

GE POT.
fuses the
wn Food
at the
our of
ld-

own illus-
"a temp-
in a por-
duce the
own food
of his ad-
ed by the
t claims
ve proper-
ld not be

ments can
travagant
ll depends
ood. Of
esses ac-
upon the
pendicitis
ood. Ap-
nd ulcera-
dix, which
ar elonga-
ly cure for
by the re-
material in
ct causing
ammation,
f to the

pendicitis
ry doctor
n be pre-
vention is
the right
avert ap-
rous and
s is to eat
which will
owel exer-
intestines,
ed Wheat.
Wheat in-
nd regular
and when
is impos-

or natural
s only one
Shredded
re muscle-
in-making
eat grain,
n-cooking,
Its porous
ted by the
are taken
e stomach
the clean-
food made
ious as a
or milk, or
n any sea-
fruits or
r grocer

t the feast
as he lay
t Stranger
ing me a
herd ans-

RY
GISTS

wered, "I cannot sing; that is why I left the feast." Then the Holy One said, "However, you shall sing!" "What shall I sing?" asked Caedmon. "Sing the beginning of created things," replied the Stranger.

So Caedmon obeyed, and sang verses to the praise of God. He sang the story of Creation with such rapture as no poet had ever done before. Then he sang the fall of man, and the whole Bible story. Of course he well knew it all, because he had lived so long in the abbey; yes, even though he could not read nor write.

When he awoke in the morning, he was able to remember the verses he had sung. So he went straightway to the steward, who took him to the abbess, to whom he repeated them all, and even added more. She made him sing to her many times after that; and all those companions of his were sorry to think what sport they had made of him.

We know Caedmon's beautiful verses by the name of the "Paraphrase of Creation;" and they remind us so much of that noble poem called "Paradise Lost," that Caedmon is sometimes named the Saxon Milton. These verses of Caedmon's were held in such reverent esteem among all classes of Englishmen, that for five centuries they were given an honoured place with the Bible itself.

A beautiful tall cross has been set up in the little graveyard close by the ruins of the Abbey at Whitby, in memory of Caedmon; and as long as the sea dashes its waves at the foot of the cliff, so long will the name of the lowly cowherd abide in the hearts of men.



Every position great or small, may be made almost as great or as little as we desire to make it, according as we make the most of it or the least of it. To do the necessary duties of any station, that is easy enough; but to gather up all its outlying opportunities; to be ready to lend a helping hand there; "to fill," as we say, "our place in life instead of leaving it half empty"; to be entirely in our work for the time being—that is what makes all the difference.—Dean Stanley.

ROYAL YEAST CAKES

MOST PERFECT MADE.

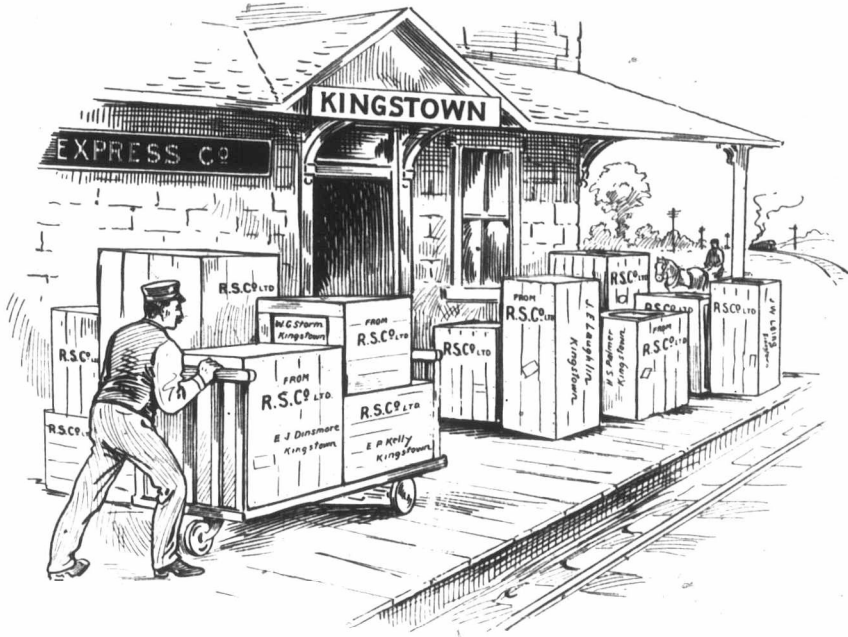
SOLD AND USED EVERYWHERE.

E. W. GILLETT COMPANY LIMITED TORONTO, ONT.

GOODS DELIVERED AT YOUR STATION!

One of the biggest items in connection with the Mail Order system is that we deliver orders of \$25.00 or more, by freight or express, free of charge to any railroad station in Ontario and the Eastern Provinces, and as far west as Winnipeg. Those who live further west have only to pay from Winnipeg. This applies to all orders for \$25.00 or over, excepting only specially heavy goods, such as furniture and the like.

This gives our Eastern and Western customers every advantage of Toronto styles and prices. Our arrangements for fast express and freight service are the best, and orders are filled from thoroughly complete stocks with a wide range for selection.



UNEQUALLED VALUE!

This Splendid Coat \$5.00

Excels anything heretofore offered at the price; made of Black Cheviot Frieze. Warm, serviceable quality; shoulders lined with goods of self, sleeves lined with sateen, 45 inches in length, with slotted seam down centre of back, collar trimmed with velvet and braid, cuffs and patch pockets; just such a coat as the good dresser likes to wear. Comes in sizes 32, 34, 36, 38, 40 and 42 inches bust measure..... **\$5.00**



You Want Perfectly Made

SKIRTS

Don't You?

Buy This One At **\$3.95** Tailored by Skirt Experts

We point with pride to our incessant efforts for the betterment of ready-to-wear skirts, and offer this one at a sacrifice price, just to show you the difference in the skill of tailoring; the difference in the grace and fit, and the difference in quality and satisfaction between our skirts and the average ready-to-wear kind. Please order by number.

G-1179—Skirt of French Valenciennes, fine all-wool quality, superior finish, made in a fashionable pleated style, inverted pleat back, trimmed with strapping and buttons of self, silk waistband, bound seams; supplied in lengths from 37 to 42 inches front measurement, and waistbands from 22 to 28 inches. Be sure and send these measurements when ordering. This skirt would be good value at \$6.00; during the month of October we are offering it, black only, at..... **\$3.95**



G-1179

ADDRESS— THE ROBERT **SIMPSON** COMPANY, LIMITED Dept. C.C.
TORONTO, CANADA.