

NEW COAL OIL LIGHT BEATS ELECTRIC OR GASOLINE
10 Days FREE—Send No Money



We don't ask you to pay us a cent until you have used this wonderful modern light in your own home for ten days, then you may return it at our expense if not perfectly satisfied. We want you to prove for yourself that it gives five to fifteen times as much light as the ordinary oil lamp; beats electric, gasoline or acetylene. Lights and is put out just like the old oil lamp;
BURNS 70 HOURS ON 1 GALLON OIL
 Gives a powerful white light, burns common coal oil (kerosene), no odor, smoke or noise, simple, clean, won't explode. Guaranteed.

\$1000.00 Reward
 will be given to the person who shows us an oil lamp equal to this Aladdin in every way (details of offer given in our circular). Would we dare make such a challenge to the world if there was the slightest doubt as to the merits of the Aladdin? We want one person in each locality to whom we can refer customers. Write quick for our 10 Day Absolutely Free Trial Proposition, Agents' Wholesale Prices, and learn how to get ONE FREE.

AGENTS WANTED
 to demonstrate in territory where oil lamps are in use. Experience unnecessary. Many agents average five sales a day and make \$300.00 per month. One farmer cleared over \$500.00 in 6 weeks. You can make money evenings and spare time. Write quick for territory and sample.

MANTLE LAMP CO., 249 Aladdin Bldg., Montreal & Winnipeg

News to most women!

Oven-tested flour is for sale. Instead of buying ordinary flour you can buy flour whose baking ability has been proven in an oven:

A ten pound sample is taken from each shipment of wheat at the mill. This is ground into flour. The flour is baked into bread.

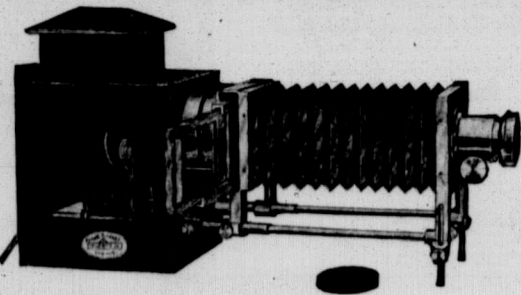
PURITY

If this flour bakes into bread high in quality and large in quantity we keep the whole shipment of wheat and grind it. Otherwise we sell it.

More bread and better bread from this flour is a certainty!

"More Bread and Better Bread" and
 "Better Pastry Too" 528

Christmas Suggestion: A Stereopticon



Suitable for the home or schoolroom. Easily operated by any member of the family, and gives unlimited amusement to all during the long winter evenings.

Fitted with Electric or Acetylene Light.

For full particulars and price list write us at once.

Steele Mitchell Limited
 Dept. "G"
 WINNIPEG :: MAN.

NUMBER ONE HARD WHEAT

Is worth more than lower grades. It is the same with Washing Machines. Others may be honestly constructed, but the

I.X.L. VACUUM WASHER

Price \$3.50, unless special offer mentioned below is mailed

washes in the new way, and it is the original and best designed vacuum washer on the market. IT DOES NOT DEPEND ON MOVING PARTS to do its work, and therefore has nothing to get out of order.

NO NEED TO PUT YOUR HANDS IN THE WATER
 Yet a tub of clothes can be washed in three minutes. The I.X.L. forces the water through the fabric and removes the dirt by compressed air and suction. Washes anything and everything, from the most delicate laces to the heaviest blankets, in the same tub, absolutely without injury; also rinses and blues. No power required.

BE SURE YOU BUY AN I.X.L.
 Because it has patented and exclusive features found in no other washer. This is the reason why it excels. It Dry-Cleans with Gasoline.

SPECIAL OFFER

GRAIN GROWERS' GUIDE COUPON
 Return this Coupon and \$1.50 to THE DOMINION UTILITIES MFG. CO. Ltd., 482½ Main St., Winnipeg, and we will send you a sample I.X.L. Vacuum Washer, all charges prepaid. Agents Wanted.



Sunshine

The Grain Growers' Sunshine Guild

NEWS OF THE WEEK

I should like to repeat, for the benefit of those who were too busy to read the papers early in the fall, that I would be very glad to publish reports of the work of Women Grain Growers', Homemakers' or Home Economics' meetings if the secretaries will take the trouble to send them to me. Especially would I like to have the reports of any unusually interesting meetings or an account of any new branch of work these clubs are taking up.

We want the pages of The Guide to be an inspiration to every organization that has been formed for the uplift of women in any part of the West, and our readers to feel free to use it for the furthering of any of these societies.

I am glad that so many warm hearts have been touched by the appeals for assistance I have printed lately. While I would much rather reform economic conditions, so that people would not need to be poor and require financial assistance, some of the cases that have come before The Guide in the last month have been too urgent to permit of delay.

In answer to our reader who would like the address of the Woman's Home Companion, I am printing it below. I might mention that if our correspondent is interested in the topics of the day, she will find the Delineator a much more progressive magazine. The address of the Companion is, The Crowell Publishing Company, 381 Fourth Avenue, New York. Canadian subscription price \$2.00 per year.

The address of the Delineator is, The Butterick Publishing Company, Spring and McDougall Streets, New York. The subscription price is the same as for the Companion.

I am printing below the recipe Helen wanted for steeped flaxseed. It is the same flaxseed as is grown here.

FRANCIS MARION BEYNON.

TO MAKE CHILD-BIRTH EASY

To make child-birth easy and to insure the health of both parties concerned, take a couple of tablespoons of flaxseed, better unground, well steeped in warm water and flavored with either salt or sugar, every day for the final three months before confinement. It is easy to take and very beneficial, oiling and nourishing the muscles and making it startlingly easy. This is a very, very old recipe and there is none better, but help must be at instant hand as there is no labor of any account.

WOLF WILLOW.

HAVE HAD SICKNESS

Dear Miss Beynon:—I would be very much obliged to your Sunshine Guild if you could possibly help me secure any underclothes and any footwear for winter. We are having very straightened circumstances this summer, I having got blood-poisoning in my ankle, which left a hole with a running sore. We tried to hire a woman to look after me so my husband could go and work out to meet the expenses which occurred, but failed, so he has had to stay home and do all the work and we are in this predicament at present. The expense of a doctor means \$17.00 a trip, so it's really costly to be sick here. We have three children, the oldest a boy, six years, a girl, sixteen months, and one baby boy, one moth old, but sick since birth through my trouble this summer. Dear Miss Beynon, I could cut and fix anything that would be big or too long and would only be too glad to do it.

JOCK'S WIFE.

A PIONEER

Dear Miss Beynon:—May I come in your circle for a little chat? I see so many women giving their ideas and find so many helpful hints in your pages, which come in pretty handy out here on the prairie.

We have lived out here over six years now. We were the first homesteaders here, our nearest neighbor being eight miles from us and I tell you it was pretty lonesome at times. We had a poor crop this year and my garden was a total failure.

I see so many letters from women telling about their troubles and hard work and feel sorry for those that are

not happy, for it must be hard to live like that.

I think if some of them would have more faith in our dear Lord, they would get along better.

I have been married eight years and we are still lovers, which makes our home so happy. We have four children. Will you please send me the two little booklets, "How to Teach the Truth to Children," and "Maternity."

Can any of the members tell me how to take the rust out of a white dress?

Well, this is longer than I intended to write when I got started, but if you have not got room for it, just throw it into the W.P.B. Wishing you success in the good you are doing, I will sign myself

A LOVER YET.

A good way to take rust out of a white dress is to wet the spot with lemon juice, cover with salt and expose to bright sunlight.

F.M.B.

HAILED OUT TWO YEARS SUCCESSIVELY

Dear Miss Beynon:—Although we have taken The Guide for several years, I have never written you before, and am half ashamed to write now as I am only asking for help.

We live on a homestead and had the misfortune to be completely haled out in 1911 and 1912, and no insurance. Then there has been three years' seed grain to buy. This year our crop is fairly good, but we have so many bills to meet there will be no money left for clothing.

I have six children, my eldest girl is fifteen, tall for her age, but is never well for long together. If no one has accepted "Anxious'" kind offer, I should be very grateful for some of the clothing.

Wishing you every success in your good work.

GREY MOTHER.

As I said last week, "Anxious'" received about twenty letters and then wrote asking me not to forward any more.

F.M.B.

HER NEED IS A WARM SHAWL AND BOOTS

Dear Miss Beynon:—I am writing to ask you if any of the members have got a cloth shawl or a pair of felt boots, size 4, or anything warm for an old lady. I enjoy your talks more than anything else I read and I learn a great deal from The Guide in general. Wishing you every good wish and much success, I remain,

IRISH NORA.

P.S.—I will pay all charges if anyone can oblige.

OATMEAL COOKIES

Dear Miss Beynon:—I have not written before, but I take a great interest in the Sunshine page and the Country Homemakers.

I have a very good recipe for oatmeal cookies which someone may like. 3 cups flour, 1 cup sugar, 1 cup butter, 3 cups oatmeal, 1 teaspoon soda, 1 teaspoon cream of tartar, sweet milk enough to mix. Are very nice with dates between too.

I will close now, wishing you success in your good work. Will sign myself

BELL.

Sorry to have to change your pen name, but we already have one Prairie Bell.

F. M. B.

Old Fashioned Indian Pudding

Bring two quarts of milk to the scalding point, adding a pinch of salt, then gradually sift into this one and a half cupfuls of yellow corn meal and a tablespoonful of ground ginger. Let this stand for twenty minutes, then stir in a cupful of molasses, a heaping tablespoonful of butter and last of all two well beaten eggs. Pour into a deep earthenware dish and bake for two hours. Serve with powdered maple sugar and cream, or with hard sauce flavored with nutmeg.

The whole of our national life would be richer and purer and fuller if women could take a direct part in politics.—The Bishop of Lichfield.

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