



Children say "great"

You can eat Shredded Wheat Biscuit right out of the package with milk or cream—but it tastes better if you crisp the biscuits in the oven and pour hot milk over them. The flavory shreds of baked wheat are so crisp and delicious—children always ask for more and it is so good for them. Contains everything their growing bodies need. Delicious with fruits.

SHREDDED WHEAT

WITH ALL THE BRAN OF THE WHOLE WHEAT
THE CANADIAN SHREDDED WHEAT COMPANY, LTD.

CLEANINGS FROM MILLVIEW

Many hearts were saddened when the message was spread on Monday morning, March 10th, of the sudden death of one of our finest young men of Millview, Mr. Harold Sheldow, eldest son of Emerson Sheldow, at the early age of 18 years. He had only been ill three days when he succumbed to that dread disease, pneumonia. All that loving care and medical aid could do was done, but God willed otherwise, and to those who sadly mourn, it is comforting to know, he died as he lived, trusting in Jesus and saying as his spirit was passing into the world beyond, "I am going home to be with Him, who loves me." For those who stood by that bedside in the early morning hours, those words were words of charm and beauty. He was a consistent member of the Millview S. S. That place in the home can never be filled by one, who was always bright and cheerful. Sorrow is nowhere forbidden, for the believing soul sorrows not as those who have no hope. Oh ye tears! Oh ye tears! Till I felt you on my cheek, I was selfish in my sorrows, I was stubborn, I was weak. Ye have given me strength to conquer, and I stand erect, and free,

And I know that I am human by the light of sympathy. Then when the day dawns and the shadows flee away, we shall meet those whom we loved and lost awhile. Ours is the joy of looking forward to that Summerland up yonder. The funeral services, held at the home, where a very large assemblage was congregated, were conducted by Rev. Mr. Campbell, assisted by Rev. Mr. Pierce. Mr. Campbell gave a very impressive sermon, it was alike comforting and inspiring to relatives and friends. The following hymns, which were chosen by the deceased, were: "No, not one, My mother's prayers have followed me and 'Rock of Ages.'" The floral tributes were: Wreath, Family; Wreath, Sunday School, Crescent, Mr. and Mrs. Vernon Jenkins and Mr. and Mrs. Everett Jenkins; Spray, Mr. and Mrs. George Jenkins and Mrs. Eliza Jenkins; Spray, Mr. and Mrs. C. W. Sheldow; Spray, Mr. and Mrs. Norman Sheldow; Spray, Mr. and Mrs. Gordon McKay. The pall bearers were school mates of the deceased, Messrs. Gordon and Ralph Sheldow, Joseph Smith, Harold Dunphy, Arthur Grant and George Jenkins. There are left to mourn, the following: His father, one sister Ruth and one brother Edison, his aunt Margaret, who so tenderly nursed him. His

REPORT OF THE CHIEF SUPT. OF EDUCATION

BY PROFESSOR H. H. SHAW

The following is a continuation of the list of donors to the School Days Library Commission, contained in the report of Chief Supt. of Education.

C. D. Schurman	Toronto	\$ 10.00
John MacIntosh	Watertown, Mass.	35.00
Frank E. Sterns, C.E.	St. Catharines, Ont.	10.00
W. S. Ferguson, Ph.D.	New Glasgow, N. S.	20.00
R. B. Stewart	Cambridge, Mass.	10.00
R. S. Lea, C.E.	Montreal	100.00
Kensington School	Kensington	25.00
Kinkora School	Kinkora	20.00
Middleton School	Middleton	15.00
Greenvale Women's Institute	Greenvale, Queen's	30.00
Covehead West School	Covehead	10.00
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East Royalty W. I.	East Royalty	25.00
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O'Brien Road School	O'Brien Road	25.00
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Rose Valley School	Rose Valley	15.00
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G. G. Weeks	Egremont, Alta.	2.00
Mrs. E. H. Peck	Arlington, Mass.	5.00
Margaret Stewart	Dickinson, N. D.	5.00
Vernon School	Vernon	25.00
Mrs. A. B. Warburton, Ch'town.	600 copies Warburton's History of P. E. I.	

COURSE OF STUDY

The Course of Study which has been prepared for Grades I. to VIII. requires that considerable more attention be given to reading and literature than heretofore. Owing to the lack of preparation in the junior grades it was found advisable to gradually adapt the work in the senior grades to the requirements of the course. For this reason the course will not be fully in operation until after next year when the readers now completed in Grade VIII. will be finished in Grade VI. as is done in the other provinces. In order to accomplish this the pupils are required to read supplementary material of an interesting character which the schools there provide most liberally and so afford the exercise in silent reading which constitutes the great bulk of reading in adult life and is the most important aid to future self-education.

In Arithmetic stress is laid on accuracy in the fundamental operations and it is recommended that much of the time spent in the solution of difficult and impractical problems be devoted to Drawing, Composition and other subjects now receiving less attention.

The lack of Music Teaching in the Normal School is a cause of much regret but school singing led if necessary by a pupil should be a regular practice in all schools. Sir Henry Hadow, Vice Chancellor of Sheffield University in a recent address before the London Vacation School said, "Whatever else you do or do not do in a school curriculum make sure that ten minutes every day are devoted to school singing, corporate singing. I suggest on the whole that ten minutes had better come at the beginning of the morning, hymns or songs or both, for several reasons. First of all because you instil a number of the works of the best masters in the minds of the children and give them a permanent possession of beauty and delight and particularly because the practice of corporate singing is of extraordinary value in the corporate life of the school. The discipline of the schools which do choral singing is infinitely better than the discipline of the schools which do not." It has been suggested that School Fair Committees include in their prize list Chorus Singing by school. It is one thing in which all could take part; it would promote school loyalty and co-operation and provide a number on the program of more than usual, interest and delight.

(To Be Continued.)

mother predeceased him a few months ago. "Gone from the world to a bright home above, Gone to be with Jesus, whom our precious boy loved." The sympathy of the entire community goes out to the bereaved ones.

Milady Beautiful!

By Lois Leeds



BEAUTY QUESTIONS ANSWERED

Bothered With Sties

Dear Miss Leeds—(1) I am 15 years old and 5 feet tall and I weigh 100 pounds. Is my weight correct? (2) I am greatly bothered with sties on the eyelids. Could you tell me what causes these and what is good for them? I have used hot boric acid and also salt and water, but it does not seem to help them. CUPID.

Answer—(1) Your weight is exactly correct for your height and age. Of course, you are still very young and I hope that you are still growing and will gradually add both a few more inches and a few more pounds. (2) Sties are often caused by a local irritation, but as you say you are troubled with them so much it is quite possible that the cause is eye-strain and lowered vitality. In that case you really should see a physician at once.

Sometimes gentle massage with clean fingers at the very first hint of a stiy will prevent its developing. Another good remedy is to apply a little yellow oxide of mercury (about 1 per cent) to the stiy and massage very gently. Applying hot compresses of boric acid solution and then bathing eyes and lids in the same solution is also effective when the sties are

"When women use the wrong soap my work is doubly difficult

... I certainly recommend Palmolive"

says

DR. N. G. PAYOT
Parisian Beauty Expert
Graduate of the University of Lausanne



"Beware of soaps that harm the skin. Beware of free alkali, caustic soda, harmful irritants in soap. Ordinary soaps may irritate your skin. You can use Palmolive without risk because it is an absolutely pure soap."

Dr. N. G. Payot
12 RUE RICHAISE, PARIS

Mme. N. G. Payot finds that Palmolive Soap complements her own "physical culture of the face" and her good preparations in keeping skin lovely



Dr. Payot's booklet, "Physical Culture of the Face," tells how to use her Cream No. 1, Lotion No. 1 and Lotion No. 2 in the special Payot exercises for which she is so famous.

WHEN women use the wrong kind of soap, my work as a beauty expert is doubly difficult. The woman who wants to help her beautician must use a soap which offers every guarantee of purity. I can certainly recommend Palmolive Soap because it is one of the purest," says Dr. N. G. Payot, Parisian beauty specialist to the elite.

"Vegetable oils have a most delightful effect on the skin. It is the palm and olive oils in Palmolive Soap which, blended artfully, give a smooth, rich lather, which is most beneficial."

You have probably heard of Mme. N. G. Payot. Certainly, if you have been to Paris, you know the smart salon of Mme. N. G. Payot. And in this country you no doubt

Know her reputation as a beauty expert.

Many of our own specialists have studied with her abroad and they, too, recommend Palmolive Soap to combat the countless dangers that threaten complexion beauty.

This is the preferred home treatment of thousands of celebrated beauty shops; make an abundant lather of Palmolive Soap and warm water. Massage this gently into the skin of face and throat. Finish with an ice-cold rinse in the morning.

No dye, no heavily perfumed soap

Palmolive is pure... made of nature's finest cosmetic oils. Its color is the natural color of palm and olive oils. Its natural odor requires the addition of no heavy perfumes.

A soap that touches your face must be pure. Use Palmolive, on experts' advice, and feel safe, feel sure you are using the best protection against skin irritation.



Here's beauty news for every woman:
19,813 beauty experts advise Palmolive!

Retail Price 10c

caused by some local irritation. If none of these remedies help you the cause is quite likely something more serious and it is best to see a physician.

Personal Daintiness

Dear Miss Leeds: (1) I wonder if you could give a few suggestions about getting rid of body odor. I have always tried to be clean, bathing frequently, changing my underclothes at least twice a week and not wearing slip, dress nor stockings for two consecutive days and of course

Baby's Own Tablets A Help To Mothers

There is no other medicine of as great a help to young mothers as Baby's Own Tablets. These Tablets are a mild but thorough laxative which regulate the bowels; sweeten the stomach; correct constipation and indigestion; break up colds and simple fevers and make the cutting of teeth painless.

Mothers who keep a box of the Tablets in the house always feel safe from the sudden attacks of illness that seize their little ones. If baby's Own Tablets are given on the first sign of illness the baby will soon be right again. Concerning the Tablets Mrs. B. G. Carver, Lyndale, P. E. I., writes:—"I always keep Baby's Own Tablets in the house and find them a wonderful help in keeping my baby well."

Baby's Own Tablets are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

they are washed at the end of the week. Onions and garlic I hate. I work in an office and I would like to be like the other girls. (2) Regarding perfume, I don't know anything about it, so would you suggest some odor for me? I would like one that is not very strong and one that could be used for all purposes and places.

Answer—You say you bathe frequently, and I am wondering what you mean by frequently. The average girl or woman needs a quick, stimulating bath every morning, and at bedtime a warm cleansing shower or tub bath is needed by every one to overcome the cause of body odors.

Be sure that the feet, especially the soles, are thoroughly scrubbed every night with soap and water. If you will dust the body lightly with a faintly perfumed bath powder after the morning bath or use a delicately scented toilet water I think you will find that helpful also. Many women bathe the armpits with just a little salt water every morning, as this helps prevent any odor arising from perspiration.

Changing the underwear twice a week is not enough. All clothing worn next to the body should be changed every day if one really wishes to be dainty. If you are troubled with halitosis well as body odor, please watch this column for an article on that subject which will appear soon. If you would like further information which will keep one dainty, please send stamped, self-addressed envelope so that I may mail you my leaflet on the subject.

(2) Just remember that any strong perfume is in bad taste. Choose a delicate, elusive odor which appeals to your own taste and type. Per-

fume, of course, must never be applied to conceal body odors, but merely to add to the loveliness of a scrupulously clean body and immaculate clothes.

Tomorrow — Halitosis

IN MEMORIAM

WILLIAM WALLACE MOBBS

In the recent passing of W. W. Mobbs, son of the late Thomas Mobbs, Covehead Road, Winchester, Mass., loses one of its most worthy citizens. Born at Covehead in 1877 on the 100 year old Mobbs homestead, he left for the United States in 1909. Here he achieved great success as an architect and builder, having constructed many public buildings in Winchester and a large and commodious theatre at Malden. He was known for his honesty and integrity, taking a deep interest in everything

pertaining to the public welfare. Being of a kindly and genial nature, his home was always noted for generous hospitality, where everybody received a most hearty welcome.

He leaves to mourn a widow, nee Elsie Munn, of Winsloe, two sons and one daughter. At the funeral, no less than thirty wreaths testified to the esteem in which he was held by his many friends. Besides his widow, and family, there survive two brothers, James, the foremost stait maker, in the United States, Frederick on the homestead and Mrs. Charles Anderson, of Malden.

After spending 44 years in America, John Dahill recently made his first return visit to Cardiff, Wales, and saw his sister for the first time since 1885.

With the adoption by desert sheiks of Persia of European dress in place of robes and turbans, the roving leaders are becoming interested in taking a deep interest in everything

MECCA
READ THIS REMARKABLE CASE and then you try Mecca
Original testimonial at our office, Toronto, Ont.
"I had a nasty boil on my neck and puffed it with lincrod and in other ways, and nothing but black blood flowed from the wound."
"After two weeks of suffering and pain, a friend brought me a tin of 'MECCA' and advised me to bathe with hot water and poultice with 'MECCA'. I did so and in four days it had drawn all the pus and inflammation away, and swelled an operation. Yours faithfully,
"H. P. Rimmer."
25c, 50c, \$1.00—At All Druggists

HELLO
Are the children in your home like this?
All in the pink of health... bubbling over with energy... smart as crickets... bright and alert at school! Keep them so!
Three out of five are threatened with simple goitre. Like a thief in the night, it steals in unnoticed... makes children listless, irritable, backward!
Play safe! Windsor Iodized Salt on the table and in all cooking prevents goitre, brings out food flavors, stirs up lazy appetites. The iodine is harmless, tasteless... safeguarded by our own chemists. Your grocer sells it.
Write for FREE Booklet
"The Romance of Salt" is a story of gripping interest to all. Scores of SPECIAL URGES FOR SALT in your kitchen, bathroom and about the house. An invaluable book of reference. Yours free... write for it today.
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