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# Makes lighter, whiter, better flavored bread -produces more loaves to barrel.

# Sunshine Guild rain Growers

Conducted by Margaret

OFFICERS

OFFICERS

Hon. Pres.
Lady MacMillan
Fres. Gen. of the World's Sunshine
Societies - Mrs. Cynthia W. Alden
96 Fifth Avenue, New York
Pres. of Manitoba - Mrs. W. J. Boyd
Vice Pres. - Mrs. C. P. Walker
Secretary - Mrs. Mawbray Berkeley
Treasurer - Mrs. Grant Hall
Organizing Secretary Mrs. E. S. Lilley
Advisors Board

Advisory Board

Mr. R. McKenzie. Honorable T. M.
Daly, Rev. J. L. Gordon, Rev. R. O.
and Mrs Armstrong. Dr. and Mrs.
Weagant. Mrs. Kalberer. Mrs. Godfrey.
Mrs. Grant Hall. Mrs. K. Young. Mr.
Mrs. Nichols. Mr. George C.
Caron, Mrs. Biggs.

Associate membership fee, \$1.00. Badges and buttons 50 cents each. Buttons, S. G. 5 cents each.

# OBJECTS

To scatter Sunshine everywhere. To feed and clothe some hungry child. To care for the blind from infancy. To maintain the Girls' Club room.

# MOTTO

Each one of us owns to some failing, Though some may have more than the

rest.

But there's no good in heedlessly railing
'Gainst those that are striving their best.

Remember a good word spoken com-

plaining, May blight every effort and plan, Which a kind word would help in attaining So say a kind word if you can.

Dear Friends:—If we could only realize the power of a kind word. The many-hearts that are lost "just because" the loving word and kindly smile was forgotten. As the farmer who sows good seed generally reaps a goodly harvest, so if we sow only acts of kindness, love and sympathy, we shall reap a bountiful harvest, of happiness and joy- If ugly weeds have sprung up in your life, pull them up and plough the land again. Sow with a generous hand. Pause not for boll or poin. Then scatter with a generous hand the good seed of an unselfish, kindly life, and your harvest of joy and love

and peace shall be bountiful indeed while waiting for the Autumn which brings the sheaves of golden grain.

Remember, that, no matter how heavy your own burden may be: there are others whose hurdens are heavier still. As you try to lighten the burdens of others be assured your own burdens will grow lighter.

So many people say I am too poor to help much, but it is the tiny every-day kindnesses that are needed so badly, in our work. One cent is not much, but if one hundred cents come together much can be done; so that I want my readers to remember that "only" a cent is very often a great help to me. If you cannot afford the cent well, say a kind word or give a loving smile to some one you meet and the kind word or smile may save some soul from despair and be of untold help to some soul in need. Laughter and love, the kindly word of appreciation, for any kindness shown are the greatest factors in human happiness.

MARGARET.

# GLADNESS EVERYWHERE

GLADNESS EVERYWHERE
Once in a while the sun shines out
And the summer skies are a perfect blue,
Once in a while midst clouds of doubt.
Hope's brightest cloud comes peeping
through.
Our paths lead down by the meadows fair,
Where the blossoms nod and smile,
And we lay aside, once in a while, our cross
of care.
Oh Life can be summer from start to end,
If we always allow good and had to blend,
And not get bitter when troubles arise
But take all as it comes with glad surprise. But take all as it comes with glad surprise.

# BABY MINE

Good-night, little boy,
I've counted your toes,
I've kissed all your fingers
And rumpled your nose.

Good-night, summer baby, The day's gone away, The big, tired darkness, Doesn't know how to play.

Good-night, little baby, My arms are the bed, My heart is the pillow, My love is the spread!

# A SAD CASE

A SAD CASE

A farmer living at Claudbove, near St.
Louis Fresh Air Home, has had the
misfortune to lose fourteen cows, through
some accidents. As he had no crop in
this year, having given up the land to
pasturace his entire living for this season
has been lost. The Modern Woselmen of
America and the Sunshine Guild gave a
concert at St. Louis school house on
Friday night which proved a great success.
The proceeds will go to the fund which
the Modern Woodmen intend to raise
to replace this very heavy loss.

# IN THE DARK

remember well, when I was a child, And would sometimes wake in the night, would put out my hand to my mother there. And she'd hold it firm and tight.

And, somehow, I seemed less afraid in the

And, somenow, I seemed less array in the dark.
As she held my hand in hers.
Oh, the thought of those hours when I felt her near,
A memory deep it stirs.

Full many a year has passed since then,
I have had my hour of pain,
But beneath the touch of that hand of hers,
I build my hopes again.

# SUNSHINE BLIND BOY

Harold Green returned to school yester-day and will remain there two years. He is a very bright boy and won-leefully improved by his stay at Brantford. His outfit was very nice but not quite com-plete as he still requires three pairs or short pants and three shirts, and three pairs of stockings.

Head Office: GRAIN GROWERS' GUIDE, WINNIPEG

In this existence, dry and wet,
Will overtake the best of men—
Some little shift o' clouds 'll shet
The sun off now and theu;
They ain't no sense as I can see
In mortals sich as you and me,
A-faultin' Nature's wise intents,
And lockin' horns with Providence.

GOT HER PIN

Dear Margaret:—Thank you so much for the lovely pin and membership card you sent me. I feel quite proud to think I am a member of the "Sunshine Guide." I mean to do my very best to always keep bright and cheerful, and book on the aunny side of everything and with God's help I will do my best to help those who are in trouble.

MAPLE LEAF.

### Nings, Man.

Nings, Man.

I am no pleased to think dear friend, you will try to help all those in need. All around each one of us are people in need of our help and sympathy. We must do our best to cheer them.

We cannot all have gold and silver to command; but we can all give, what is equal and very often of greater value—our time, our thoughts, our energies, our sympathy. It is the happy workers who do the most good. The services that count are those which are performed kindly, sweetly, graciously, and with a smiling fare. The decided that are really helpful are done with the heart as well as the hand. Write often dear get and tell in any way that I can help you.

MARGARET.

# MARGARET.

## WILL ADOPT BABY

WILL ADOPT BADY

Dear Margaret;—I are in this week's Gross
Iwa haby boys to be adopted. Would you kindly
let me have full patientary about them as do so
you have full patientary about them as do so
you have been a sole to be a sole of the
young to be a sole of the sole of the young of my
want to be a part of the sole of the young of my
young the sole of the sole of the young of my
of the banks of the sole of the young of the
mother's hore and care just as if it were my very
own. I should the to know if the lashy is healthy
and of what parents it course, if this is not giving
you too much trouble I hope. I am not a member
of the Sunshine Guild but I should very much like
to be if you will send me particulate. We live five

# Telephone-Sherbrooke 870

# MRS. N. H. N.

The babies are both very pretty, one has blue and the other brown eyes. Both are thoroughly healthy. Can you come to Winnipeg and see them as you can then judge which you would like to have. Two references must be sent in. I am forwarding membership card and button.

# SENT MAGAZINES

Dear Margaret:—I am sending some magazines which I hope may belp along the good work. I am an interested reader of the Sunshine Guid and would like to become a member.

## Milestone, Sask.

Many thanks for magazines. Glad to welcomeyou to our Guild. I am sending membership card and button, and hope you will wear it every day.

MARGARET.

### HELPS AT HOME

Dear Margaret:—I would like to be a member of the Grane Growers' Susshine Guild. I go to rebod every day. I wash the dishes for my mother cometimes. I easily the water in some times for my sister and my mother. I play with my dollie.

Dear child .-- Your little letter gave me the greatest delight. The Suashine kind acts are just lovely and I am sure mother enjoys her little

# MARGARET.

LOTTIE CATHRO.

A. G. McK .: - Your offering of clothing is gladly accepted as they are always counted as among our 'urgent' wants. Write again.

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Always looks neat on the hand. Always easy to wear and work in, because it has no inseams to hurt the hand.

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