makes a fellow warm, have it every meal. Just cut out those 'substitutes' we've been having."

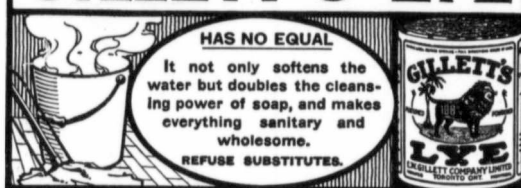
My friend, you are mistaken about having meat on the bill-of-fare three times a day. While it is a winter necessity, it must be used with discretion, and a safe rule at this season is to let meat be the main dish at one meal a day, and let the protein (the principle constituent of meat) at the other meals come from eggs, fish, cheese and nuts, all rich in this warming food element.

#### Store Energy Slowly

"I love mince pie, but it always gives me indigestion," said one of my friends. "When do you eat it?" I asked.

"Why, for dessert at dinner," was her reply. No wonder the stomach of the average mortal rebels at eating mince pie after a dinner of beefsteak or roast beef. There is too much protein. If, however, you let it be the dessert when the main dish at dinner is fish or "meat substitute," I doubt much if you will have any discomfort; or have it for luncheon or supper, for an ordinary

## GILLETT'S LYE



#### HAS NO EQUAL

It not only softens the water but doubles the cleansing power of soap, and makes everything sanitary and wholesome.

REFUSE SUBSTITUTES.



#### FOAMY SAUCE

Make the sauce as for a lemon sauce, and after cooking pour it in a thin stream

on the stiffly beaten white of one large egg, beating constantly during the pouring process.

## UNION BANK OF CANADA

### With Cash in The Bank You Can Buy to Advantage

Everything costs more when you have to buy on credit. Why not practice self-denial awhile, if necessary? Open a Savings Account in the Union Bank of Canada and with the money in hand buy at cash prices. The saving will help your balance to grow.

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Head Office: Winnipeg  
Total Assets over  
\$90,500,000  
Deposits over \$73,500,000



### In the Fall the Farmer's Fancy Lightly Turns to Thoughts of Ease

**N**OW that the Farmer's big rush is over, or about over, and the fruits of a year's labor begins rolling in, he is no doubt looking ahead with no little pleasant anticipation to a well-earned rest. The Farmers' vacation time is approaching—all farmers take a vacation—if any do not, they certainly should. Vacation time, of course, means a holiday and a change; a change of climate if possible; a change of surroundings anyway. A change from the general routine, which must at intervals become monotonous. Even a change of faces is sometimes anything but unwelcome.

Take a trip—somewhere—anywhere—and just mention your intention to the nearest Canadian Northern agent; we'll do the rest, and we'll do it right. We have them all—the Service—Equipment—Dining Car Service—Standard Sleeping Cars—Newest and Best of Tourist Cars and Day Coaches, electric lighted, with every latest improvement, all of which with the courteousness of the attendants make up a service that Canadians are likely to mention when talking to outsiders in a boastful mood.

R. CREELMAN,

General Passenger Agent

WINNIPEG

### Best Prices for Furs

How much we can give for furs, not how little, is always the question with us. We pay bigger prices because this method gives us first chance at best furs, and manufacturers come to us for their supply. Trappers, hunters and farmers all over the country send catches to us because they know no one else could pay more or would pay so much. We will take your furs, too, on the same basis. Write at once and get our price list early. We tell you about every change in the market. You get the prices shown. No deductions for commission or transportation. Liberal grading.

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