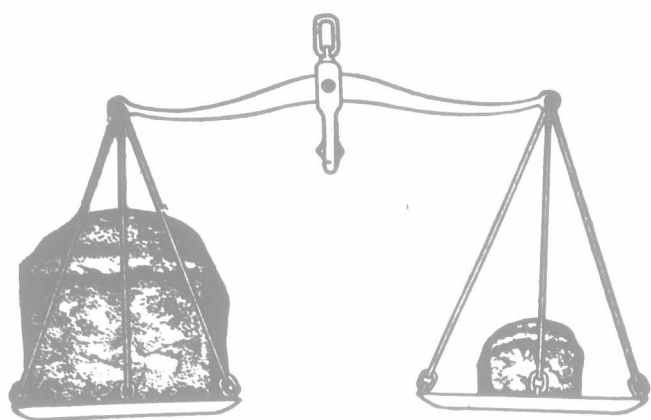




The light bread or the leaden loaf is a matter of *choice*—not luck. Choice of method—choice of yeast—but, above all, the choice of the *flour*.

Royal Household Flour

is made from the finest, selected Manitoba wheat, which contains more gluten (that quality which makes bread light) than any other wheat.

It is milled under the most sanitary conditions,—there is no other flour in Canada upon which so much is spent to insure its perfect quality.

Ask your grocer for Ogilvie's Royal Household—the flour that makes light bread and perfect pastry.

Ogilvie Flour Mills Co., Limited, Montreal. 15



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—Corset Covers and Drawers
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are luxuries for every woman who wants daintiness and comfort.

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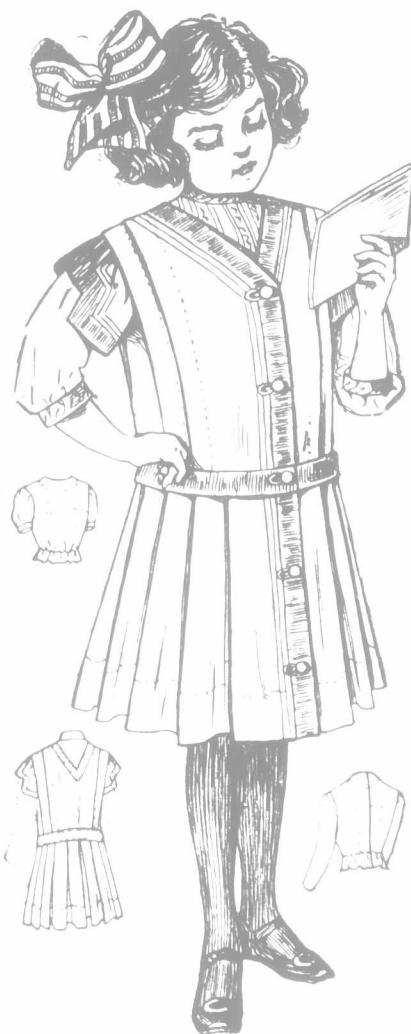
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6430 Girl's Dress with Guimpe.

May be made of gray-blue cashmere, with silk banding of the same shade. White muslin guimpe.



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Above patterns will be sent on receipt of ten cents for each number. Kindly order by number, and state age of child. Address: Fashion Dept., "The Farmer's Advocate," London, Ont.

The main part is to do, with might and main, what you can do.
—Emerson

The Ingle Nook

[Rules for correspondents in this and other Departments: (1) Kindly write on one side of paper only. (2) Always send name and address with communications. If pen-name is also given, the real name will not be published. (3) When enclosing a letter to be forwarded to anyone, place it in stamped envelope ready to be sent on. (4) Allow one month, in this department, for answers to questions to appear.]

A Paper by Helponabit.

[Read at a York County Women's Institute meeting at Thanksgiving time.]

Madam President and Ladies:

It was a good thought of our President to choose Thanksgiving for the subject for this afternoon. This is the month set by the Government for the annual National Thanksgiving Day, and it is well that we should give a little thought to the subject, "For What Should We Be Thankful?" First, for National prosperity, a bountiful harvest, for, although the spring was unusually late and cold, God has not failed. For with no grudging hand, the daily bread has been provided for His children, and safely gathered in. Second, for peace. We have been spared the horrors of war and rebellion, and our land is particularly favored. We have been spared from destructive floods and tempests. "Our lines have fallen in pleasant places." C. H. Spurgeon said, "If men would praise more, they would grumble less."

For what shall we be thankful? There are our common mercies, common, but how priceless when taken away; our eyes to see, our feet to walk, and our hands to work with; for health and strength, home and friends, and many other mercies. The one who recognizes his blessings and is grateful, is more to be envied than those who enjoy countless blessings, yet fail to recognize them. David, in the Psalms, is constantly expressing thanks and gratitude. "Blessed be the Lord who daily loadeth us with benefits." So we should give thanks for daily benefits. "Bless the Lord, O, my soul."

Whatever awakens a sense of gratitude and causes us to appreciate our blessings, does much toward helping to gain a higher idea of life and its joys; but our subject is not only Thanks, but Giving. Sometimes a hearty, sincere, "Thank you," is all that is needed, but there are times when we want to give a more tangible expression of our feelings and gratitude. "Give of our substance, as the Lord has prospered us," and, if we watch, the opportunity will come, if in giving only little deeds of kindness, little acts of love, or "helpfulness." May we be spared from ingratitude and selfishness. Ingratitude is one of the commonest, but one of the worst, of sins, and to selfishly take all God's gifts without a care or thought for others' welfare, is to be like the desert, taking all the rain that is poured upon it and giving nothing in return. I think I cannot do better than to close this subject by giving Jean Blewett's Thanksgiving Prayer.

"We thank Thee, Lord, and not alone,
For gold, of gladness, full success;
For wealth that we have called our own,
The faith, the love, the happiness;
But for the sorrow and the smart,
The failure and the striving vain,
The song we caroled in our hearts,
When our poor lips were dumb with pain,
Not for accomplishment complete,
Not for the care-free guarded way,
Not for the paths of peace our feet
Have found, we thank Thee, Lord, to-day.

But for the highway's dust and din,
For perilous places safely passed,
For every brier of doubt and sin
Which clutched, but dare not hold us fast.

For all Thy patience through the years,
The years that come, the years that go,
Thy patience with our faults and fears,
Dear Lord, we thank Thee, kneeling low.
HELPCONABIT

York Co., Ont.

Packing Butter and Eggs.

"A New Subscriber," Oxford Co., Ont., asks how to pack butter and eggs. We are sorry we could not answer this question.