

as a tonic in compare. ... c. Bottle Free ...

Naturally organized food is a memory of the time before dyspepsia began

Strength, courage and endurance are the characteristics of the pioneers of any country. The reason for this is that naturally organized food was their regular diet.

Your brain, bone, muscle and flesh are built of the food you eat, and your health depends on whether the food you eat contains the nourishment for each of these elements in the proper proportions.

SHREDDED WHOLE WHEAT BISCUIT AND TRISCUIT

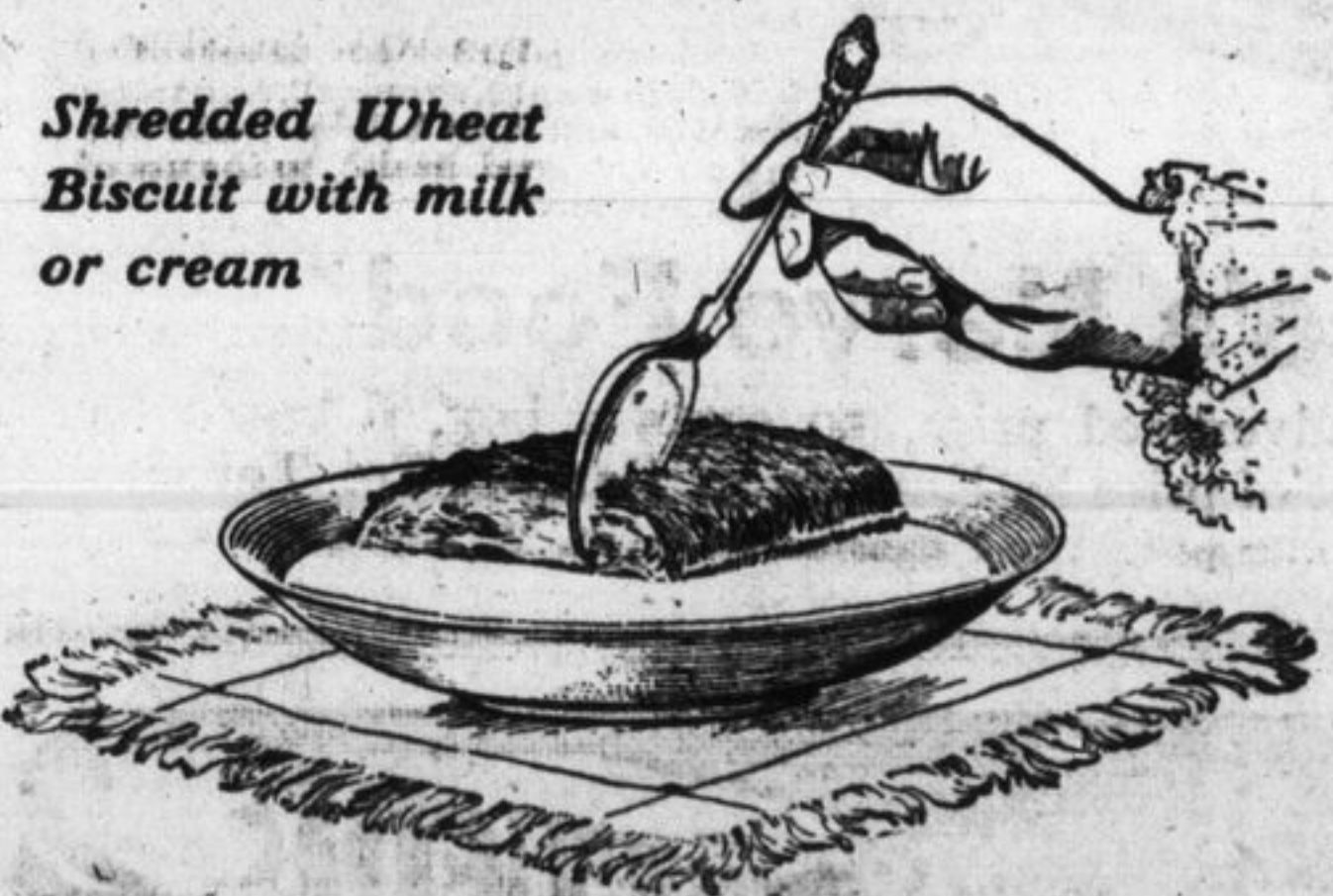
The Natural Foods

you get every element of which the body is composed. Its light, porous nature aids digestion by permitting the saliva and gastric juices to penetrate at once to every morsel.

Triscuit makes ideal toast—it is light, wholesome and crisp.

Make Triscuit your daily bread.

Shredded Wheat Biscuit with milk or cream



Send for "The Vital Question Cook Book" free

The Natural Food Company, Toronto, Canada

In the Home and School

My Shadow. I have a little shadow that goes in and out with me. ... Carl and The Earthworms. Carl's hands were dirty. Carl's finger-nails were black at the ends.

terral obstacle, especially by one like the will of parents, which can not be set aside, the inner power itself is weakened, and a frequent repetition of this forces it back into complete inactivity.

OUT THIS COUPON ...

CORSET ... No. 468 ...

AND STILL THE BEST ...

world is ... in these ... near by ... special ... re and ... ed, are ... es and ... is aged ... er, be-

"AN EXCELLENT FOOD, admirably adapted to the Wants of Infants."

Neave's Food For Infants, Invalids, And The Aged.

GOLD MEDAL, WOMAN'S EXHIBITION, London, 1900.

DR. BARNARDO says: "We have already used Neave's Food in two of our Homes (Babies' Castle and the Village Home), and I have no hesitation in saying it has proved very satisfactory."

RUSSIAN IMPERIAL NURSERY. Manufacturers: JOSIAH F. NEAVE & CO. Wholesale Agents: THE LYMAN BROS. & Co., Ltd., Toronto and Montreal.

IN THE STEERAGE.

Awful Brutality Shown Helpless Passengers.

Frank Leslie's Monthly. An incident of exceptional brutality and one which showed very conclusively the meekness with which the emigrant submits to such treatment, bearing it will affect his chances for being landed, occurred after dinner this day.

A man may feel as young at forty as he did at twenty, but he knows he doesn't know half as much.

Mister Frog came out of the pond one day. And found himself in the rain. Said he, "I'll get wet, and I may catch cold."

How Iron-ox Tablets Cured a Well-Known Guelph Man of Catarrh of the Stomach.

The Guelph Waterproof Clothing Co., Guelph, Ont.

December 12, 1902. Through your Iron-ox Tablets I have received a great blessing. For years I was troubled with my stomach. I doctored with several good doctors and they told me I had dyspepsia, but I was sure it was not that which ailed me.

fectly clear, a fresh-water mussel or two will accomplish this. Give them a window with sunlight, a good part of the day as they grow let the children carry any surplus back to the pond and avoid overcrowding by allowing about an inch of water surface to a tadpole.

HELEN WILL BE THERE.

The Jubilee of The Y.M.C.A. at Buffalo.



MISS HELEN GOULD. Buffalo, N.Y., May 7.—Helen M. Gould, will come to Buffalo next week to attend the international conference of the Young Men's Christian Association.

Clothing Made To Order. Prevost, Brock street, has this season, the finest range of Scotch and English tweeds, serges, worsteds, Cheviots and Vicunas. These goods are all imported for order work.

KRONTHAL LITHIA WATER

The Gem of Table Waters

An Elegant and Effective Remedy In

Gout, Rheumatism, Gravel, Stone in the Bladder, Bright's Disease, etc.

DIURETIC ANTACID ANTILITHIC

Used successfully in the treatment of sub-acute and chronic cases of Rheumatism, Rheumatic Gout, Uric Acid Diathesis, Renal Calculi composed of Uric Acid, Irritable Bladder from excess of acid in the urine, etc.

Tennant and Pearson, 1795, discovered that gouty concretions were principally composed of uric acid. Garrod supplemented this by the fact that an excess of uric acid existed in the blood of gouty patients and was a predisposing cause of gout.

When the kidneys, which have been very aptly termed "the filter of the human economy," fail to eliminate properly, are sluggish in their action, with the result that the entire system becomes clogged up with effete matter, lithia is indicated.

The best results in above diseases are obtained by taking one to three glasses of Kronthal daily, which is also unequalled for mixing with wines and spirits.

For Sale By—

W. R. McRAE & CO., JAMES McPARLAND, JAMES REDDEN, RIGNEY & HICKEY, and J. S. HENDERSON, Kingston, Canada.

STOVES STORED

Having one of the best store-houses in the city we will take down, remove and store your stove for the season for \$1. All orders promptly attended to.

ELLIOTT BROS.

77 Princess Street. Telephone, No. 35. Residence, No. 55.

Tile Pipe and Fittings constantly on hand.

Free Trial for Ninety Days

Not a penny down. Simply drop me a postal card with your name and address, and I will forward you at once one of my latest improved high-grade Electric Belts. Free. You can use it three months, then pay me if cured, and the price will be only half what others ask for their inferior Belts.

DR. J. K. MACDONALD, 2362 St. Catherine St., Montreal, Que.

BUY BRAIN ON BREAKS.

For the time being we look for a trader's market. Buy on breaks and take moderate profits. Good authorities say this is only a temporary halt in the advance and are well talking \$1.25 for whom we have direct private wires to two of the largest firms on the Chicago Board of Trade and can give unexcelled service in wheat, oats or corn.

LIPTON'S

and Ceylon TEAS are inseparable. Name always connected with "the finest tea the world produces." A half pound will soon prove why everybody likes

LIPTON'S TEA