

SHREDDED

Try a Seasonable Diet and Give Your Stomach a Chance.

Shredded Wheat with Strawberries will be found wholesome, appetizing and much more nutritious than meat; also with raspberries, peaches and other fresh fruits.

It Will Tone Up Your Liver and Stomach.
Sold by all grocers.

WHEAT

"THE NEW FOOD"

Have you tried a package of "THE NEW FOOD"? It is made of the choicest White Wheat, then steam-cooked and flaked. No kitchen can produce a better made or clearer article for human consumption. In order to introduce

"THE NEW FOOD"

a prize has been placed in every package. Already THIRTY-SIX Blue Cards calling for LADIES' GOLD WATCHES, have been redeemed, and SEVENTY-FIVE Red Cards. Each one of these cards has been found in a package of

"NEW FOOD."

The Red Cards give the finder the choice of the following articles:

- Boys' Nickel Watch.
- "Our Pride" Gold Nib Fountain Pen.
- Bureau Cover, Duchess Pattern, Four Pieces.
- Table Cover, One Yard Square, Damask.
- Baby Ring, Solid Gold.
- Sideboard Covers, Two Yards Long, Linen.
- Open Salt Cellars, Cut Glass, Sterling Silver Top.
- Cold Meat Fork, Silver-plated, Rogers Best Make.
- Neck Chains, 14k Gold-filled, Place for Photos.
- Ladies' Back Comb, Tortoise Shell, Set With Brilliants.
- S'gnel Ring, 10k Gold, Place for Two Initials.

A new lot of prizes have been placed in the packages.

Ask your grocer for a package of "THE NEW FOOD."

FIELD OF WATERLOO.

To be Acquired by Belgian Government.

A question relative to the preservation of the land of Waterloo in its present state having been asked in the Belgian Chamber, the Government of that country have just replied that the subject is under consideration. There is an idea (mooted, it is believed, by those having property on the field) that it would be a good thing to buy up the historic plain and keep it in its present condition, the various farms, etc., being secured and preserved.

It is difficult to see exactly what good purpose can be served by such an action, for the field itself has been entirely changed since the battle was fought, and the Duke of Wellington exclaimed, when, some time after the erection of the great mound, he looked forth over the country which had seen such great deeds on all sides, "They have changed all my battlefield."

It would seem that a certain group of persons have bought up, or have secured promise of possession of, many of the Waterloo farms, and they are, therefore, financially interested in the preservation of the field of Waterloo as it is, since this would mean expropriation at their own prices. That this is so would seem to be proved by the fact that the movers are principally Belgians.

English people are apparently but little concerned about the matter. They feel, perhaps, that the preservation of the nation's battlefields all over the world would be a rather onerous undertaking, and probably consider that while Hougoumont, with its splendid memories, remains untouched—and, as this belongs to one of the leading Belgian families, there is small fear of its

destruction—enough remains for sentimental interest.

That a tramway should be constructed across the Plain of Waterloo will in no way lessen the attraction to military men, who know that already much of the uneven ground that afforded cover to the English and French has been levelled.

THE GREATER DANGER.

There was never a more conscientious young man than Eben Soule, and when he found how much absorbed he had become with the mere idea of playing in the town band, he consulted his minister. "Do you reckon I could give up all that time to music without falling from grace?" he asked anxiously.

The good old Methodist had a saving sense of humor. He saw that his parishioner was much distressed between his wishes and his conscience, but the minister smiled on him, nevertheless.

"It's the horn you're asked to play, I hear," he said. "Ever had much experience with it, Eben?"

"Never tried it but once, but I like the sound of it first-rate," said the young man.

"M'm!" said the minister. "Well, I think you needn't be afraid of falling from grace on account of it, but I do hope you'll manage things so your family and neighbors won't have to pass through the fiery temptation of hearing you practise too often, Eben."

A Cure for Costiveness.—Costiveness comes from the refusal of the excretory organs to perform their duties regularly from contributing causes, usually disordered digestion. Parmelee's Vegetable Pills, prepared on scientific principles, are so compounded that certain ingredients in them pass through the stomach and act upon the bowels so as to remove their torpor and arouse them to proper action. Many thousands are prepared to bear testimony to their power in this respect.

NO GROUND FOR SUSPICION.

Mrs. Jones—"You seem to have implicit confidence in your husband."

Mrs. Smith—"Of course I have. He never turns pale when I tell him he talked in his sleep."

PANGO.

Is Highly recommended as affording instant relief from pain—Neuralgia, Headache, Gout, Rheumatism, Catarrhal Colds. Sample, 50 cents. All druggists or Lyman Bros. & Co., wholesale druggists, Toronto.

COOLNESS IMMINENT.

"I guess our romance is ended now."

"Why?"

"Her folks have moved into the house that my folks vacated."

MARK THIS DISTINCTION: A purely local disease of the skin, like barber's itch, is cured by Weaver's Curato alone. But where the blood is loaded with impurity, such as Salt Rheum, Weaver's Syrup also should be used.

Miss Vere—"Mr. Desmond, why did you go to the dining-room before you greeted the hostess?" Mr. Desmond—"Well, the hostess will keep, but the refreshments seemed to be getting away."

Mother Graves' Worm Exterminator has the largest sale of any similar preparation sold in Canada. It always gives satisfaction by restoring health to the little folks.

NOT ON THE FREE LIST.

"The trusts," remarked the socialistic boarder, "give me a pain."

"I understand," rejoined the Cheerful Idiot, "the window-glass trust charges for its panes."

ALSO TRUE.

The parents of large families of children are usually too busy ever to get into the divorce court.

"John," said the political leader's wife, "you'll have to get a new policeman assigned to this beat; Bridget doesn't like the present one." "All right," said he, "and while I'm about it I'll get one that likes his meat rare. I'm getting tired of overdone beef."

For more than a week a school-teacher had been giving lessons on the dog, and so, when the inspector came down and chose that very subject, there seemed every prospect of the class distinguishing itself. Things were progressing quite satisfactorily, and the teacher was congratulating himself on the trouble he had taken, when, alas! a question was asked which made him tremble for the reputation of his scholars. "Why does a dog hang his tongue out of his mouth?" asked the inspector.

Failure is the only thing that any man can achieve without effort.

VERY DIFFERENT.

Proud Father—"Never, child, never! The idea of the daughter of a rich banker throwing herself away on a poor man! You must marry wealth, or not at all."

Pleading Daughter—"But, pa, Alphonso is not poor."

"Not poor? How can he be otherwise? Break off the engagement without delay."

"But he is wealthy—very wealthy, pa."

"How can an hotel proprietor be wealthy after such a season as this? I'll warrant he hasn't got five pounds to his name."

"But, pa, he is not an hotel proprietor."

"Nonsense! He himself admits it. Here is his card, 'Alphonso de Blank, Whitecap Hotel.'"

"I know; but he is not the proprietor."

"What is he, then?"

"The head waiter."

"Oh, that is different. Bless you, my child!"

SOUND HEALTH

FOR ALL CHILDREN

Disease attacks the little ones through the digestive organs. Baby's Own Tablets are the best thing in the world for all stomach and bowel troubles of children. They act quickly and are absolutely safe. If necessary the Tablets can be crushed to a powder or dissolved in water. Mrs. Wm. F. Gay, St. Eleanor, P. E. I., says:—"I know of nothing to equal Baby's Own Tablets for the cure of stomach and bowel troubles. I cannot speak too highly of this medicine and do not feel safe without a box of Tablets in the house." Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

ON THE MIGHTY DEEP.

The great ocean liner rolled and pitched.

"Henry," faltered the young bride, "do you still love me?"

"More than ever, darling," was Henry's fervent answer.

Then there was a eloquent silence.

"Henry," she gasped, turning her pale, ghastly face away, "I thought that would make me feel better, but it doesn't!"

MONEY SAVED IS MONEY EARNED.

Just now when money is scarce, it is well for every one to look around and see where they can obtain their home and personal needs at the lowest cost. The W. H. Scroggie, Limited, Department W., Montreal, Que., are fast making an enviable reputation for themselves as "Universal Providers," and the people of Canada are not slow to take advantage of the splendid money saving offers this firm makes to customers not residing in Montreal. This firm has just issued a splendid large beautifully illustrated Catalogue which is mailed free to anyone who asks for it. Better send for one to-day. We understand that while these prices are exceptionally low they also pay transportation charges on the goods they sell, something which no other firm of this kind in Canada does. They are a thoroughly reliable house and readily exchange anything which does not give absolute satisfaction or you can get your money back if you prefer it.

SOCIETY NOTE.

It sounds pretty in a report of a social affair to say that the house was illuminated with candles, but it means a lot of grease.

In Nature's Storehouse There are Cures.—Med cal experiments have shown conclusively that there are medicinal virtues in even ordinary plants growing up around us which give them a value that cannot be estimated. It is held by some that Nature provides a cure for every disease which neglect and ignorance have visited upon man. However, this may be, it is well known that Parmelee's Vegetable Pills, distilled from roots and herbs, are a sovereign remedy in curing all disorders of the digestion.

HIS GREATEST NEED.

Wigg—"So you admit that there was one time in your life when you really wanted the earth?"

Wagg—"Yes, when I was seasick, a thousand miles from land."

PANGO.

Money paid will be refunded where Pango fails, when applied as directed, to relieve pain. Specially recommended for Neuralgia, Headache, Rheumatism, Gout, Catarrhal Colds, etc. For sale 50 cents at all druggists or Lyman, Knox & Clarkson, wholesale druggists, Toronto.

CHILDREN OF THE RICH.

"Father!"

"Well?"

"Johnny wants a million dollars to take his sulphur and molasses."

"Yes, my boy?" he said to a bright-looking lad who held up his hand, while the light of genius was in his eye. "To balance his tail!" shouted the bright boy.

CHILDREN AS ASSETS.

Are Much Sought for by Spanish Beggars.

Quite a flourishing trade is done by the poorer classes of Madrid, who let out their children to beggars at so much per hour.

The intending hirer applies to the parents of a likely child, the price is agreed upon, a small amount paid down as a guarantee for the return of the little one, and the beggar forthwith sets out with his human implement of trade to implore the public charity.

The children whose task it is to soften the hearts of the passers-by are required to possess special qualifications. They must have hungry-looking faces, be first-rate cravers and not very ugly, for a good-looking child is more likely to earn extra pennies on account of its pretty face than a less favored competitor.

While the professional beggar and his hapless charge wearily walk the streets of Spain's capital, the father of the child, comfortably seated in a tavern hard by his home, proudly remarks to his better half, as he contentedly sips his wine:—

"What a splendid career our Joey has before him! He is hardly three years old and is already a bone of contention between the one-eyed man of Veneras street and the wooden-legged one of Arlaban! As soon as he grows up we'll make a beggar of him!"

In the treatment of summer complaints, the most effective remedy that can be used is Dr. J. D. Kellogg's Dysentery Cordial. It is a standard preparation, and many people employ it in preference to other preparations. It is a highly concentrated medicine and its sedative and curative qualities are beyond question. It has been a popular medicine for many years and thousands can attest its superior qualities in overcoming dysentery and kindred complaints.

Goodwin, the American actor, described at a recent dinner a Turkish bath that he once took in Mexico. "My rubber," said Mr. Goodwin, "was a strong man, a very strong man. He laid me on the slab and prodded and kneaded and punched and hammered me in a most emphatic way. At the end, after I had got up, he came behind me before my sheet was adjusted, and gave me on the bare back four resounding whacks with the palm of his enormous hand. "What on earth did you do that for?" I panted. "No offence, boss," said the man; "it was only to let the office know I was ready for the next comer. Y'ue see, the bell's out of order in this room."

"I am proud to say that my grandfather made his mark in the world," observed the conceited youth. "Well, I suppose he wasn't the only man in those days who couldn't write his name," replied his bored companion.

During courtship a man's word goes about seventeen times as far as it does after marriage.

PANGO.

Will afford instant relief from pain caused by Neuralgia, Headaches, Gout, Rheumatism, Catarrhal Colds. Sample 50 cents. All druggists or National Drug Co., London.

An Irishman, having quarrelled with another left him with the following vicious remark:—"Well, I hope ye'll never be where I wish you!"

It is only necessary to read the testimonials to be convinced that Holloway's Corn Cure is unequalled for the removal of corns, warts, etc. It is a complete extinguisher.

NOT THE SAME.

"The sun shines not on all alike,"
Said the maid unto the man;
"For some girls it merely freckles,
While others it does tan."

WHAT DO PEOPLE NEED who are run down, anemic, pale, listless? "Ferrovin," the best tonic. It builds, makes strong, it gives new life. There are many tonics but only one "Ferrovin."

NOT WORRYING.

Mrs. Nagget—"I wonder how you'd like it: if I got new-womanish and insisted upon wearing men's clothes."

Mr. Nagget—"Oh, I haven't any fear of your ever doing that. Men's clothes are never very expensive."

It is a well known fact that Ramsay's Paints beautify and give life to everything they touch. Their brilliancy, purity of color and power for covering gives them unchallenged leadership. Your dealer sells them at a price that will please you, and guarantees every can. Write A. Ramsay & Son Co., Montreal, for pack of Souvenir Picture Post Cards of Homes.

ARTISTIC MIND.

Miss Flirt—"Hurry away to the door, Mary, and let Mr. Smith in. He has rung twice."

Maid—"That isn't Mr. Smith; it is the other young gentleman."

Miss Flirt—"Well, wait a minute, then, I must change the photographs on the mantelpiece."

A Requisite for the Rancher.—On the cattle ranges of the West, where men and stock are far from doctors and apothecaries, Dr. Thomas' Electric Oil is kept on hand by the intelligent as a ready made medicine, not only for many human ills; but as a horse and cattle medicine of surpassing merit. A horse and cattle rancher will find matters greatly simplified by using this Oil.

INDIGESTION CURED

BEFORE USING PSYCHINE AFTER USING PSYCHINE

Mr. Arthur Tension, 88 London Street, Toronto, says: "For six or seven years I was troubled with indigestion and dyspepsia. Two much acidity of the stomach, the doctors said, originated the troubles. I tried scores of remedies without avail. Eventually I used Psychine and this brought immediate relief and cure." All druggists or stores get. Prepared only by Dr. T. A. Sloum, Ltd. Toronto.

PROUNOUCED SI-KEEN

PSYCHINE

THE LIFE-SAVER

"My wife has been studying geology, and the house is so full of stones that I can't find a place to sit down." "What will you do about it?" "I've induced her to take up astronomy." "Is that any better?" "Of course; she can't collect specimens."

"Some novelists don't know what they're talking about. Here's one who speaks of a girl's raven hair." "What's wrong with it?" "All wrong. Ravens don't wear hair; they wear feathers!"

The Parliament building in Wellington, New Zealand, is the largest wooden structure in the world.

Wilson's FLY PADS

THE ONLY THING THAT KILLS THEM ALL

AVOID POOR IMITATIONS.

Sold by all Druggists and General Stores and by mail.

TEN CENTS PERPACKET FROM

ARCHDALE WILSON

HAMILTON, ONT.

FOR SALE.

Lindsay upright piano and stool, \$235; \$15 cash and \$6 per month. 7-13 octaves, three pedals, handsome natural wood case, double veneered, ivory keys, fine tone and action. Only in use three months. Fully guaranteed. A fine bargain.

C. W. LINDSAY, Limited,
512 St. Catherine St. West, Montreal.

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to hear from owner having

A GOOD FARM

for sale. Not particular about location. Please give price and description, and reason for selling. State when possession can be had. Will deal with owners only.

L. Darbyshire, Box 984, Rochester, N. Y.

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CURES ALL KIDNEY DISEASES

BRIGHT'S DISEASE, DIABETES, GRAVEL, RHEUMATISM, GOUT, CATARRH, NEURALGIA, HEADACHE, MIGRAINE, AND ALL AFFECTIONS OF THE URINARY SYSTEM.

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YOUR OVERCOATS

and faded Suits would look better dyed. If no agents in your town, write direct Montreal, Box 153

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AGENTS WANTED. A reliable man in every city and town in Canada with waterworks to sell a patent article needed in every home, hotel and public building. Sells at sight. Hustlers can and are making \$5.00 a day. Write at once for particulars. Geo. T. Cole, Owen Sound, Ontario.

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Black Plug

The Chewing Tobacco of Quality.

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