

## "BY THEIR FRUITS YE SHALL KNOW THEM."

After all, the final measure of success or failure lies in RESULTS.

In the vital matter of Life Insurance (and where should a higher standard apply?) THE GREAT-WEST LIFE ASSURANCE COMPANY can offer the undeniable evidence of RESULTS—actual, accomplished results—as proof of the value of its Policies.

This year the Fifteen-Year Deferred Dividend Policies of the Company mature. It is found that all the high estimates of Profits to Policy holders made when these Policies were issued have been realized or exceeded. The results are gratifying in the extreme, and letters from well-pleased Policy-holders show how exceedingly satisfactory these returns are to those personally concerned.

A leaflet giving full facts and figures has been issued—styled "ACTUAL RESULTS TO POLICY-HOLDERS." Acopy will be mailed to any address on request. Those contemplating Life Insurance should on no account fail to obtain a copy of this convincing leaflet. It gives RESULTS, and the reasons for these results.

Mention your age next birthday, when full particulars of suitable Plans of Insurance will be given. You will then readily see why the Great-West Policies have gained so high a reputation.

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ASSURANCE COMPANY,**  
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## SUPERFLUOUS HAIR.

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## Woman and the Home.

### The Baby in the Home.

What's a baby, do you ask?  
Ah, 'tis the sweetest flower  
That ever grew in Paradise,  
Or bloomed in heaven's bower.

What's the tiniest, dearest bud  
Borne on angel wings,  
And wafted to a mother's arms—  
What, you ask, more joy brings?

What entwines its tendrils close  
About parental hearts?  
What awakens love anew  
And happiness imparts?

Ah, what doth bring immortal soul  
Closer to the throne?  
'Tis just a tiny human bud—  
Just a baby—heaven's own.

### Fastening Up the Waist.

The young woman who has learned the value of a new belt, a rosette of ribbon, or a lace collar, knows that with a little thought she can give many a magical new touch to her frocks that need freshening.

Let us begin with the mainstay of her wardrobe—the separate waists—There is much that can be done to change their effect. Take, for instance, a white radium silk waist, trimmed with cluny lace, the lace being inserted in a V-shaped chemisette at the neck and in two bands arranged in suspender fashion. The sleeves were long, and the deep cuffs were both soiled and worn. The young woman who was determined to transform this waist first gave it a naphtha bath, followed with a good sun bath and a day's airing. Then she cut off the deep cuffs, leaving the sleeves quarter length. As a finish for the sleeves she designed slashed gantlet cuffs. For these cuffs she considered many materials, but at last decided upon cloth of silver, and to give it a new French touch she applied upon the glistening silver fabric separate motifs of gold lace. She was so delighted with these cuffs and the very festive air they gave her separate waist that she went a step further and made a shaped girdle of the same silver cloth, with an applique of the lace as its decoration. The girdle fastened invisibly at the left side, and over the fastening she arranged one of the very new shaped bows of silver cloth, the ends of which she stitched in gold thread, just to suggest the gold note. The waist, when worn with this girdle, belt and cuffs, really looked like an imported model. No one but the girl who accomplished the transformation would have recognized the waist.

This same waist could be worn with other less elaborate cuffs and girdle, if one preferred. It would look very fetching and quite different if, in the place of the cloth of silver, these accessories were made of white satin, with an applique cut-out design in pale brown leather.

### Patience With Children.

If we are notable housekeepers we are in danger of putting our carpets and curtains, our well-kept furniture and our things in general before our children. I have known a mother to pass by without notice a rude and boorish act on the part of a child, when she came down like a veritable Day of Judgment on the same little culprit if his ball happened to break a pane of glass. There are mothers who can pardon anything except an ink spot on the front of a frock, or a rent in a garment. Ink spots on character and rents in behavior are a thousand times more injurious than a transient damage to clothing or furniture.

Mothers need to discriminate. Harshness and severity should never be meted out to the child who is the victim of an accident. With the utmost admiration I remember the perfect poise and unbroken calm of a sweet woman whose little girl had the misfortune to knock over a very costly vase which had for her mother precious associations connected with her wedding journey in the Far East. The vase stood on the table where it had been placed after having been shown to guests, who had gazed at it almost with envy. In came little Barbara, her doll in her arms, her foot caught on a rug, slipped along the polished floor; she threw out a hand to save herself from falling, and lo! the vase lay in fragments at our feet. "Never mind, Barbara," said the mother, gently, "you did not mean to do it. I am so glad you are not hurt, and that even Dolly has not a scratch."

The object lesson in self-control was worth going far to see, and its effect would never be lost on the character formation of the little daughter.

### The Decadence of Family Life.

That noted American divine, the Rev. Lyman Abbott, observes: "Along with this decadence of the pastoral relation, and possibly responsible for it, has gone a decadence of family life. Not only in the great cities, but in many of the smaller cities, the apartment house, the boarding house and the family hotel have taken the place of the home. The little children go earlier to the kindergarten, the boys and girls earlier and in greater numbers to boarding schools. The family has sometimes two homes or even three or four, and the greater the number of homes the less home. I do not know what the statistics show, but the impression on my mind is that divorce and domestic separations are ominously frequent now and were very rare then. And whatever weakens the family tie weakens the foundations not only of all social order but of individual morality."

I am glad to put myself on record as in hearty agreement with the note of warning on this general subject which ex-president Cleveland has recently sounded. Whatever turns women away from the sacred offices of the home to seek "careers," whatever leads children to think that clubs and associations, sacred or secular, are more sacred or more dear than the home, whatever drives or draws fathers away from the personal fellowship of the home circle to attend to the duties of business or the pleasures of a club, is perilous, and, if not recognized and resisted, may be disastrous, not only to the happiness of the individual but to the future of society. Far more important than the endowment of libraries or colleges, the purification of politics, or the invigoration of the churches, because fundamental to them all, is the housing, the defending, and the maintaining of the home."

### Laugh and Get Well.

Whether this be absolutely true or not, there are no doubt great advantages in the way of health that come to the person who is buoyant and happy, seeing the bright, even the ludicrous side of the affairs of life. In western New York there resided, until a few years ago, a physician who was known as the "Laughing Doctor." Doctor Burdick was always full of smiles, presenting the happiest kind of a face, so much so as to have given to him the name quoted, and it is said that his good humor was contagious and that his presence and his cheerful, hopeful advice brought all that was necessary for his patients; he dealt sparingly in drugs, if at all, and still he was very successful. A man in a neighboring city was recently given up to die; his family was sent for and gathered at the bedside; one called to see him who assured him smilingly that he was all right, would soon be well, and talked in such a strain that the sick man was forced to laugh, and the effort roused his energies and his system; he rallied and was soon well again. It may be stated as a general principle that the person who laughs much will be sick but little, and it is the experience of many that when a life of hilarious freedom is adopted, there is an increase in bodily strength, vigor and vitality.

Laughter is contagious, and it is often found that the presence of one jovial spirit will affect a whole company. Invalids are always helped by a call from a smiling, hopeful friend, and depressed by the presence of "Aunt Doleful."—Independent.

The old lamp wick is a good thing to throw away, or to use in starting the next fire. Few single articles of household use cost less than a lamp wick, and few are so persistently held on to. Once in a well-to-do home we saw two old wicks sewed together to make a wick long enough for use. No economy in that. Old wicks become clogged and fail to give good light often before they are too short for use.

If the coal oil lamp does not make a satisfactory light, see if the little tube that runs down the side of the wick tube is open. This must be kept open for good results.

To check a cold quickly, get from your druggist some little Candy Cold Tablets called Preventics. Druggists everywhere are now dispensing Preventics, for they are not only safe, but decidedly certain and prompt. Preventics contain no Quinine, no laxative, nothing harsh nor sickening. Taken at the "sneeze stage" Preventics will prevent Pneumonia, Bronchitis, La Grippe, etc. Hence the name, Preventics. Good for feverish children. 48 Preventics, 25 cents. Trial Boxes 5 cent. Sold by all druggists.

## HOUSEHOLD SUPERVISOR

### COOKING

**Egg Salad.**—Sautéed eggs, add a spoonful of sugar, one tablespoon of vinegar and pepper and cover.

**Waffles.**—One cup milk, two eggs, one-half teaspoonful of sugar, one tablespoon of flour, two-thirds cup of butter. Bake in hot and

**Cottage Cake.**—One cup of sugar, one-half cup of butter, one-half teaspoonful of cream, two-thirds cup of flour, two-thirds cup of sugar. Flavor to suit taste.

**Chicken Tea.**—Chicken from which the bones have been removed, one quart of water, twenty minutes. Poured from the meat is quite cold.

**Buttered Apples.**—Pies, core and wash them in a buttered pan. Place a piece of walnut on each apple and bake until tender.

**Love Apple.**—Matoes and beets to cut into petals, pressing carefully the seeds in a bowl. Each a spoonful serve.

**New England.**—Enough cold butter to make a pint, half cupful of vinegar. Serve with cheese.

**Green Apples.**—Picked in September, make a nice jelly. Wipe and stew in a little through a jelly. Allow the jelly to set.

**Tomato Salad.**—Most delicious matoes (as many as you wish) served with a crisp chopped each tomato on lettuce leaves. Serve with French dressing.

**Browned Rice.**—Rice on a shallow to a moderately will need to be rice kernel which should be of the color of ring water. Serve cream.

**Codfish Puff.**—Codfish balls, eggs beaten lightly. But spread the puff hot oven till Or cook in a brown crust ham an omelet.

**Parsnip Cro.**—Five medium-sized oblong pieces, and boil till tender, and salt to taste. Make size of an egg. Fry in a little butter and serve hot.

**Stuffed Apples.**—Pies and cores. Chop some cold fine and season with pepper and a or other sweet used, season with apples with the ter on each, a

**Roast Ham.**—On Saturday. pan. Cover the sugar and eno until top is brown. When boiled night's dinner ham, if it is

**Hot Potatoes.**—Eight potatoes cold. Chop in a pan with butter. Season