

Pertect

Spring

Door

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The ordinary door, when opened, is inside the warming closet and takes up valuable space.

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A dainty, delicious delight for the summer days when the appetite craves light and wholesome foods

BISCUIT

with berries, peaches, sliced bananas and other fruits. Heat the biscuit in the oven to restore crispness, then cover with fruit and serve with milk or cream, adding sugar to suit the taste.

Shredded Wheat is made in Canada of choicest selected Ontario wheat. Contains all the muscle making, brain-building elements in the whole wheat, made digestible by steam-cooking, shredding and baking. A Canadian food for Canadians. Start the day right with Shredded Wheat Biscuit served with milk or cream. Then you will like it for any meal with fruits.

Make Your "Meat" Shredded Wheat

THE CANADIAN SHREDDED WHEAT CO., LIMITED

NIAGARA FALLS . . - . ONTARIO Toronto Office: 49 Wellington St. East

ST. VITUS DANCE.

any one of our family now we never

Sold by all medicine dealers or by

Near Nutmegs.

republican convention at Chicago took

The badges were very popular. The

degates from other states thought it

i great joke to wear a genuine Con-

Senator, we're in a fix. All our

wooden nutmeg badges are gone and

especially made for us back home."

The Greatest Robber.

"Well," he said, "for all aroun

work, our landlord is no slouch."

ted with a wooden nutmeg.

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New York Herald.

gee and said :

mail at 50c, a box, or six boxes for

St. Vitus' dance is the con

Orty Dollars a Seat Charged for a made on the body by growing and Play in Paris—Old Lily Langtry development, and there is the added though for the Footlights Again strain caused by study. It is when these demands become so great that

Henry W. Savage will bring "Con nerves fail to receive their full sup & Co. to Nazinova's Thirty-ninth ply of nourishment, that the ner-nervous prostration and are practic-street Theatre; New York, on Sep-vous debility leads to St. Vitus dance. In their own form of rest cure. The tember 19th to replace "Miss Patsy," The remarkable success of Dr. Wilin which Miss Gertrude Quinlan was liams' Pink Pills in curing St. Vitus

Fuller Mellish has been engaged by their children this great blood-buildof Sir Oliver Holt in "The Dawn of approach of the disease. Palor, list-To-morrow," with Miss Gertrude El- lessness, inattention, restlessness and hott, the role which he originated pritability are all symptoms which with Miss Eleanor Robson.

with Miss Eleanor Robson. From Rome comes the news that are failing to meet the demands Gabriel D'Annunzio, the poet and made upon them. Mrs. A. Winters, playwright, will visit America early Virden, Man., says: "When my little in 1911 and deliver a series of lectures. girl was six years old she was atauxious to present D'Annunzio here, followed by St. Vitus' dance.

bert he has refused all offers. Messrs. A. H. Woods, Harry H. speech became affected, and at last Frazee and George W. Lederer ob- sie became so bad that she could tained from Judge Holt, in the scarcely walk, and we hardly dared United States Circuit Court, a tem- trust her alone. She was under the porary order restraining Miss Adele care of a doctor, but in spite of this Ritchie from singing the song "Every was steadily growing worse, and we Little Movement," which, it is said, feared that we would lose her. As is from "Madame Sherry."

Lady de Bathe, known to the the her older sister of anaemia I decided atregoing public of Europe and Ameri- to try them again. After the use of a ca as Lile Langtry, has emerged from few boxes, to our great joy, we found private life and announces her intention of returning to the stage. She will make her reappearance at a Lon- of speech fully returned, and she don theatre where she will play the could walk and go about as well as Whether Lady de Bathe will visit Am-

The company to support Mme, Nazimova in her forthcoming production Williams' Pink Pills, and they never of Schnitzler's "The Fairy Tale," is complete. In addition to the distinguished Russian star, the cast for this play will include Brandon Tynan, \$2.50, from The Dr. Williams' Medicine Elsie Esmond, Mrs. Jacques Martin. Co., Brockville, Ont. Gertrude Berkeley, Margaret Lindsay, Alice Wicks, Edward R. Mawson, Orlando Daly, William Hessan, L. Race Dunrobin, Thomas Russell, Master

George Tobin and Evelyn Tobin.

Next season's programme at the Gaiety Lyrique, Paris, has just been announced. In addition to operas pre sung. They are Massenet's "Don Qui xote," Adalbert Mercier's "Elsen," Le Borne's "Les Girondons," and De Saucey's "Paysons et Soldats." "Don Quixote" was heard at Monte Carlo title role. At the Gaicte-Lyrique the chief parts will be sung by Mile. Lucy Arbell and Messrs, Fugere and Marcoux. The season will open October

The payment of forty dollars a seat to witness the performance of a play would seem high even to the American Croesus, but it appears that the price did not deter Paris folk for attending "Pelleas et Melisande" when linck drama was given August 29th badges. They'll never know the difin the ancient Convent of St. Mandville, now the home of Maeterlinek and his wife, Mme. Georgette Leblanc The scenes were laid in the various parts of the Convent, and the principal role was taken by Mme. Le danc. The proceeds were given

In New York, "Madame Sherry" got if to a good start at the New Amsterdam Theatre; with Lina Abarba ers" has settled down for an indefinit run at the Criterion. Bessie McCov i "The Echo" is being received enthusinstically by large audiences every evening. "Love Among the Lions" will remain at the Garrick for some time, Bottle" at the Lyceum. "The Arcadians," recently removed from the Knickerbocker to the New York Theatre, will be on view at the latter house for some weeks. "The Fortune Hunter" continues the even tenor of its prosperous way at the Gaiety. Wallace Eddinger has struck a lively and the struck a lively attached local remedies, and by constanting houses of lantic coast.

Walface Eddinger has struck a lively gait at the Republic with "Bobby Burnit."

The arrival of Weedon Grossmith, the famous English actor and his entire London company in E. C. Carton's comedy, "Mr. Preedy and the Countess," at Montreal, Sept. 29th, marks a theatrical event of great importance to Canadian theatregoers. portance to Canadian theatregoers. Mr. Grossmith comes direct from a remarkable run of two years at the Criterion Theatre, London, where his acting and playing created such unstinted praise that he was engaged by Messrs. Shubert and Daniel V. Arthur to appear in New York for a long winter season at one of the principal Broadway theatres, immediately following his brief Canadian tour. Miss Charlotte Granville, the celebrated London beauty, is Mr. Grossmith's principal feminine support. The Criterion theatre production as a whole is being imported with the English cast.

Science Camp in Spring. It has been customary for t cience students of Queen's to go in to camp back in the country for sur-The camp this session has been post-poned until next spring.

Boost is a good by-word for an

IN JAPAN.

form of nervous trouble which afflicts Victim of Nervous Prostration Given Metaphysical Problems to Solve-Quite a Strain Indeed.

> The Japanese are catching up with us. They now enjoy the blessing of nervous prostration and are practic-Japan Magazine tells of this latest step

> A lady by the name of Kanakita last autumn was threatened with, a nervous collapse which necessitated a visit to the senside, and being at Kamahura she was persuaded to enter pon the form of rest cure practised inder the direction of a priest of the

> famous Kenkoji temple.
> "It was on October 3rd last," says she, "that I made the acquaintance of the Kwanchosama, the director of the retreat. He acceded very kindly to my equest to join in the exercises, and after asking me many questions about my life and about the seliefs I had itherto entertained as to gods and Buddhas gave me a subject for medi-

"The subject was 'Honrai no Memmoku,' and I was told to think about it until I had discovered its meaning or thought I had done so. When I had 1 r. Williams' Pink Pills had cured solved the problem I was to come again to the director, who would either give me a second problem or send me back

to think over it again. "The problems thus given are not of a nature to be easily solved. I cannot tell you the meaning of the particular one propounded to me, because I am not allowed to divulge the secret; it will

entirely at the temple, the women in private houses or their own homes.

Presently the man who had charge morning and spread over the day till about 6 in the evening-five hours of silence in all, with the director sitting there is still a great demand for them. cations and to furnish us with fresh "But there are no wooden nutmegs

problems when necessary. in Chicago. We had to have these "I had to leave the house early in the morning with a chochin (lantern) "All right," directed the Napoleonic to light me; it was 10 o'clock in the Frandegee; "go down to a grocery evening before I returned. Our meals store and buy four or five hundred during the day were supplied from the temple; for breakfast, ten, rice gruck and relishes; at midday, rice, kenchin soup and vegetables boiled in soy in the evening, tea and rice gruel.

"The most important of these meetings was the one in January. During the course of it I had the good fortune time boys weref disputing about to solve my first problem. The second ho was the great robber. One said problem given me was Kane no one

n Hood, who relibed the rich. Anther contended for Napoleon, because uritable; I am able to look at things he swag. At last one turned to the more dispassionately and feel myself little loov who was too timid to butt more fit than I was before to cope with the difficulties and worries of

than any other kind of trouble. One ing houses on an island off the At-

Several times it was nearly swamped and the rower in danger of his life, "Why in the world did you make that trip," he asked him, when the boat finally grounded on the beach. "Well, you see," replied the other,

JAUNTY TUBBAN FOR A YOUNG GIRL.

and the trimming has the simplicity with a spice of piquancy which is suited to a pretty, youthful face. This turban is of brown felt with a draped trimming hand of brown velvet and braid, three quills being thrust through the band and held under flat velvet covered buttons.

The shape of this blocked felt turban, with its high crown and brim-edge resting low on the bair, is in line with the latest millinery ideas



An Object of Pity

suffice to say that some people will relept to women than in men. They are more sensitive, more render, has e sympathetic more prenounced in their likes and dislikes, more susceptible to the extremes of pleasure and pain; and these reflired mental qualities, no less than beauty year or more without coming to a of form and feature, make up the atmosphere of attractiveness and charm which

year or more without coming to a satisfactory answer.

"It was very difficult for me, with my family cares and household duties, with zervants, and hildren and visitors coming to interrupt me, to devote my whole attention to the problem assigned me, but fortunately I have been able to avail sayself of stated periods of quiet.

"Once a month krom the ingiming of October to the end of March there is a retreat (asisbin) held at the kenhoji to which all students of the contemplative life are allowed to go.

The retreat lasts for a week, and during that time the male members live entirely at the temple, the women in private houses or their own homes.

The continued existence of these winning, engaging womanly characteristics of the summary surrounds true womanly or attractiveness and charm which always surrounds true womanly engaging to the womanly functions and the condition of the womanly organs become the summary organs and when these functions and or and the condition of the womanly organs become the same mental qualities which are the glory of a well woman or full exists to come instead of being entertaining and companies of worse evits to come. Instead of being entertaining and companies in the second of the womanly attributes. If the forebodings of worse evits to come. Instead of being entertaining and companies in the second of the condition of the very lable to be oppressed with doubts and fears in regard to her spiritual condition, or to think that she is uternally lost. In addition to this, she has also to endure the most distressing aches and pains.

What makes the case with more thanks up the womanly characteristics of the womanly organs and the condition of the womanly organs and torture simuses independent of the womanly organs and torture simuses independent of the summary and torture simuses independent of the summary and torture simuses independent or the summ

private houses or their own homes.

"Hours of silent contemplation are observed, beginning at 7 o'clock in the that causes most of the suffering by oppressing the nerves located in these parts.

organs, and as it has

entirely cured yet, but I am so much better than I was that I am sure I will soon be entirely well. I sleep well, and feel cheerful and happy, except that I am occasionally somewhat depressed, but these snells are retting fewer and milder. I have also noticeably improved in ambedrance. Enclosed find \$3 for which please send me two boxes of GRANGE Lilly and one of Cerate Massage. I might add that the matter which used to be freely discharged, and which looked like a chicken's gizzard, is becoming very scant, and I imagine that the circulation is metty well restored. Am I not right in this?

Your sincere friend, MRS. L. E. A.

Free to all Sufferers

In order to enable every woman suffering from any form of female disorders to test the merits of ORANGE LILY. I will send to everyone who will send me her address, or the address of any suffering friend enough of the remedy for ten days' treatment, absolutely free. As this is worth 35c. it is only because I know that it must give relief that I make this free trial offer. Further, if any woman wishes expert medical advice, and will write me a full description of her case, I will submit same to the staff of the Coonley Medical Institute, Detroit, Mich., and they will write her direct without expense to her. INCLOSE THREE 2-CENT STAMPS and address MRS, FRANCES E, CURRAH, WINDSOR, ONT.

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it and also prove that the difference is so marked, so worth while, that you will feel this is the flour you rught to use.

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