

# SHREDDDED

## "THE TOP OF THE MORNING"

is reached on a breakfast of Shredded Wheat with hot milk and cream, a little fruit and a cup of coffee. Contains more nourishment than meat—is cheaper—cleaner—and more easily digested.

1171

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# WHEAT

## Vichy Celestins

There is only one Genuine "VICHY" Water. It comes from the *Celestins Spring*, which is so highly prized for its curative properties in Kidney and Bladder Complaints, that the water is bottled under French Government Supervision, and sealed with a Special Label to prevent substitution.

ASK FOR VICHY  
CELESTINS

# "CEETEE" UNDERWEAR

## Where True Comfort Begins

Some men and women spend hours deciding what they shall select for a new suit or hat, and almost ignore the question of underclothing—which is the basis of true comfort in dress.

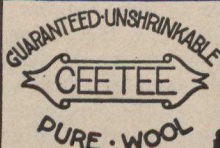
## "CEETEE" Underclothing

is full-fashioned, and knitted to fit the form. It has no rough seams—is absolutely unshrinkable, and retains its softness and elasticity no matter how often washed.

We manufacture it in all styles for men, women and children and want you to ask your dealer to show you "CEETEE" underclothing. It is fully guaranteed by us—

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blot on its civilisation. At best, courts move slowly, and what is worse, there appears no limit to litigation so long as there is money enough. District attorneys' offices are clogged with indictments which it would seem are never to be tried. Even if a man indicted desires a speedy hearing he seldom gets it. In the civil courts there is also a delay before a trial, and there is a longer wait usually, while appellate courts are known to have threshed over matters of technical flaws which have no reference to the merits of the case.

The procedure of the courts in Great Britain is much quicker and simpler, so far as both trial and appeal are concerned. There has always been a civil appellate court and recently one in criminal cases was established, but appeals are on matters of justice and not of technical defects. So, too, in Canada, court procedure, particularly in criminal cases, is as speedy as the interests of justice demand.

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### ONE-CENT WORLD POSTAGE?

(Manitoba Free Press.)

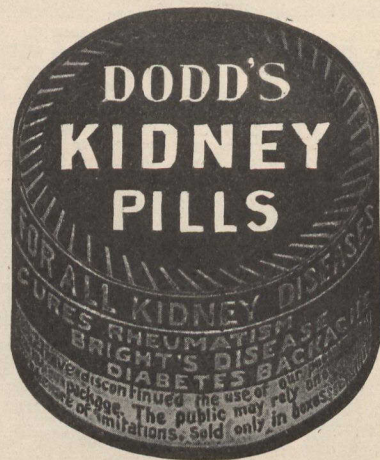
FORTY years ago the postage on a letter from Canada to the United Kingdom was 12 1-2 cents by Canadian steamers, or 17 cents by Cunarders; to the United States, ten cents; while the domestic rate was five cents. Strange to say the charge for a "drop" letter, a letter delivered from the local office which received it, was then only one cent. That rate is now re-established, thanks to the Honourable Rodolphe Lemieux, a worthy successor to Sir William Mulock. Yet a few years and this postal chieftain may join hands with his brethren for the inaugural of a one-cent letter rate for the world. A reform, long since adopted in Great Britain, is to charge heavy letters a penny for the first ounce, less and less for each additional ounce as weight increases, because delivery costs more than transportation by rail or steamer. This principle is already applied to Canadian letters sent to countries outside the Empire. Thus to Spain we pay five cents for the first ounce, three cents for each additional ounce.

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### ARCHIVES IN THE WEST.

(Lethbridge Herald.)

THE race of "Old Timers" is fast passing over to the Great Beyond and unless a concentrated effort is made by historical societies—and there ought to be one in every western community—we will lose much if not all the early history of our land. Take Southern Alberta. Nothing practically of its early history is known, except to the few "Old Timers." And yet much of interest and historical value could be written. Captain Denny of the R.N.W.M.P. has told us in an interesting little volume, of the entrance of the Mounted Police to this country, and John McDougall in some of his works, while not really intended as historical, yet telling in a story-book way of Indian life and early days, are about the only records of events in the pioneer days of this section of Alberta. We have been inspired by reading Mr. Chas. Mair's delightful chronicles of a trip to the Mackenzie Basin. Its pages bring the reader into intimate acquaintance with the people, resources and conditions in the country from Edmonton a thousand miles north—a country that will soon be peopled with agriculturists, for the lands of the Peace River have become recognised as fertile and fitted for grain growing. Mr. Mair records the information gathered on his voyage and the volume, which is liberally illustrated, is valuable to the Canadian citizen, anxious for knowledge about the Last West.



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(C. P. Ry.)

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