

Smillie. At a recent meeting, Miss Helm, of the University Settlement, gave an interesting address on "Settlement Work in General," with an account of the work of the University Settlement on Dorchester Street in particular. Miss Phillips, superintendent of the Foundling Hospital, then gave the Club a clear and inspiring talk on the work of the Milk Depots throughout the city. She showed how the milk was prepared for each baby, how it was packed in the small bottles carefully corked and carried away in tin pails with cracked ice. If those receiving the milk were able to pay they did so, if not they received it free.

However, the most interesting feature in connection with the address was the presence of a "real, live baby," that was brought in by a neat nurse and behaved beautifully as it was undressed and weighed in the scales which stood with an array of milk bottles and pails on the platform table.

In Montreal the work of preparing the

milk Depots is patriotism of the best kind in saving these small citizens for the Dominion.

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#### Personal Paragraphs.

**D**R. WILFRED GRENFELL and Mrs. Grenfell have returned to the East, after a tour of Western Canada, during which the "Fishermen's Doctor" won many friends for his Labrador work.

Mrs. J. G. Woods, of Vancouver, and Mrs. J. W. Y. Smith, of Moncton, were among those presented at the first Court during March.

Lady Mount Stephen was "At Home" last month to the Presidents of the London Needlework Guild. Her Majesty the Queen honoured Lady Mount Stephen by being present. Queen Mary's interest in needlework is well known and has revived interest in that feminine accomplishment in aristocratic circles.

The Countess of Warwick is now engaged in explaining just why she did not continue her lecturing tour of the United

## The One Perfect Food

The whole wheat grain is the one perfect, complete food given to man. This is affirmed by dietetic experience. It contains all the chemical elements that are found in the human body and in about the same proportion. If it is a complete, perfect food, why mix it with other grains?

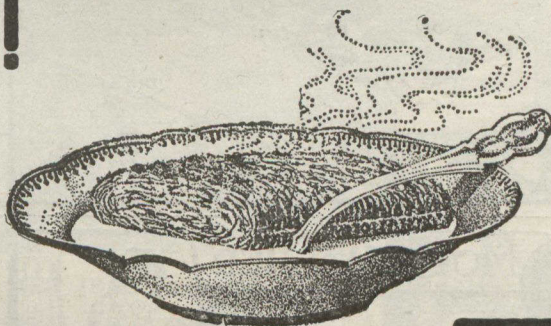
Nothing could be purer, more wholesome or more nutritious than

# SHREDDED WHEAT

It is the whole wheat, nothing added, nothing taken away—no yeast, no baking powder, no grease and no chemicals of any kind—just pure whole wheat made digestible by steam cooking, shredding, and baking.

For breakfast, heat the Biscuit in the oven a few moments to restore crispness; then pour hot milk over it and salt or sweeten to suit the taste. It is delicious for any meal with stewed prunes, baked apples, sliced pineapple, berries or other fruits. At your grocer's.

**Made of Choicest Selected Canadian Wheat**  
**A Canadian Food for Canadians**



Made by  
**The Canadian Shredded Wheat Co. Limited**  
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#### A NEW PORTRAIT OF LADY BROOKE AND HER SON.

Lady Brooke is the daughter-in-law of Lord and Lady Warwick and married Lord Brooke four years ago. She is the daughter of Sir William Eden and Possesses the unusual Christian name of Elfrida. Lord Brooke takes an active part in the Territorial movement, and has seen service in the South African War, and during the Russo-Japanese War was a special correspondent for Reuter's. —The Tatler.

milk is done by Miss Phillips at the Foundling Hospital, and in its distribution she is ably seconded by the nurses of the Victorian Order.

Once a week a clinic is held at the depots at which the mothers gather with their babies, who are examined by a doctor and weighed as the little baby present was weighed and the increase or falling off in weight was carefully noted. These clinics do much good, for they established a friendly rivalry among the mothers with regard to the care of the babies.

To sum up the benefits of the work she quoted a doctor as saying, "Before these Milk Depots were started I lost seventy-five per cent. of the babies among my clients, now I save seventy-five per cent."

Miss Phillips also dwelt on the need of continuing this work of distributing milk all the year around. As it was now, the depots had to be closed, except in one or two cases, during the winter. And this for lack of funds, in a rich city like Montreal.

As it was proved two years ago that Montreal has the highest infant death rate on the continent, the work of the

States and why she did not come to Canada. Her sudden return to England, Home and Duty was all on account of the coal strike!

Western air seems to be favourable to authorship. Mrs. McClung, Mrs. Arthur Murphy and Mrs. Isabel Mackay will bring out new books this spring.

Miss Margaret Anglin, Canada's favourite actress, will be on tour in the West this month.

#### A Gentle Reminder.

**D**E PACHMANN, says the San Francisco Argonaut, will have cause to remember Quincy, Illinois, that is to say if he is well served by his press-clipping bureau. Here is a report of his recent recital which doubtless he will paste in his clipping album with a red line around it to remind him of the virtues of humility:

"There was a splendid house at the De Pachmann concert last night, and the Scherzo Club ladies were a little ahead on that concert, although it took \$650 cash for the pianist, and then there were the theatre, advertising and other expenses."

## It makes you hungry

Wives! Here's the soup for the husband who leaves his appetite out in the cold —Edwards' Soup.

It's the soup that he's eager to begin and sorry to finish; the soup that warms him through and through; the soup that gives him such an appetite that it makes you hungry to see him eat.

Yet Edwards' desiccated Soup is no trouble to make—all the preparation is done long before you buy.

Edwards' Soup is also an excellent addition to your own soups—it imparts flavour; it thickens; strengthens and gives a richer colour.

**EDWARDS' DESICCATED SOUP**  
5c. per packet.

Edwards' desiccated Soup is made in three varieties—Brown, Tomato, White. The Brown variety is a thick, nourishing soup prepared from best beef and fresh vegetables. The other two are purely vegetable soups.

Edwards' Soup is made in Ireland from specially selected beef and from the finest vegetables that Irish soil can produce.