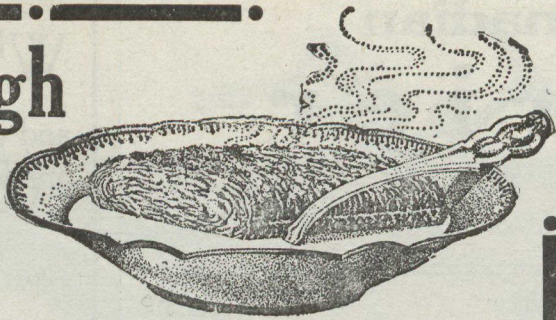


The High Cost of Living



Canada is a land of countless fertile acres, and yet there is much complaint over The High Cost of Living.

Potatoes are being imported into Canada from Ireland! Meat, butter and eggs, are at top-notch prices. Many efforts are being made to ascertain the cause of these ascending prices.

But the potato is not a perfect food for man—neither are eggs, butter or meat. The only complete, perfect food for man is the whole wheat grain. It contains all the material needed for building and nourishing the perfect human body. It is brought to its highest perfection as a food in

SHREDDED WHEAT

the whole wheat steam-cooked, shredded and baked. Two Shredded Wheat Biscuits with milk or cream and a little fruit will supply all the nutriment needed for a half day's work at a cost of four or five cents. Always heat the Biscuit in the oven to restore crispness before serving. Your grocer sells it.

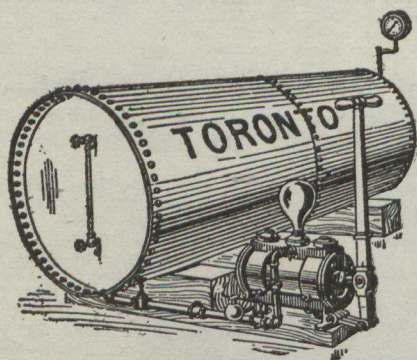
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The Canadian Shredded Wheat Company, Limited
Niagara Falls, Ontario

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Operated by hydraulic rams, by hand, or windmill or gasoline engine power. Guaranteed absolutely airtight. Write for explanatory literature, sent FREE.

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THE WATER OF HEALTH

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IN LIGHTER VEIN

Confirmed.—"Don't you think this hat makes me look ten years younger?"
"Yes, and so does my husband."
"How charming! What did he say?"
"He remarked last night that when you took off your hat you looked ten years older."—Fliegende Blaetter.

Before Gaby.—Stranger—"Is this the face that launched a thousand ships and burned the topless towers of Ilium?"
Helen of Troy—"It is."
Stranger—"Then I offer you a contract for thirty weeks in vaudeville at two thousand drachmas a night."—Yale Record.

Woman's Place.—"I don't know what these suffragettes want. I say woman has no business monkeying with politics."
"Just what I say. Woman's place is the bridge club."—Kansas City Journal.

Thoroughgoing Court.—A rural magistrate, listening to the testimony of the witness, interrupted him, saying: "You said that you made a personal examination of the premises. What did you find?"
"Oh, nothing of consequence," replied the witness; "a beggarly account of empty boxes," as Shakespeare says.
"Never mind what Shakespeare said about it," said the magistrate; "he will be summoned to testify for himself if he knows anything about the case."—Delineator.

He Bit.—"What did you do with all the get-rich-quick money you landed?" asked Mr. Flamm.
"Lost it," replied Mr. Flamm. "A fellow invented a get-rich-quicker scheme and lured me into it."—Washington Star.

Made Sainly.—A certain New Brunswick clergyman had occasion to visit the Provincial Lunatic Asylum in the city of St. John. Passing through one of the wards, he was accosted by a patient, an individual who could hardly lay claim to any but the most mundane cast of countenance, who gravely said to him, "I am St. Peter."

The reverend visitor expressed his gratification at meeting so famous a character, and passed on presently into another ward.

On returning, a few minutes later, he was again stopped by his piously-inclined friend, who surprised him by remarking: "I am St. Paul."

"But," exclaimed the clergyman, "you told me a minute ago that you were St. Peter."

"Ah, yes," explained the man, "but that was by my first wife."—The Argonaut.

Kickproof.

My ol' dawg, he aint no houn'.
He's a bull, an' he weighs 'bout eighty poun',
With two rows o' teeth an' a plum' bad frown.
Nobody aint kickin' MY dawg aroun':
—Chicago Tribune.

A Spender.—Knicker—"Does Jones understand the purchasing power of a dollar?"

Bocker—"Yes; what troubles him is the purchasing power of his wife."—New York Sun.

Real Kindness.—Daughter—"Papa, Jack is coming up to-night to ask your consent to our marriage. Be kind to him, won't you?"

Father—"Very well, daughter. I'll say no."—Boston Transcript.

Prepared For It.—"Did the eruption of Vesuvius greatly impress you?"
"Why, no. I'd seen it before in moving pictures."—Cleveland Plain Dealer.

Antiquated Device.—The First Burglar (contemplating father's invention)—"Wot abaht the bloomin' burglar-alarm?"

The Second Burglar—"May as well put it in the bag; we can get somethin' for the bells, praps."—London Sketch.

SCRUBS

Floors

Wood, Stone & Linoleum

QUICKLY & EASILY

Many other uses and full directions on Large Sifter-Can 10¢

Old Dutch Cleanser

SEASICKNESS—TRAINSICKNESS PREVENTED—STOPPED



Mothersill's Seasick Remedy Insures a Pleasant Journey.

Mothersill's, after thorough tests, is now officially adopted by nearly all the Great Lakes and New York Steamship Companies running south and many Trans-Atlantic lines.

Three years ago Mr. Mothersill gave a personal demonstration of his remedy to passengers sailing the English Channel, Irish Sea and the Baltic, and received unqualified endorsement from such people as Bishop Taylor Smith, Lord Northcliffe, and hosts of doctors, bankers and professional men, as well as leading club women.

Much interesting and valuable information is contained in an attractive booklet, which will be sent free, upon request.

Mothersill's is guaranteed not to contain cocaine, morphine, opium, chloral, or any coal-tar products. 50c box is sufficient for twenty-four hours, \$1.00 box for a Trans-Atlantic voyage. Almost all druggists sell it, or you can obtain it direct, postpaid, from MOTHERSILL REMEDY COMPANY, 366 Scherer Bldg., Detroit, Michigan. Also New York, Paris, Milan, Hamburg, and at 19 St. Bride Street, London.

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