

The Home

Air and Sunshine.
Staying in the house is a habit easily acquired and hard to drop. Duties

If you put matting down, be sure the floors are thoroughly dry before it is laid.

Year-old matting gains new life by being wiped up with salt and water.

Clean springs and woodwork of beds carefully, going over joints and ends of slats and every crevice with

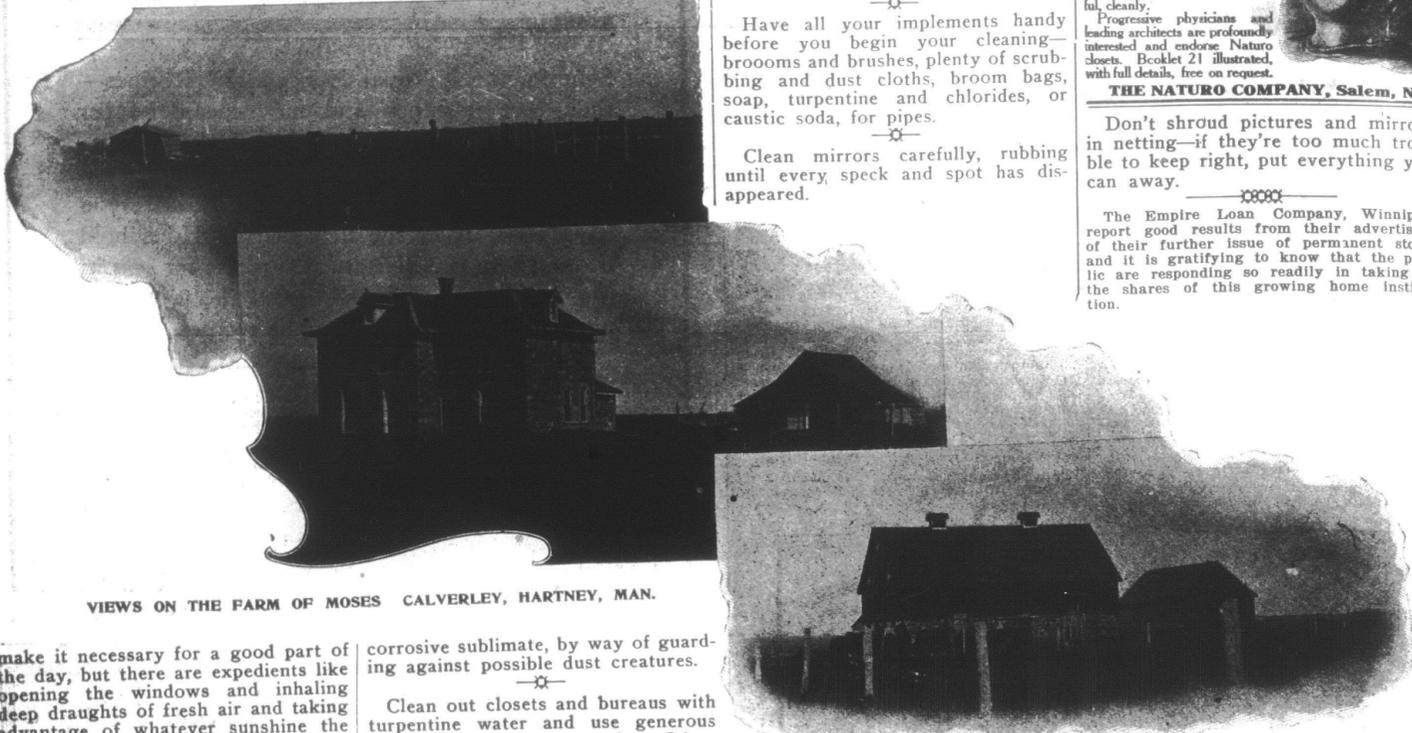
good ounce of prevention against moths.

Lining bureau and chiffonier drawers and closet shelves with heavy white paper keeps the contents fresh, and should be renewed from time to time to be always perfectly clean.

The tops of windows and doors require especial care and cleaning.

Have all your implements handy before you begin your cleaning—brooms and brushes, plenty of scrubbing and dust cloths, broom bags, soap, turpentine and chlorides, or caustic soda, for pipes.

Clean mirrors carefully, rubbing until every speck and spot has disappeared.



VIEWS ON THE FARM OF MOSES CALVERLEY, HARTNEY, MAN.

make it necessary for a good part of the day, but there are expedients like opening the windows and inhaling deep draughts of fresh air and taking advantage of whatever sunshine the windows admit. Don't buy furnishings that will not stand the light—there are plenty that will, and they are quite as pretty as the more perishable articles. We do not seem to be able to distinguish between good things of small cost and cheap things that are expensive at any price. There are the prettiest homes imaginable without an expensive article in them, but everything has been chosen with care. An inexpensive copy of a famous picture is better than a crude painting from unskilled hands, but you cannot make some women believe it. Cheap silks and velvets have more virtue in their eyes than the finest cotton, and it is the cause for so much bad dressing, so many tawdry homes. Excluding the sunshine to preserve these monstrosities is a crowning piece of folly.

House Cleaning Hints.

Zealous young housekeepers sometimes make the mistake of cleaning paint with sand soap. Don't! It only scratches the paint; the other soap will do the work.

Take your carpets, and even your oilcloths, up once a year.

corrosive sublimate, by way of guarding against possible dust creatures.

Clean out closets and bureaus with turpentine water and use generous proportions of the turpentine. It's a

NATURO

After 1,000 years are you one of those who still use the uncomfortable, unhealthful old-fashioned closet? After ten centuries of mistakes the

NATURO the closet with the slant is revolutionizing the world. The only sort of construction that is actually comfortable, healthful, clean.

Progressive physicians and leading architects are profoundly interested and endorse Naturo closets. Booklet 21 illustrated, with full details, free on request.

THE NATURO COMPANY, Salem, N. J.

Don't shroud pictures and mirrors in netting—if they're too much trouble to keep right, put everything you can away.

The Empire Loan Company, Winnipeg, report good results from their advertising of their further issue of permanent stock, and it is gratifying to know that the public are responding so readily in taking up the shares of this growing home institution.



THE STRONG MAN WINS.



Every day we have evidence that the weakling has no place in the busy, humdrum life of to-day. It takes nerve and strength to go up against the obstacles we are now forced to encounter, and this the weakling lacks. Look about you and see the successful man of to-day; it matters not whether he be a Merchant, Lawyer or Laborer—with head erect, eye clear, strength in his every movement, he is ready to tackle any problem with that enthusiasm which assures success.

I can make just such men of weaklings, I care not how long they have been so, nor what has failed to cure them. Let them wear my

DR. McLAUGHLIN'S ELECTRIC BELT

every night as I direct, and in place of a weak-nerved, debilitated being I will show you a strong man—full of vigorous life, with nerves like steel and ready to look any man in the face and feel that he is equal to the best of them and can do what they can do.

You will say this is promising a great deal. I know it, and can show you evidence that I have done it for thousands of weak men, and every one of them has spent from \$50 to \$500 on drugs before he came to me as a last resort. Are you weak or in pain? Are you nervous or sleepless? Have you Rheumatism, Weak Back, Kidney Trouble, Weak Stomach, Indigestion or Constipation? Are you lacking in vitality? I can give you the blessing of health and strength. I can fill your body with vigor and make you feel as you did in your youth. My Electric Belt is worn while you sleep. It gives a soothing, genial warmth into the body. This is life—vigor.

I want no man's money if I can't cure him. There is no deception about this offer, either in making or carrying it out. All I ask is reasonable security that I will get my pay, and you can

PAY WHEN CURED.

EXPRESSIONS OF GRATITUDE FROM THOSE WHO HAVE WORN MY BELT

"I must say that I have not had a sour stomach, neither backache nor pain in my chest since I have used your Belt; therefore I cannot recommend it too highly."—JOHN NEWCOMBE, Goderich, Ont.

"After three and a half years' suffering and doctoring I have received a complete cure from your Belt of backache, sciatica and rheumatism, and have also gained in weight."—JOSEPH C. ARMSTRONG, 173 Rectory street, London, Ont.

DR. E. M. McLAUGHLIN, 130 Yonge Street, Toronto, Can.

Dear Sir—Please forward me one of your Books, as advertised.

Name

Address

Kodaks! Cameras!
And supplies of all kinds.
Write for catalogue.
DUFFIN & CO.
208 BANNATYNE AVE., cor. Main St., WINNIPEG

WHEN WRITING ADVERTISERS PLEASE MENTION THE WESTERN HOME MONTHLY.