

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



BEETHAM'S La-rola

Is a perfect emolient milk quickly absorbed by the skin, leaving no trace of grease or stickiness after use. Allaying and soothing all forms of irritation caused by Sun, Wind and Hard Water, it not only

PRESERVES THE SKIN

and beautifies the Complexion, making it SOFT, SMOOTH AND WHITE, LIKE THE PETALS OF THE LILY.

The daily use of La-rola effectually prevents all Redness, Roughness, Irritation, and Tan, and gives a resisting power to the skin in changeable weather. Delightfully cooling and Refreshing after MOTORING, GOLFING, TENNIS, CYCLING, ETC.

Men will find it wonderfully soothing if applied after shaving.

M. BEETHAM & SON

CHELTENHAM, ENG.

The Canadian Bank of Commerce

Head Office: TORONTO

Paip-up Capital, \$10,000,000; Rest, \$8,000,000

SIR EDMUND WALKER, C.V.O., LL.D., D.C.L., President.
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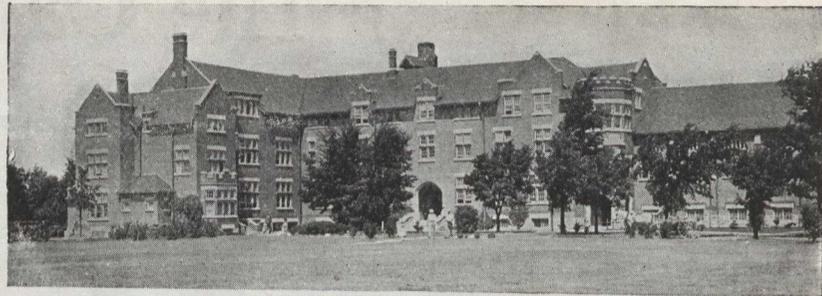
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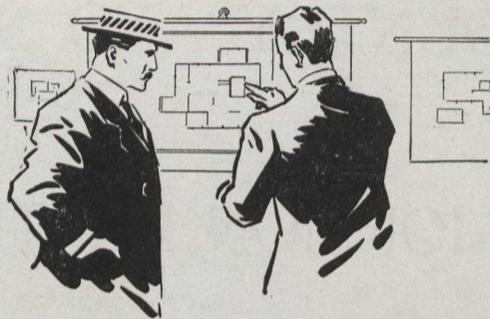
These Letters of Credit are issued for the use of travellers and tourists and may be obtained available in every part of the world. The holder can draw whatever sum he requires when needed without risk or difficulty.



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Three separate residences, new, specially built and equipped. 1. Lower School for boys under fourteen. 2. Dean's House for boys of fourteen and fifteen. 3. Upper School for Advanced Pupils. Gymnasium and Swimming Bath just erected. Fine Hockey Rink. Athletic Fields and Playgrounds unsurpassed. Eighty acres. Mild climate. The School won University Scholarship in Classics, 1909, and in Classics and Mathematics, 1910.



IN preparing the specifications for your new home or the remodelling of your present one, don't neglect to make proper provision for an adequate supply of pure, healthful warmth during the cold weather. Remember, in planning your home, you live indoors the greater part of the time, and the rigorous climate of Canada demands artificial heat six to eight months of the year. Instruct your architect or builder to specify

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and you will solve for all time the problem of an efficient, cleanly, economical and healthy heat supply.

The King Boiler extracts the greatest amount of heat from the fuel burned. It distributes evenly, clean, healthful warmth to all parts of the house, leaving no cold rooms, chilly corners, or draughty hallways.

The heat is always under your absolute control, and is so easily regulated that the house may be kept at the same temperature, no matter how the weather changes outside.

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A copy of "Comfortable Homes," an interesting and instructive review of hot water and other forms of heating, will be sent you on request. A postcard brings it.

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In the Laundry the *Iron*.
For cleanliness the *Vacuum Cleaner*.
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