

## The most Economical Tea

Trying to save money by buying "cheap" tea is really being "penny wise and dollar foolish." Because the pound of "cheap" tea will not make nearly so many cups as will a pound of Blue Ribbon Tea. In fact, it takes about a pound and a quarter of most other teas to give as many cups as one pound of

# Blue Ribbon

You can easily prove this for yourself.

Suppose it takes four teaspoons of the other tea to make the number of cups you use for breakfast.

Use only three teaspoons of Blue Ribbon Tea for the same number of cups.

You will find the Blue Ribbon "3-spoon" tea fully as strong as the other "4-spoon" kind, besides having a rich full flavor that the other never had.

So you see 3 pounds of Blue Rib-

bon Tea is really better than 4 pounds of the other tea.

Four pounds of "cheap" tea at, say 35c., would cost \$1.40, while 3 pounds of Blue Ribbon at 40c. would only cost \$1.20, making a great saving on every pound of Blue Ribbon, besides getting better tea.

The tea that seems cheap is really the most extravagantly expensive.

Try a pound of Blue Ribbon Tea, and test this saving for yourself. Ask for the Red Label. Nearly every grocer in Canada sells it.

### About Sending Coupons.

Instead of putting Coupons inside Blue Ribbon Coffee, Baking Powder, etc., we are gradually arranging to print them on the wrappers. To save postage, send only the part of wrapper marked with value. It can easily be removed from tins by cutting around with a sharp knife.

15  
MONTHS  
FOR  
50 CENTS

### The Subscription Price of The Western Home Monthly

is 50 Cents a year. The date on your paper will show you when your subscription expires. Send us 50 cents now and we will extend the date of your subscription an additional three months, making in all fifteen months for 50 cents.

### Weak Men Cured in 30 Days



Not a penny down. Simply drop me a postal card with your name and address, and I will forward you at once one of my latest improved high-grade Electric Belts Free. You can use it three months, then pay me if cured, and the price will be only half what others ask for their inferior Belts. If not cured, you return the Belt to me at my expense and YOUR WORD WILL DECIDE. I am willing to trust you entirely, knowing that I have the best and most perfect Belt ever invented, and nine in ten always pay when cured.

#### I will Trust You.

This modern Belt is the only one that generates a powerful therapeutic current of electricity without soaking the battery in vinegar, as all other Belts do, and it is guaranteed never to burn. It is a certain and positive cure in all cases of Rheumatism, Varicose, Dyspepsia, Losses, Weak Back, Nervousness, Kidney, Liver and Stomach Troubles and Weakness brought on by abuse and excess.

#### I Will Give Free

to each person writing me, one copy of my beautifully illustrated Medical Book, which should be read by all men and women. Drop me a postal and I will send it to you FREE in sealed wrapper. If you are weak in any way delay no longer, but write to-day for my splendid Book and Belt FREE. Write to-day.

Dr. A. K. MACDONALD 8 BLEURY STREET, Montreal.

WHEN WRITING ADVERTISERS PLEASE MENTION THE WESTERN HOME MONTHLY.

## Women and The Home

### A Few Hints on Ironing.

Iron things while very damp which have been "cold starched."

Do the flounces and frills and bands of embroidery of lace first in ironing starched skirts, and iron upward to and not downward from the band.

Be sure to remove all the old starch from collars and cuffs and shirt bosoms when washing them.

Have "starched things" quite dry before starching them, and let them lie twenty-four hours starched, and damp them well before ironing them.

If you have no polishing iron, a very nicely kept flat iron does quite well, but you must dampen the already ironed parts before polishing.

### Miscellaneous.

A dish of powdered charcoal kept in the refrigerator will help to keep the air sweet. It should be changed twice a week.

Save tea leaves for washing varnished paint. When sufficient leaves have been collected steep them for half an hour in a tin vessel and then strain through a sieve. This water gives a fresher, newer appearance to varnished wood than ordinary soap and water.

Mildew is not generally affected by chemicals, though it sometimes yields to their action. It may best be treated with a stiff paste made by boiling down Castile soap shavings, spreading a thick layer of this upon the stain and scattering over it some powdered potash. Moisten slightly with water and bleach out on the grass.

When starching toilet covers or anything that has fringe trimming, double the cover into four and gather the fringe tightly into the hand; hold firmly while you dip the middle of the cover into the starch. When dry, shake the fringe well, comb carefully with a large toilet comb and it will fall as softly and prettily as when new.

To wash the thin white silk waists which are so popular, use any soft, lukewarm water and a pure white soap—Castile soap is excellent. Make good suds with this, and dip the garment up and down in the suds, rubbing gently with the hand until clean. Rinse well, and when almost dry, press it on the wrong side. If the waist is not a wash silk, it should be sent to the professional cleaner, to be cleaned with some dry-cleaning process. Many articles which cannot be cleaned with water will stand a wash in gasoline to very great advantage. But one must be very careful in using gasoline, it is so inflammable.

To clean matting, sweep it twice, first with a stiff broom, working along the grain of the straw; then crosswise with a soft broom dipped in warm water, rinsing with clean water. This brightens all sorts of colored matting, and also saves it, in a measure, from fading. Very light matting is best washed, after sweeping, with weak borax water or rather wiping with cloths wrung out of it. Anything whatever slopped upon a matted floor makes the estate of it much worse than the first. Dust invariably collects underneath and, once wet, shows through in ugly dark splashes. For grease spots a grain of prevention beats a ton of cure, but if they exist, cover them quickly with prepared chalk wet with turpentine, let the mixture remain for two days, then brush off with a stiff brush. If the spots are very big and very greasy, put one-eighth as much washing soda as chalk and mix with water to the thickness of putty.

Contemplate beauty in all its forms and you will drive everything that is ugly out of your life.

### Her and Him.

#### Love in Outline.

"Twas in a breach of promise suit the letters all were read, And here is what the opening words of her epistles said:

"Dear Mr. Smith," "Dear friend," "Dear John," "My cherished Four-Leafed Clover,"

"My ownest Jack," "Dear friend," "Dear Sir," then "Sir"—and all was over.

#### A Weakling.

It's a fact every man would be glad to dispute, But there seems no good way to defeat it, Adam hadn't the courage to gather the fruit, But seemed perfectly willing to eat it.

#### Sentimental Geography.

"How far is it around the world?"

In girlish innocence asked she

"Ah, let us measure it, my dear."

Her lover made reply, "and see."

Then when he'd placed his strong right arm

Around her waist so small and trim,

He found it wasn't very far,

For she was all the world to him.

#### Two Views.

If all the women were as good as the few I'd say: "Let us saint the whole lot!"—

wouldn't you?

But oh! if the few were as false as the many And I did the sainting, there wouldn't be any.

#### From the Cynic.

Three women may a secret keep

If, as it has been said,

There's one of the lot has heard it not

And the other two are dead.

"What is a magazine, pa?" "Reading-matter between layers of 'frenzied finance.'"

"You should love your enemy." "Ye-es; but, you see—well, I am married to him."

High finance is now getting so high that some people expect to get to heaven from the top of it.

"She introduced him as her cousin once removed, didn't she?" "Oh, no—as her husband once removed."

Auntie (to her young niece)—"Guess what I know, Mary—there's a little baby brother upstairs! He came this morning when you were asleep." Mary—Did he? Then I know who brought him—it was the milkman. Auntie—What do you mean, Mary? Mary—Why, I looked at the sign on his cart yesterday, and it said "Families supplied daily."

## HE TOOK HIS WIFE'S ADVICE

Dodd's Dyspepsia Tablets Cured the Stomach Trouble that Confined Henry A. Coles to His Bed.

One of the unpleasant features of Indigestion and Dyspepsia is that it always keeps getting worse. Take the case of Henry A. Coles, of St. Mary's River, Guysboro Co., N.S. He says:

"I had Stomach Trouble for about five years more or less, and at last I was taken to my bed and the doctor called in. He did me no good. I was suffering a great deal and did not know what to do."

Everyone must admit Mr. Coles was in a bad way. But that's what Indigestion leads to if you neglect it. But if Mr. Coles did not know what to do, his wife did. She said, "Try Dodd's Dyspepsia Tablets." Like a wise man he took his wife's advice, and of the result he says:

"I took seven boxes, and I have not felt any of the trouble since. I heartily recommend Dodd's Dyspepsia Tablets to any sufferer from Stomach Trouble. They cured me."