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**THE CANADA STARCH CO. LIMITED,  
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is what you need. For thirty-five years preferred by those who know chewing gum goodness. Now it comes in the new, convenient package; each of the five sticks wrapped in wax-paper and tinfoil. Your dealer has Tutti Frutti in the new package and in any of five mellow flavors.

ORIGINATORS

*Adams & Sons Co.*

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Send for our complete and interesting booklet about B.C. Fruit. There is a wealth of information in it that will interest you. It is free. Enclose about our choice of Apples, Peaches, Pears, late and early Apples, and our modern way of selling fruit. The large quantities we are doing prove that our service is the best to be had.

**Co-operative Orchards, Vancouver, B.C.**  
The Mail Order House of the Vancouver Valley

ANY SPARE TIME THIS SUMMER can be converted into money. Send us a postal and we will tell you how. Write to: Fruit Department, Grain Growers' Guide, Winnipeg.

## Farm Women's Clubs

NOTE.—Any woman in Saskatchewan who feels that she would like to have a Woman's Section of the Grain Growers' Association in her district, should communicate with the provincial secretary, Miss Erma Stocking, Delisle, Sask.  
Any Alberta woman who would like a Woman's Section of the United Farmers in her district should write to Mrs. R. M. Barrett, Mirror, Alta., who is the woman's provincial secretary for Alberta.

### FARM WOMEN OF ALBERTA

From Calgary we took the C.N.R. to Craigmyle, where we had the pleasure of staying with the U.F.A. secretary and his wife, Mr. and Mrs. Stevenson. It was interesting to see this splendid stretch of farming country, with the grain a wonderful vivid green after the heavy rains. Our meeting here over, we spent the evening at the home of Mr. Neilson, one of the first settlers to come into that district and one of the most successful.

### Subjects Discussed

From Craigmyle we drove to Delia, which Mr. Biore, the U.F.A. director for that district had asked us to visit, and from there, at Mr. Buckingham's request, we visited Stettler, where, in spite of the weather, we had a good meeting, and organized what we hope will be one of our most successful branches. Our trip could have been prolonged indefinitely had we been able to accept all the invitations to speak at meetings throughout the province, but both time and funds are unfortunately limited and one's home duties call; but we have at least had the great satisfaction of getting into personal touch with several of our clubs and hope to reach others later. We have talked with them on medical aid for rural districts, rural school problems, the need for women to study and think so that they may use their new privilege of the franchise wisely and sanely, recreation in our rural districts and the need for organized play in the rural schools, a sadly neglected phase of school work whereby a valuable opportunity is lost of training and developing the fine qualities of unselfishness, loyalty, self control and endurance.

### Anxious for School Gardens

Some of the clubs are taking great interest in this work, and everywhere they are showing keenness on starting school gardens and improving rural school conditions generally. A small beginning has been made in Alix of a district schools picnic on July 1, when all the schools within a certain distance will meet and play games and have a good time generally. Why should not every district take this up another year and provide a shield to be played for by the different teams, the winning team to have its name inscribed on the shield and hold it for the year? This is far better than giving prizes, which develop the wrong spirit. We want to train our boys and girls to play for the honor of playing a good, clean game, and not for what they can make out of it. Other topics taken up at our meetings were the need of developing a community spirit in the rural districts, the need of personal service for the public good, and for each woman to take an active and intelligent interest in the legislation and affairs of her country; also the reason why farm women as well as their menfolk should study such questions as free wheat, agricultural credits, the tariff, etc., and help in every way their men's organization.

In the moments of despondency which must at times attack a mere mortal, when one wonders why one should trouble with these things, or whether anything is worth while, it will only be necessary to think of those meetings of bright women, and their encouragement and sympathy, to feel one's courage rise again and to realize that, after all, if our organization can do nothing more than help to mould public opinion of a lonely woman here and there, it will at least have justified its being. That it has proved a help to many women already by bringing broader interests and a wider horizon to their lives we know for a fact from their own statements. At one place a man came to us after the meeting and told us that our addresses had started him thinking. We hope he is still at it, and perhaps that little fact alone might make our trip worth while. That many

members of the U.F.W. are doing some pretty good thinking we know, for at different places we found them studying the tariff, political economy, and other big subjects in spite of their busy lives and many home duties.

There are still many clubs that have not been visited, but we can at least look forward to getting in touch at our next convention, if it is not possible to meet before, and shall then have ample opportunity to discuss all the things we have been thinking about throughout the year.

IRENE PARLBY,  
Alix, Alta. Pres., U.F.W.A.

### VERY MUCH ALIVE

The Women Grain Growers' Association of Tugaska is very much alive. At our last meeting held at the home of Mrs. Wm. Martin we had seventeen members present out of twenty. We united with the men's association in holding a picnic at Eye Lake on June 30, and on July 5 we served dinner and supper to a large crowd at the spacious home of Mr. R. Wilson where there was a plowing match being held. We have given \$25 to the Red Cross and are contemplating making another donation.

MISS T. V. CARSCADDEN,  
Tugaska, Sask. Secretary,

### HINTS FOR CLUB MEMBERS

"At our last club meeting we discussed drinks for summer," a woman who was visiting in the West said, and after looking thru a little book that she carried with her, she found the following hints that may be of interest to others.

"Of course," she said, "everyone likes iced tea and coffee, but when you haven't ice, you can't have it. But even without ice, it may be cooled by leaving in the cellar or hanging in the well or wherever you cool your milk. The tea must be fresh when strained from the leaves, and to it there should be added lemon juice and sugar to taste. Some, for variety, add a little fruit juice, but the average person prefers it just with the lemon juice and sugar. The coffee, made with milk or cream should be cooled and sweetened, and nothing else added."

Of course everyone who has been at a picnic has found lemonade cooling and refreshing, but not always just made to please the taste. It has been found that lemonade is richer and nicer if sweetened with a syrup made of sugar than by merely putting in the raw sugar. Also bits of shaved peel should be added. Some add the bits of shaved peel to the water and sugar that is boiled to make the syrup for sweetening the lemonade. The peel is taken out before the syrup is added to the lemon juice and water, but it has given the syrup a rich color that will add to the appearance of the lemonade.

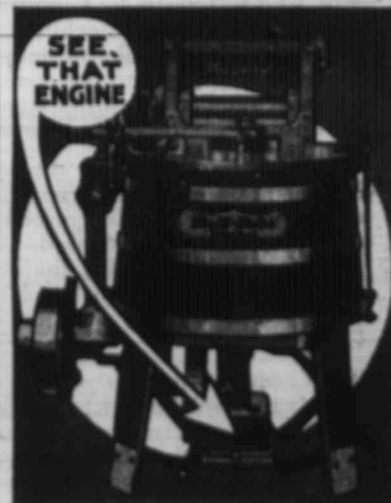
Another drink that is very nice is made of lemon juice and orange juice, a bit of mint and any fruit juice such as pineapple or strawberry that may be at hand. The appearance of this drink is improved if sliced fresh fruit such as strawberries or raspberries is added. If there is no fresh fruit on hand a tablespoon of bright-colored jelly of some kind may be added. An egg-beater should be used after the jelly is added to whip the whole thoroughly before using.

Grape-juice everyone drinks at some time or other, but many buy it instead of making, when the homemade is much nicer and cheaper. One recipe that makes a good foundation for many drinks is: steam and mash three pounds of grapes and boil with one pint of water until soft, then strain, let stand a few hours and strain thru two or three thicknesses of cheese-cloth, and add a half-pound or a little more of sugar according to taste. Boil and seal in jars or bottles.

Many of the fruits found wild on the prairie make splendid drinks. The Saskatoons that grow in such quantities some years make a specially good drink. Try them with the recipe given above for grape-juice. You may find the juice of the Saskatoons a little flat, but the addition of lemon-juice will give it the desired zip.

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The MAYTAG MULTI-MOTOR WASHER is splendidly made of the best materials and is guaranteed against defects for a period of THREE YEARS, and this warranty covers the washer, wringer and engine. This is not an ordinary washing machine, but something new, with exclusive patented features that no other washer has or can have.

WASH-DAY, and that is WORK-DAY, changed into PLAY-DAY.

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Nearly FIVE HUNDRED of the Wide Awake, Up-to-date, Progressive Hardware and Implement Dealers in Manitoba, Saskatchewan and Alberta are selling this Machine. If YOUR dealer is not, drop us a card and we will mail you a copy of THE MAYTAG LAUNDRY MANUAL (48 pages). Even if you do not buy a washer, it will be a great help to you as it contains many valuable formulas and recipes that can be used to advantage in any home. It is FREE.

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