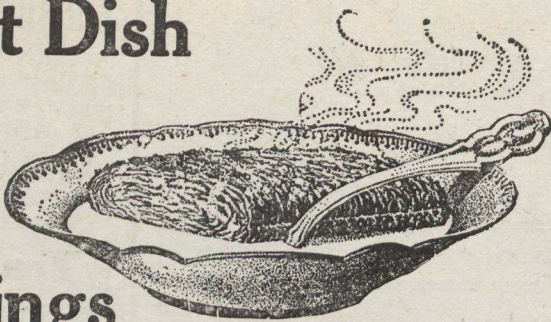


## A Hot Dish For Chilly Mornings



The Autumn days call for greater care and caution in diet and clothing. Fortify yourself against cold and sudden changes of weather by eating every morning for breakfast

# SHREDDED WHEAT

It supplies the maximum amount of brain and muscle-building material in a digestible form. Nothing more wholesome or nourishing for children who are rushing off to school these chilly mornings. Being ready-cooked, it is so easy to prepare a delicious, nourishing meal in a few minutes.

Heat the Biscuit in the oven to restore crispness; then pour hot milk over it, adding a little cream and salt or sweeten to suit the taste.

### A CANADIAN FOOD FOR CANADIANS

Made by

**The Canadian Shredded Wheat Company, Limited**  
Niagara Falls, Ont.

Toronto Office: 49 Wellington Street East

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## The Scrap Book

**No Likeness.**—"Geese are supposed to be symbolic of all that is foolish."

"Well, go on."

"But you never see an old gander hoard up a million kernels of corn and then go around trying to mate with a gosling."—Town Topics.

**Satisfaction Guaranteed.**—"I expect you to write this interview up to my satisfaction," said the statesman severely.

"All right," chirped the cheerful reporter, "if I don't, I'll come around tomorrow and get your repudiation."—Louisville Courier-Journal.

**Revenge.**—Burglar (in room where a man is sleeping)—"Not a thing worth takin'. Well I'll get even with 'im. I'll set this alarm for four o'clock!"

**The Doctor Quit Talking.**—A doctor who had a custom of cultivating the lawn and walk in front of his home every spring engaged O'Brien to do the job. He went away for three days, and when he returned found O'Brien waiting for his money. The doctor was not satisfied with his work and said:

"O'Brien, the walk is covered with gravel and dirt, and in my estimation it's a bad job."

O'Brien looked at him in surprise for a moment and replied:

"Shure, doc, there's many a bad job of yours covered with gravel and dirt."—Houston Post.

**Naming It.**—"Are you troubled with insomnia—sleeplessness?"

"I should say I am. Some nights I don't sleep three hours."

"That so? I've got it awfully bad. I've been afflicted now about two years. The doctor calls it neuris insomnia paralaxitis."

"I've had it about eighteen months, and we call it Ethel."—Ocean View Vidette.

**No Chance to Quarrel.**

**A** SPEED maddened motorist took for a mate

A militant young suffragette; When he is in jail she's out—such is fate!

So they're happily married—as yet! —Town Topics.

**The Point of View.**—Sir Archibald Geikie tells a story of a Scotchman who, much against his own will, was persuaded to take a holiday. He went to Egypt and visited the Pyramids. After gazing for some time at the Great Pyramid he muttered: "Man, what a lot of mason work not to be bringin' in any rent!"

**Precaution.**—Mr. Pompous (to butler)—"I'm expecting a delegation at twelve o'clock to ask me to run for mayor on the reform ticket."

Butler—"Yes, sir."

Mr. Pompous—"Perhaps it would be well to remove all the best umbrellas from the hat stand!"—Philadelphia Bulletin.

**The Post of Duty.**—The travelling salesman had four minutes in which to catch his train.

"Can't you go faster than this?" he asked the street car conductor.

"Yes," the bell ringer answered, "but I have to stay with my car."—Life.

**Near-Wise.**—"Why is it that so few people seem anxious to talk to Mr. Carpington? He seems very well informed."

"That's just the difficulty," answered Miss Dimpleton. "He's one of those dreadful men who know enough to correct your mistakes when you quote the classics, and who don't know enough not to do it."—Washington Star.

**Some Help.**—"He is a brute."

"How so?"

"When she promised to be his wife he said he would do everything in his power to make her happy."

"Well?"

"He spends all of his time at the club!"

"Well, if he is really a brute that ought to help some."—Houston Post.



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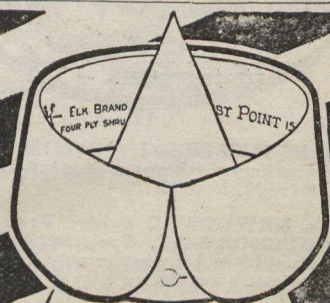
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