



Her Excellency's Fans One of the many interesting features of the Canadian Handicrafts Exhibition which was recently held at the Art Gallery, was the collection of fans and old lace kindly loaned by the Countess Grey. The Handicrafts Guild, by encouraging home-made work, has given happiness and comfort to many whose lives for various reasons held little that was bright.

**AS A BRACER FOR A
HARD DAY'S WORK**

BREAKFAST ON

SHREDDED WHEAT

As a food it is far superior to mushy porridge or pasty corn products. It is hygienically perfect and more wholesome and nutritious than meat

BISCUIT AND TRISCUIT
are an ideal combination

All Grocers.

13c. a Carton; 2 for 25c.



This is my Favourite

I have found none to equal Clark's Lunch Tongue in delicacy and sweetness of flavor

—And when you open the tin you always find the tongue so tender and moist and fresh looking

—And then the name of WM. CLARK, I know, is a guarantee of purity and select quality

—And it always comes in so handy as a little extra tit-bit for breakfast or supper.

Clark's Lunch Tongue

does taste pure and wholesome.

WM. CLARK, MFR.,

MONTREAL