

from malaria, fortifying the system against the enervating influence of this disease. Coffee does not retard the action of the bowels, as strong infusions of tea are apt to do, partly because there is less of the astringent principle in it, also because of the aromatic oil which tends to move the bowels. The offices which coffee fulfils are to allay the sensations of hunger, to produce an exhilarating and refreshing effect, and to diminish the amount of wear and tear or waste of the animal frame, which proceeds more or less at every moment. Young and old may drink their cup of coffee, especially in the morning, without the slightest fear of injury, and with much more satisfaction than can be derived from the insipid imitations and substitutes one hears so much of in these days.

The proper roasting and blending of Coffee has become quite an art, as it requires very careful handling to bring out the full rich flavor of the berry.

Our plant is of the very best, and our workmen most expert and experienced, and the popular blends which we turn out, Parisian Blend, Java and Mocha Blend, Ideal, Harmony, Java Blend, Royalty Blend, etc., have become "Household Words" in Canada wherever Coffee is used.

There is no difficulty in making good Coffee. A few directions are given here how to make Coffee.

It must never be allowed to stand on the boil, as that boils the flavor off. Cold, not warm cream is the companion of good Coffee,

There is No Difficulty About Making Good Coffee.

Take five dessert spoonfuls of Pure Coffee (any of McLaren's Blends) to a quart of *Cold Water*. Bring to the boil, *but no more*.

Then let it stand in a warm place (on back of stove) for ten or fifteen minutes before using.

Add cold cream or milk to taste.

If made this way and the grounds poured off the Coffee will remain sweet for hours, but must not be boiled again, only warmed.