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Real Whole Wheat Toast

The digestibility of ordinary whole wheat bread is a much debated question—but there is no question about the nutritive value or digestibility of

TRISCUIT

the Shredded Wheat Wafer, a crisp, tasty toast containing all the body-building material in the whole wheat grain, steam-cooked, shredded, compressed into a wafer and baked a crisp, golden brown. It is a delicious "snack" for lunches or for any meal with butter, soft cheese, peanut butter or marmalades.

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Made by THE CANADIAN SHREDDED WHEAT COMPANY, LIMITED Niagara Falls, Ont.

Toronto Office: 49 Wellington Street East

THE FIRST WORD—A Girl's Worries Are Very Tragic—At The Time.

MOST GIRLS would rather tell their dearest secrets to other girls than to their mothers. Mothers are adorable, of course, but sometimes a girl is inclined to think that hers is a little old fashioned. It can be wiser that the time will come when one will know that mother was right, but while one is in the throes of youthful enthusiasm, it is very apt to be with her girl friends that one thrashes out the great question of life—or what seem to be the great questions of life.

Now that the doctors are preventing physical disease by keeping many of the germs away from us, mental and imaginary troubles are much surer to come to the average girl than the measles or the whooping cough. It is these fanciful and sometimes fantastic worries that embitter many girls' existence, because to most young women they are very real.

Worries.

All girls worry more or less over their looks, and it is perfectly right and proper that one should think a good deal about one's looks, but to worry to a point where one is self-conscious is foolish. It is not necessary to be regularly beautiful according to artistic standards to be pleasing and popular.

Even if you have a pug nose, if you have a pleasing smile your friends will be apt to call your nose "up-titled like a flower."

You must, however, always be well groomed. Your hair must be washed till it looks soft and clean, and it must be put up in the most becoming way. Do not try to follow all the quips of fashion, nor the vagaries of a chorus girl in the style of your hair. It is really pitiful to see young girls make caricatures of themselves by wearing their hair in modes that are appropriate to women who are not only much older than themselves, but who also go to places where elaborate coiffures are permissible and necessary.

Youth has a beauty all its own and it is foolish for a young girl to try to make herself prettier by wearing clothes, jewels and other adornments



Billie Burke

which many older women consider necessary to enhance their charms. "You girls who have seen me or any other actress who takes the part of a young girl on the stage must realize that the first thing we do to get rid of all elaborate adornment, and dress in the simplest style. When I played Mrs. Dot I made myself fifteen years older than I am by merely wearing more elaborate costumes. If a girl only knew how much better she looked in a plain frock, which by actual contrast would show up her youthful coloring, beauty and spirit, we certainly would see less of an attempt of young women to wear upon the streets only for the ballroom.

The only thing to remember is that there shall be the utmost cleanliness and daintiness in every part of your apparel. There must be no hanging shreds from your gowns or buttons off your shoes. Hats and coats must be well brushed and placket holes must always come together carefully. The money that you naturally would spend for chocolate creams or ice-cream soda, must go for a Turkish bath or a manicure and whatever your day's work or pleasure may have been you must never be too tired at night for a daily bath and a careful beauty toilet.

The great trouble with many girls is that they will spend everything but time and thought upon themselves. If you will make an expenditure of these two important things you will really need very little money, neither will you have to regular features, nor a perfect form to be called the prettiest girl in your set.

JUST ONE LAST WORD—Don't worry about beauty shortcomings. Go ahead and rectify them.

Billie Burke

HOME HELPS.

When using dates for dessert, wash and drain them; they will be juicier and more palatable.

If the boy gets his rubber boots wet inside, a good way to dry them is to fill them with hot yellow corn.

Never allow the firebox of your range to be more than three-fourths filled. When full, the draft is checked.

The Art Of Conversation

THE great secret of talking well is to adapt your conversation to your company as skillfully as may be.

People take more interest in their own affairs than in anything else which you can name. A wise host or hostess will lead a mother to talk of her children, an author of his book, an artist of his picture, etc. Having finished the topic, you have but to listen, and acquire a reputation for being inquisitive, agreeable, intelligent and wellbred.

If you would not be unpopular, do not always be witty, no matter what your natural abilities may be in that line. People do not like to be always outshone.

Do not too officiously supply a word or phrase if a speaker hesitates for a moment; he will think of the one he wants or supply another in good time.

Never correct a fault in pronunciation or in facts, in company or in private, if you wish to retain a friend.

Avoid such colloquialisms as "says I," "you know," and other senseless repetitions that might be mentioned. Never speak of a person as "a party," nor refer to absent persons as "he"

or "she." Give the name of the lady or gentleman referred to.

In telling a joke, do not laugh yourself before the point is reached. If the joke is original, do not laugh at all.

In tete-a-tete conversation it is ill-bred to drop the voice to a whisper. Egotism is always in bad taste. Allow others the privilege of proclaiming your merit.

Never speak of personal or private matters in general company.

Avoid as much as possible beginning a conversation with stale commonplace, such as, "It is a fine day," "The weather is charming," etc.

Do not speak slightly of the city or neighborhood in which you may be visiting. By offending the prejudices of those about you, you render yourself extremely disagreeable.

Avoid all excitability and dogmatism in conversation. Nothing is more annoying than to converse with an arrogant, loud-spoken person.

Always yield the point in conversation if you find the argument is likely to become violent.

Avoid lavishing praise on the mem-

bers of your own family. It is almost as bad as praising yours.

It is exceedingly bad taste to parade the fact that you have travelled in foreign countries, or that you are acquainted with distinguished or wealthy people, that your family is distinguished or that your family is distinguished.

Use gentility and blue blood. In speaking of husband or wife, do not use the surname alone. To say "I was telling Brown," is extremely vulgar. Always prefix the Mr.

Always endeavor to contribute your quota to the general conversation. It is as much your duty to entertain as to be entertained. Bashfulness is as much to be avoided as too much assurance.

Never ask questions of a personal nature, such as what a certain article cost, why someone did not go to the opera. They are decidedly impertinent.

Look at the person with whom you are conversing, but not at stare.

Avoid loud laughter in society. If you carry on the thread of a conversation after the entrance of a visitor, you should always recapitulate what has been said before his or her arrival.

Necessity Of Ventilation

I hold that the breathing of impure air is a fruitful source of disease of the right heart occurring after middle age. How many people ignorantly favor its occurrence by confining themselves to closely shut, unventilated, hot, stifling, rooms, in

which the carbonic acid has accumulated to two or three per cent. of the air they breathe! How many are thus destroyed by being compelled, through the exigencies of life, to pass the greater part of their time in sites or manufactories where ventilation is defective, or in which the air respired

is poisoned by noxious fumes and offensive emanations from the materials undergoing the process of manufacture! How many are falling victims to the poisonous influence upon the heart of the atmosphere of an underground railway! What do these facts suggest? How are these evils to be prevented? The simple answer is: Let the rooms in which you live be effectually ventilated by an incoming current of air filtered from all adventitious impurities, and so provided that no draught should be felt; and by an outgoing current which shall remove from the apartment the carbonic acid gas, the carbonic oxide, sulphurous acid gas, sulphureted hydrogen, and other noxious compounds, as rapidly as they are generated. Apply the same principle to public buildings, theatres, schools, manufactories, pits and to all places in which people are accustomed to congregate.—Popular Science Monthly.

CROWN PRINCE GEORGE OF GREECE, WHO WILL VISIT AMERICA SHORTLY



PRINCE GEORGE OF GREECE.

It was announced recently at Athens that Crown Prince George will soon undertake a long cruise, visiting Egypt, Tunis, Algiers, Marseilles and New York.

His object is to convey the thanks of the King and the fatherland to the Greek communities which sent contributions during the war with Turkey.

WIFE OF RUSSIAN NOBLEMAN, WHO SEEKS PART OF \$600,000 ESTATE



Mrs. Alette An-d'Erignon, of Kief, Russia, is in New York to fight for a widow's dower of one-third in the \$600,000 estate of the late Nelson Taylor, the publisher who committed suicide at his home in South Norwalk, Conn. June 22, 1912. Mrs. d'Erignon is about twenty-five years old. Mr. Taylor was fifty-eight years old at the time of his death.

Mrs. d'Erignon admits that she married her present husband, Constantine d'Erignon, a Russian nobleman, in the lifetime of her first husband without obtaining a divorce.

Five Roses Flour

Not Bleached Not Blended

PIPING HGT. SUCH FAT ROUNDED SUBSTANTIAL LOAVES RICH WITH CREAMY NUTRIMENT.

King George's Navy Plug

10¢

KING GEORGE NAVY PLUG-CHEWING TOBACCO

IS IN A CLASS BY ITSELF!

It surpasses all others in quality and flavour because the process by which it is made differs from others.—It is deliciously sweet and non-irritating.

SOLD EVERYWHERE: 10c A PLUG

ROCK CITY TOBACCO Co., Manufacturers, QUEBEC

A SECRET.

I want to tell you a secret. The way to make yourself pleasant to others is to show them attention. The whole world is like the miller at Massfield, who cared for nobody—nor, not he—because nobody cared for him. And the whole world would serve you so if you gave them the cause. Let people see that you do care for them by showing them what Sterne so happily called the small courtesies, in which there is no parade, whose voice is too small to tease, and which mark themselves by tender and affectionate looks and little acts of attention, giving others the preference in every little employment, at the table, in the field, walking, sitting, and standing.—Wirt's Letters to his Daughter.

PLEASE STOP MY—WHAT?

Times are hard, money is scarce, business is dull, retrenchment is a duty—please stop my—what? Oh! no; times are not hard enough for that. But here is something else that costs me a large amount of money every year, which I wish to save. Please stop my—tobacco, cigars, and stuff? No, no, not these; but I must retrench somewhere; please stop my—ribbons, jewels, and trinkets? Not at all; pride must be fostered if times are ever so hard; but I believe I see a way to effect quite a saving in another direction, stop my—tea, coffee, and needless and unhealthy luxuries. No, no, not those, I must think of

Wirt's Liniment

Beware of Imitations Sold on the Merits of Minard's Liniment. ORIGINAL THE GENUINE AND ONLY

Calvert's Tooth Powder

Time spent using Calvert's Tooth Powder is time spent well!

—and none know it better than the people who have used this dentifrice for years and years, and are therefore in a position to judge the value of its services—the cleansing action and antiseptic properties—which mean so much to the welfare of the teeth.

YOUR DRUGGIST SELLS IT. This 25c, 50c & 1.00. Sprinkles-top glass jar, 15c. For a Trial, Leave an order to Company to F. C. CALVERT & CO., 80, Dorchester Street, West, Montreal.

1847 ROGERS BROS.

This brand is known as "Silver Plate that Wears" and is made in the heaviest grade of plate. Remains for over 50 years for its durability and beauty.

Sold by Leading Dealers

EVERY WOMAN

is interested and should know about the wonderful "Marvel Bouche"

Ask your druggist for it. If he cannot supply the MARVEL, accept no other, but send stamp for illustrated book—free. Express full particulars and directions (valuable to ladies). WINDSOR SUPPLY CO., Windsor, Ont. General Agents for Canada.

APOLO'S PILLS

For the relief of all ailments of the bowels.

Cutlery Kept Clean and Bright

Sprinkle a little Old Dutch Cleanser on a damp cloth and rub over the wet knife or fork. Then wash and dry thoroughly. Spots, rust, fruit stains and discolorations disappear instantly.

Old Dutch Cleanser

Old Dutch Cleanser

Correct. Odd that the better a man gets on in this world the better he is off.

Up the Spout. Briggs—I hear that Snips, the tailor, has failed. Griggs—Yes; his customers wouldn't "come down" so he "went up."

And Brought Forth a Mouse. Chollie—I figured out this morning how many ancestors I really had, and found there were several thousand. Miss Blunt—And just think of the insignificant result of all those ancestors.