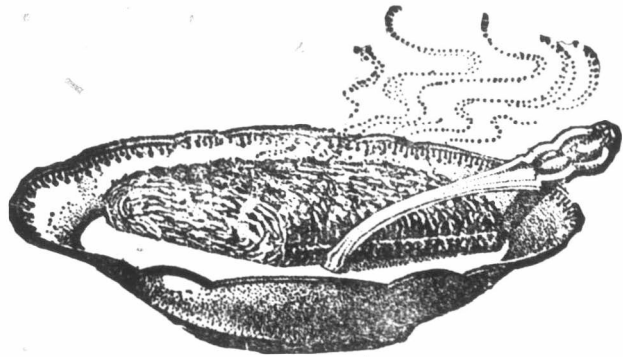


Fit for the Day's Work?



Physical and mental fitness for the job means a well balanced, well poised body, nourished by well balanced foods that supply just enough proteids to repair waste tissue and just enough carbohydrates to keep the body warm and vibrant with life and energy. Such a food is

SHREDDED WHEAT

made of the whole wheat grain ready-cooked and ready-to-serve. Being made in "little loaf" form it is so easy for the thrifty housewife to prepare a nourishing meal with it in a few moments. Always the same quality, always the same price.

For breakfast heat the Biscuit in oven to restore crispness and then pour hot milk over it, adding a little cream. Salt or sweeten to suit the taste. Better than mushy porridges that are bolted down without chewing. A hot, nourishing breakfast for a chilly day. Deliciously nourishing for any meal with sliced bananas, baked apples or canned or preserved fruits of any kind.

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resulted in the loss of an eye. Lieut. Fitzgerald was with the Leinster Regiment, which went through three days of hard fighting. In leading a bayonet charge near Chappelle, on the Belgian frontier, he was hit by a German rifle bullet close to the left eye. At Wimbleton Cottage Hospital it was found necessary to remove the eye.

Rev. Theodore W. Clift died at Augusta, Georgia last week. He came east last summer to recuperate, visiting his brother Arthur and sister, Mrs. Rendel, in Montreal, and thence to St. John's, Nfld., where another brother and sister reside. Upon returning to his parish in Beauport, S.C., his condition became serious and he was removed to Augusta

for a special treatment. The deceased was a native of Newfoundland and graduated from King's College, Windsor, N.S. He accepted a call to Chester.

The famous time ball at Greenwich is to be replaced by a new aluminium ball, its mechanism overhauled and reconstructed. The winch will be removed from its present position near the Octagon Room to the ball lobby. The time ball was first erected in 1833. An electric current from the clock was first used to drop it at one o'clock in 1852. In 1855 the ball was blown down into the courtyard. Some repairs were made in 1895, when the chain broke during winding, and again, in August, 1913, some temporary repairs were made to the ball.



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The last issue of "St. Andrew's Cross" says: "Rev. Daniel J. Gallagher, a priest of the Roman Catholic Church, was received into the ministry of the Episcopal Church by Bishop Tuttle, June 20th, and assigned to the charge of St. Alban's Parish, St. Louis, and on June 28th the Bishop of Connecticut received into the Church one hundred and eight Italians, eighty-seven men and twenty-one women, all of whom had been baptized and confirmed in the Roman Church, but who had renounced their allegiance to the Bishop of Rome.

About six Bermudians sailed with the Canadian contingent, and later 50 members joined the volunteers. The Rector of Smith's and Hamilton (Rev. L. L. Havard, M.A.) says: "I know one of our papers has started a subscription to send arrowroot as a donation from the Island. And I trust that excellent object will be supported, because Bermuda arrowroot is known and valued all over the world, and is of great benefit for the sick and wounded. We could not have given a better or a more widely-known product of this Island for the hospitals at home."

British and Foreign

The Rev. S. W. Frisbie, Rector of Trinity Church, Detroit, recently celebrated the 50th anniversary of his ordination.

No less than 830 men belonging to the parish of Christ Church, Eastbourne, have enlisted for service at the front.

The Bishop of Mackenzie River is now in England, where he expects to spend the whole of the coming winter.

The Marsden Centenary is to be held this year in New Zealand to commemorate the arrival of the first missionary, Samuel Marsden, and the first service held by him, which took place in the Bay of Islands, on Christmas Day, 1814. "The Maoris have decided to commemorate this, partly by sending one of their own race to minister among the Polynesians as a missionary—a noble example of missionary zeal."

The home staff of the Church Missionary Society is being a good deal affected by the war. The Rev. B. G. O'Rourke, hon. organizing secretary for the Army, is at the front; the Rev. R. Bulstrode, assistant secretary in the Candidates' Department, and the Rev. W. D. Stedman, secretary of the Young People's Union, have joined Kitchener's new Army as chaplains; while nine of the clerks at the Church Mission House are now serving either in the Army or with the Territorial forces.

An interesting and an almost unique service was held on St. Luke's Day in Calvary Church, New York, when a large number of the physicians and nurses of the city attended a special service in that church by invitation of the Rector and wardens. Over a thousand persons were present at the service, which consisted chiefly in the singing of familiar hymns, at the close of which Dr. Kelly, of Johns Hopkins Hospital, Baltimore, gave an address on "The Christian Physician." He was followed by Dr. William Jefferys, who emphasized the motives which underlie medical mission work, illustrating them from his own experiences in St. Luke's Hospital, Shanghai, China. The service proved a great success in every way, and the offertory was given to the work of the out-patient department of St. Luke's Hospital, Shanghai.



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CLIFFORD M. LEWIS, Manager

Boys and Girls

THE SONG OF THE CANADIANS IN TIME OF WAR

Written by Jessie Carson, nine-year-old daughter of the Rev. W. J. and Mrs. Carson, Warminster.

Help the injured and the dying,
For they are on Thee relying;
Quickly cease this dreadful hour of sin,
Help the allied armies win;
Put a sunbeam into every heart,
Make peace between the countries set apart

Rheumatism

Remarkable Home Cure Given by One Who Had It—He Wants Every Sufferer to Benefit

Send No Money—Just Your Address.

Years of awful suffering and misery have taught this man, Mark H. Jackson of Syracuse, New York, how terrible an enemy to human happiness rheumatism is, and have given him sympathy with all unfortunates who are within its grasp. He wants every rheumatic victim to know how he was cured. Read what he says:

"In the Spring of 1893 I was attacked by Muscular and Inflammatory Rheumatism. I suffered as only those who have it know for over three years. I tried remedy after remedy, and doctor after doctor, but such relief as I received was only temporary. Finally I found a remedy that cured me completely, and it has never returned. I have given it to a number who were terribly afflicted and even bedridden with Rheumatism, and it effected a cure in every case."

"I want every sufferer from any form of rheumatic trouble to try this marvelous healing power. Don't send a cent; simply mail your name and address and I will send it free to try. After you have used it and it has proven itself to be that long-looked-for means of curing your Rheumatism, you may send the price of it, one dollar, but, understand, I do not want your money unless you are perfectly satisfied to send it. Isn't that fair? Why suffer any longer when positive relief is thus offered you free? Don't delay. Write today, MARK H. JACKSON, No. 479A-Gurney Bldg., Syracuse, N. Y."

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