

Smart Styles for Young Men THE

LOWNDES COMPANY LIMITED

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## FACULTY OF APPLIED SCIENCE

Every man should take part in the opening meeting of the School Debating Society, to be held in the "Y," Thursday afternoon, from 5 to 6 o'clock. These meetings will be held weekly throughout the year, and are just the thing to develop public speaking. Inter-Year debates will be held later on, these ought to be very interesting.

H. O. L. acknowledged he could live more than 3 days without water. Have a beer old chappie, but don't offer any to Mr. Parsons.

"A Sop" who has just taken his first strength lab. was overheard describing it as follows to his freshman friend: You go up the splinters and write down what they look like.

invited.

first class man to look after drums and traps.

Mickler, both of the 3rd Year.

on Friday evening. A very pleasant time was spent.

Preparations are being made for the Mock Parliament to be held in November. It should be exceptionally good under the leadership of Oscar Irwin for the Government and Tom Gordon for the opposition.

### MEDICAL SOCIETY NOTES

At a meeting of the Medical Society on Friday at 4 o'clock the candidates nominated to represent Toronto Medical College at the various At-Homes of Sister Colleges were given an opportunity to make their little bows to the electors, and incidentally say a few words.

The meeting opened by Sec'y. Warren, in the absence of the President and Vice-President, began with songs rendered in an unsuually hearty manner.

Owing to the withdrawal of Scott from the Secretaryship of the At-Home Committee, the position was declared vacant and Butlers '13 was nominated and de-

ing-rooms, and everyone should co-oper-

## Andrew Fraser Yesterday

but all the time as a government servant. splendid work being done.

## Solving The High-Cost Problem

Eat the simple, nourishing, inexpensive foods and you will be the gainer in health and pocket. The high protein foods, meats, etc., cost the most, are the hardest to digest, and hence the least nutritious in the long run. Cut out heavy meats and soggy pastries for a while and eat

# Shredded Wheat

Biscuits, the ready-cooked, ready-to-serve, whole wheat food-steamcooked, shredded and baked in the cleanest, finest food factory in the world.

Try Shredded Wheat for breakfast for ten days-served with milk or cream. Easily digested. Keeps the stomach sweet and the bowels healthy and active.

Also deliciously wholesome when eaten in combination with stewed or fresh fruits.

Triscuit is the crisp, tasty Shredded Wheat Wafer—delicious for any meal with butter, cheese or marmalade. Toast in the oven before serving.

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