PASSING OF THE WINE-BIBBER IN PROCESS. THE CORRESPONDED TO THE WINE-BIBBER IN PROCESS. THE CORRESPONDED TO THE WINE-BIBBER IN PROCESS. THE WINE-BIBBER IN T

HEETS

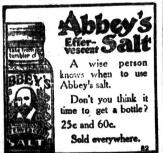
unbleached calic t in two, sew the nd hem both ends et equal in value y-made at 26c.

bring to mind at-grandmothers ade and worn by irl are decidedly stration shows s

stration shows signifion cloth over the deep shaded a made from one rided silks; also liker than the one are velvet le as foot band, lace collar find bodice, and son cloth, headed covers the join. Similar treatends, which finds.

who never touch alcohol is enormous and is growing. One of the 3rst to set the example was the Duke of West to set in the example was the Duke of West minster—one of those gigantic ground landlords whose wealth is enormous. He was grandfather of the present duke, and was rather an ascetic in all his tastes. In those days I am speaking of the eightles and the secenties—it was not uncommon to find members of the House of Commons all the better for liquor after dinner. Disraeli

was food of a good glass of whe unit he became too of and too delicate to tourh artiting but weak totandle for the court of the court o unlike Districti, who was always delicate, had a splendid physique, the digestion of an ostrich, and stern self-control. But he never concealed his love of wine—and especially of port. He used to say that if he had a hard job to get through, and if there were a bottle of wine in the room, he would be tempted to drink every drop of it; he found port such a stimulus to the activity of his brain. He never yielded to the temptation, being in his use of food and wine as sternly temperate and regardful of health as in all his other actions, indeed, there was never



THE CHANGE IN THE SPIRIT OF THE 20TH CENTURY MAN (Sir W. M. Ramsay, D. C. L., LL. D., in Public Opinion.)

The World's Store of Energy.

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The World's Store of Energy.

With this substitution in our thought of force for matter there; has resulted a marked change in our attitude towards the world. There was no real need for any change in thought, all that formerly was needed in order to comprehend was the new tendency of thought was to think clearly and to apprehend rightly the distinction between the true and the false elements in thought. Everything that was necessary stood there before us, and we had only to look at the facts squarely and honestly. We were then in toxicated with success. We proudly feit how much we had done. Now we have advanced a little farther, and thereby we learn only what a vast further expanse opens before us and around. The world, as a store of energy, which has yet to be understood in its unending variety of manifestations, now lies more open to us. We are now far more keenly conscious of the infinite amount that remains to learn than we are of what we have already done. We think of what there is to



**For size I was a little fit, thirty year, and it had suffected structure from extent the thorsewore with the structure from extent the thirty was an interest to the structure from extent the thirty was an interest to the structure from extent the thirty was an interest to the structure from extent the thirty was an interest to the structure from extent the thirty was an interest to the structure from extent the thirty was an interest to the structure from extent the thirty was an interest to the structure from extent the thirty was an interest to the structure from extent the thirty was an interest to the structure from extent the thirty was an interest to the structure from extent the thirty was an interest to the structure from extent the thirty was and parts, the firm, substantial body and the present the structure from extent the thirty was an interest to the structure from extent the thirty was an interest to the structure from extent the thirty was an interest to the structure from extent the structure from extent the structure from extent the structure from extent from extent the structure from extent the structure from extent from extent the structure from ext

Don't Eat All Your Salary Eat the simple, nourishing, inex-

pensive foods and you will be the gainer in health and pocket. The 'cost of living" generally means the high cost of things you do not need. The high-protein foods cost the most, are the hardest to digest and hence the least nutritious in the

Cut out heavy meats and soggy pastries for awhile and eat Shredded Wheat, the ready-cooked, ready-toserve whole wheat food which supplies all the material needed for building the perfect human body. In Shredded Wheat you have the phosphates for bone and brain,

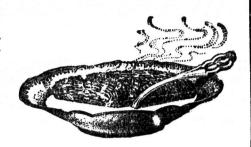
carbohydrates for heat and fat, the nitrates for building muscle, and the outer bran coat for keeping the bowels healthy and active.

Shredded Wheat is the whole wheat -the most perfect food given to man-steam-cooked, shredded and baked in the cleanest, finest food factory in the world.

Two Shredded Wheat Biscuits for breakfast with milk or cream and a little fruit make a complete, nourishing meal, supplying all the strength needed for a half day's work at a cost of five or six cents. Your grocer sells them.

TRISCUIT is the Shredded Wheat wafer—a crisp, tasty, nourishing whole wheat Toast, delicious for any meal with butter, cheese or marmalades. Always toast it in the oven before serving.

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Peerless Peninsular a durable cast-iron range with modern conveniences



range as a stepladder -pot as

thing—but you do want a strong, well-

This picture is Removo weak spot in

is a firm, strong piece of construction in the Peninsular and it is typical of the whole make-up of this

Some people prefer a cast-iron range but want one or two features usually found only in steel ranges,



want to use a ance peculiar to cast-iron ranges. it has an oven made partly of iron and partly of steel — an Easy to that At the same time built range. Easy to

will heat quickly and evenly all

to cook four pies at once.

It has a drop oven door, which s not usual on a cast-iron range.

These are all things that you can see-very important things, but not more so than the things

You don't and the cosey, homelike appear- every range that bears the name "Peninsular." That name says the materials are good - the flue arrangement is good-the oven is built to heat evenly-the range will wear.

been embodied in the Peerless, too. It may be had with a hot water reservoir and a steel warming closet or not, as desired. The warming closet has a drop door like the oven, making it easy to pull out It has a large oven, two inches deeper than any other range of

