

You're sure of the **BEST**
when you get

Blue Ribbon

Tea
Spices
Herbs

Coffee
Extracts
Mustard

Baking Powder
Jelly Powder
Cream of Tartar

They cost no more than other kinds, but will go much further on account of their unusual purity and strength.

It will therefore pay you well to use Blue Ribbon goods of all kinds and so get the best of everything.

Many people always insist on having Blue Ribbon Tea, but accept some poor brand of Extracts; others make sure of Blue Ribbon Baking Powder, but put up with some weak, adulterated kind of Spices.

Insist on having Blue Ribbon goods of all

kinds from your grocer. If he sends you substitutes, return them. He may hope you will forget, but keep right after him and let him see you mean to have Blue Ribbon and nothing else.

Remember, we guarantee all Blue Ribbon goods to give perfect satisfaction and be just as represented. Your grocer will give you back your money if you have any just cause for complaint. You take no chances.

And just think how fast your coupons will count up when you use Blue Ribbon goods right through. Try and see.

ABOUT SENDING COUPONS

Instead of putting Coupons inside Blue Ribbon Tea, 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 with a sharp knife.

Write for Free Premium List to BLUE RIBBON, Dept. H. M., WINNIPEG.



Are unsurpassed for Tone, Touch and Durability, and warranted for an unlimited time, and conceded to be Canada's Artistic Standard.

Gentlemen.—During my recent trip through Ontario I had the pleasure of using a Morris Piano on several occasions. I wish to congratulate you on having succeeded in producing a tone which at once appeals to the musical ear. The action and evenness of scale makes it possible to produce effects which are rarely looked for in an Upright Piano. Wishing you the success your Piano richly deserves. I am, very cordially yours,
Mark Porritt, Organist, Pittsburg, Pa.

Write for Booklet of Piano Information.

The Morris Piano Co.,

228 Portage Ave.,

S. L. Barrowclough

Winnipeg, Man.

Women and The Home

For Rest and Recreation.

Because of her comparative isolation the farmer's wife must learn to live above her daily toil if she would find lasting happiness and satisfaction in life, for there is nothing more narrowing and depressing than an unvarying round of petty tasks pursued year after year for a lifetime. And if she does not take time for rest and recreation and reading, she is likely to become a disheartened, overworked, complaining household drudge.

No matter how pressing each day's duties may seem the housekeeper should take time first for needed rest, lying down a half hour or more once or twice a day, sleeping a little, if no longer than five or ten minutes, for the utter relaxation of the body which takes place during sleep is the only condition of perfect rest, and she will arise from but a short nap refreshed and strengthened.

If kept awake much at night by sleepless or ailing children, the husband or some other member of the family should relieve the mother of such nightly care a part of the time. The mother's work through the day is as hard and trying for her as the father's is for him, sleep is as necessary for her as for him, and it is as much his duty as hers to care for the children during the night. Many good husbands feel this and share all childhood care, while others selfishly sleep the nights through without a thought for the wakeful, worn little mother, who may not have known the comfort of an entire night's rest for years. Such men may be only thoughtless, and but need a gentle reminder of their duty.

When not in need of sleep during the day nothing will so cheer and refresh the tired housewife as to pick up the latest paper or magazine, and while resting learn something of the news of the day or the world's work, or enjoy the phases of life depicted in a good story. With something new to occupy her thoughts the work to which she must return will not drag so wearily.

And it will be well worth all the effort the busy farm mother must make, if she will plan a day's visit to some friend now and then. The change of scene, the short cessation from home cares, and more than all, the contact with other minds, the exchange of ideas and opinions, will give her a mental uplift that will carry her more easily through many days to come.

Every farmer's wife and mother owes it to herself and her family to plan for the rest and recreation necessary to keep her at her best, both mentally and physically.

A Word with Mothers.

Mothers who have been so occupied with the care of their families as to have had little time for reading, are made to realize how much behind the times they have dropped when their children go on in school and begin to talk over their studies and their up-to-date teacher's supplementary instruction at home. The knowledge that she is not in touch with the world comes to a mother like a blow, for she knows that her children are being brought up in a world of which she knows nothing. She looks upon her children as being brought up in a world of which she knows nothing. She looks upon her children as being brought up in a world of which she knows nothing.

will soon learn her weakness and lack of knowledge.

Instead of shedding vain tears of regret and succumbing to the situation, becoming simply cook and household drudge for her family, the wise mother will plan to read and study with the purpose, unknown to her children, of keeping with or ahead of them in general knowledge. She need not attempt to lead them in mathematics, but she may so inform herself in history and literature and concerning the peoples and lands and productions of the world, as to keep pace with them and be an inspiration to them in their other studies.

The purchase of books and subscriptions to papers and magazines will be necessary, for the reading of which time must somehow be found, but the knowledge thus acquired and the pleasure and satisfaction the mother will find in being able to share her children's interest in and help them with their school work will more than repay it all.

A mother cannot afford to be a "back number", if by any effort on her part she can bring herself up-to-date. As the children have been growing in school knowledge they have been also growing in strength and skill, and should be made such active helpers about the house as to relieve the mother of a large part of the necessary routine work, so that she may find time for rest and reading and study, and enjoy it. Mothers need all the influence they can acquire over their children, and should not allow themselves to be weakened by ignorance, which may be made intelligence by a little planning and effort through time gained by requiring the children to be more helpful.

What a Wise Woman Says.

This advice applies to children as well as "grown-ups," to men also, though not in the same degree nor in the same manner. Children can't believe it, but they will find out to their sorrow if they live long enough that age comes very quickly. You wonder how it all came about.

"One must learn to grow old gracefully," said a woman who looked as if she had become etherealized by age. As she talked she was a study in harmony, for she had learned how to make age attractive.

"To struggle after youth when it is gone! Could anything be more pathetic? Why, it is like trying to hold a lover that has ceased to love. A woman may keep her power of attraction all her life, if she knows how. Her life is divided into three periods—the period of youth, of wit and sympathy. Youth requires nothing but to be lovable; middle age demands wit and rare charm of manner; old age should be in touch with the whole world, and have sympathy for every one in it.

"As we grow older we must turn the searchlight of criticism upon ourselves, and cease to look for faults in others. It is impossible to be too fastidious about anything that concerns our person or our clothes. One is the picture, and the other is the frame, and the two must be considered together, not separately.