Use a test point in each region. For example, point $(1, 8)$ makes $b + t \leq 8$ false, so region 1 is not shaded. Point $(3, 8)$ makes $b + t \leq 8$ false, so region 2 is not shaded. Point $(6, 1)$ makes both inequalities true, so region 3 is shaded, while point $(1, 1)$ makes $35b + 21t > 210$ false, so region 4 is not shaded.