

The Most Economical Tea

The clever woman who conducts the "Woman's Quiet Hour" department, had some very sensible remarks about teas and tea-making in the January Monthly. Besides some good advice on making tea, she said:

"Many people buy cheap tea under the impression that they are economizing by doing so. But cheap tea is about the most expensive luxury you can indulge in, for the poorer grades of tea are hardly ever pure or untreated by chemicals, and very much of the indigestion of the present day is due to the drinking of large quantities of trashy tea, that has been allowed to stand on the leaves until it is rank poison."

"The very best results in tea making are to be obtained first by purchasing good tea, and let me say to my readers that whatever bargain catalogues may say to the contrary, it is not possible to buy good pure tea for less than 40 cents per pound retail, and it is much safer to pay 50 cents to a reliable dealer."

Blue Ribbon TEA

is really the Most Economical Tea sold in Western Canada. It costs 40c or 50c a pound, but because of its unusual strength one pound will make about 250 Cups (or six cups for a cent) of the richest, finest flavored tea you ever tasted.

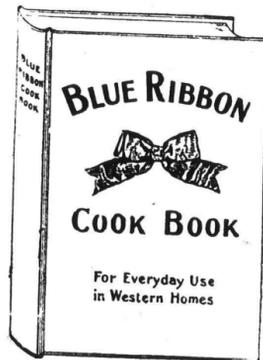
No other tea has the fine, rich flavor which distinguishes Blue Ribbon Tea.

Ask for Blue Ribbon Tea. The best Grocers all sell it.

You Need This Cook Book

It is specially prepared for everyday use in Western homes, and is practical and up-to-date. For instance, all ingredients are given by measure instead of weight, so you do not need scales.

It is a clearly printed book of handy size, telling briefly and simply just what to do, and what to avoid to obtain best results; how to get most nourishment from foods; how to combine and serve them attractively. Everything is so conveniently arranged and indexed that any information desired may be easily found. The parts telling about Cooking for Invalids and Chafing-dish Cookery would alone make this book a necessity in every home, and all other parts are equally good.



THIS COUPON IS WORTH **10c.**

I enclose Coupon and 25c. for Blue Ribbon Cook Book.

Name

Address

Here's Your Chance to Get One Cheap

We have never sold single copies for less than 35c. apiece. But by using the Coupon printed here, we will send it to your address postpaid for only 25c. Or you can have the Cook Book and a year's subscription to the Western Home Monthly for only 50c.

Address: *Blue Ribbon* Dept. W. H. M., Winnipeg



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