## RISP, delicious, goldenbrown Shredded Wheat. with hot or cold milk, is a wonderful stamina-builder and energy-giver. It contains Nature's own balance of vital food elements in a most appetizing and digestible form. To help keep well and to feel well, eat Shredded Wheat every day -served your favorite way. THE CANADIAN SHREDDED WHEAT COMPANY, LTD. Niagara Falls 12 big biscuits SHREDDED WHEAT

tf. East at 11 o'clock, was reported this morning to be on time. Joe Slaggard will sail tomorrow, (216) night on the Princess Adelaide for Vancouver enroute to Detroit where tt. Prince Rupert Cribbage, Whist and Bridge League, annual meet. T. W. Hall, for several year inspector of schools here and recently transferred south, is now located in the Fraser Valley with LSE TEETHheadquarters at Chilliwack. He

