It Is Worth Its Cost To You

In increased vigor and strength; in increased power to produce, to earn, to enjoy; for

is acknowledged to be the greatest known producer of human energy

Bovril is Concentrated Beef





Something for the Ladies

A UNIQUE SUGGESTION

How would you like to earn some Pin Money?;
Are you interested in Woman's Suffrage. Homesteads for Women and the leading questions of the day?
Have you a desire to take an active part in lifting the social tone of your community?

It is the women on the farm who influence most largely the character of the rising generation. Efficiency, irrespective of sex, is the watchword now-

Wouldn't you like to lend a hand to let us have the best for women, for the good of all?

If you are interested and desire

If you are interested and desire pleasing employment without interwith your everyday duties, write to:-

THE PIN MONEY BUREAU,

GRAIN GROWERS' GUIDE, WINNIPEG, CANADA.

We will show you how to obtain these reforms and pay you well for your work. DO NOT DELAY—WRITE TODAY.

The Country Homemakers

the front of the armhole in half, having the two pins together, and put a pin at the half of the folded front; that will give the place for the seam of the sleeve to be put, and where the tacking in of the sleeve should begin.

A USEFUL SCULLERY TIDY

Out of four or more cigar boxes of equal size may be made a very useful "Tidy," in which the various cleaning materials can be stored. Place the boxes so that their lids all hang down in front and glue the boxes together in this position. A coat of dark green enamel outside will greatly improve the appearance of the "Tidy," which should be finished with hangers so that it can hang in a convenient hangers so that it can hang in a convenient place against the scullery wall.

PAINT ON GLASS

To remove paint from window glass, make a strong solution of potash, saturate the spots of paint with this, and let it remain until it is nearly dry. Then rub it off with a woollen cloth.

MARKING LINEN

When marking linen, first write the name in blacklead pencil, then mark over the pencil with the ink. You will find that the pencil prevents the ink from spreading and looking unsightly, as is so often the case. Always use a new pennib for each set of clothes.

TO RENOVATE AN OLD CLOTH DRESS

Unpick at the waistband and unpick enough to allow it to lie flat. Brush very the wastband and unpick enough to allow it to lie flat. Brush very thoroughly, then arrange an ironer's dressboard on two chairs, and get a stiff brush and a basin of hot water containing a little liquid ammonia. Get a piece of clean cloth half a yard square, and have three or four hot irons on the fire. It is important to have these just under scorching point. Spread the dress over the board, dip the cloth in the water, and wring it out as dry as possible. Then spread it like a patch over the dress, smooth it down, and iron quickly with the hottest iron. As soon as the iron has passed over the whole surface of the cloth, tear it off quickly, and while the dress below is steaming brush up the nap with the clothes brush. Repeat the same process over the whole of the dress. The effect is marvellous, and the dress, when done, will look almost a new one.



MODELS FOR THE COOL DAYS

MODELS FOR THE COOL DAYS

7405—Cutaway Coat for Misses and Small Women,
16 and 18 years. For the 16 year size will be required 2½ yards of material 36 inches wide,
7100—Short Coat for Misses and Small Women,
14, 16 and 18 years. With collar that can be made
round or square at the back. For the 16 year size
will be required 2½ yards of material 36 inches
wide, ½ yard 27 inches wide for collar and cuffs.
7406—Outing Coat or Blazer, 34 to 40 bust. For
the medium size will be required 2½ yards of material 36 inches wide.
7147—Six Gored Skirt, 22 to 32 waist, with high
or natural waistline. For the medium size wild
be required 4 yards of material 36 inches wide

or natural waistline. For the medium size will be required 4 yards of material 35 inches wide when material has figure or nap, 4 yards 36 inches wide when material has neither figure or nap, 7387—Six Gored Skirt, 22 to 30 waist, with high or natural waistline, with or without box plait effect. For the medium size will be required 5½ yards of material 36 inches wide when material has figure or nap, 4 yards 36 inches wide when material has neither figure or nap. 7427—Five Gored Skirt for Misses and Small Womes, 16 and 18 years. With high or natural waistline. For the 16 year size will be required 3½ yards of material 36 inches wide, when material has figure or nap, 2½ yards 36 inches wide when material has neither figure or nap.

Every Woman Who Enters Your Store

Is a Prospective Purchaser of

Benson's Prepared Corn

It is indispensible to the housewife It is the purest and finest Corn Starch obtainable It is unequalled for baking, thickening gravies, making custards, blanc mange, etc.

There is a Permanent Demand for "BENSON'S"

It creates business and brings repeat orders It never fails to give satisfaction

It Nets You a Fair Margin of Profit

Now is the season for Benson's Prepared Corn Your Order will receive Immediate Attention

DWARDSBURG MONTREAL-CARDINAL-TORONTO-BRANTFORD-VANCOUVER

GROCERIES

Orders or over freight charges paid to any station in Manitoba, and 30 cents per 100 lbs. allowed towards freight on \$15 orders to Sask. and Alberta. We refund your money and pay freight charges both ways if the goods we ship you are not satisfactory.

WRITE FOR CATALOGUE DUNGAN & HUNTER, Mail Order Grocers Desk B, 543 Logan Ave., Winnipeg

SHERWIN-WILLIAMS PAINTS & VARNISHES



For the Farm

To protect bridges, windmills, metal roofs, structural iron, barns, and rough lumber so that the protection will last use Sherwin-Williams Roof and Bridge Paint. Spreads easily, covers well, gives sturdy service. Go to the local Sherwin-Williams dealer.



THE SHERWIN-WILLIAMS Co. of Canada, Limited, Montreal, Toronto, Winnipeg, Vancouver

R. A. BONNAR, K.C. WARD HOLLANDS W. H. TRUEMAN, LL.B.

Bonnar, Trueman & Hollands BARRISTERS, ETC.

P.O. Box 158 Telephone Garry 4783

Offices: Suite 5-7 London Block WINNIPEG