

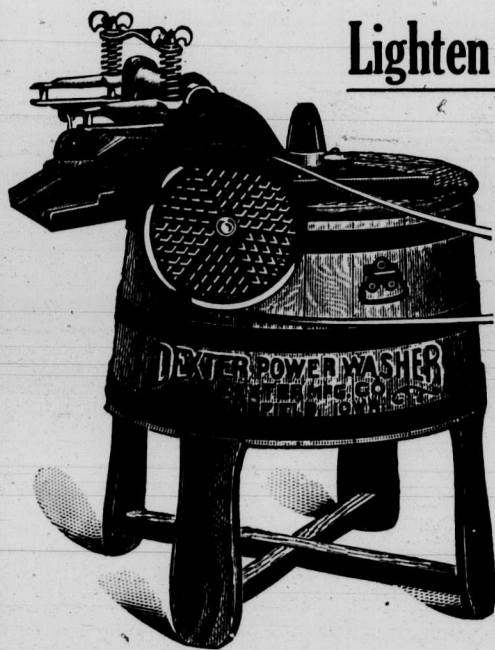
Make The Teapot Test

Put "SALADA" TEA in a warm teapot---pour on freshly boiled water---let stand for five minutes---and you will have the most delicious cup of tea you ever tasted.

"SALADA"

HAS THE FLAVOR! THE FRAGRANCE! THE DELICIOUSNESS
that makes Ceylon Tea the beverage of delight.
In sealed lead packages ONLY.

BLACK, GREEN or MIXED



Lighten Your Wife's Labors!

WITH A

Hand, Power or Electric Washing Machine

PRICES (Cash with Order)

Hand Machine with Pulley \$12.40

Power Machine . . \$22.40

Electric Machine . . \$55.00

No Wringer furnished to the Hand Machine

WRITE FOR CATALOGUE

Sole Agents for Western Canada:

BURRIDGE COOPER CO. LTD.

Winnipeg and Regina

SHIP YOUR
FURS AND HIDES
TO **McMILLAN FUR & WOOL CO.**
WINNIPEG, MANITOBA
Write for Circular

Convincing to Ladies-- This Oven Test!

So that you may use less flour, we do what a home cook would do if she were in our place.

From every shipment of wheat delivered at our mills we take a ten pound sample. We grind this into flour. Bread is baked from the flour.

PURITY

We find that some samples make more bread and better bread than others. So we keep the shipment from which the more and better bread comes. The others we sell.

You save money by using flour that bears this name. And you get Better bread.

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

521

Sunshine

The Grain Growers' Sunshine Guild

NEWS OF THE WEEK

Evidently some of our readers failed to see the note I put in the paper some time ago, asking them not to ship parcels of clothing to The Guide office. At any rate four parcels did arrive, which I sent at once to the Associated Charities to help them in their work of relieving poverty in the city. It does not pay to ship these parcels back to the country. Mr. Falk, the gentleman in charge of the organization, was deeply grateful for the things, which he said were exceptionally good, but I believe he is writing a little later himself to express his appreciation.

The two dollars sent in by Mrs. Tatham, Curtis Williams, Roscoe Williams and Chris. Christensen was spent on things for the little lame and sick folk in the Children's Hospital. To the Children's Hospital also we sent the box of toys from the children of the Shoal Lake Sunday school. They were used on the Christmas tree that was given to these unfortunate little ones.

The Christmas offering sent in by Mrs. Glass and children, of Belmont, I am sorry to say, did not reach my office until the morning after Christmas, so I had it entered up in the Sunshine fund to be used to help someone over the hard winter. I hope the donors will approve of that disposition of their gift.

FRANCIS MARION BEYNON.

ABOUT NURSING A TINY BABY

Dear Miss Beynon:—Some time ago I wrote you on the suffrage question, but this letter is on a very different topic. Before taking up this other subject, I must mention the success we had with our petitions. On one we had over thirty names and no refusals, the other, twenty names and three women refused to sign. If that is at all indicative of the feeling throughout the country, it shows clearly what a great majority are in favor of having the vote. A third petition was started following ours in the district north of us, but I do not know the figures for it.

The topic that I wish to write upon is one that might well have been taken up in the Mothers' number. It is the treatment of babies immediately after birth. Have you ever heard of the plan of not feeding the poor little creatures for three days? The doctor in this district

advised this, in a case that came under my notice and it nearly cost the poor bairn its life.

Surely common sense would prevent the doing of such a thing. How many weakling foals or lambs, think you, would the farmer save if he deprived them of their mother's milk for the first three days of their existence? What insane folly will pass for wisdom if only it is spoken with authority. God makes no mistakes. He has provided for the tiny one to be fed. How? With a spoon or castor oil? No, by the proper natural means, the mother's breast, which holds just the best possible food and medicine for the new-born infant. What does instinct say? Is it not a mother's chief desire when the little one is laid in her arms to hold it to her breast? Three days—it fairly makes me snort with rage every time I think of it.

While I'm talking of babies I'll mention the hot water bag for them. I find it splendid to lay it in the crib when I lift baby out to see to him, then the clothes are still warm and comfy when I return him to sleep among them.

I was sorry to see that Direct Legislation had not had the requisite percentage of votes. But were you not struck with the showing the country folk made? I guess the Hayseeds are the best read men after all on what concerns the laws of the land, even if they haven't all the latest novels on their shelves.

This letter is running on longer than I intended, but I hope you will publish it and that it may prevent some young mother following a foolish doctor's orders to wait three days before nursing her babe. Perhaps she would learn the utter folly of it when her arms were empty. Yours sincerely,

M. M. DICKSON.

A friend is a person with whom I may be sincere; before him I may think aloud. —Emerson.

NOTE—Ten days to two weeks must be allowed for the forwarding of patterns.



8026—Girl's Coat in Balkan Style, 8 to 14 years. With or without Belt and Cuffs.

8003—Girl's Yoke Dress, 6 to 12 years. With Three-Quarter or Long Sleeves, with or without Lining.

8011—Girl's Dress, 8 to 14 years. With or without Lining, with Long or Three-Quarter Sleeves, with or without Shield, that can be made Low or High.

8027—Child's One-Piece Dress, 2 to 6 years. With Box Plait at Front and at Back, Long or Three-Quarter Sleeves, High or Low Shield.

8012—Boy's Box Plaited Dress, 2 to 6 years. With Knickerbockers.

The above patterns will be mailed to any address by the Fashion Department of this paper, on receipt of ten cents for each.

Note.—Everyone sending for patterns is requested to send the number of pattern and the size. This is absolutely necessary to insure satisfactory service.

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