

Stephens Paint is the paint for YOU.

The very highest quality pigments are used.

The oil selected is the best grade of Manitoba Linseed (acclimatized) properly aged—the toughest, most durable oil in the world.

Stephens Paint is made from a different-than-ordinary formula—a formula that is based

Stephens—
The Paint that
is Unbeatable
for Withstanding
the "Peculiar"
Western Climate

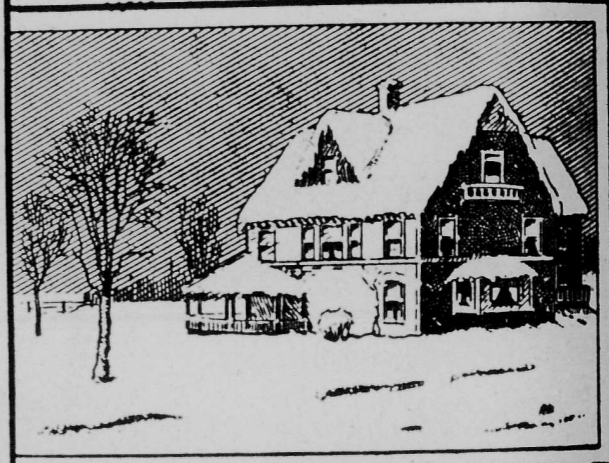
on knowledge gained from many years' study of Western Conditions.

When you buy Stephens you secure a paint made by Western Paint Specialists, with twenty-seven years' experience—

A paint so thoroughly elastic that it will withstand the cracking cold of 40 below and the blistering heat of 100 degrees.



100 DEGREES



40 BELOW

Write us for Free Booklet No. 11 and learn more about this essentially Western Paint.

G. F. STEPHENS & CO., LIMITED,
Paint and Varnish Makers,
Winnipeg, Canada.

Progressive hardware dealers will fill your orders.

**WHEELER & CARLE
ENGINEERS BRAZERS
MACHINISTS**

Machine and Foundry Work of Every Description

If you have trouble in replacing broken castings, send them to us and have them repaired. We operate the only

CAST IRON BRAZING

Plant in Western Canada and make a speciality of this class of work.

163 Lombard St. Winnipeg, Man.

WALL PLASTER

NO MORE LIME PLASTER

Ask your dealer for the "Empire" Brands and write us for Booklet.

MANITOBA GYPSUM CO., Limited
WINNIPEG, MAN.



**Special
Summer
Rates**

TO THE EAST

Via Port Arthur or Duluth and Northern Navigation Co., including new STEAMSHIP HAMONIC, the largest and finest on the lakes. Special coaches and car Sarnia Wharf to London, Woodstock, Hamilton, and GRAND TRUNK RY.

Or Via

CHICAGO and GRAND TRUNK RY., the only DOUBLE TRACK LINE to Eastern Canada.

Stop over privileges. Agents for all STEAMSHIP LINES and COOK'S TOURS, for rates, reservations, apply to

A. F. DUFF,

Gen'l. Agent Passenger Dept. Phone Main 7088. 260 Portage Ave, Winnipeg, Man.

VACATION TIME—LOW FARES

To EASTERN CITIES, for SUMMER HOLIDAYS
Via the CANADIAN NORTHERN RAILWAY

"THE LAKE SUPERIOR EXPRESS"

DAILY

17.10k. Lv. Winnipeg, Ar. 9.25k.
10.15k. Ar. Pt. Arthur, Lv. 16.20k.

"THE DULUTH EXPRESS"

DAILY

17.10k. Lv. Winnipeg, Ar. 9.25k.
7.30k. Ar. Duluth, Lv. 19.10k.

These trains connect at Winnipeg with trains from the West. First Class Sleeping Cars—Longer, Higher and Wider Berths. Unexcelled Dining Car Service. Choice of Pullman and Tourist.

Ask for Canadian Northern Leaflet about our further regulations.



When Answering Ads. Mention the Advocate



LEASING OF LANDS

The company is prepared to lease for hay and grazing purposes all reserved quarters or half-sections. For particulars apply the Land Department, Hudson's Bay Company, Winnipeg.



SYNOPSIS OF CANADIAN NORTHWEST LAND REGULATIONS

ANY person who is sole head of a family or any male over eighteen years old, may homestead a quarter-section of available Dominion land in Manitoba, Saskatchewan or Alberta. The applicant must appear in person at the Dominion Lands Agency or Sub-Agency for the district. Entry by proxy may be made at any agency, on certain conditions, by father, mother, son, daughter, brother or sister of intending homesteader.
Duties.—Six months' residence upon, and cultivation of, the land in each of three years. A homesteader may live within nine miles of his homestead on a farm of at least 80 acres solely owned and occupied by him or by his father, mother, son, daughter, brother or sister. In certain districts, a homesteader in good standing may pre-empt a quarter-section alongside his homestead. Price \$3.00 per acre.
Duties.—Must reside six months in each of six years from date of homestead entry (including the time required to earn homestead patent) and cultivate fifty acres extra.
A homesteader who has exhausted his homestead right and cannot obtain a pre-emption may take a purchased homestead in certain districts. Price \$3.00 per acre. Duties.—Must reside six months in each of three years, cultivate fifty acres and erect a house worth \$300.00.

W. W. CORY,
Deputy of the Minister of the Interior.
N.B.—Unauthorized publication of this advertisement will not be paid for.

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New England Dough of sugar, one cup of one pint of sweet spoonfuls of soda, four tarts, caraway seed.

Scotch Scones.—Mix cupful of white flour, oatmeal, a teaspoonful two teaspoonfuls of Bring three cupfuls of scalding point, but do to boil; cream two spoonfuls of butter spoonful of sugar and the scalding milk; wh the liquid into the o mixture. Mix with a to a soft dough, but with the hands. Turn floured pastry board a sheet less than a half ness, cut into rounds a soapstone griddle, t brown on one side. hot.

Spiced Beef.—For a eight pounds you requi brown sugar, and a posed of one teaspoonf spice, mace, and saltpe of a teaspoonful each o ger, cloves, and black i rub the sugar well int after trimming the l Next day, rub in the o over every part of the third day, rub in hal coarse salt, and leave pickle for four days, tu once or twice every da the beef, drain it from t it into a saucepan of b boil up once, draw the direct heat of fire or ga the contents to slowly four hours. Take up th on a dish cover with plate or dish, and on heavy weight, and leave four hours, after which i slice and serve.

Baked Mince.—Mix t cupful of chopped cold m fuls of stewed tomatoes, cupful of bread crumbs, salt and pepper and bak hour.

Prune Whip.—Stone the pour through a coarse sic en when cooking. Wh eggs, beaten, one cup nuts and put with the p in a pudding dish. whipped cream. Put a p (so puff won't fall).

Bohemian Cream Puc one scant tablespoonful of one tablespoonful of cold on it one-half cupful of b and strain. Whip very s ful of thick cream. Bea of three eggs and one-hal powdered sugar until ligh Stir into the mixture t gelatine. Stir until the gins to stiffen, then fold whipped cream. Flavor w pour into a dish and set cold.

"Sponge Cake" Lemo and grated rind of one la one cupful of sugar, two tablespoonfuls (rounded) o cupful of milk. Put the the yolk and beat. Add th beat again. Add the mil the stiffly beaten whites, ful not to beat the mixtur whites are added. The v to the top while baking a sort of meringue, so the p as good to look at as to e

Tomato Omelet.—Chop fi contents of a can of tom set where they will get chilled. Soak a cupful crumbs in a cup of milk into them five beaten eggs, chopped tomatoes, season and fry in melted butter. omelet is "set," turn platter, pour tomato sau and send to the table.