

More and more women are using our bank for their personal savings. bank not only offers safety from theft or loss, but removes the temptation to spend money foolishly. There is no way to accumulate the money necessary to purchase some desired article like depositing small sums from week to week.



INCORPORATED 1885

Capital and Surplus \$6,650,000 BRANCHES THROUGHOUT CANADA

Hotel Directory

GRAND UNION HOTEL

Toronto, Canada

Geo. A. Spear, President

American Plan \$2—\$3. European Plan
\$1—\$1.50.

PALMER HOUSE TORONTO, : CANADA H. V. O'Connor, Proprietor Rates-\$2.00 to \$3.00

CALGARY, ALBERTA, CAN.

Queen's Hotel Calgary, the commercial metropolis of the Last Great West. Rates \$2.00 and \$2.50 per day. Free 'Bus to all trains.

H. L. Stephens, Prop.

HOTEL MOSSOP.
Toronto, Canada. F. W. Mossop, Prop.
European Plan. Absolutely Fireproof.
RATES:
Rooms without bath, \$1.50 up.
Rooms with bath, \$2.00 up.

THE NEW RUSSELL
Ottawa, Canada
250 rooms
American Plan \$3.00 to \$5.00
European Plan \$1.50 to \$3.50
\$150,000.00 spent upon Improvements.

LA CORONA HOTEL
(Home of the Epicure)
Montreal

S1.50 up.

John Montreal

Montreal

Montreal

Montreal

John Healy Manager.

KING EDWARD HOTEL

Toronto, Canada
Fireproof—
Accommodation for 750 guests. \$1.50 up.
American and European Plans.

NEW FREEMAN'S HOTEL
St. James Street, Montreal
European plan. 150 rooms, with baths
and every modern accommodation. Rates
\$1.50 per day upwards. Restaurant one
of the largest and best equipped on the
continent.

IN LIGHTER VEIN

A Poet's Way.—He had the poet's instinct for leaving practical matters to others. But his father-in-law to be did not know this."

"Look here, young fellow," he said,
"I think it's about time the date of your marriage with my daughter was

"Yes, perhaps," the young man agreed. "But I am leaving that entirely to Ermyntrude."
"Ah! Is it to be a quiet or a styl-

tirely to Ermyntrude."

"Ah! Is it to be a quiet or a stylish wedding?"

"I think, sir," answered the young many quietly, "I can leave that safely in the hands of Mrs. Bullion."

"Yes; quite so!" nodded Mr. Bullion.
"But a young fellow generally has some idea with regard to the expense—bridesmaids' gifts, you know. And—by the way, what is your income?"

"Well, that, sir," said the young man modestly, "I am leaving entirely to you."

So Say We All.—"They say that when an ostrich is surprised he hides his head in the sand."
"I wish to thunder he'd everlastingly hide his tail there," observed the

nan who had just settled a heavy millinery bill.

"Of Two Evils," etc.—"I'm going to the dentist's to have this tooth out. Just mind the baby till I come back." Husband (with alacrity)—"You mind the baby, Jessie; I'll go and get a tooth pulled out!"

Chivalry and Profanity.—Chivalrous Mr. Jones purposely dropped a 50-cent piece at the foot of a poorly dressed woman who passed through the subway turnstile loudly lamenting that the ticket agent had cheated her out of half a dollar, then he picked the money up and gave it to her.

her.

"Excuse me, madam," said Mr.
Jones, "I think you dropped this."

"Oh, no," she said, "it can't be mine.
Perhaps you dropped it yourself."

"Oh, no," said Mr. Jones. "It is yours, I am sure. I picked it up just as you passed."

She took the money and hurried.

She took the money, and hurried after another man who had passed at

"Excuse me, sir," she said, "I think you lost this."

"Thanks," said the other man, and

jumped aboard a train that was ready to start.

-!" said chivalrous Mr. Jones.

Deadly Nicotine.—Some years ago in Indiana one of the questions in an examination was: "What is nico-

The answer given was: "Nicotine is so deadly a poison that a drop on the end of a dog's tail will kill a man."—Everybody's Magazine.

Speedy.—A disheveled citizen rushed into a Boston police station one afternoon and shouted for vengeance.

"The automobile that hit me five minutes ago was No. 41,144," he sputtered. "I can prove that he was exceeding the speed limit, and I want—I want—"

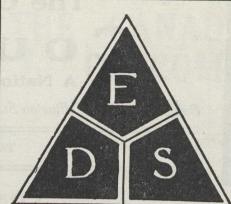
—I want——"
"You want a warrant for his ar-

rest?"
"Warrant nothing! What good would a warrant do me at the rate he was going? I want extradition papers."

Meaning of Names.—Jeraldine:
"William means good; James means
beloved, I wonder (blushing) what
George means?"

Mrs. Fondhopes: "Well, daughter,
let us hope that George means business."—Life.

Encouragement—He: "I suppose if I kissed you, you would never speak to me again?"
She—"Why do you always look on the dark side of things?"



E. D. S.

Are the Pure Fruit, the delicious product of Canada's premier fruit district, the Niagara Peninsula.

Made under the most perfect conditions on E. D. Smith's own Fruit Farms.

DELICIOUS AND ABSOLUTELY PURE

At all dealers. Insist on seeing the E. D. S. Trade Mark

E. D. SMITH

WINONA, ONT.

The Cook's "Day Off"

You have to give her a day off from the hot kitchen. The cook's "day off" is generally an "off day" for the entire household. It is a day of short rations and unsatisfied hunger. It need not be an off day if you have

in the home—the food that is ready-cooked, readyto-serve, full of nutriment and easily digested. You can prepare a delicious, nourishing meal with Shredded Wheat Biscuit and Triscuit without building a fire in the kitchen. Place two Biscuits (whole or crushed) in a deep dish and cover with berries of any kind-raspberries, blackberries, huckleberries or other fresh fruits-and then pour over them milk, adding a little cream and sugar to suit the taste. Serve Triscuit instead of ordinary toast with butter, soft cheese or caviar. It is a crisp, delicious snack for the Summer days.

Shredded Wheat is ready-cooked, ready-to-serve. It is made of the whole wheat, steam-cooked, shredded and baked—nothing added, nothing taken away—the cleanest, purest, most nutritious of all cereal foods.

MAKE YOUR "MEAT" SHREDDED WHEAT

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

