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When you think of sliced peaches or other fresh fruit, think of

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BISCUIT

the cleanest, purest, most nutritious of all the cereal foods—combines most naturally with all kinds of fresh fruits—better than peach shortcake or peach cobbler and more easily digested—an Autumn delight for Canadians who like good things to eat and who know the value of fresh fruits.

Heat a Shredded Wheat Biscuit in the oven to restore its crispness, then cover with sliced peaches or other fruits and serve with milk or cream, adding sugar to suit the taste. A dish of Shredded Wheat with sliced peaches and cream is the bright spot in a dull day—it will keep the stomach sweet and clean and the bowels healthy and active.

Two Shredded Wheat Biscuits with milk and cream and a little fresh fruit will supply all the energy needed for a half-day's work or play.

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

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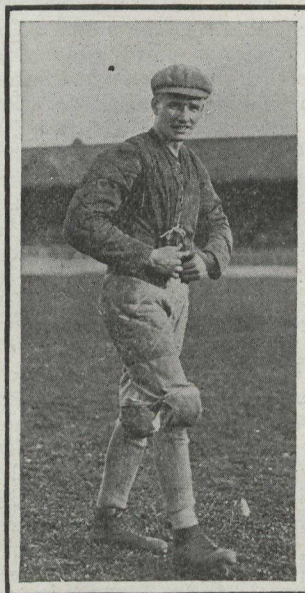
PEOPLE AND PLACES

Capt. Maynard, Footballer.

THIS is back to college month. With the yellowing of the leaves. Canadian college men all over the Dominion are trooping over the campus, their noses keen for the Registrar's office.

"Who's going to make the team?"

Football is the main topic. Until the academic year is well into Decem-



JACK MAYNARD, STRATFORD,
Captain, University of Toronto Football Team.

ber, the gridiron completely overshadows interest in the humanities.

From the chirpiest freshman with his light tie and cigarette, to the high-browed senior, speculation is only of that embodiment of student energy—The Team.

At Toronto, for instance, Rugby this fall is a drama so tense that no one knows what is going to happen next. Last year's star Canadian outfit have mostly faded from college by the B.A. route.

The process of whipping raw material into shape is an interesting one; very strenuous for the captain.

The successor of Hugh Gall at the director's job this year is Jack Maynard. He is one of Gall's old Guard. They say this nineteen-year-old youth is going to be a whirlwind. He can get through as fast as Smirle Lawson, though not so picturesquely. His booting is in the Gall class every way.

Maynard is a native of Stratford, Ontario. He got over his first touch down at Trinity School Port Hope.

This summer he has been fire-rang-ing for the Ontario Government in Northern Ontario, taking on football beef on the side.

A Real Nobleman.

THE closing days of Earl Grey's regime at Rideau Hall are being marked by graceful, little touches of courtesy, which will afford much pleasant contemplation to the historian of the future whose task it will

be to review the seven years of gracious hospitality just concluding in Canada's capital.

The other day, there was a marriage in the servants' hall at Rideau.

John Guy wedded Polly Atkinson.

In honour of the wedding bells the Government House servants gave a grand ball. His Excellency the Governor-General, and Countess Grey, joined the merrymakers.

His Excellency tripped out on the floor with Mrs. John Guy. Her Excellency danced with Mr. John Guy.

How many brides in the most exclusive social sets in Canada have had the honour of the presence of the Governor-General and his lady at their marriage festivities?

Such democratic actions on the part of Earl Grey reveal the genuine worth of a great and true nobleman, whose sojourn at Ottawa the Canadian people will long remember.

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Parliamentary Oddities

WITH the shuffling of parliamentary representatives by the reciprocity issue, it is interesting to note some peculiarities about our M.P.'s, outside of their party complexion.

Who are the oldest men in the House—not in age, of course, but in parliamentary experience?

Answer: Hon. John Haggart, elected in 1872; Sir Wilfrid Laurier, 1874; Dr. T. S. Sproule, Orange champion, 1878; Mr. George Taylor, of Leeds, 1882; Hon. George Eulas Foster, 1882; Mr. David Henderson, Halton, 1888; Dr. Reid, Grenville, 1891; Colonel Sam Hughes and Mr. W. F. McLean, 1892.

There are 76 lawyers holding down parliamentary seats—such are the spicers.

Thirty-six farmers desert the fields for a bench in parliament during the winter.

Thirty-two storekeepers leave the cash register to the clerk and hike for Ottawa.

Twenty-one doctors prefer tariff clinics.

Seventeen manufacturers are interested in Hayman's Gallows.

Ten lumbermen represent the Canadian tree.

Eight newspapermen are truly the Fourth Estate.

Seven notaries learn Ottawa money-to-loan methods.

Four brokers are part of the most uncertain and fluctuating stock in the world.

The grimy hand of toil is represented by one man. Labour looks lonely.

* * *

More Coal in B.C.

THAT big stretch of coal beds, lying between Nanaimo and Ladysmith, figured in a big deal recently. 2,400 acres of it, supposed to contain thirty million tons of coal, were transferred to the Harriman railroad interests. By this transaction British Columbia will have a new town. A site has been laid out on the coal fields for employees of the Harriman developers.

SHIFTING THE MINTO CUP

By P. W. LUCE

EARLY this spring, in an article I wrote for The Canadian Courier, I made the daring prediction that the Minto Cup would eventually shift from Westminster to Vancouver.

Probably most of the readers of this magazine have forgotten this, but he is a poor prophet who does not call attention to his predictions once these have been proved correct. Goodness knows we err often enough to be glad we are right once in a while.

Not because I said so, but because it was inevitable, it has come to pass that the Minto Cup and the world's

lacrosse championship has been won by Con Jones' Vancouver team. The destiny of the trophy necessitated two extra games to decide, but by doubling the score (10 to 5) in these matches the Vancouvers clearly proved their superiority over the famous Salmon Bellies.

If logic instead of bull-luck and playing ability were the deciding factors in the disposition of the Minto Cup, the resting place of the former Governor-General's trophy would still be the same—Vancouver. Vancouver was the first Western city to send a

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