

BUILDING STURDY BOYS

You cannot build sturdy, robust boys and girls out of books and sermons. Mental vigor and moral stamina cannot come from poorly nourished bodies no matter how careful or painstaking may be the instruction in home or school.

The best food for growing children is

SHREDDED WHEAT

because it contains in well-balanced proportion all the food elements that are needed for making sound muscle, good bone and brain. It is better for children than mushy porridges that are bolted down without chewing. One or two Shredded Wheat Biscuits eaten every morning with hot milk and a little cream will keep the stomach sweet and clean and the bowels healthy and active.

MADE IN CANADA

The Canadian Shredded Wheat Company, Limited

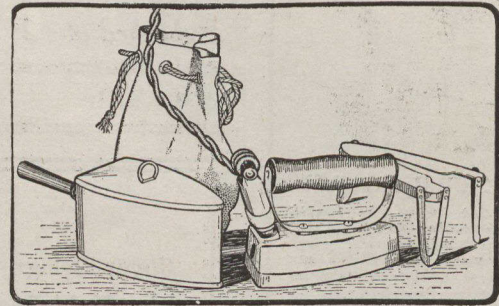
Niagara Falls, Ont.

Toronto Office:
49 Wellington Street East.



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Christmas is Coming



As a suggestion, drop in and see our little 2½ lb. Iron, which is equipped with a stand and a small receptacle for heating water, and with a place for heating a curling iron.

All of these nest together compactly and slip into a little ooze-leather bag, which in turn can fill up the corner of a suit-case. There is no more useful traveling kit for a lady than this little outfit.



DROP IN AND SEE IT, OR CALL UP
A DELAIDE 404



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ALLAN Royal Mail LINE

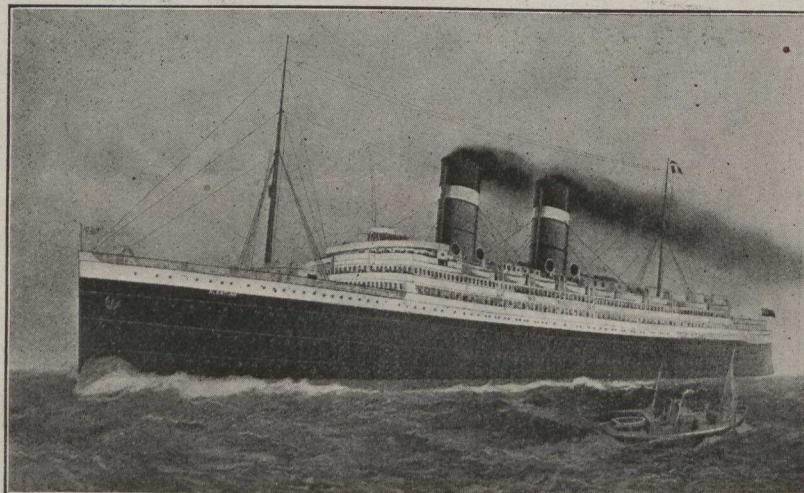
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