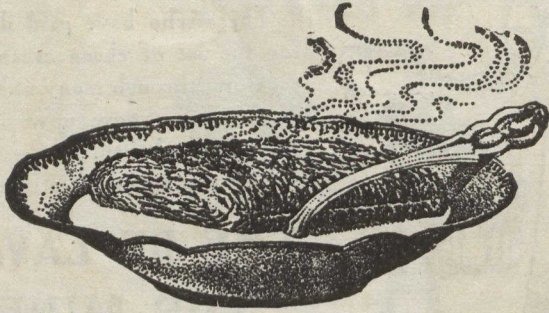


Woman's World and Work



grow larger with increasing freedom from household drudgery. Food sense and food knowledge have taken her out of the kitchen into the larger realms of home-making. When cooks fail and servants fail there is

SHREDDED WHEAT

to lean upon in every emergency. Being ready-cooked and ready-to-serve it is so easy to prepare in a few moments a delicious, nourishing meal with Shredded Wheat Biscuit.

Simply heat the biscuit in an oven for a few moments to restore crispness, then pour over it hot milk, and salt or sweeten to suit the taste.

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A Canadian Food for Canadians

Made by
The Canadian Shredded Wheat Company, Limited
Niagara Falls, Ontario

Toronto Office: 49 Wellington Street East

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And Prof. Hersey's analysis is the proof of purity—“99 99/100 to 100% of pure cane sugar with no impurities whatever”. Insist on having “ST. LAWRENCE GRANULATED” at your grocer's.

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MONTREAL.



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ENTIRELY REMOVES AND PREVENTS ALL ROUGHNESS, REDNESS, TAN, IRRITATION, ETC., AND RENDERS THE SKIN DELICATELY SOFT AND VELVETY

It is the most perfect Emollient Milk for the skin ever produced and for the Toilet and Nursery is invaluable. It is delightfully refreshing and soothing, if applied after Motoring, Cycling, Tennis, Golfing, Boating, etc. It is neither sticky nor greasy, and can be used at any time during the day. Men will find it wonderfully soothing if applied after shaving. Ask your Chemist for it.

M. BEETHAM & SON

CHELTENHAM, ENG.

Coulson's Hillaft. June 22	DIVISION 18—Lecturer: Mrs. F. W. Watts, Clinton.
Auld Kirk, Scotch Line“ 24	RUSSELL—
Newton Robinson“ 25	VernonJune 10
Thornton“ 26	CARLETON—
Ivy“ 27	Karseve. “ 11
WEST SIMCOE—	Manotick“ 12
Stayneraft. “ 28	Stittsvilleaft. “ 13
DIVISION 11 (a)—Lecturer: Mrs. D. Mc-Tavish, Port Elgin.	South Marcheve. “ 14
EAST SIMCOE—	Carpaft. “ 15
Crown Hillaft. June 10	Kinburneve. “ 17
Shaity Bayaft. “ 11	Antrimeve. “ 18
Orilliaaft. “ 12	Galetta“ 19
Ardreaaft. “ 13	NORTH LANARK—
Warminsteraft. “ 14	Almonteaft. “ 20
Coldwateraft. “ 15	Claytoneve. “ 21
Waubausheneaft. “ 17	SOUTH LANARK—
Victoria Harboraft. “ 18	Carleton Placeaft. “ 22
DIVISION 12—Lecturer: Mrs. M. L. Woelard, Toronto.	Perthaft. “ 24
CENTRE SIMCOE—	NORTH LANARK—
Anten Millseve. June 10	Lanarkaft. “ 25
Dalston“ 11	SOUTH LANARK—
SOUTH MUSKOKA—	Maberlyeve. “ 26
Port Carling“ 12	FRONTENAC CENTRE—
Windermereaft. “ 13	Mt. Grove“ 27
CENTRE MUSKOKA—	SOUTH RENFREW—
Ufford“ 14	Burnstownaft. “ 28
Uttersoneve. “ 15	DIVISION 19—Lecturer: Mrs. L. Rose
Port Sydneyaft. “ 17	Stephen, Huntingdon, Que.
Allansvilleaft. “ 18	STORMONT—
SOUTH MUSKOKA—	Finchaft. June 11
Bracebridge“ 19	Cornwall Centreeve. “ 12
South Macaulayaft. “ 20	GLENGARRY—
Baysville“ 21	Martintown“ 13
Monck, Bracebridgeaft. “ 22	Maxville“ 14
Bardsville“ 24	PRESCOTT—
Muskoka Falls“ 25	Vankleek Hillaft. “ 18
Germaniaeve. “ 26	NORTH RENFREW—
Reayaft. “ 27	Stafford (Micksburg)“ 20
Gravenhurst“ 28	Shieldsaft. or eve. “ 21
DIVISION 13—Lecturers: Miss L. Reynolds, Scarboro Junction; Mr. H. Grose, LeRoy.	Greenwood“ 22
NORTH MUSKOKA—	Westmeatheve. “ 24
Martin SidingJune 11	Beachburg“ 25
Aspdin“ 12	Forester's Falls“ 26
Ashworth“ 13	Queen's Line“ 27
Ravenscliff“ 14	The meetings announced in Divisions 20, 21,
Huntsville“ 15	22 and 23 are held under the auspices of the
Silverdale“ 15	Farmers' and Women's Institutes of the riding
Hillside“ 17	concerned. Separate afternoon sessions will be
Dwight“ 18	held for the Women's and Farmers' Institutes.
Fox Point“ 19	A joint meeting will be held at the close of the
Dorset“ 20	afternoon sessions, or in the evening.
Brunel“ 21	DIVISION 20—Lecturers: Miss E. E. Smillie,
DIVISION 14—Lecturer: Dr. Jennie Smillie, Toronto.	Toronto; Mr. J. C. Shaw, Norwich.
EAST YORK—	EAST PARRY SOUND—
Thornhillaft. June 10	EmsdaleMay 28
East Torontoaft. “ 11	Doe Lake“ 29
Scarboro Junctionaft. “ 12	Midlothian“ 30
Highland Creekaft. “ 13	Magnetawan“ 31
Agincourtaft. “ 14	Burk's FallsJune 1
Box Groveaft. “ 15	Sundridge“ 3
Markhamaft. “ 17	Wattenwyl“ 4
Stouffvilleaft. “ 18	South River“ 5
SOUTH ONTARIO—	Trout Creek“ 6
Claremontaft. “ 19	Granite Hill“ 7
Kinsaleaft. “ 20	Golden Valley“ 8
Broughamaft. “ 21	Arnstein“ 10
Whitevaleaft. “ 24	Loring“ 11
Pickeringaft. “ 25	Restoule“ 13
Whitbyaft. “ 26	Carr“ 14
Brooklinaft. “ 27	Hotham“ 15
Columbusaft. “ 28	Powassan“ 17
Shirleyeve. “ 29	TEMISCAMINGUE—
DIVISION 15—Lecturer: Mrs. Horace W. Parsons, Forest.	North Cobalt“ 18
EAST DURHAM—	Haileybury (Buche Tp.)“ 19
Manver's Stationaft. June 10	New Liskeard“ 20
Mount Pleasantaft. “ 13	Milberta“ 21
Springvilleaft. “ 14	Chester's Corners“ 22
WEST NORTHUMBERLAND—	Hillview“ 24
Elmviewaft. “ 15	Uno Park“ 25
Cobourgaft. “ 17	Hanbury“ 26
Graftonaft. “ 18	Thornloe“ 27
Coldsprings“ 19	Earlton“ 28
Roseneath“ 20	Hilliardton“ 29
Fenella“ 21	TomstownJuly 2
Centreton“ 24	Heaslip“ 3
Baltimoreaft. “ 25	Charlton“ 4
EAST NORTHUMBERLAND—	Marter“ 5
Smithfieldaft. “ 26	Chamberlain“ 6
Hiltonaft. “ 27	Matheson“ 8
Dundonaldaft. “ 28	Monteith“ 9
Castletonaft. “ 29	Porcupine“ 10
Warkworthaft. July 2	Cochrane“ 11
Codringtoneve. “ 3	DIVISION 21—Lecturers: Miss S. Campbell,
Wooleraft. “ 4	Brampton; Clark Hamilton, Dundela, Ont.
Menieaft. “ 5	EAST NIPISSING—
Campbellfordaft. “ 6	MattawaJune 3
DIVISION 16—Lecturers: Miss E. Robson, Ilderton, June 10 to June 15; Miss M. McKenzie, Toronto, June 10 to June 14; Miss H. Gowsell, Port Arthur, June 15 to June 17.	Brule Schoolhouse“ 4
WEST VICTORIA—	Eau Claire“ 5
WoodvilleJune 10	WEST NIPISSING—
Lornevilleaft. “ 11	Feronia“ 6
Linden Valley“ 12	Sturgeon Falls“ 7
Islayeve. “ 13	Warren“ 8
Cambayaft. “ 14	CENTRE ALGOMA—
EAST VICTORIA—	Goulais Bay“ 10
Dunsfordaft. “ 15	Tarentorus“ 11
Bobcaygeonaft. “ 17	South Prince“ 12
Cameronaft. “ 18	West Korah“ 13
Pleasant Valleyaft. “ 19	Base Line“ 14
Fenelon Fallseve. “ 20	East Korah“ 15
Burnt Riveraft. “ 21	NORTH SHORE ALGOMA—
Kinmountaft. “ 22	Garden River“ 17
HALIBURTON—	Echo Bay“ 18
Mindenaft. “ 24	Bar River“ 19
Haliburtonaft. “ 25	Laird“ 20
Irondaleaft. “ 26	McLennan“ 21
Gooderhamaft. “ 27	Desbarats“ 22
DIVISION 17—Lecturer: Miss B. Millar, Guelph.	EAST ALGOMA—
PRINCE EDWARD—	Johnson's Schoolhouse“ 24
Mountain Viewaft. June 10	Bruce Mines“ 25
Rednersvilleaft. “ 11	Cloudslee“ 26
EAST HASTINGS—	Alma Heights“ 27
Bellefleur“ 12	Little Rapids“ 28
Melrose“ 13	Livingstone Creek“ 29
Quinteaft. “ 14	SowerbyJuly 2
WEST HASTINGS—	Iron Bridge“ 3
Sec. Con. Sidneyaft. “ 15	Walford Hall“ 4
Frankfordaft. “ 17	Massey“ 5
Wallbridgeaft. “ 18	WEST NIPISSING—
River Valleyaft. “ 19	Webbwood“ 6
Chattertonaft. “ 20	Woodlands“ 8
EAST HASTINGS—	Lee Valley“ 9
Phillipston“ 21	DIVISION 22—Lecturers: Miss G. Gray, Toronto; David James, Thornhill, Ont.
Roslin“ 22	EAST MANITOULIN—
Tweed“ 24	Little Current (W. I. only)June 3
NORTH HASTINGS—	Sheguindah“ 4
Ivanhoeaft. “ 25	Green Bay“ 5
Stirlingaft. “ 26	Budges“ 6
Wellman's Cornersaft. “ 27	Hilly Grove“ 7
Springbrookaft. “ 28	Tehkummah“ 8
Marmoraaft. “ 29	South Baymouth“ 10
Queensboroaft. July 2	Sandfield“ 11
Madocaft. “ 3	Silver Bay (Big Lake)“ 12
L'Amableaft. “ 4	Mindemoya“ 13
Bancrofteve. “ 5	Carnarvon“ 14
Ft. Stewart“ 6	WEST MANITOULIN—
NORTH PETERBORO—	Grimesthorpe“ 15
Clydesdale“ 9	Billings“ 17
	Ice Lake“ 18
	Long Bay“ 19
	Poplar“ 20
	Barrie Island“ 21
	Gordon's“ 22
	Evansville“ 24
	Silver Water“ 25