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From this date to December 31st, 1917

The New Farmers' Telegram and Family Magazine is essentially a family newspaper with features of interest to every member of the home. The Telegram's exclusive war news service from Windermere, Roland Hill, Herbert Corey and The United Press is recognized as the best in Western Canada.

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Woman and the Home

I always keep in the house a small phial of antiseptic powder and a roll of antiseptic gauze. I find that sprinkling a burn or blister of any kind with this powder and applying the gauze and then a piece of oiled silk, is much better than salve. It dries and heals like magic.

Whenever I lie down for an afternoon nap—and I find that it pays to make this an everyday habit—I always lie face downward with my feet higher than my head. A well-known physician told me that this position would rest the muscles of the back wonderfully and I have found it to be so. I generally lie down on a couch, my head at the foot and my feet at the head.

The following exercise for strengthening the lower muscles of the back, if followed regularly, will give the desired result: Stand erect, heels together, put tips of fingers and hands together, raise arms (still with hands together) over the head, raising the body on tiptoes at same time, then with limbs stiffened so they will not bend at the knee, bring hands down in front of you and touch floor with tips of fingers, your heels having been placed on floor as you start to lower your hands from over head. It will seem difficult to do this without bending at first but you will soon be able to do it. This exercise should be repeated slowly for five minutes morning and evening while undressed—the benefit is in following it regularly.

Our remedy for colds is very simple, but almost infallible in routing those of any description, if taken soon after the first feeling of chill or knowledge of unwonted exposure. It is simply this: Prepare in a cup a half-teaspoon of sugar, one-fourth of a level teaspoon of bicarbonate of soda (cooking soda) and a liberal dash of cayenne pepper. Fill the cup with hot water and drink.

Hot buttermilk will often give relief to a person suffering from a cough. It works wonders taken either hot or cold by persons troubled with indigestion. Last spring I gained ten pounds in as many weeks, which I could attribute only to my daily quart of buttermilk. It will often cure stubborn cases of constipation.

I made a cough candy that the children like and which is at the same time excellent for their coughs. It is made of slippery elm, flaxseed and sugar. Soak a gill of whole flaxseed in a cup of boiling water. Fill another cup with broken bits of slippery elm bark; cover this also with boiling water and let it stand for two hours. Strain both the flaxseed and slippery elm through a thin muslin cloth and save the liquor. Add to the mixture a pound and a half of granulated sugar and boil for ten minutes, then add the juice of two lemons, and boil to the consistency of candy, testing it from time to time by dropping a little in cold water. The moment it is done pour it out on paraffine paper on flat tins and let it harden. When nearly cold score into little cubes so that it may be easily broken when cold.

An efficacious "hurry" poultice that showed the quick wit of our cook, was made by appropriating the boiling potatoes intended for inside application, hastily crushing them, then wrapping and pinning them in a towel.

My method of preserving eggs is so satisfactory that I will report for your readers. I buy the eggs in September or October when they are twenty-five or thirty cents a dozen. Each egg is wrapped in a piece of newspaper and then packed closely in a pasteboard box, filling in any space with paper, and the cover tied on. The boxes are put in a cool place—cold storage, if one has it, a cellar or cold room will do. The air is kept from the eggs by the paper. In the six years that I have tried this method I have never lost an egg, and members of my family who have kept them in this way have had them fresh in May, which is, of course, longer than one needs to keep them.

Won Fame on its Merits.—The unbounded popularity that Dr. Thomas' Electric Oil enjoys is not attributable to any elaborate advertising, for it has not been so advertised, but is entirely due to the merits of this Oil as a medicine. In every city, town and hamlet in the country it is sought after solely because of its good qualities.

A Wilton or Axminster carpet should never be swept with a straw or splint broom. The corners and edges should be lightly whisked or carefully brushed with a stiff hairbrush, and the rest of the floor gone over, and over again if need be, with a good carpet sweeper. Velvet or oriental rugs should never be shaken by hand or beaten on the line. They should be swept in the direction of the nap, and if very dirty should be laid face downward on the grass, beaten with rattan beaters as they lie, and then turned and swept on the right side, renewing the process if not sufficiently clean.

What to Take to An Invalid

If you cannot think what to take to an invalid who has many books and flowers, try this plan. Select unusual magazines such as trade journals, or those devoted to some subject about which your friend is interested "more or less," thus securing fresh food for thought. Take off the covers carefully and paste them on to cardboard. Remove the metal pieces that hold the section of the magazine together and sew each section so that it will not fall apart when handled, and discard the advertising matter unless, as often, it is attractively gotten up and illustrative of things not seen every day. Lay the sections in order, after numbering each conspicuously on the front page with Roman numerals, lay covers in their places and put broad rubber band around the whole. It is not necessary to separate into articles and as most magazines are printed, this is next to impossible. The idea is simply to get the heavy periodical into shape to be held easily.

Food For the Growing-ups Marion Stilwell

The growing-ups, your developing boys and girls of school age, need careful food selection that will make for health. The nutrition needs of a child of ten or twelve of either sex are distinct and separate from those of the baby and the Kindergarten child.

This is because of the care-free out-of-doors play of the boy and girl and to the restraint of the schoolroom. At twelve years of age, the growth of brain and marrow is very slow compared to the rapid development of the preceding years, and, also, at this period of change and unrest, tastes and special appetites for newly discovered flavorings, make themselves apparent. In younger children these tastes may be more or less evident, but at this crucial age it is most important to create a desire for good, substantial, nourishing food, rather than the things which children seem to crave.

There are thirteen chief foods of especial economic and nutritive value for growing boys and girls. These are: Nuts, sugar, corn meal, wheat flour, rye flour, rice, legumes (dried), meats, fish (fresh), potatoes, milk, bananas, fruit, apples, grapes, etc., all of which constitute what might be called a well-mixed diet.

They fill these health needs in child foods:

1. The nutritive elements that food should contain.
2. The energy it should yield.
3. Its easy digestion.
4. Its economy.

Bearing these points in mind, we have a definite guide to aid us in our selection of those foods which meet these requirements and yet give variety and pleasure to the tastes of the growing young mind as well as the body.

The excessive use of meat as a means of producing strength should be discouraged. Meat eaten once a day with a good variety of other tissue-building foods, gives far more nutrition than meat eaten two or three times a day. Compare the food value of meat with peanuts or dried peas, and we find the nutritive per cent of meat sixteen, while in peanuts it is twenty-five, in dried peas, twenty-two, and in wheat flour it is eleven. Consequently, if a large percentage of nourishment is desired, as it should be with normal growth, a good supply of it is to be found without resorting to a diet overbalanced with animal food, which is more or less difficult to digest. Meat eaten once a day is all that should be allowed.

The natural craving for sugar in boys and girls is not to be entirely explained by the fact that sugar tastes good. The ceaseless activity of the body and the