

Shredded Wheat

A Boon to the Housekeeper—

Kitchen worries and cooking problems
vanish from the home where

SHREDDED WHEAT

is known. It is ready-cooked and ready-to-serve. It contains all the rich body-building material in the whole wheat made digestible by steam-cooking, shredding and baking. You can prepare a warm, nourishing meal in a few moments by heating the biscuit in oven to restore crispness and then pouring hot milk over it. Also wholesome and delicious with stewed or canned fruits.

Made of Choicest Selected Canadian Wheat
A Canadian Food for Canadians

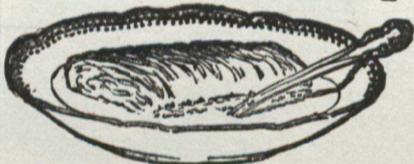
Made by

The Canadian Shredded Wheat Company, Limited
Niagara Falls, Ontario

Toronto Office:

49 Wellington Street
East

K32



IMPREGNABLE STRENGTH

"Wincarnis" fortifies the body with a wealth of strength and stamina that protects you against the attacks of illness and disease.

Those tens of thousands of people who make a practice of taking a wineglassful of Wincarnis daily, know full well how stimulating, nourishing and sustaining it is, and what a grand restorative when the constitution is below par.

Let "Wincarnis" strengthen you—provide you with a fund of renewed health—tone up your body and brain—give you new vigour and vitality—and fortify your system with an impregnable and lasting strength and stamina.

Can be obtained at all first-class Druggists, Stores, etc.

TRADE NOTE "Wincarnis" can be readily obtained from all the leading Wholesale Distributing Houses in the Dominion.

WINGARNIS

IN ANSWERING ADVERTISEMENTS, PLEASE MENTION "THE CANADIAN COURIER."

The Scrap Book

Message.

I SEND you a dream from a fairy sea,
Of the mermaids that sing and play,
To a rhythmic and wind-toned harmony,
Every azure and silver day.

I send you a dream from the waves of
white,
That leap in the ebon dark,
When the mermaids woo in the pale
moon-light
With a love that is madness' spark.

I send you a dream from the leagues of
blue,
From the stretch of the gleaming
shore,
Where the free winds blow—but 'tis all
of you—
That each heart-beat I want you more!
—Leolyn Louise Everett, in Life.

Discovered.—Wife—"What would you
do, George, if you were left a widower?"
Hub—"Oh, I suppose the same as you
would if you were left a widow."
Wife—"You horrid wretch! And you
told me you could never care for any-
body else."—Boston Transcript.

Good Advice.—An Italian who kept a
fruit-stand was much annoyed by possi-
ble customers who made a practice of
handling the fruit and pinching it,
thereby leaving it softened and often
spoiled. Exasperated beyond endur-
ance, he finally put up a sign which
read:

If you must pincha da fruit—
pincha da cocoanut!
—Lippincott's.

A well-known author tells of an Eng-
lish spinster who said, as she watched
a great actress writhing about the floor
as Cleopatra:

"How different from the home life of
our late dear queen!"—Everybody's.

A Liberal Sentence.—A West Virginia
judge arraigned a shanty boater for
stealing a horse, denounced him as a
persistent lawbreaker and then sentenced
him to ten years at hard labour in the
State prison.

"Have you anything to say?" he
asked when he was through.

"No," said the sentenced one—"except
that it strikes me you are pretty durned
liberal with other people' time!"—Sat-
urday Evening Post.

Difficulty Removed. — Pa—"Embrace
me, Thora. Reginald has asked your
hand in marriage."

Thora—"But I don't want to leave
mother, pa."

Pa—"Oh, never mind that. Take her
along with you."—Stray Stories.

Contented.—"We've got a brand new
mahogany piano," said Mr. Cumrox.

"But nobody in your family can play
it."

"Yes, that's the best thing about it."—
Washington Star.

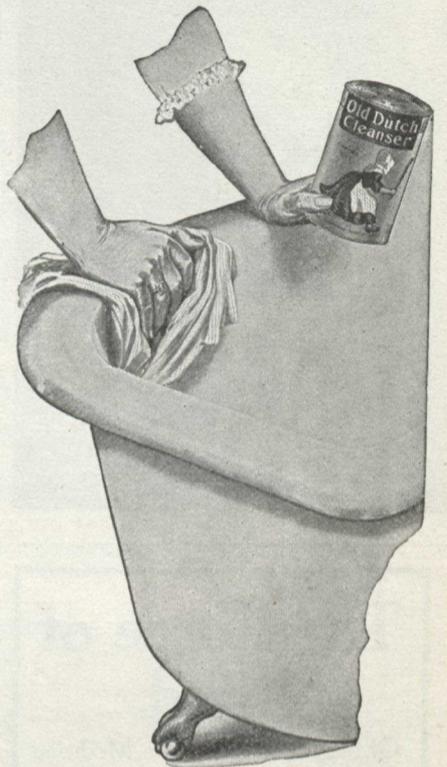
One Way to Tell.—The realness of a
woman's hair is proven by the simplicity
of the doing up thereof.—Albany Journal.

Gratifying.—"Do you think Miss
Chatters is an entertaining talker?"
"Oh, my, yes. She can entertain herself
for hours at a time."—Boston Transcript.

"Mr. Dooley" on Death.

EVERY man who thinks at all is
afraid of death. He may be more
afraid of something else, of loss of
honour, health or money, or going to a
dentist, or, like the man in Pickwick,
of life without buttered muffins, but he
chooses death only as a bad alternative
for a worse. If he is not afraid of one
thing you may be sure he is afraid of
another. A man will go up to the
clouds in a balloon, who wouldn't go
down into 20 feet of water in a sub-
marine. A steeplejack may be afraid
of dogs and a lion tamer of riding in an
elevator. We know a man who has
made a great reputation for coolness
under fire in battle, who gibbers with
fear whenever he has a stomachache.
One man fears fire, another burglars,
another railway trains, another of
measles.

Just WHY



Old Dutch Cleanser

Is the
BEST
Thing
That

Keeps Bath-tubs Clean

Because the Cleanser
quickly removes the
discolorations which ap-
pear on porcelain bath-
tubs, and which it is
impossible to remove by
any other means.

Sprinkle the Cleanser over
the tub, and rub the surface
with a dampened brush or
coarse cloth. Then wash
off with clean water, and
you will find that all dirt
and stains have vanished,
leaving the tub clean and
spotless.

Many Other Uses and
Full Directions on
Large Sifter-Can, 10c