

THERE is scarcely a historic spot in Montreal that has not been marked by a tablet. One finds them in most unexpected places. Some are in French, and those of later date, in English. On Place d'Armes Square, on a stone of fair proportions appears the inscription:

"Near this square, afterwards named La Place d'Armes, the Founders of Ville Marie first encountered the Iroquois whom they defeated, Paul Chomedey de Maisonneuve killing the chief with his own hands, March, 1644."

After reading this and similar inscriptions, one becomes weirdly introspective. One remembers that Montreal was, in those days, a far more dangerous place of habitation than Quebec, being much less protected from attack than the well-situated fortress on Cape Diamond, and lying farther west, in a territory swarming with decidedly unfriendly savages. Less than two centuries since, the fields near Montreal had to be tilled by bands of armed men under the eyes of soldiers ready at a moment's notice to defend them.

To-day, when standing in such safe and beautiful enclosures as the Place d'Armes and Dominion Square, it seems incredible that two centuries ago no one could venture even a little distance into the adjoining country without a serious risk of being scalped.

Still clinging to things historic—and they are almost innumerable—one can spend an interesting and enlightening two or three days in Chateau de Ramezay. This old structure is the haunt of the student and the antiquary. It was built more than two hundred years ago by Claude de Ramezay, then Governor of Montreal. If the American Congressional Commission, comprising Benjamin Franklin, Chase and Carroll, who sat there for days and nights arguing, pleading, insisting that Canada should unite with the thirteen states in their rebellion against England, had prevailed; if the French Canadians had yielded; what would the course of history have been? How would its trend of events have contrasted with the present? It is an interesting and curious speculation not without historical value of its own.

The Antiquarian and Numismatic Society of Montreal acquired the Chateau de Ramezay in 1895, after the building had passed through several vicissitudes of ownership, and made of it an Historical Portrait Gallery and Museum. One finds there, old oil paintings; portraits, the gifts of the descendants or adherents of the sitters themselves; coats of arms, documents and other priceless treasures.

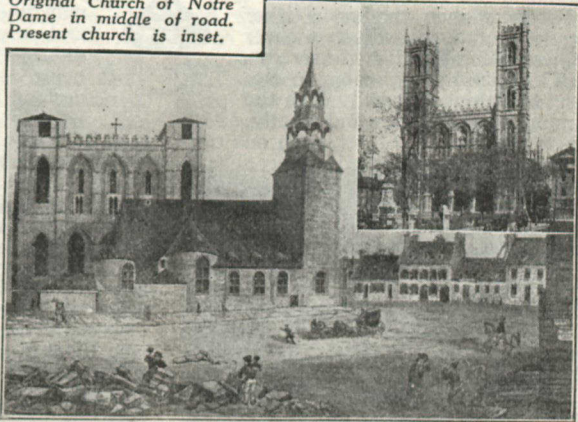
It may not be amiss to mention here

that some of the illustrations on these pages, notably the original appearance of Christ Church; the corner of Notre Dame and Francois-Xavier Street in early days, where now stands the Transportation Building also reproduced; La Salle's old residence on the Lachine Road; the burning of the Parliament Buildings which resulted in their being moved to Ottawa; Montreal Harbor under French regime; the original church of Notre Dame and the laying of the corner stone of the Victoria Bridge, are all of considerable value, having been reproduced from the originals and secured exclusively for EVERYWOMAN'S WORLD.

The city boasts numerous squares and parks, the two most noteworthy of which are Mount Royal Park and St. Helen's Island. The former covers the greater part of Mount Royal and is almost unrivaled in the category of suburban pleasure grounds.

St. Helen's Island was once the property and the home of Champlain's wife whose name, indeed, it bears. It is a lovely spot in summer, with stately trees and smooth-napped lawns; and from its margin one

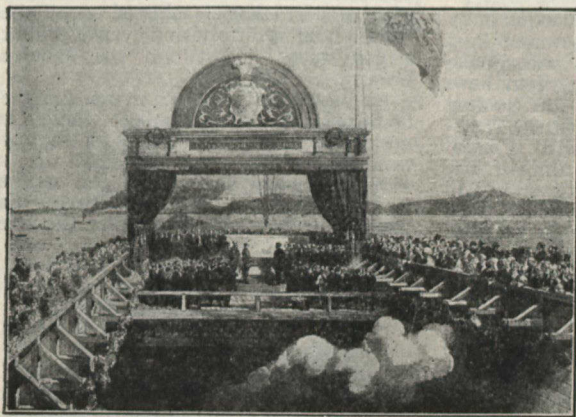
Original Church of Notre Dame in middle of road. Present church is inset.



obtains a charming panoramic vista of the city stretched along the adjacent shore.

From an engineering standpoint the Victoria Bridge, which spans the St. Lawrence River at Montreal, ranks with the foremost structures of contemporary achievement. The Victoria Tubular Bridge which it replaced was built in 1860 and was at that time considered the eighth wonder of the world. But it became insufficient to meet the increase of traffic, and in October of 1897 the work of building the present stupendous structure was inaugurated.

There is something extremely lovable about Montreal. With its odd mixture of nationality, religion, progress and antiquity, it stands out in its own attractive, quaint way. It is an anomaly that Montreal, a commercial metropolis of the most pronounced type, should be the one Canadian city that most lends itself to idealization. It even surpasses Quebec in this. One is haunted by voices that for centuries have been silent, on earth. The twentieth century clasps hands with some dim historic period. The result is bewildering. One sees Canadian life at its best and at its worst in Montreal. Its citizens are of a broadmindedness not found in any other Canadian city. They have the traditions of centuries behind them and the possibilities of an even more glorious future ahead. Montreal looms up as the epitome of what Canada has accomplished and what Canada can still do.



Laying the Corner Stone of the Victoria Bridge

Mrs. Adam Shortt

(CONTINUED FROM PAGE 12)

Surely no woman here wishes to be the tail to any political kite or the tool of any man's political ambitions."

She has been very active in the cause of food conservation, and has recently delivered many addresses on food economy at various points in the Dominion.

Many tales could be told of incidents wherein Mrs. Shortt has attended public gatherings, special meetings, not to mention deputations where the presiding voice was distinctly man's. Her sang froid on such occasions is most noteworthy. She has a remarkable memory for details and an inexhaustible supply of facts and statistics with which to back any statement she makes, or to prove any points she is striving to emphasize.

The result is that she generally achieves her purpose.

Mrs. Shortt is continually in demand. To-day, she is in Ottawa—next week in Halifax, two weeks hence in Vancouver, having been called to these cities to deliver addresses, to drive home to the women the necessity of some national movement. She is a marvelous organizer and in consequence she is kept busy organizing. Undoubtedly, there is no woman in Canada who has so wonderful a grasp on national affairs, who is so universally relied upon, and withal is so wholly unassuming. Mrs. Shortt is the master mind amongst Canada's public women. To her we hand the laurels due the leading woman in the Dominion.

All Made With Oats



How We Reduced Our Table Cost With Delicious Quaker Oats

In the writer's home, when foods began to soar, we made a study of food values and costs. We figured by calories, because all rationing is based on this unit of nutrition.

We found that 1000 calories cost five cents in Quaker Oats. We found that in eggs the same nutrition cost over 40 cents.

In steak it costs over 27 cts.
In ham, 19 cts.—In potatoes, 16 cts.
In bread and milk about 13 cts.

Our average meal, measured by calories, cost four times as much as Quaker Oats. So I figured that every dollar's worth of Quaker Oats would save us about \$3.

We used Quaker Oats in bread and muffins, in pancakes and cookies, as well as in porridge. Then I discovered that Quaker Oats made most things more delightful. That luscious flavor, found in no other grain food, has made our new meals twice better than the old.

We were missing all that before.

Quaker Oats

Just the Queen Oats Flaked

Quaker Oats are made from only the rich, plump, flavory oats. In this selection a bushel of choice oats yields but ten pounds of Quaker.

So Quaker Oats has become world-famous for its wealth of

flavor. Among oat lovers everywhere it is the favorite brand. Yet it costs no extra price.

The way to make oat foods doubly popular is to make them with Quaker Oats.

30c and 12c per package in Canada and United States, except in far West where high freights may prohibit it.

Quaker Oats Bread

2 cups Quaker Oats 5 cups flour
2 cups boiling water
½ cup molasses ¼ tablespoon salt
1 tablespoon butter or other fat
1 cake compressed yeast dissolved in ½ cup lukewarm water

Add boiling water to oats and let stand one hour, add molasses, salt, butter or fat, dissolved yeast cake and flour. Let rise until double in bulk. Knead thoroughly and shape into loaves. Put into greased bread pans, let rise until double in bulk and bake 45 minutes.

This recipe makes two loaves.

Quaker Oats Muffins

2-3 cup uncooked Quaker Oats, 1½ cups flour, 1 cup scalded milk, 1 egg, 4 level teaspoons baking powder, 2 tablespoons melted butter, ½ teaspoon salt, 3 tablespoons sugar. Turn scalded milk on Quaker Oats, let stand five minutes; add sugar, salt and melted butter; sift in flour and baking powder; mix thoroughly and add egg well beaten. Bake in buttered gem pans.

Quaker Oats Sweetbits

1 cup sugar, 2 eggs, 2 teaspoons baking powder, 1 tablespoon butter, 1 teaspoon vanilla, 2½ cups uncooked Quaker Oats. Cream butter and sugar. Add yolks of eggs. Add Quaker Oats, to which baking powder has been added, and add vanilla. Beat whites of eggs stiff and add last. Drop on buttered tins with a teaspoon, but very few on each tin, as they spread. Bake in slow oven. Makes about 65 cookies.

Peterboro
Canada

The Quaker Oats Company

1810

Saskatoon
Canada