

Most Folks Crave a Wheat Food

The craving of the normal system for wheat food is natural. Wheat is the most perfect food given to man—his "staff of life" for four thousand years. The whole wheat berry contains ALL the elements needed to build the healthy human body.

SHREDDED WHEAT

Biscuit is the whole wheat prepared in its most digestible form. Nothing added—nothing taken away.

The crispness of the shreds compels thorough chewing and a thorough mixing with saliva, which is the first process in digestion.

Shredded Wheat Biscuit every morning for breakfast, served with milk or cream, will build sturdy, robust bodies—best for children or grown-ups. Delicious in combination with fruit. Your grocer sells them.

ALL THE GOODNESS OF THE GOLDEN WHEAT.

Made by

Canadian Shredded Wheat Co., Ltd., Niagara Falls, Ont.

D65

WRITING



ADDING

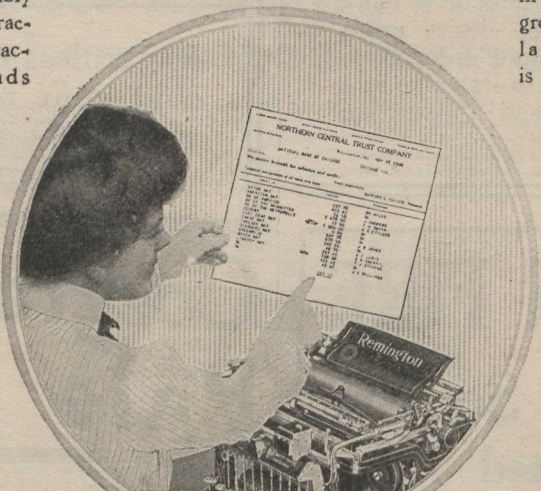
Visible and Indivisible

Writing and adding are joined by natural laws. Much writing involves adding; most adding involves writing—both on the same page. Why then a separate writing machine and a separate adding machine?

Our Adding and Subtracting Typewriter is the answer to this question. It has been called two machines in one. It is really *one machine* with two functions. These two functions are indivisibly joined in practice, and practice demands

that they be joined in one machine.

Wherever writing and adding are done on the same page, whether it be in billing work, order work, statement work or any work with similar requirements, the greatest of all labor savers is the



Remington

Adding and Subtracting Typewriter
(Wahl Adding Mechanism)

Remington Typewriter Company

Limited

New York and Everywhere

IN LIGHTER VEIN

Sufficient Proof.—Lady—"And you guarantee that the parrot talks quite a lot?"

Dealer.—"Rather. His last mistress sold him because she couldn't get a word in edgeways."—*Fliegende Blätter.*

* * *

Calling His Bluff.—The husband arrived home much later than usual "from the office." He took off his boots and stole into the bedroom; but, vain precaution, his wife began to stir. Quickly the panic-stricken man went to the cradle of his first-born and began to rock it vigorously.

"What are you doing there, Robert?" queried his wife.

"I've been sitting here for nearly two hours trying to get this baby asleep," he growled.

"Why, Robert, I've got him here in bed with me," said the spouse.

* * *

Making a Game of It.—"What was that tiresome old explorer talking about?" inquired the languid lady.

"Progress Patagonia."

"And how do you play it?"—*Louisville Courier-Journal.*

* * *

Two of a Kind.—First Imp—"Ananias won't be so lonely now."

Second Imp—"Why?"

First Imp—"There's a theatrical press agent coming to-morrow."—Puck.

* * *

Her Idea of Artists.—Artists do never look alike, any more than grocers or doctors do. Nevertheless, many persons are surprised at an artist who is not small, anaemic, delicate of feature, and decorated with a flowing necktie. Such a person lately visited the studio of a certain artist in one of our big cities.

The man in question wears a big red beard, and stands six feet and some inches high. His shoulders are broad, and his muscles hard from continued exercise. A woman entered his studio and asked for the artist.

"That's him, standing over there," the attendant said.

The woman looked over to where the artist stood, towering like an ancient viking, and gasped. "Why," she whispered, in surprise, "he's big enough to work, isn't he?"—*The Weekly Scotsman.*

* * *

A Tall Story.—"What is that tall chimney for?" said a visitor to Kansas, pointing to a farmyard. "Is somebody putting up a factory in this lonely quarter?"

"No," was the reply. "That's just Joe Miller's well. Cyclone turned her inside out."—*Washington Star.*

* * *

Exceeds the Limit.—"He's the man of the hour."

"Isn't there ever a woman of the hour?"

"Yes; but it takes her an hour and a half."—*Chicago News.*

* * *

Trying and Doing.—Braggs—"You never know what you can do till you try."

Waggs—"That's wrong. You never know what you can do till you succeed."

Braggs—"Well, perhaps that's better."

Waggs—"And then you're wrong. You never know what you can do when you succeed. You only know what you have been able to do."—*Life.*

* * *

But Inferior Ones.—A tender-hearted youth was once present at an Oxford supper, where the fathers of those assembled were being roundly abused for their parsimony in supplying the demands of their sons. At last, after having long kept silence he lifted up his voice in mild protest.

"After all, gentlemen," he said, "let us remember that they are our fellow-creatures."

MAGI

Taken before meals excites the flow of the gastric juice; drunk after meals, it neutralizes the acidity of the stomach.

16

THE WATER OF QUALITY



In years of prosperity, good crops and good markets, a little cash should be put aside where it can be withdrawn at will. A bad crop or the loss of a team is not such a blow if you have provided for it in advance by keeping a savings account.

We pay three per cent. on savings accounts.

524

THE TRADERS BANK of CANADA

INCORPORATED 1885

BRANCHES THROUGHOUT CANADA

Capital and Surplus \$6,650,000



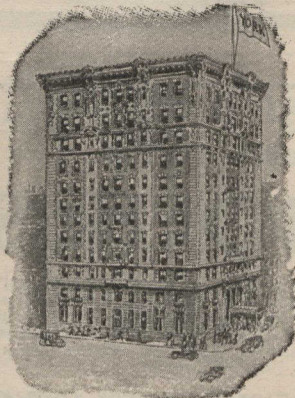
A New Head in 30 Minutes

Exchange that aching, throbbing, suffering, muddled head for a clear, cool, comfortable one by taking a

NA-DRU-CO Headache Wafer

25c. a box at your druggists' or by mail from
NATIONAL DRUG and CHEMICAL CO.
of Canada, Limited, Montreal. 28A

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HOTEL YORK

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Corner 36th St. and 7th Ave.

One short block from Broadway and New York's

Newest, Largest and Finest Department Stores,

Fashionable Shops and Theatres.

2 Minutes from New Penna. R.R. Terminal.

10 Minutes from Grand Central Terminal.

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\$2.00 to \$4.00 Private Bath

Where two persons occupy same room only \$1.00 extra

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JAY G. WILBRAHAM, Managing Director