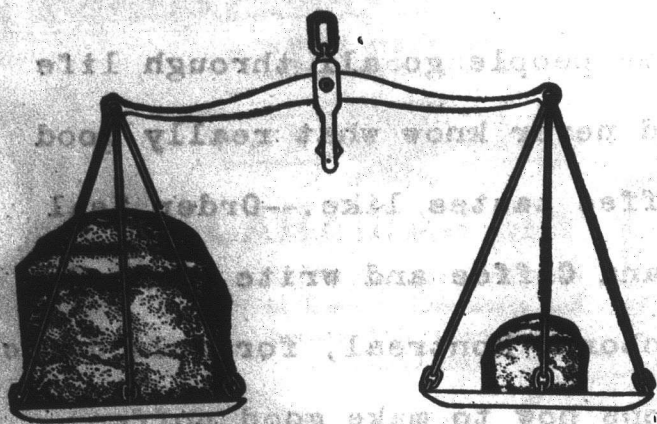




The light bread or the leaden loaf is a matter of *choice*—not luck. Choice of method—choice of yeast—but, above all, in the choice of the *flour*. She who chooses

Royal Household Flour

will not have to bargain with fortune for successful baking.—It 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—absolute purity is one very important quality which the Ogilvie System of milling guarantees. There is no other flour in Canada upon which so much is spent to insure its perfect purity.

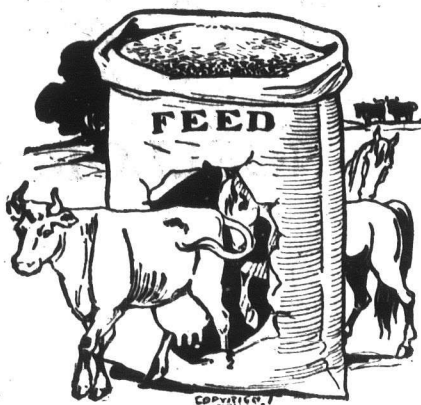
Ask your grocer for Ogilvie's Royal Household—the flour that makes light bread.

Ogilvie Flour Mills Co., Limited
MONTREAL.

"Ogilvie's Book for a Cook," contains 130 pages of excellent recipes, some never published before. Your grocer can tell you how to get it, FREE.



Through Good Feed



and careful attention to your live stock your profits are an assured fact. We're not a bit modest about statements as to the excellence of Carnefac Stock Food for horses, cattle, sheep, hogs, and poultry.

Such well-known horsemen as Graham Bros., of Claremont, Ont., Robt. Beith, M.P., of Bowmanville, Ont., and a host of others recommend its use.

Drop a post card for information about Carnefac to

The Carnefac Stock Food Co.,
WINNIPEG, MAN.

When Writing Advertisers Kindly Mention The Western Home Monthly.

Woman and the Home.

The Old Motto.

We found it in the attic, where it long had lain away; The dust had veiled away the letters in a shroud of misty gray. A spider's web was tangled in its old fantastic weaves Across the frame whose corners were hand carved in oaken leaves. The old, discarded motto—it was worked in green and red On perforated cardboard, and "God Bless Our Home" it said.

Crude, homely and old-fashioned is this relic of the past; Once thought a thing of beauty, but now flung aside at last— Yet now the faded colors that the quaint old letters bear Seem as the afterglowing of the quiet days that were— The days whose every twilight from fretting brought release, And stars swept through the silence that held a Sabbath peace.

Again the gate chain rattles, and again our eyes behold The little path that found its way through phlox and marigold. The broad steps and doorway through which we used to see The face of one whose gentle smile was meant for you and me; And then the dim old parlor that opened from the hall And had the worsted motto swung in honor on the wall.

"God Bless Our Home"—and loving hands reach out from all the years. The hands that always reached to help, that wiped away our tears; And now we know full well that when this motto held its place They meant the faded prayer that to-day we slowly trace; That every morn of work to do, that every night of rest, The good old home was by some mystic benediction blest.

The Toilet.

Ingrowing Toe-Nails.—Soak the foot in warm water for ten or fifteen minutes, then take a medium-sized file and file off the top of the nail as thin as you can—once a week is often enough. This treatment, if persevered with, will effect a complete cure.

A splendid bleach lotion to whiten a discolored neck is composed of fresh cucumber juice, four ounces; pulverized borax, 125 grains; acetate of soda, 65 grains; tincture of quillaia, 14 ounces; tincture benzoin, 3 drams; distilled water, 1 gill; alcohol, 1 ounce. Perfume as you please.

Tan and freckles may be removed by washing the face each night with warm water and a good soap, then apply a whitening cream, massaging well into the skin, until all is absorbed. For this purpose cucumber cream will be found whitening. By applying a thick coat of powder to the skin each time before going out of doors the skin will be properly protected and freckles kept in subjection.

Care of the Eyes.—On rising in the morning the eyes should be bathed gently in cold water—twenty passes are said to be decidedly strengthening. While using them closely they should be rested at intervals of an hour or two, for the strain of constant reading, etc., is like that of extending the arms at a certain height immovably. Imagine, then, the taxing of the eyes, which cannot complain save after years of irreparable neglect. When dust settles in the eyes warm water will soothe them of any inflammation.

Saving for Comfort.

There is a whole lot of comfort in saving. Sometimes the actual refraining from spending may be uncomfortable; but comfort comes immediately after the decision is reached not to part with the cash, but to put it with the fund that is accumulating. It is the same comforting satisfaction that is produced when one puts aside temptation of any sort. The first experience is a revelation to anyone; and, to the right-thinking individual, the comfort derived from it makes one want to repeat the operation.

There is no one so poor, but they can get this sort of comfort—a comfort that is comforting to the body, mind and spirit. Yet the comfort derived from the saving of each small part of an accumulation is but a mere fraction of the comfort derived from the knowledge that there is somewhere a fund that may be drawn upon in an emergency. No matter what the catastrophe may be, the money that has been saved is bound to be the best and most comforting friend in the time of need.

A bank account never passes one by in time of adversity. Savings never express verbal sympathy, and do nothing more. Money held in reserve never uses one for a "good thing" and then forgets the benefactor. Cash laid away for future use never costs anything; it always makes one comfortable.

Savings, carefully placed where they draw the largest interest compatible with safety, are ever ready to aid the saver.

A Cheerful Home.

A single bitter word may disquiet an entire family for a whole day. One surly glance casts a gloom over the household, while a smile, like a gleam of sunshine, may light up the darkest and weariest hours. Like unexpected flowers, which spring up along our path, full of freshness, fragrance, and beauty—do kind words and gentle acts and sweet dispositions make glad the home where peace and blessing dwell.

No matter how humble the abode, if it be thus garnished with grace and sweetened with kindness and smiles, the heart will turn lovingly toward it from all the tumult of the world, will be the spot beneath the circuit of the sun.

And the influences of home perpetuate themselves. The gentle grace of the mother lives in the daughter long after her head is pillowed in the dust of death; and the fatherly kindness finds its echo in the nobility and courtesy of sons, who come to wear his mantle and to find his place; while on the other hand, from an unhappy, misgoverned, and disordered home, go forth persons who shall make other homes miserable, and perpetuate the strifes and railings which have made their own early lives so wretched and distorted.

Toward the cheerful home the children gather "as clouds and as doves to their windows," while from the home which is the abode of discontent and strife and trouble they fly forth as vultures to rend their prey.

The class of men who disturb and distress the world are not those born and nurtured amid the hallowed influences of Christian homes; but rather those whose early life has been a scene of trouble and vexation—who have started wrong in the pilgrimage, and whose course is one of disaster to themselves, and trouble to those around them.

Hints.

To cleanse and brighten China or Japanese matting go over it with a cloth dipped in strong salt water.

When a lamp is not burning keep the wick a little below the top of the tube. This helps to prevent oil from working over the burner and reservoir.

If chiffon is of good quality it may readily be washed in warm soap and water. A poorer quality will be improved by washing in gasoline, but the results will hardly justify the expenditure.

Stains on white flannel are hard to remove. The best way is to mix equal parts of the yolks of eggs and glycerine, apply it to the stains, and allow it to soak for half an hour or so before the article is washed.