

## The Most Delicious Tea

The delicate top leaves and tender shoots of the tea plant make the most delicious and fragrant tea.

They have none of the woodiness, rankness or bitterness that affects the lower, coarser leaves.

## Blue Ribbon

TEA is selected from these delicate top leaves and flowery shoots, and has a rich flavor and fragrant aroma peculiar to itself. As it always comes from the same plantations the flavor does not vary from time to time, but

will be found the same in every pound.

If a rich, full bodied, flavory tea appeals to you, try a packet of Blue Ribbon, 40c and 50c a pound. 3 lb. carton \$1.00. Never in bulk.

## EASTER EXCURSIONS

### FARE AND ONE-THIRD

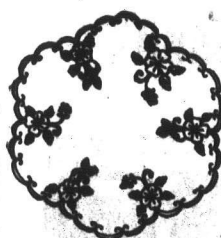
For the Round Trip  
Between Stations on

### Canadian Northern Railway



Tickets good to go April 11th to 16th

Return until April, 17th 1906



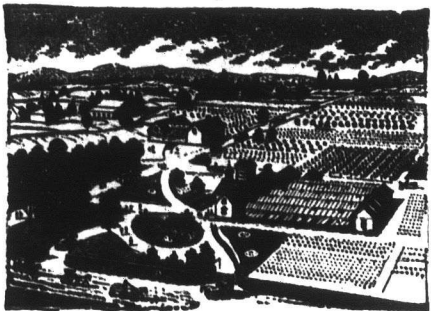
SEND 10 CENTS for set of 6 new fancy work designs, consisting of one magnificent Wild Rose centerpiece like illustration, one 9-in. Forget-me-not doily, 1 veil case, 1 photo frame 6x8 in., 1 hanging pin cushion, and 1 Daisy design. In all 324 square inches of Art Linen promptly mailed for only 10 cents. R. A. BUREAU, Alliance, Ohio.

### Men Wanted.

Reliable men in every locality throughout Canada to advertise our goods, tack up show cards on trees, fences, along roads and all conspicuous places; also distributing small advertising matter; salary \$900 per year, or \$75 per month and expenses, \$3 per day. Steady employment to good, reliable men. No experience necessary. Write for particulars.

EMPIRE MEDICINE CO., LONDON, ONT.  
When writing advertisers please mention Western Home Monthly.

## "Canada's Greatest Nurseries."



### SALESMEN WANTED

For every town and district in MANITOBA, SASKATCHEWAN and ALBERTA. Hardy Tested Stock for Western Planting.

Largest assortment, recommended by WESTERN EXPERIMENTAL STATIONS at BRANDON and INDIAN HEAD, in Fruit Trees, Small Fruits, Shrubs, Ornamentals, Seedlings for Windbreaks, etc.

START NOW AT BEST SELLING SEASON. Big Inducements, Exclusive Territory, Pay Weekly.

Write Now for Terms and Catalogue, and send 50c for our Aluminum Pocket Microscope and 50c for our Handy Saw, just the thing for trimming trees; cuts iron as well as wood.

## STONE and WELLINGTON,

FONTHILL NURSERIES,

TORONTO

(OVER 800 ACRES)

ONTARIO.

## The Home Doctor.

Powdered charcoal laid upon a burn will ease the pain almost instantly.

A person troubled with perspiring feet will find relief in a foot bath of soda and warm water.

White of an egg is also excellent in curing a burn, and is the best remedy possible for reducing inflammation caused by burning with steam.

The very best way to induce blackheads to strike the "pike" is to each night give them a generous hot-water bath, using plenty of good, pure soap and a complexion brush; then rinse the face in cold water.

Sleeplessness on a cold night may often be relieved by tying a silk handkerchief over the head, which sometimes gets cold while the rest of the body is warm.

After exercising or bathing when the pores are open and the skin is in a glow, do not rush out into the open air or into sudden changes of temperature. Severe colds are taken unless good judgment is exercised at such times.

A very agreeable drink for a sick person can be made by using milk instead of water in brewing tea. Proceed in just the same way that you would in making a cup of tea with water, which in order to be palatable should never be steeped.

A home-made cough syrup that is highly recommended calls for the juice of one lemon, half a stick of licorice, pounded fine, a tablespoonful of glycerine, and a couple of ounces of good brandy; bottle and shake well, so as to thoroughly blend the ingredients. One to two teaspoonfuls is the dose.

In case of a sprain, the first item to be considered is perfect rest and the next reducing the swelling, which may be accomplished by application of hot water bandages. If one is far from help or alone, press the painful parts with the thumb and finger, repeating the treatment until some relief is afforded.

A good remedy for bronchitis, which is liable to attack one at any season of the year, is made by the following recipe: Three ounces of linseed, four ounces of sugar, a few cloves, two lemons cut in slices, with two pints of cold water; simmer in a porcelain pan for an hour, strain and add a wineglass of whiskey. Dose a tablespoonful every two hours, until relief is obtained.

Sleeping between blankets is a great preventative of chills, as by so doing the body is not chilled by coming into contact with cold sheets. Those who suffer from cold feet should wear loose, white woollen bed socks. Heat-giving foods, such as butter, dripping, suet pudding, milk puddings, cocoa, soups and broths, produce heat in the body, which flannel, as a non-conductor, prevents from leaving the body.

It has always been claimed that chilblains never trouble people with good circulation, but this does not forever hold true. Sometimes people with evidently the best circulation possible are bothered with chilblains. Bathing in warm, not hot, mustard water will often soothe the irritation, but if not, the afflicted part can be painted with a liniment of iodine and the painting continued while the chilblain remains. The liniment should be prepared by your druggist or by some one who knows exactly the value of the remedy for if the preparation is not properly and carefully made it will do more harm than good. This holds as well with the use of the drug as with the use of the liniment.

When choosing flowers to take to a sick friend, give preference to bright colors; white flowers, while beautiful, do not cheer as those of gay colors do.

### FOR BREAKING UP A COLD.

Anything that will set the blood into active circulation is good for a cold. Bathe the feet in hot water and drink hot water, or hot lemonade, on going to bed; take a salt water sponge bath and remain in a warm room; bathe the face in very hot water every five minutes for an hour or so; snuff hot salt water up the nose every hour or two. Four or five hours' exercise in the open air is often effective. Four or five grains of quinine taken at night will usually have a good effect. A vapor bath, followed by a cool sponge bath, is good. In bathing, one should be careful not to get chilled.

### FREEZING AND FROST BITES.

A point to bear in mind at this season is that, in case of freezing or frost bite, heat must never be applied at first. Aim at gradual restoration. Use friction, with snow or ice or cold water, and get up all the friction possible. After a while let heat be applied in the most gentle manner possible. If, in the case of freezing, animation does not return, try artificial respiration, as in the case of drowning. If sores follow frost bites, treat with some reliable ointment. If there is much inflammation, poultice liberally. It is risky to rub frozen skin too hard. A safer way is to hold snow against the frozen spot with the warm hand till it melts, and thus gradually suck out the frost. Friction of the surrounding skin may be necessary to restore circulation.

### AN OLD-FASHIONED REMEDY.

A good old-fashioned home remedy for cold on the lungs, or any soreness in the chest, is simply spirits of camphor and lard.

To two tablespoonfuls of lard add three tablespoonfuls of spirits of camphor and mix thoroughly; place over the fire until it is melted; then spread on a piece of flannel. Hold the flannel to an open fire until it is quite hot, then lay it on the chest.

If applied at night on going to bed in almost any case by morning the soreness will be relieved. If applied in the daytime one should be careful not to expose himself to cold air or draft. It can be changed and heated occasionally.

This is a simple home remedy used in our childhood days, and we have had occasion many times to prove its efficiency in later years.

## HAVE YOU BEEN IN THIS FIX?

If You Have Kept a Box of Dodd's Dyspepsia Tablets for Reference They Always Bring Relief.

How often after eating something that did not agree with you have you ransacked the house for something to give you relief. Of course you did not fear any serious results, but the discomfort was such that you were prepared to give anything in reason or out of reason just to feel at rest for a moment.

Do you know that one or two of Dodd's Dyspepsia Tablets was the very thing you were looking for? If you don't, ask anybody who has ever used them, and they will tell you. Listen to what Mr. R. Jancouski, Postmaster at Fesserton, Ont., says:

"I have given Dodd's Dyspepsia Tablets a fair trial, and can with every confidence recommend them. I generally use only half a tablet after eating, and it never fails to give me relief."

If you would eat what you like, when you like, use Dodd's Dyspepsia Tablets.