# YOUR DOCTOR

doesn't know your stomach as well as you do—he hasn't lived with it as long as you have—but he will tell you that a well-cooked cereal eaten every morning for breakfast will strengthen the digestive organs and keep the bowels healthy and active. And if he is wise he will recommend

for this purpose because it is the whole wheat made digestible by steam-cooking, shredding and baking. Make your "meat" Shredded Wheat.

For breakfast heat the Biscuit in the oven a few moments to restore crispness; then pour hot milk over it, adding a little cream; salt or sweeten to suit the taste. It is deliciously nourishing and wholesome for any meal with stewed prunes, baked apples, eliced bananas, preserved peaches, pineapple or other fruits. At your grocer's.

MADE IN CANADA A CANADIAN FOOD FOR CANADIANS







FREE-THE GREAT RACING PEDALMOBILE.

An Actual Model of a Sixty H.P., Six Cylinder Motor Car, Run Without Gasoline,
Weighs 145 lbs., but Easy to Operate.

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OUT RACING PEDALMOBILES ABSOLUTELY FREE.

TO OUT THE SAME WHAT WE WANT YOU TO
DO IS THIS - We will give you is kaoing Pedalmobiles.

cent of your money. "What boy or girl docan't want one?"	ne advertise our products, and that you will do all that
Pedalmobiling is the greatest sport ever invented: you	require of you, which is not very much. Every boy
simply jump in the car, apply the speed lever, touch your	girl has it within their power to get a Racing Pedalmol
Test to the pedal, and go so uning along to best the band	absolutely FREE. If you are wise, willing, live, er getic, not afraid to go after a thing when you want it.
Put on your coaster and take the hills without tedaling	Bay to you
Burn the sharpest corners without fear of spilling, blow	
your horn when anyone is in the way, or reverse your	START TO-DAY TO EARN A PEDA
speed lever and stop. In fact the Pedaimobile will do	MOBILE. IT IS EASY.
everything areal Auto will do, but burn up gesoline; deats	
bicycling all hollow, and just think of it boys and firls.	Simply send us your name and address, and say t
Are you interested? Then read on.	you want a Pedalmobile, and that you are willing to d little work to get it, and we will start you on the way
	earning it, by sending you at our own expense, thirty bot
WE WANT TO START 2000 BOYS AND	of our delicious Perfume, to sell for us at 10c. a bottle.
CIRLS IN A BUSINESS OF THEIR OWN.	is then up to you to do the rest. You can sell these thi
No money to invest, only some of your spare time	bottles quickly and easily. Our perfume is the best t
meeded. Immense profits made in money and valuable	money can buy, and is attractively but up in wooden ca
premiums. This is a dignified and thoroughly respectable	and handsomely labelled.
Business; and any live girl or boy can enuage in it and	With the Perfume, we will send you a complete list
make a big success at it. Remember what we say It costs	
you nothing. What boy or girl is so dead to opportunities.	
that he or she will not invest some spare time in making	
as much or more than lots of people working all the time.	present you free of charge, with our big premium catalog
Our proposition is just this: -We manufacture one of the biggest lines of household and toilet specialties in the	When you remit us the \$3.00 for the Perfume s
country, such as Perfume, Talcum, Face Cream, Tooth	we will appoint you a permanent representative, with
Paste and Powder, Toilet Soap, Medicinal Preparations,	limited credit, and only ask from you that after y
Baking Powder, Polishes, Etc. Wa sell all these direct	friends, and tell them how you got it, and that you
from our factory to the consumer. At the present time	continue to be our representative. Do not hesitate. To
our sales are immense, but we are not satisfied. We want	opportunity is right here. Your Racing Padalmobile
more advertising, bigger markets, greater distribution	waiting for you, and you can get it easily.
and are not going to spare any expense to get them. This	Write us to day and you will be energied how and
year we plan to give away over \$120,000 in valuable	bre redaimobile will be yours.
premiums and commissions to those who will help us in	TRY. It won't cost you one cent, and you do
this monster publicity campaign. We have already started over ten thousand boys and girls in businesses of	
Shair own and they are making good saming basses of	enough goods to earn a Racing Pedalmobile, we will g





energetic boys and girls to become our representatives. its

### THE MODERN WOMAN'S MANNERS

### BEAUTY HINTS TO KEEP YOUNG

To Tempt the Appetite of a Sick Child.

When my little girl was ill she soon grew tired of milk and broth, so I decorated a tumbler with silver paper and let her drink through a stick of macaroni. In this way she drank it without protest, and received the necessary nourishment without being unduly disciplined.

A Home made Strainer.

SOME HELPFUL SUGGESTIONS

To. Make Eggs Whip. A very convenient strainer may be made by cutting a circular piece of cheese-cloth to the desired size and placing it in an embroidery hoop. Fasten a cord at the opposite sides of the hoop in such a way that the bag will hang free. It may then be hung to the water faucet or from a projecting hook or from any other convenient place.

A pinch of a pinch of a pinch of soda. Added to the white of an egg will cause it to whip easily if the egg is warm and will not whip otherwise.

Use for Coffee Grounds.

Save your coffee grounds, dry thoroughly in the oven, mix with a small quantity of ground spices of various kinds and use for filling pincushions.

To Remove Sticky Fly Paper.

To remove sticky fly paper from clothing, saturate the spot well with turpentine, roll up and let remain over night. In the morning, wash the material with warm water and soap.

To Improve the Flavor of Lemons.

Lemons placed in the oven and thoroughly heated, then rolled with the hich never is f.

To Protect Fig.

To Remove Sticky Fly Paper.

If the soles of shoes.

If the soles of walking shoes are dipped in melted wax once every two or three weeks, the soles will last twice as long, and will be waterproof. This has been thoroughly tested. Wax enough for a dozen pair will cost five cents.

To Protect Fig.

To Protect Fig.

## RECIPES OF PROVEN VALUE.

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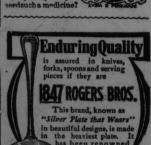
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Dr. Martel's Female Pills have been the Standard for 20 years and for 40 years prescribed and recommended by Physicians. Accept no other. At all druggists.

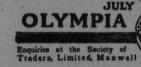
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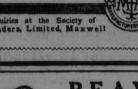
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