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- MORE EASILY DIGESTED
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All the body-building elements in the whole wheat grain, steam-cooked, shredded and baked into crisp, golden brown Biscuits or little loaves. The world's universal, staple breakfast cereal. Try

**SHREDDED
WHEAT**

for breakfast or for any meal with sliced peaches and cream or with any fresh fruits. The combination not only gives the maximum of nutriment in smallest bulk, but keeps the stomach sweet and clean and the bowels healthy and active. Always clean, always pure, always wholesome.

Always heat the Biscuit in the oven to restore crispness. For breakfast serve with milk or cream or fresh fruits of any kind.

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and saw the troops of rebels pass her father's gate in Scarboro' township near Lamaroux postoffice, and of recent years had told of her experiences during this troublous time in Canada's history. She was born at Niagara-on-the-Lake and when three years of age moved with her parents to Scarboro' township and lived there until she married Robert Rennie in the early

seventies. The interment took place in St. Paul's Church cemetery, Scarboro'. Mrs. Rennie was a valued member of St. Paul's Church, Toronto.

The use of tea, as opposed to its abuse or misuse, is highly beneficial to the system, says Dr. Musgrove in Nervous Breakdowns. There is no remedy equal to it for a tired headache. It washes out the stomach and gives it a fresh start for the next meal. A cup of tea in the early morning will often enable a better breakfast to be taken, and one in the afternoon between four and five o'clock helps to complete the digestion of the mid-day meal. Furthermore, it serves a good purpose in making the blood circulate more freely, and in dilating the vessels of the skin, thus assisting in the elimination of waste matter. In this respect it is much better adapted than cold drinks in hot weather, particularly for those engaged in active outdoor games such as tennis. For it makes a more efficient thirst quencher, and by flushing out the tissues, helps to prevent the onset of fatigue. Have it freshly made, take it in moderation, and it will never do any harm. Especially is this the case with China tea, if taken in preference to Indian, for it does not injure the stomach or the nerves in the way that the latter is apt to do.



**NA-DRU-CO
RUBY ROSE
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Imparts a soft and velvety charm to the complexion, and counteracts the effects of raw, cold winds and over-dry indoor air. Splendid for cracked lips and chapped hands. In 25c opal glass jars, at your Druggist's. 200

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British and Foreign

"My parish," says the Rev. J. Hare, of Goathland, "has two distinctions—the oldest chalice in England and the most original golf course in the world." The course is laid through the village street.

A remarkable wedding took place lately at St. George's Church, Gravesend. The bride and bridegroom—Miss Stiles and Mr. H. Thorndike—are deaf and dumb, and the ceremony was undertaken by the vicar, Canon Gedge, who is totally blind.

A service of the blessing of the first-fruits was lately held on a farm in the parish of Broomfleet, East Yorks. When the first sheaf of wheat was cut, the vicar, the Rev. A. J. W. Holmes, blessed it and then read a Collect which was followed by the Lord's Prayer, a harvest hymn and the Benediction.

The published details of the dimensions of the new Cathedral for Liverpool, now building, shows that this the second post-Reformation Cathedral to be built in England, that at Truro being the first, will be the largest and longest of all the Cathedrals in England, exceeding even those of Winchester and St. Alban's which are at present the longest.

Bishop Tugwell, of Western Equatorial Africa, recently confirmed five of the lepers in the Government Leprosy Asylum at Yabba, in Southern Nigeria. Services are held in the asylum each Sunday by C.M.S. missionaries. Four of the young men confirmed were taught to read, and were instructed in the Catechism by an educated leper living in the asylum who is blind, but who is unceasing in his work on behalf of the other inmates. His blindness is due to the ravages of leprosy.

Recently the rereads in Southwark Cathedral, set up by Bishop Fox at the beginning of century sixteen has been completed by the filling in of the four vacant niches with figures of kneeling angels bearing shields on which are illuminated the arms of the Dioceses of Rochester, Canterbury, Winchester and Southwark. There are also twenty-two statues of worthies connected with the history of the Cathedral and its neighborhood, and two groups representing its two dedications, our Lord in the manger-cradle (St. Mary Overy) and on His throne of glory (St. Saviour).

Boys and Girls

**THE FIRST STRANGE
CANDLESTICK.**

Little boys and girls to-day have such wonderful ways of lighting in their homes, electricity, gas and such splendid oil lamps that a good many of them hardly know what a candle is, yet every one would probably know, or think they knew, what a candlestick is. How many know that the first candlestick was a boy? But that is so. He would sit in the corner of a Scottish kitchen holding a piece of



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THE INCREASED NUTRITIOUS VALUE OF BREAD MADE IN THE HOME WITH ROYAL YEAST CAKES SHOULD BE SUFFICIENT INCENTIVE TO THE CAREFUL HOUSEWIFE TO GIVE THIS IMPORTANT FOOD ITEM THE ATTENTION TO WHICH IT IS JUSTLY ENTITLED.

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fir candle in his hands, from time to time cutting and trimming it to make it burn brightly, says "The Child's Hour." The fir candle was a length of wood cut from a kind of fir tree which is found embedded in the peat. This kind of candle is still used in some parts of Scotland. It usually fell to the lot of the "herd laddies" to act the part of candlestick; but should a beggar ask for a night's lodging, he was expected to relieve the "herd laddie" of his duty. A candlestick is still called, in Aberdeenshire, a "poor man," or "poor man."

LINCOLN'S PROMISE.

Abraham Lincoln always kept a promise when he made one. While drinking was the fashion all about him, Lincoln never forgot his dead mother's request that he should close his lips to all strong drink.

Once a friend found fault with him for his seeming rudeness in declining to taste the rare wines provided by

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