

School and College Directory

Alberta Ladies College

RED DEER, ALBERTA

A High Class Residential College for Girls and Young Women.
New Building—30 acres Grounds.

Academic Work includes Public and High School Courses, also Music, Art, Household Science and Full Commercial Course.

For Calendar apply **REV. N. D. KEITH, M.A., President**

St. Hilda's College

CALGARY, Alta.

A CHURCH RESIDENTIAL AND DAY SCHOOL FOR GIRLS

Preparation for the Universities. Full Commercial Course. Special Courses in Music, Art and Voice Culture. Attention given to individual needs. Extensive Grounds. Out-door Games and Physical Training.

AUTUMN TERM BEGINS TUESDAY, SEPTEMBER 7

For Prospectus apply to—**Miss SHIBLEY, B.A., Principal**

NOTICE TO PARENTS

The Schools and Colleges whose announcements appear on this page are institutions of proven standing in their respective branches of education and The Guide believes that parents will make no mistake in selecting from them those which they consider best suited for the education of their sons and daughters.

St. John's College School

for boys, resident and non-resident. Course of studies adapted to give thorough elementary training in lower forms in English Languages and Mathematics, and especially to prepare for Arts, Law and Medical Matriculation Exams. for Universities of Manitoba, Toronto, McGill and R. M. C. Kingston.

Will open September 8. Boarders should be in residence on September 7. Playing fields, tennis courts, skating rink and gymnasium under competent instructor afford every facility for physical training. For calendar and forms of application, apply to **W. BURMAN, Bursar, St. John's College, Winnipeg, Man.** Phone: St. John 495.

SEND Your Daughters to ST. ALBAN'S COLLEGE PRINCE ALBERT SASKATCHEWAN

Leading Girls' School in Western Canada. Excellent results in Departmental, University. Music and Art Examinations

Principal: **Miss J. VIRTUE**

President: **THE LORD BISHOP of SASKATCHEWAN**

FULLY QUALIFIED AND EXPERIENCED STAFF.

SCHOOL RE-OPENS SEPT. 8

WRITE FOR PROSPECTUS



E. J. O'Sullivan, M.A., Pres.

Members of the Commercial Educators' Association

Winnipeg Business College

Established 1882—33rd Year

Canada's Greatest School of Business Training. Secretarial Work, Bookkeeping, Shorthand, Typewriting and Salesmanship

Awarded First Prize at World's Exposition

Individual instruction. Visitors welcome, especially teachers. Desirable positions secured for all graduates. Please write, call or phone Main 45 for free illustrated catalogue.

THE WINNIPEG BUSINESS COLLEGE, 222 Portage Ave., Corner Fort St.
No graduates out of employment

Earn More with Less Toil

by learning to make your chosen work of highest value to employer. Fulfillment of your every need. Thoroughness of instruction increases earning power, income and happiness. Liberal arts, engineering, music, mechanics, commercial, pedagogy, automobiles, pharmacy, telegraphy, fine arts, oratory—almost everything—each specialized by expert faculty. Lack of wealth need not deter you. Open almost all the year. Write to **HIGHLAND PARK COLLEGE**

George P. Magill, A.M., D.D., President
Des Moines, Iowa

Saskatoon, Sask., Aug. 16, 1915

GUARANTEE

THIS is to certify that we promise to place you in a position if you graduate at our Business College. IF we fail to place you we will refund any money paid us by you for tuition. Write for Catalogue.

WESTERN COMMERCIAL COLLEGE
(Signed) J. M. Michelson, Prin.

SUCCESS Business College

WINNIPEG - MAN.

GET the right start NOW. Learn Business—the greatest profession in the world. Learn it at the Success, the largest, strongest and most reliable Business School. It has ten branches in ten Canadian cities—trains more students than all competitors combined—HOLDS CHAMPIONSHIP TYPE-WRITING RECORD OF CANADA—member of the Business Educators' Association—secures the best positions—engages expert teachers—gives individual instruction in Bookkeeping, Higher Accounting, Arithmetic, English, Shorthand, Typewriting, Penmanship, Gasoline and Steam Engineering. Write or call for free information.

F. G. Garbutt
President

D. F. Ferguson
Principal

Regina College

Regina, Sask.

RESIDENTIAL SCHOOL FOR MEN AND WOMEN

DEPARTMENTS:

Academic, Business and Agriculture, Music, Household Science, Elocution and Art

Students prepared for Teachers' Certificates or Junior and Senior Matriculation.

General Term opens September 29. Special Winter Course for Farmers' Sons November 15.

For full Particulars and Calendar apply to THE REGISTRAR, Regina College.

President:

Rev. E. W. STAPLEFORD, B.A.

Edmonton College

Conducted by Jesuit Fathers

Courses in Classics, Sciences and Commerce. English, French, Latin and Greek. Natural Sciences and Mathematics. Complete Business Course. Typewriting and Shorthand. Military and Physical Training.

For Prospectus:

Rev. Fr. RECTOR, Jesuit College, EDMONTON

Brandon College

Brandon, Man.

A RESIDENTIAL COLLEGE FOR YOUNG MEN AND WOMEN

Five Well-Organized Departments

Arts, Theology, Academic, Business, Music and Expression. Carefully selected faculty, standardized Courses, Healthful Location, Home Life, High Ideals. The majority of a representative student body from rural Western Canada.

President - **HOWARD P. WHIDDEN, D.D., LL.D.**
Lady Principal - **Miss ERNESTINE R. WHITESIDE, B.A.**
For Calendars and any Information write **DR. S. J. McKEE, Registrar.**

SEVENTEENTH SESSION OPENS SEPTEMBER 28, 1915

Nature on the Prairie

Notes and Photos by **S. J. Wigley**,
Edgerton, Alta.

AUTUMN SUNFLOWER (Helianthus Autumnales)

This is another late summer flower and in its season makes the prairies shine like burnished gold. By farmers it is regarded as a troublesome weed and is difficult to control.

Sunflowers have been generally cultivated for their beauty alone, but we are beginning to recognize from experiences gained in Russia and China the economic value of the plant. Its chief value lies in the seed from which an edible oil may

be extracted. The remaining oil-cake is extremely rich in nitrogenous matter and has a food value equal to linseed oil cake. Sunflower seeds are often used by stockmen for the purpose of keeping animals in excellent physical condition.

The supposed efficacy of the seeds for the cure of certain diseases such as rheumatism is largely mythical. The notion that sunflowers planted in malarial regions will prevent the development of that fever is also probably an illusion. In Canada the sunflower seems to be grown purely for ornamental purposes or occasionally for poultry food. In Russia sunflower seed oil is a staple article of food, especially during religious fasts when meat is forbidden. The seeds are often eaten raw or roasted as peanuts.

In the States three varieties are grown for seed:—

The common sunflower, with no other



AUTUMN SUNFLOWER

distinguishing name, has nodding heads from eight to sixteen inches in diameter and striped or brownish grey seeds.

The mammoth Russian with heads fifteen to twenty inches in diameter and seeds half an inch long, sometimes white with black or brownish stripes.

The black giant sunflower which has thick black seeds and flower heads from sixteen to twenty inches across.

The sunflower botanical family is the largest of all flowering plants, is represented in all parts of the world and numbers some ten thousand species. The roots or root stocks of many of these contain a chemical principal, inulin, which is poisonous, but has a medicinal value.

THE YELLOW LADY'S SLIPPER (Cypripedium Pubescens)

This beautiful orchid grows in swamps and moist woods in almost every part of Canada, is a great favorite with all lovers



LADY'S SLIPPER

of nature and often used in church decorations. The stem, which sometimes reaches a height of two feet, bears a pale yellow moccasin shaped flower, and this accounts for its common name, "Indian Moccasin."