



Make This Your "Meat"

A nourishing, satisfying, strengthening dish that tempts the palate and gives stomach comfort after the digestive organs have wrestled with high-proteid foods—

SHREDDED WHEAT

With Strawberries or Other Fruits

Nothing so delicious, nothing so easily digested, nothing so easy to prepare. The only breakfast cereal that combines naturally with berries and other fruits.

Heat one or more Biscuits in the oven to restore crispness; then cover with berries or other fresh fruit; serve with milk or cream and sweeten to suit the taste. Better than soggy white flour "short-cake"; contains no yeast, no baking powder, no fats, no chemicals of any kind—just the meat of the golden wheat, steam-cooked, shredded and baked.

The Canadian Shredded Wheat Company, Limited
Niagara Falls, Ontario
Toronto Office: 49 Wellington Street East 69-E

DAUGHTER OF FATHER CHINQUI WILL TRY AGAIN

Montreal, July 9.—The celebrated case of Dame Rebecca Chiniqui, wife of Professor Morin of McGill University, against Joseph Begin, publisher of La Croix, which has been dismissed on a technicality by the court of review, will likely come before the courts again for a rehearing.

As will be remembered, the plaintiff, who is a daughter of the late ex-priest, "Father" Chiniqui, was awarded three thousand dollars damages against the newspaper in question on account of an alleged libelous article published in La Croix, but on an appeal being taken to the court of review, the decision of the lower court was upset because the plaintiff had not been properly authorized by her husband to sue.

Margaret Anglin has obtained the rights to a new drama, called "The Divine Friend," by Charles Phillips, a San Francisco newspaper writer.

Coloring Live Trees

We have known for some time that plain horsehair can masquerade as the costly aigrette, but it has remained for the chemist to do a more daring deed. He can transform a cottonwood tree into Circassian walnut or something of that sort. The milliner does not cause horses to grow plumes on their dignified persons, but the chemist injects dye solution into the tree, and lo! the character of its wood changes. The amount of liquid some trees absorb is astonishing. One Scotch fir is reported to have had a capacity for three gallons in two days, at which time its appetite was sated. Now that trees have taken to drinking, it is hard to say what deception the future may show in the way of wood.

The wise parent will not allow its small child any candy, although a certain amount of sweets is wholesome and necessary. Good loaf sugar and fruits will supply this demand.

Compass in Watch

Within the head of the crown of a new stem-winding watch there is inserted a mariner's compass.

ARTIST

Arctic Painter Will De-
pict the
Fields
was

Jacques Suzanne, who understands much of the world northward and a painter of mean ability, will spend the summer in the Polar region of Canada where he will brave the cold and hardships in order to give a picture of the white solitude.

"I go to the north," said M. Suzanne speaking to his friends in New York, "I have many commissions to execute for people in Russia and France, and I go also to satisfy my curiosity in regard to those blond Esquimaux. I have been much in the North. When I was a very young man—I am 33 now—I spent a year among the Samoyedes Indians or peoples in Northern Siberia. No white man had ever been among them before, and their existence was regarded as a myth. I lived with them, and hunted, and painted, and it was all very wonderful.

"We go north to Albany and then to Ottawa, Canada, and will travel at the rate of thirty miles a day. The dogs have been trained for the past three months, and are ready to keep up that average. Our traveling will be done in two starts of fifteen miles each day. That is, we will travel from dusk until midnight, and from daybreak until noon. The other twelve hours will be resting periods, during which we will work on our gear and make repairs.

Has Great Dogs

The chief feature of my equipment are the two sledges. These are my own invention, and are made of white ash and bound with rawhide thongs. These sledges are equally good for land, ice, or water travel. The motorcycle wheels are placed exactly at the balance point, and each sledge can carry 500 pounds on the ground without fatiguing the dogs. For ice and snow travel, the wheels are removed, and then each sledge will take up to 1,500 pounds. When we strike water, I have heavy oiled canvas covers that fit about the sledges, and make them into boats, and they will carry a ton each.

"I am proudest of my dogs. The leader is one that was with Peary, and the others are all the finest I could get. I have over thirty near Ottawa. In the pack is also the largest sledge dog in the world. He is from the kennels of the Czar of Russia, and weighs nearly 200 pounds. He is my strongest puller. My dogs are very fast. Once on a test run with the snow very deep, and with eleven dogs and 250 pounds on the sledge, I ran eight miles in thirty minutes and thirty-four seconds. This is said to be a world's record.

"It is a fascination to paint in the North, but it has its difficulties. The cold is so intense that the paints freeze, and on my last trips I have always had to use a red-hot stone to place my paintbox on. This was unsatisfactory because it would quickly lose its heat. Thanks to a suggestion and design made for me by a man, I will not have this trouble on this trip. He designed a paint box combined with a hot water jacket, protected from the cold by a vacuum that will keep the paints liquid. The vacuum will keep the water hot for many hours, and as my palette fits the lid of the box, its paints will always be ready for use."

Jacques Suzanne was born in Trouville, and first went to the North before he was of age. His parents still live in France. He is unmarried.

HOT WEATHER AILMENTS

A medicine that will keep children well is a great boon to every mother. This is just what Baby's Own Tablets do. An occasional dose keeps the little stomach and bowels right and prevents sickness. During the hot summer months stomach trouble speedily turns to fatal diarrhoea or cholera in infant and if Baby's Own Tablets are not at hand the child may die within a few hours. Wise mothers always keep the Tablets in the house and give their children an occasional dose to clear out the stomach and bowels and keep them well. Don't wait till baby is ill—the delay may cost a precious life. Get the Tablets now and you may feel reasonably safe. Every mother who uses the Tablets praises them and that is the best evidence that there is no other medicine for children so good. The Tablets are sold by medicine dealers or by mail at 25 cts a box from The Dr. Williams Co., Brockville, Ont.

Enough Said

An Irish priest preaching to his congregation inquired of them:

"What is it that makes ye bate your wives?—Whisky. And what is it makes ye shoot at your landlords?—Whisky."

Then, screaming with excitement he cried: "And what is it makes ye miss them?—Whisky!"

"Oh, boys," he concluded, "what more can I say to convince you of the evils of drink?"—Birmingham Gazette

Following Example

While playing with a pair of sheep, little Laura severed one of the prettiest of her golden curls.

"My dear child, why did you do that?" asked Aunt Mary, who came to call soon afterward.

"I wanted 'em so I could take 'em off and hang 'em on the bureau," explained the little girl, "just like mamma does."

Parting With Money

Howard: "A fool and his money are soon parted."

Mrs. Howard (clapping her hands): "Oh, John! How much are you going to give me?"

Didn't Lose

Millie: "So you loved and lost, did you?"

Willie: "Oh, no, indeed! She returned all my presents."

Seven companies are being formed to tour the country the coming season in "Potash and Perlmutter."

Cook's Cotton Root Compound

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1; No. 2, \$2; No. 3, \$5 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

John J. Cain

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674 King Street

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