



Benger's Food, prepared with fresh new milk forms a dainty and delicious cream, rich in all the necessary food elements.

If half Benger's Food so prepared, is mixed with half freshly made tea or coffee, cocoa or chocolate, its highly nourishing and digestive advantages are added with great success to the refreshing qualities of the beverage.

BENGER'S FOOD

also mixes agreeably with stimulants when these may be medically recommended.

A sample of Benger's Food, with Instructive Booklet on the feeding of Infants, Invalids, and the Aged, post free.

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The National Drug & Chemical Co. of Canada, Ltd.,
Montreal, or any of their Branches at Halifax, N.S.,
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"What Every Woman Knows"

That Bacon furnishes the most tasty and delicious breakfast. It is at the same time the most economical.

For over fifty years the House of Fearman has been curing Breakfast Bacon. It is made from the product of Canadian grain fed pigs, carefully selected and carefully prepared. The whole process from beginning to end is under the supervision of the Inspectors of the Dominion Government, ensuring pure, healthy food.

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BREAKFAST BACON

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HAMILTON

FOR FLAVORING CAKES
Pies, Puddings, Sauces and
Ice Creams try Shirriff's True
Vanilla. The real extract of
Mexican Vanilla Beans. Sur-
passes all others in flavor,
bouquet and strength.

Shirriff's True Vanilla

First Ship's Matron

THE official supplanted the officious recently when the Canadian Northern Steamship Company created the novel office of Ship's Matron. The matron wears the official uniform—peaked cap and braided suit of navy blue—and has the rank and authority of an officer on the vessel.

The whole duty of Ship's Matron is to look after women travellers, espe-



MRS. BURRINGTON HAM,
Ship's Matron Aboard The Royal Edward.

ally after young women coming out in third or second class, whether alone, or in parties personally conducted by the steamship company. These parties are selected from different points in England, and are met en route to Avonmouth and Bristol by a London office immigration agent, and are given cards of introduction to the Ship's Matron, she being supplied with a special list of all young women on board. It is the office of the Ship's Matron to immediately become acquainted with each of these young women and to be practically their companion for the voyage.

The ship to make the experiment has been the Royal Edward—on which ship Mrs. Burrington Ham, an English woman, is matron. Mrs. Ham is bright-faced, capable, wholesome, kindly, and what is surprising—young. Every afternoon she meets the girls, questions them, and supplies them with practical information about their individual destinations. One of the Ship's Matron's duties is to see that all people are off the decks by a certain hour at night. This Mrs. Ham achieves without offence.

The appointment, criticized at first, has demonstrated its value. A second appointment is soon to be made aboard the Royal George. And the new office, no doubt, will become a permanent feature. The move has been made at the instigation of Mr. Thomas Howell, commissioner of the Canadian Northern Steamship Company. Mr. Howell advocates, very strongly, a similar office to Ship's Matron, on trains.

Girl Guides' Development

FORTY-TWO companies of Girl Guides is the creditable total reported to be arrived at after one year's extension work by the aggressive Dominion Council of that body.

These same forty-two thriving companies are distributed through the provinces as follows: In Ontario, twelve in Toronto, two in Ottawa, two in Belleville, two in Hamilton, one in Brantford, one in Owen Sound, one in Bradford, two in Peterborough, four in Chatham, one in St. Catharines, one in Massey, one in Sudbury, and one in Windsor; in Quebec, one in Montreal; in Saskatchewan, one in Moosejaw and one in Indian Head; and in British Columbia, four in Vancouver, two in Chilliwack, one in Sardis, and one in Victoria.

In the following places companies are in the process of formation: Ridgeway, Thamesville and Alton, in Ontario; Sherbrooke and Quebec, in Quebec; Canso, in Nova Scotia; Cochrane, Diamond City, High River, Strathcona, Calgary and Edmonton, in Alberta; Killarney, Dauphin and Portage la Prairie, in Manitoba; Regina, in Saskatchewan; and Shannigan Lake and Vancouver Island, in British Columbia.

That the work appeals to all classes of girls in Canada is evident, for com-

panies have been organized in connection with Public and High schools, the Y.W.C.A., Sunday schools, settlements and factories. Also, a corps of Senior Guides has lately been organized from among the under-graduates of Toronto University, with the purpose of training for officers.

Among the recent activities of the Girl Guides' companies were: A combined demonstration and social event by the Chilliwack Girl Guide members, their attractive part in the New Westminster May Day exercises, an exhibition in Ottawa, and a largely attended concert given in Chatham.

Talent Honestly Come By

A CANADIAN born, though shrewdly abstracted and then made famous by Uncle Sam, is Miss Constance Lindsay Skinner, novelist and playwright.

"She was born in Stanley," says a recent account, "a little Bret Harte town in the gold fields, where her parents lived. Her parents, indeed, were pioneers in the fur-trading and gold country of Cariboo, in the northern interior of British Columbia."

"The writer's father was R. T. Skinner, of an old English family. The famous novelist, Charles Reade, was his mother's cousin. Her mother was Ann Lindsay and she is a descendant of the historic Lindsays of Scotland, who numbered amongst them Sir David Lindsay, the poet and historian, and Lady Ann Lindsay, who wrote 'Auld Robin Gray.' Descended from such stock, it was perfectly natural that the artistic instinct should be strongly developed in Constance Lindsay Skinner."

Twenty Pounds of Cat

"SOME CAT!" said a small boy who stopped to watch Teddy having his photograph taken.

And no wonder. This magnificent animal, owned by Mrs. Ruddick, wife of J. A. Ruddick, Esq., Dairy Commissioner, Ottawa, looks and acts like a small tiger. He weighs twenty pounds and has more idiosyncrasies than any cat off the stage.

To begin with, Teddy is gentle and very affectionate. When he is being carried



AN ARMFUL.

Being the Twenty-Pound Pet of Mrs. J. A. Ruddick, of Ottawa. Only a Dairy Commissioner's Cat Could Hope to Attain Such Fatness.

about, he sits up as a child would, one paw about the person's neck. He seems to have more fondness for the human family than other felines exhibit. He is more feminine than masculine in one peculiar respect—his fondness for hats. Unless a hat-box is securely tied he can open it and get into it, whether it is on the floor or a shelf. However, Teddy is generous to a fault, taking his fish or catnip into the yard and inviting creatures of mangy coat and battered features to share his delicacies—which they readily do.

In the matter of independence Teddy is more like a dog than a cat—walking with stately mien about the streets at his own sweet will, and a dog who has the temerity to accost him seldom repeats the offence. Yet, Teddy is no prince of the realm; he is not descended from the sacred cats of Persia. In his veins runs the blood of the proletariat—he is just cat.



Always Beautiful

Whatever her rank in society—a woman should always be beautiful; it is her part in life, almost her duty.

Although advancing years, sickness, grief, anxiety may dim her beauty, fade her complexion and produce wrinkles, there is a cure—

GOURLAUD'S Oriental Cream

It renders the skin like the softness of velvet, leaving it clear and pearly white. A daily necessity for the ladies' toilet, whether at home or while traveling, as it protects the skin from all weather blemishes. It is a perfect non-greasy toilet cream, and positively will not cause or encourage the growth of hair, which every lady should guard against when selecting a toilet preparation.

50c and \$1.50 a bottle at druggists and department stores, or direct on receipt of price.

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Give it that tempting appeal to the palate that only

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can produce. Give to the puddings, sauces, candies, fudges, ices, icings and cake fillings, that rich, mellow, maply flavor that only Mapleine can produce. Use it like any other flavoring extract.

Mapleine also makes delicious table syrup by dissolving granulated sugar in hot water and adding Mapleine—directions on the bottle.

Grocers sell it, 50c. for 2 oz. bottle. If not, write Dept. E10.

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Send 2c. stamp for Mapleine Cook Book.

