



The Most Costly War
that has involved the whole human race for all time is the conflict between Nature and Disease. The first move in the warfare against Disease is to clear the system of all the accumulated toxins of past food follies by eating Nature's food—

SHREDDED WHEAT

the food that keeps the bowels healthy and active by stimulating peristalsis in a natural way and at same time supplies all the tissue-building material in the whole wheat grain prepared in a digestible form.

"War Prices" need not disturb the housewife who knows the nutritive value and culinary uses of Shredded Wheat. It contains the maximum of nutriment at smallest cost. Delicious for breakfast with hot or cold milk or cream, or for any meal with sliced pears, sliced peaches, or other fruits.

"ITS ALL IN THE SHREDS."

"MADE IN CANADA"

BY

The Canadian Shredded Wheat Company, Limited
Niagara Falls, Ontario.

Toronto Office: 49 Wellington Street East

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"Your majesty," said the trembling soldier, "how can I commit such a crime?"

"Your first duty is obedience to your king!" shouted Frederick with an angry voice. "Draw your sword!"

Then the old fellow lifted his eyes to heaven and with a trembling voice exclaimed: "I obey! But may heaven change my steel sword into a wooden one when I draw it to strike my king." Thereupon he drew his sword, and it was a wooden one. With a hearty laugh the king mounted and rode on.

RULES FOR BOYS

Code of the Famous Japanese Soldier
Reprinted.

The late general, Count Nogi, who committed suicide at the moment when the gun was fired which announced the start of the funeral procession of the late Japanese Emperor, issued a note of disciplinary instructions for the pupils of the grammar grade of the Peers' school, which has

just been reprinted. The list of the instructions is as follows:—

First—Keep your mouth closed. He who has always his mouth open shows that his mind is blank.

Second—Mind what you are looking at. One whose eye is always wandering tells that his mind is also wandering.

Third—When paying your respects look at the person whom you are saluting.

Fourth—Do not forget your coat-of-arms, family standing, and ancestors. Due respect to your ancestors is important.

Fifth—A boy should act like a boy. Avoid becoming effeminate.

Sixth—Never indulge in luxury. There is nothing that makes a fool of a man like luxury.

Seventh—Ride in a rikisha as little as possible. Even if a rikisha is sent for you, try to walk home.

Eighth—How many of you wash your faces with cold water in the winter? You should not use warm water.

Ninth—When it is cold, think it is hot; and when it is hot, think it is cold.

Tenth—It is a shame to wear torn clothes without mending them. But to wear the torn part patched is nothing to be ashamed of.

Eleventh—Know what is shame; he who does not know what is shame is inferior to dumb animals.

Twelfth—While in good health train yourself so as to endure physical labour. When you are ill, however, obey your physician's instructions.

Thirteenth—Make your clothes and shoes bigger. Never mind the style or shape.

Fourteenth—Become a man useful to your country. Whoever cannot be so is better dead.

SHE TAUGHT ME MORE THAN SEWING

Miss Mildred having told the little girls in her mission sewing class to go home as soon as they were dismissed, was surprised to hear the murmur of familiar voices arising from the plot of grass beneath the window, and her attention was caught by the words of one of the children.

"Well, when I'm grown up," one child was saying, "I want to look just like teacher."

"But you can't be rich like her," objected another girl. "She's got a father who brings home all his money, I guess."

Miss Mildred smiled tenderly as the vision of her generous father rose before her.

"I'll be rich, 'cause I'll marry a man that'll always have a steady job. And when I'm cookin' and washin' dishes I'll be smily in my eyes all the time just like teacher, as if everything was happy everywhere."

A sudden mist came into the "smily" eyes of Miss Mildred.

"And when I'm grown up I'm goin' to eat like teacher does. I ain't goin' to put a whole lot of stuff in my mouth at once. I'm goin' to take just little, tiny bites, and eat 'em awful slow, like I wasn't a bit hungry. And I'll have a nice, big, white napkin, with my letter in the corner, an' I'll use it every meal, and when I'm through say, 'Excuse me.'"

Miss Mildred smiled and said to herself, "And I thought I was only a sewing teacher!"

"I suppose my man will come after me with an automobile when we're courtin', like teacher's does."

Miss Mildred gasped.

"And I'll always pretend I'm so surprised and happy to see him," went on the child, "just like she does, even when she's been waiting a long time. And I'll get in and ride away laughing like it's all a kind of a joke, just the way she does. I'm going to talk soft and sweet, like teacher does to everybody. I ain't goin' to holler round and sass people."

"Say, there he comes now!" said someone in the group. "Don't he look kind of glad? I guess teacher watches him, all right."

CANINE HEROISM

W. F. McBride (Inverness) writes: "One of the most pathetic tributes to canine heroism stands on the shore

of a lake in Travancore, India. It is a monument to a dog who gave his life freely for his master under circumstances that seem to suggest there was some justification for the statement in your recent article on vivisection that dogs might not themselves refuse the sacrifice to medical science if those they love could benefit. The dog of Travancore was left to watch his master's clothes while he bathed. Presently he was seen to be doing everything in his power to attract attention, by barking and running excitedly backwards and forwards on the shore. An advancing ripple was then discerned on the smooth surface of the lake, and the next instant the meaning of this flashed home. A crocodile had got between the swimmer and the landing place, and was coming out to seize his prey. Hope might well have been stricken dead in the face of such a situation, but the dog did not hesitate. Plunging into the water, he swam out to get between the horrid reptile and his master, and thus to head him off. It meant his own certain death, but the saving of his master's life. A moment later there was a violent agitation in the water, and the dog had disappeared for ever. Thus there stands to record his splendid action this well-known monument, erected by his master in deepest gratitude, and that passers-by might learn of what a dog is capable.

NEW YORK THE GREATEST TOY MARKET

New York City claims to be the largest toy market in the United States. The annual volume of trade at wholesale prices is \$75,000,000, and of this a large part is shipped out of the country, mainly to the great fairs of Europe and Asia.

In mechanical toys and in toys made of iron, tin, lead, and brass, New York has ranked first for twenty years. More recently the local toy interest has branched out in building wooden-toy-making factories in the lumbering regions, where much of the refuse from sawmills make fine stock for toy-makers, and can be obtained at such low prices that European makers of wooden toys cannot compete with the larger producers of American wooden toys, who push their trade throughout Europe and Asia.

There are 9,583 live patents issued by foreign nations to New York makers of mechanical and other toys. This assures a good market for those toys in countries which possess 200,000,000 children.

Exports of toys from that city begin to be large in July, and the trade holds out until late in October, when all large consignments for the great marts of Europe must be forwarded to meet requirements for Christmas and New Year trade. There are now residing in New York City about 125 Indians who do fine work in basketry and beadwork and in Indian toys to the order of local toy-trade factories.

Rag dolls, made by women and girls in that city, are sold in all countries. A Brooklyn woman who a few years ago began making rag dolls for one retail toy shop now em-