

A Good Breakfast For Five Cents

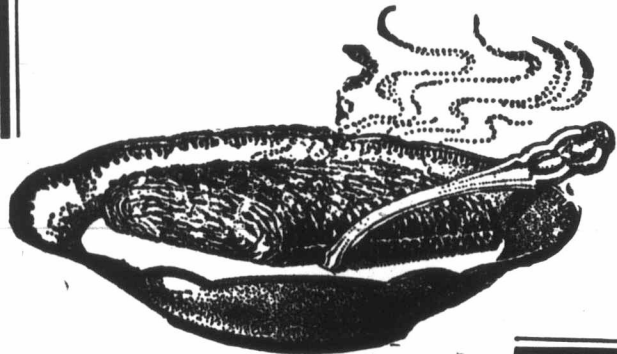
The food that supplies the greatest amount of digestible nutriment at smallest cost is

SHREDDED WHEAT

the only breakfast cereal made in Biscuit form. Contains all the body-building material in the whole wheat grain made digestible by steam-cooking, shredding and baking. Two Shredded Wheat Biscuits, eaten with hot milk and a little cream, make a complete, perfect meal at a cost of four or five cents. Ready-cooked, ready-to-serve.

Always heat the Biscuit in oven to restore crispness. Two Shredded Wheat Biscuits with hot milk or cream will supply all the energy needed for a half day's work. Deliciously nourishing when eaten in combination with baked apples, stewed prunes, sliced bananas, canned or preserved fruits. Try toasted Triscuit, the Shredded Wheat wafer, for luncheon with butter, cheese or marmalade.

The Canadian Shredded Wheat Company, Limited



Niagara Falls,
Ontario

Toronto Office:
49 Wellington St.
East

28-B

date, said that a woman wrote to him after an appeal for funds, saying that she could not give much in the way of money, but sent him a pearl necklace for the foreign missions. He disposed of the necklace for over £800.

Mr. William Jones, of Halsall, Lancashire, who is in his 80th year, has been a church organist for 60 years,

but Dr. E. H. Thorne, organist of St. Anne's, Soho, London, beats even this remarkable record. Dr. Thorne was born in London in 1834, and he is still discharging all the duties of his office actively. His career as an organist began when at the age of 12 he became Sir George Elvey's deputy at St. George's Chapel, Windsor Castle.

Professor Adolf Harnack, the eminent historian of dogma, has resigned the chief librarianship of the Royal Library at Berlin, an office conferred on him by the Kaiser when the distinguished scholar withdrew from active and regular work at the University. Although Professor Harnack is by no means an old man, his life has been a strenuous one, and his innumerable friends and admirers hope that the resignation of the librarianship will afford him that leisure and rest to which his strenuous and useful life entitles him. Dr. Harnack is also President of the Emperor William Academy of Sciences, an office entailing considerable labour. In addition he exercises editorial oversight of several serial publications dealing with ecclesiastical history. It is only rarely that he consents to lecture at the University. In recognition of Dr. Harnack's immense services to the history of Christianity, the Kaiser has conferred honour after honour on him. The latest is that of hereditary nobility. We must now learn to think of Adolf Harnack as Adolf "von" Harnack.

Boys and Girls TO THE BOYS AND GIRLS

I am going to write the boys and girls a little letter this week upon a subject that lies very near my heart, and one in which every thoughtful boy and girl should feel a deep interest. I want to say something about that splendid, heroic band of teachers, who live and toil in our midst to-day.

You know, dear boys and girls, that, when you first came into the world little helpless babies, you did not know or understand who it was that clothed and fed and loved you with such intense devotion. Later on, as you grew older, you became aware of a gentle, loving face bending over you, and you heard a sweet voice crooning softly as you lay in your tiny crib. Then, as the days passed, you learned to take your first toddling step, with loving arms about you to protect you from all harm, till one eventful day you first learned to lisp the sacred name of "Mother."

What did that name mean to you? It became associated in your little minds with the gentle, loving arms, with the tender, smiling face, with the eyes full of love that had first looked upon you. As you grew up from toddling babies into boys and girls, and went to school with your lesson books and pencil boxes, it was still the same sweet face that smiled good-bye at the door as you went out in the morning. It was the same bright face that welcomed you when you returned home in the afternoon, and, in the evening, when the suns "wouldn't go right," and a few sorrowful tears fell upon the open exercise book, the same loving arms clasped you close while a mother's kiss was pressed upon your aching brow.

How very true is the statement that a mother is the best friend a boy or girl can have! It was at her knee you first learned to lisp the evening prayer and to repeat the dear old nursery rhymes. Sometimes, just before bedtime, seated near the blazing



The Mop that gives satisfaction. Ask your neighbor! Above all things else the

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O-Cedar Mops and O-Cedar Chemically Prepared Dusters from your dealer.

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TORONTO TIME TABLE

Departure (Daily except Sunday)

Union Station **EASTBOUND**
9.30 a. m. Express for Malvern, Oshawa.
5.40 p. m. Bowmanville, Port Hope, Cobourg, Brighton, Trenton, Picton, Belleville, Deseronto, and Napanee and intermediate points.
Connection at Trenton for Central Ontario Railway; at Napanee for Bay of Quinte Railway. Cafe-Parlor cars Toronto-Napanee.

NORTHBOUND

Effective February 2nd.

8.50 a. m. Leave Union Station for Beaverton, Parry Sound, Sudbury and all intermediate points, with connection at Sudbury for Ruel.
5.15 p. m. Leave Union Station for Beaverton, Udney and all intermediate points. (Service to Parry Sound discontinued.)

Lunch counter at Cambridge Station. First-class a la carte service. (Dining car service discontinued.)
Ticket Offices: 52 King Street East; Main 5179. Union Station; Adel. 3488.

nursery fire with baby on her knee, and the other little ones crowding round, she told you a delightful story, and you went to bed to dream of

The Skin Troubles of Childhood

School Records Show Much Time
Lost from Eczema.

Chafing and skin irritation, whether from changing temperature, rough winds, strong soap or the action of the clothing, naturally develop into eczema, spread over the body and defy ordinary treatments.

Most doctors do not give much attention to skin diseases, and, consequently, it is necessary for parents to select some treatment which has proven a cure for such ailments. If records of cures count for anything, then you can turn to Dr. Chase's Ointment with fullest assurance that in this you will have the means of controlling itching skin diseases.

By affording prompt relief from the terrible itching, Dr. Chase's Ointment puts an end to suffering, and removes the cause of scratching. As the fires of eczema die away the ointment sets up the process of healing, and brings about thorough and lasting cure. As a treatment for the skin troubles of children nothing has ever proven so satisfactory as Dr. Chase's Ointment.

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