

Blue Ribbon

TEA, COFFEE, JELLY POWDER, EXTRACTS,
SPICES, BAKING POWDER

Are best and purest
—same price as others
—good premiums extra

They are most carefully manufactured and packed from pure materials only, which are always of the very highest quality—even second quality is never allowed.

Yet they cost you no more than other kinds which are often low grade and even adulterated. In fact, Blue Ribbon goods are really **CHEAPER**, as they will go much further on account of their unusual purity and strength.

Besides, the wrappers may be exchanged for many valuable and useful premiums, which represent a still greater saving.

Write for free List of valuable premiums,
Blue Ribbon, Dept. W.H.M., Winnipeg.



FREE BIG, BEAUTIFULLY DRESSED DOLL

This charming little lady that we give away was made for us by one of the most expert doll makers of the world. She is one of the many thousands delivered to us for the purpose of making thousands of little girls happy. Dolly is not a cheap small doll such as is seen in the toy stores, but is a great big beauty, with a genuine bisque head, feet and arms, and a strong, well made body. She turns her head, and moves her arms and legs. She has large expressive eyes, pearly teeth, rosy cheeks, and natural curly ringlets. She is completely dressed from head to foot. Her hat and dress are daintily trimmed with lace and ribbons. She has shoes and stockings that she can take off and put on, and set of trimmed underwear.

GIRLS, shall we send you this magnificent doll? **No money is required.** Just send us your name and address. We will send you prepaid 2 doz. sets of our

Colored Picture Post Cards

to sell at 10c a set. They sell like lightning. Each set contains four of the most beautifully colored Picture Post Cards, all different. Do not wait, but send us your name and address at once.

The Colonial Art Co.

Dept. 3112, TORONTO

MEN WANTED

RELIABLE men in every locality throughout United States and Canada to advertise our goods, taking up show cards on trees, fences, bridges, and all conspicuous places; distributing small advertising matter. Commission or salary \$500 a year, or \$50 a month and expenses, \$3 a day. Steady employment to good reliable men. We lay out your work for you. No experience needed. Write for full particulars.
SALUS MEDICINAL CO., London, Ontario, Canada.

Would You Like to get picture post cards from all over the world? For 10c. we will send the addresses of 200 foreign Card collectors who would like to exchange.

PACIFIC SOUVENIR CARD Co.,
321 McDermot Ave., WINNIPEG, MAN.

Women and the Home.

Supremacy of Woman.

As morning light so pure and bright,
Dawned in the Eastern sky,
A pilgrim weary, from vigils dreary,
Pondered questions old and new,
Of masculine might and feminine right,
Which the false? And which the true?

Shall man hold sway? Women obey?
Can woman's weaker hand
Steer life's frail bark o'er waters dark
And bring it safe to land?
On the morning air, so clear and fair,
There fell on his startled ear,
The voice of bird, distinctly heard,
'Twas noble Chanticleer.

Art thou a fool in nature's school
"The women all rule here."
Swift as a thought with meaning fraught
From neighboring lea came clear.
With swelling pride, another pride,
"And so they all do here."
But hark! A sound yet more profound,
He lists with bated breath.

From the rear, yet seeming near,
Comes from the distant heath
"So they do everywhere."
And echo strong bore on the song
"So they do everywhere."
He stands aghast, "We are his cast,"
The wondering sage exclaimed,
"Even from Heaven, the edicts given
From mouth of bird proclaimed."

On every hearth in all the earth,
Throughout the world's domain,
With potent sway she has her way
And woman reigns supreme.
The wisest sage in every age,
Must yield to Nature's plan,
There'll be no more as in days of yore
Supremacy of man."

Before Bedtime.

Just before bedtime each child should be made to thoroughly warm his feet and place his shoes and stockings to dry and air till morning. In most country homes the children undress by the sitting-room fire and hurry to bed, and this is a good plan if warm bedroom shoes are slipped on for the cold trip up the stairs. As in everything else, a good start is half the battle, so sending the children warm and happy to rest means less care for the mother as well as good health for the children.

Urge the little ones to speak freely of the experiences of the day during the quiet hour before bedtime, and teach them to ask forgiveness if they have done anything wrong. A clear conscience is a fine thing even for a child, and the habit formed in early life of not allowing the sun to go down on one's anger will bring its reward all through the hard years to follow.

Make the home pleasant with music and stories, and send them to bed to sleep the sound sleep of childhood. If the little folks are hungry or thirsty give them something simple, like crackers, or bread and butter with milk and water, and see that they are warmly tucked in by eight o'clock.

Many an illness and night of restless tossing may be avoided by keeping the bed-time hour free from excitement and injurious food.

Well-Kept Nails.

The blunt nail is the nail of the business woman. It must be kept highly polished, and the moons must be clear and plainly visible. The blunt nail must be gone over daily with the emery board to shape it. And the business woman herself will find it very much to her interest to attend to this matter. It will add to

her attractiveness if she will bleach the back of her hands and keep them as white as possible with the nails pink.

Business people, however busy, have time to notice the hands. And the woman who does not care for her finger-tips is never as attractive as the woman whose hands are poetically dainty.

The vogue for pointing the nails still exists, but the finger itself must be tapering, with a very delicate tip, for it to be attractive. Don't wear pointed nails if your fingers are square. And the nail should be cut to rather a blunt point, not a sharp one. The woman who takes up the pointed nail should be very careful to keep it accurate.

To make nails pink it is only necessary to make them transparent. All nails would be pink if they were allowed to be so. Bleach the nails, rub them with powder until they shine, and they will be pink right down to the very tips.

For shaping the nails emery boards are best, with them one can make the nails more nearly oval. Take the emery board in your fingers and run it around the outline of the nails. Shape them as prettily as you can, and then let them alone. Do not keep using the emery board, and do not keep clipping the nails. Constant clipping with the curved scissors is responsible for many misshapen nails.

Strengthening the Back.

A good exercise to strengthen the back and remove excessive flesh from the hips can be taken in one's own bedroom. It consists simply in picking up a small stool or chair and raising it high over the head, and then bending over, placing it on the floor. Repeat this movement, raising the stool high above the head, and putting it back on the floor until tired. It is a good idea also to take a deep breath when you raise the arms above the head and expel when you put the stool to the floor. This is a vigorous exercise, and if kept up will not only strengthen the muscles of the back, but drive away the superfluous flesh from the hips.

Fruit Stains.

No stains are more common than those made by coffee, tea, and cocoa. Boiling water is the one sure application that will get rid of them. Any water but such as comes from an artesian well will do, but it must be briskly boiling. Stretch the spotted linen over a bowl and pour the water through it, keeping this up until there is no sign of the spot remaining. With these stains as with nearly all others, a very faint mark that refuses to yield to the first treatment will disappear if rubbed carefully when laundered. If by chance coffee, tea or cocoa spots have gone through the wash and become set, it is sometimes possible to take them out by covering them with a paste of raw yolk of egg and glycerine, and then giving them all the sunshine that can be had.

Peach and plum stains make more trouble than all others, because they show so little on the linen until it has been wet. Bleaching on the grass, if one has a few feet of this, removes them better than anything else but bleaching on thawing snow.

Strawberry stains wash out in clear cold water. Some kinds of grape juice wash out in the ordinary way, but the others must have a boiling water bath.

Nothing acts on iron rust in cloth so quickly as lemon juice and salt. Be sure that the material is well wet with the lemon, and completely cover the spot with salt. After reasonable exposure to strong sunlight not a trace of the rust will remain.