Scientists Prove Wheat Is Best Food

THE natural food of mankind is wheat. This fact was recognized centuries ago. Scientists prove now what the ancients knew by instinct; they have analyzed wheat and found that it contains every ood element required for perfect health.

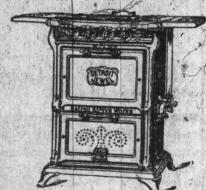
Malta-Vita is made from choicest whole white wheat, in which the starch has been converted by pure malt extract into nourishing maltose, ready for immediate assimilation. Then it is flaked, baked, and packed in sealed, air-tight packages, in the cleanest food factory in the world. It does not cause distress of stomach or bowels, or tax the weakest digestion.



"I had been a sufferer from nervous debility and indigestion for several years, without benefit or relief from various tonics and other medical prescriptions used. Imagine my susprise when, a short time after beginning the use of Malta-Vita, I became aware of its beneficial effects by the gradual disappearance of my long-standing ailment. Malta-Vita is incomparable in its nourishing, digestive and strengthening qualities and is deserving of the greatest praise." P. Gersper, Barnesville, Ohio.

It keeps healthy people well better than any other food and often has made ailing people well when medicines failed to do so. All Grocers, 10 cents.

BEST GAS RANGE IN THE WORLD



That is what everybody who has used them says of the

Detroit Jewel

It does not cost any more than many so called good stoves, and it gives perfect satisfaction in every detail.

Full range of sizes, also the Detroit Water Heater at A. WELCH & SON, 302 QUEEN STREET WEST

Open Evenings.

HAVE YOU MADE YOUR WILL?

The prudent man will name as his Executor a Trusts Corporation possessing a large Paid-up Capital Stock, a Board of preminent business and professional men and an experienced staff of Officers.

1. Responsible Administration

2. Combined Judgment 3. Efficient Service

The Toronto General Trusts CORPORATION

Cor. Yonge and Golborne Sts. J. W. LANGMUIR, Managing Director.

POWER FROM DOG FALLS. Hydro-Commission Has Offer to Deli

ver at Port Arthur.

2000 horse power, \$16.50 up to 6000 ment of the customs house for four horse power, and \$15.50 for over 6000 days, and nothing had been done with expenses did not increase in the same horse power.

Medical Association Meeting.

Members of the Ontario Medical Asauthors for the meeting next week; For Tuesday evening, Dr. G. Sterling Wednesday, Dr. Graham Chambers, Dr. Perry G. Goldsmith Dr. D. King Smith, Dr Clarence L. Starr, and Dr. Herbert A.

At the annual dinner on Wednesday evening at the King Edward Hotel, affairs, his honor the lieutenant-governor, Mr. Mortimer Clark, Mr. Justice Riddell, Dr. G. W. Crile of Cleveland and Dr. P. Ravenel of Philadelphia will be the guests of the association.

GROWING OLD WHILE YET YOUNG

What a number of women there are who feel that these words exactly suit their case.

There are thousands of females all over our land, broken down in health and dragging out a miserable existence, overburdened with disease peculiar to their sex, apparently growing old while yet young.

From early morn till late at night they have been on the go year after year, atterding to the household duties. Is it any wonder then that sooner or later there comes a general collapse? Palpitat on of the heart, nervous prostration, smothering and sinking spells, weakness, dizziness, pleer seness and many other troubles follow. What a woman wants is something to build up the system and for this purpose you cannot equal

MILBURN'S HEART AND NERVE

PILLS Mrs. W. J. Russell, Vasey, Ont., writes: At one time I suffered greatly from my heart and nerves, and the shortness of breath was so bad I could scarcely do my housework. A friend of mine advised me to try Milburn's Heart and Nerve Pills, which I did and I only took them for a

short time before I was better. The price of Milburn's Heart and Nerve Pills is 50 cents per box or 3 boxes for \$1.25 at all dealers or mailed direct on o. price by The T. Milburn Co., Limited, Toronto, Ont.

DELAYS AT CUSTOMS HOUSE,

Now, taking the reports of the company as printed in The Herald, we find that in 1899 the gross receipts of the company were \$159,000. Its operating Parcels Thru.

down and delivered at the city limits yesterday that he has had warrants of the gross receipts. In 1906 the down and delivered at the crist in the hands of the shipping depart-for \$17.50 per horse power for the prist in the hands of the shipping depart-3000 horse power, \$16.50 up to 6000 ment of the customs house for four of the customs house for four the company had leaped from \$159,000, to \$245,000. Now, is it true that the operating

Members of the Ontario Medical Association and of the profession are notified that since the publication of the provisional program the committee have accepted papers by the following authors for the meeting next week; authors for the meeting next week; authors for the meeting next week; founded.

its columns to any of those who are righteously indignant over this state of

New Books at the Library. and Group Marriage in Australia; Liv-ingstone, The Role of Diffusion and Osmetic Pressure in Plants; Macken-zie, Health of the School Child; Le Perolle. zie, Health of the School Child; Le Rossignol, Orthodox Socialism; Blewett, Study of Nature and the Vision of God; Bussell, Christian Theology and Social Progress; French, Book of Vegetables and Garden Herbs; Berry, Fruit Recipes; Christie, Carlyle and the London Library; McGaffey, Outdoons—

don Library; McGaffey, Outdoons—

The Scheme is to make the city pay the new street car system.

The scheme is to make the city pay the new street car system. book During the Russo-Japanese War; George Crabbe and His Times, 1754-1832, by Rene Huchon, translated by Frederick Clarke; Duncan, Cruise of the Shining Light; Goron, The World of Crime; Oxenham. The Long Road;

Watson, A Caddle of St. Andrew's.

Shake Fists at Ministers. BRUSSELS, May 23.-The discussion the chamber of deputies of interpellations regarding the recent strikes in Belgium led yesterday to a stormy session. A number of Socialist deputies surrounded the ministerial benches and

threatened the ministers with their Sunday Case Enlarged.

Neil Gardner, the restaurant keeper

in Riverdale Park, who was charged by a spotter with selling cigars on Sunday, appeared in the afternoon court yesterday. The case was enlarged until Monday, to allow the magistrate to consider further aspects of Judge Morson's

Provincial Museum Open To-Day. The Provincial Museum on Gouldstreet will be open to-day from 9 to 5. | SOR. QUEEN & VICTORIA STREETS

VHAT HAMILTON PAPERS SAY OF RAILWAY AFFAIR

Herald Argues for the Company, But Falls Into an Error.

HAMILTON, May 23.—(Special.)-The Herald reprints in full the recent publication in The World putting forth the deplorable condition of the Hamilton Street Railway and the effort being made by the Cataract Power Company to hold up the city for the cost of reconstructing the system. The discussion in The World has

aroused general interest among the people and has strengthened the hands of those aldermen who are in earnest. The Spectator has nothing to sa- on the subject, being unwilling to admit that the company is bankrupt or that it has been juggling with its books, The Times emits a couple of yelps, one to the effect that The World "having proved such a bad adviser to Toronto in its streetrailwayfobia-will not be accepted as an authority here." The same paper also says in effect that the aldermen who are opposed to the Cataract Company are out either for 1evenge or for "grease." It does not specify which aldermen are out for the grease.

The defence of the Cataract Company strangely enough is entrusted to The Herald, which heretofore has made some pretense of being independent of its influence. The Herald announces its influence. The Herald announces that the Hamilton Street Railway Compay is not bankrupt and that it has on hand a surplus of \$80,000. It further says that if the company has been juggling its bookkeeping it is none of the city's business and that if the city should apply to the legislature for leave to expropriate and should point out the fraudulent bookkeeping that the legislature would reply?

"Don't you get from the company all you are entitled to in the form of mileage and your percentage share of the gross receipts?"

Herald's Advice.

It then goes on to say that the city

It then goes on to say that the city would have to admit that it does and that the legislature would then rejoin that so long as it received its percen-tage and mileage it had no ground for tage and mileage it had no ground for cancelling the franchise because the company was guilty of "tricky" book-keeping. The Herald, however, does not pretend that the railway com-pany has a proper plant or is giving a proper service. It kaments that the city cannot take over the whole railway outfit, but says that "the comdon't believe it is possible to compel it to sell against its will, except by means of a general boycott of the street cars by the citizens of Hamil-ton—an expedient which we think is

impracticable."
The Herald advises the city council to sit pat, which is just exactly what the company wants it to do. The Herald, however, in its zeal for retainer overleaps the mark, and in order to show that the company is not

akrupt it goes on to say that: "The gross earnings of the con pany's property have more than doubled in the last seven years, while the operating expenses have not increased in anything approaching that ratio."

What Figures Show.

expenses were \$81,000, 52 per cent. of The hydro-electric power commission
has received from a private company an offer to deliver electric power from
Dog Falls to Port Arthur, stepped

The hydro-electric power commission
of the gross receipts being paid out for operating expenses. The power bill for that year was about \$12,000, so that the fixed charges outside of the interest upon the mortgage, mileage, and so forth, was \$93,000, or about 60 per cent.

them.

The excuse given is that the officials are too busy to do business. According to this gentleman, it appears to be a case in which the customs house be a case in which the customs house be a case in which the customs house be a case in which the customs have a complete the customs are sufficient. ratio? The operating expenses in founded.

It would be interesting to have the people who are annoyed by the irksome delay express their opinions, and The World will be very pleased to open to wipe out increased earnings.

And No Wonder. Citizens are astonished at The Herald's claim that it is none of their business what the street car company Chapman, Warblers of North Am-grica; Thomas, Kinship Organizations as it pays the percentage and mileage

don Library; McGaffey, Outdoors— The scheme is to make the city pay Book of the Woods. Fields and Marsh for the new system and give it, as a lands; Meany, Vancouver's Discovery gift, to the Cataract Power Company, of Puget Sound; Baring-Gould, Book The newspapers are lined up. Can of the Pyrenees: Power, Wayside In-dia; Hamilton. A Staff Officer's Scrap-One of its organs, The Hamilton Times, has declared that some new members of the council are "out for the grease."

Who are the guilty men? Will The Times inform the people of Hamilton? Will the council order an investiga-

> ARE YOU 9 RUPTURED. **GET OUR PRICES** On Trusses, Abdominal

On Trusses, Abdominal Supporters, Suspensories, Elastic Stockinga, Shoulder Braces, and all kinds of RUBBER GOODS. We are the largest dealers in Sick Room Supplies in Canada. Write for Catalogue. Our prices are 50 per cent lower than any other house. any other house.

Intelligent The F. E. KARN CO., Limited Canada's Greatest Medicine House

CITY DELIVERY Twice daily, at 9 a.m. and 2 p.m. BUSINESS HOURS. Store opens every day at 7.30 a.m. and closes every day at 8 p.m., except Wednesdey, when atore closes at 5 p.m. When you can't come, phone or write.

We Meet So Many People who say, on seeing a sample of our roofing:
"If I had only known that I could get such a good roofing for so little money. I would not have paid out all the money I did for a very unsatisfactory

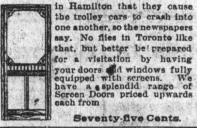
the money I did for a very unsatisfactory roofing." It's your privilege to benefit by other people's decriy bought experience, and it's for you to cover your building with Russil's Asphait Roofing. We say emphatically that it's a better roofing for less money than any other on the market. It is quickly and easily put on by anyone, and the cost per hundred square feet ranges as follows: Extra heavy rade \$3.00; heavy grade, \$2.50; standard grade

Two Dollars. The Fowl and the Flowers Two Cents.

All Garden Hose Looks Alike



The Flies Are so Thick in Hamilton that they cause



wants to buy de Lawn Mower, and as a consequence, their is not enough to go round, the makers are away behind in filling orders. Thicking about buying one? Better do it now or you may have to do without. We have a splendid range of the well known Woodysit make. Our Mower prices range upwards from

Every House Owner Who Has

a Lawn

Two Dollars and Forty-five Cts. A Special in Grass Shears Shears is his c

ping grass around the edges of paths and flower beds, good 25c value, specially priced for Saturday's selling, per pair, at Nineteen Cents.

You'll Need a Wheelbarrow tou'll Need a Wheelbarrow
to put your
lawn and garden in shape.
We have the
largest range
of wheelbarrows to be
found in the
city. We place on sale 50 only,
painted lawn barrows, well made,
with steel wheel, a handy, light
barrow, which will pass through a
narrow gateway, priced for Saturday at

A Dollar Seventy-five Transplant Your Potted Plants out into the purpose, we have a splendid range of values, priced from 25c down to

Ten Cents Weighed in the Balance

and found wanting is often times the case with goods you purchase it may be through error or carclesties. but it's your loss all the same. Reiter have ance scales (not like cut), will weigh up to 25 lbs., spiendid for family use, Government inspected, priced for Saturday at 59c.

24 only even balance scales as illustrated, have brass side beam, suitable for store or family use, Government inspected, swill weigh fram 14 oz. upwards, Government inspected, specially priced for Saturday's selling at

ed for Saturday's selling at Two Dollars and Eighty-nine Cents

The Very Great Convenience of a charcoal smooth-ing iron will be greating iron will be greatly appreciated by
the housewife, especially in the coming
warm months. Wifa
one you are entirely
independent of your
kitchen fire, and can
do your ironing coolly and comfortably,
and the price for one on Saturday is only

Ninety-eight Cents Many People Prefer

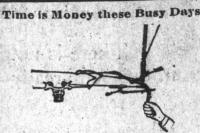
fork enters the soil much more easily and breaks the earth up better. We have ar extra strong one at 85c, a good one at 75c, and an ordinary one at Sixty-nine Cents.

On the Proper Setting



of the teeth of a saw depends in a great measure its fast cutting qualities. So that you may set your saw right, we place on sale 35 only of the well-known Perfect Pattern Saw Sets, as illustrated; are adjustable for setting any point of saw; good regular 50c value, cut-priced for fast selling on Saturday at Thirty-nine Cents.

Saturday Savings



The progressive merchant doing a large business cannot afford to be without a cash carrier system. Saves time and prevents errors. On account of re-arranged store conditions we have a system to offer at about half price. If you need one, come and see this one.

Here's a Chance to Get a New Door Bell. You know that bell



Thirty-nine cents. It's Very Convenient

having one of these good night latches on your front door. Just 86 of them, they are superior goods, made by the well-known Miller Lock Co., are japan finished, brass bolt, strong strucky special we have made the price Thirty-three Cents.

A Saving in Window Catches

72 dozen only Sash Locks, one of the latest and most practical patterns, niely finished in Berlin bronze, usually sold at 8c each. Saturday, complete with necessary screws, we price at 5c each, or in lots of Six for Twenty-five Cents.

For a Very Trifling Cost you can make a most presentable piece of furniture out of the old dresser by supplying it with the missing handles. We place on sale 144 dozen brass furniture handles, similar to cut, specially priced for Saturday's selling in lots of Sir for Twenty-five Cents

Fix up You Kitchen Door or Garden Gate with a New Latch 72 only Thumb Latches as illustrat ed, made of steel nicely japanned, much stronger than the cast fron kind.

Complete with (H) priced for Saturday Eight Cents A Special in Hair Clippers.

18 only pairs of the famous Priest make of tollet hair clippers, as illustrated, standard patterns, full nickel-plated finish, a good, reliable tool, splendid regular \$1.00 value, specially cut-priced for Saturday's selling at

Sixty-nine Cents Your Front Door is Not Complete

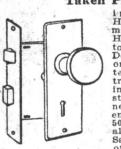


Slams Shut with a Baug Does the ordinary screen door. Prevent that nerve destroying bang by using a screen door check as illustrated It closes without

noise and the cost is Ten Cents The trade supplied.

A Bargain in Horse Clippers 36 only, pairs Horse Clippers, Priest's well-known Ameriduce an overstock of them we make the Sixty-nine Cents

Substantial Advances Have Taken Place



Hardware with more yet to come. Here is a chance to save in Inside Door Sets, 100 only sets of patterns as illus-trated, finished terns as illustrated, finished in old copper style, making a neat and presentable set. Good 50c value, specially priced for Saturday in lots of 6 for \$2.00 or

singly per set at Thirty-five Cents

A Butt Bargain for Builders. 100 dozen wrought steel loose pin butts, the popu-lar 3½ x 3½ size, special-ly cut-priced, per dozen pairs on Saturday at 0 0 Seventy-nine Cents A Weak Pair of Spring Hinges

on your screen door can be made as good as new if you add a coil door spring, as illustrated; tension can be adjusted to close quickly or slowly, splendid regular 20c value, complete with screws Saturday at

Thirteen Cents

The RUSSILL HARDWARE co., 126 EAST KING STREET

A Saving in Smooth Planes planes, as illustrated, the well-known heavy, cutting from 2-in. wide, plane is 9 inches long, a first-class tool in every respect, good regular value at \$2.00, cut-priced for fast selling on Saturday at

A Dollar Sixty-nine Every Handy Householder ought to own a set like this. W place on sale 36 0 sets, consisting of a serviceable brace and one each of the fol-

each of the following useful sizes of superior cast steel auger bits, 3-8, 9-16 and lar value, but for Saturday we make the price

Sixty-nine Cents A Special in Plumbers' all steel chisels. Il inches long by I inch wide, just the medded tool for taking up flooring, etc. An Al Priced for Saturday's selling at Forty-nine Cents

Old Country at shoe repair ing will appreced ate the oppor 24 only Universal Foot Lasts, substantial, imported English make, specially priced for Saturday's selling at Forty Eight Cents.

A Special in Carpenters' Glue Pots We carry a full range of best quality of imported English Glue Pots. To

bring this fact home to you we have specialized a line of them as follows:—1 pint size, regular 65c, for 48c; 1½ pint size, regular 75c, for 59c; 1½ pint size, regular 90c, for 69c; 2½ pints, regular \$1:10, for 89c.

Extra Hammer Value 36 only Carpenters' solid steel hammers; every head guaranteed; regularly priced up to 50c. Specially priced for Saturday at Thirty-nine Cents A Saving in Combination Sets

12 only

gular \$4 value, specially priced for Saturday's selling at Three Twenty-nine

An Item for Stairbuilders 12 only Starrett's Stair Gauge Fixtures, for laying out stair stringers, hexagon angles, and can be used as a centre gauge or for quartering a circle. Priced for Saturday at Seventy-five Cents.

Underpriced Natt Sets. 144 only Nail Sets every one warranted, regular closecut price is 10c
each. Saturday special, we sell them

Two for Fifteen Cents. Cut-priced Cooper's Levellers. 12 only, Levellers, as illustrated, the well-known Barten make, regular \$1.50 value, cut-priced for Satur-

day's selling at A Dollar Twenty-nine. A Bargain iu Expansive Auger

great convenience of having an expansive auger bit in his kit. If you haven't one, here is the chance to secure one at a saving chance to secure from ½ to 1½. Medium size, cuts from ½ to 1½, special at 59c; large size, cuts from ½ to 3-in., special at 08c.

A Set of Bits at a Bargain of auger bit made by a leading American maker, 13 bits in set.

inch, put up in heavy lined canvas bit roll, as illustrated, just the article for the carpenter's tool basket. Good \$3.50 value, specially cutpriced for Saturday's selling, at Two Pollars and Forty-eight Cents Hanging Basket Arches 36 only, Hanging Basket

Arches, as illustrated, made of bar iron, gracefully arched and painted a nice green color, very effective for lawn and cemetery decoration, regular 50c value, priced for Saturday at Thirty nine Cents

A Saving in Coat Hooks 288 dozen Coppered
Steel Wire Hat and
Coat Hooks as i lustrated, no tools or
screws necessary to
fasten them up,
specially priced for
Saturday's selling at Two Dozen for Fifteen Cents.

A Saving in Ready Mixed a can of paint for that little pob of yours at a saving in cans of best imported Ready Mixed cans of best imported Ready Mixed Paint, put up in convenient sized packages for small jobs. a full range of colors, including vermilion, shutter green, door green and red, all go at the one price on Saturday, as folpriced for Saturday at 2 for 35c, or for 18c.

SUBURBAN DELIVERY leaves every day at 8 s.m. for Balmy Beach, Kew Beach, East Toronto, Chester, Doncaster, Todmorden, Wychwood, Bracondale, Dovercourt, Junction and Swansen. Every Mon-day, Wednesday and Friday at 8 s. m., for Deer Park, Davisville and Egilnton.



take part

marched orderly a Inspect in-chief, pany of from 11 were th School Coneat unit the rear schools, rand all a defenders shall hav The ro was from to Spadir park, who began. Seven a visited, a was left, laid flora Burns' Memorial Portland-Spe The march the ment bu Hon. Dr. and man were wa and when on the s The first chairman He intim provided within the speakin that was lie interest up Premier as growing the state of the second provided within the second provided within the second premier as growing the second pre

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The da public set songs, es the prograting ther Mrs. N Daughter prizes for "Empire," Miss Mal School at street Sci

TWO B

Bishop F

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Bishop R

ment. If you are too busy to make a

"Johnson's." of Racine. Wiscon-son. We carry one of the largest and Finishing Authorities

wood Dyes, Electric Solvo, Floor Finish, Crack Filler and Paste Wood Filler. For House Painting

You will find
Russil's Pure
Paint gives perfect satisfaction
It is made from
the best and
purest materials
by expert paint
people: it has
good body, covers well, looks
well, wears well
and lasts well. A splendid range
of colors to select from and is
priced as follows: ½ pints 15c,
pints 25c; quarts 40c: ½ gallons
75c; gallons \$1.45, Get one of our
color cards. If you can't come we
will send you one.

A Bargain in Imperial Green for the outside painting of shutters, sashes, trimmings, etc., usually sold for per lb. 15c, Saturday special you can buy

Two Pounds for Fifteen Cents Half-priced Paperhanging Ontil



An opportunity to secure a paper hanging outfit at about half the ragular price: -7-piece spliced Strattedge, reg. 75c, for 49c; union made tool steel Trimming Knives, reg. 25c for 13c; Seam Rollers, 1 and 2 inches wide oval and flat faces, reg. 25c, for 13c; Paper Laying Brushes, reg. 35c, for 21c; a dollar sixty outfit for

Ninoty-five Cents Bottled Goods | We have the Department

are put up in bottles and priced as fol-lows:— Pure Shellac, 10c, 15c, 20c, 25c, 35c, Pure Spirits of Turpentine, 10c, 15c, Pure Linseed Oil, boiled or raw, 10c and 18C.

Burning Spirits, for spirit stoves
and lamps. 10c. 15c. 25c. 35c. 25c.

Wood Alcohol, 10c. 15c. 25c. 35c.

Benzine and Gasoline, 5c. 20c and

When You Need Window Glass you'll find it con

nomical to place your order with us. We have a full range of sizes, a splendid quality of glass, expert glass cutters, who cut exact to the size and pattern, reasonable prices and prompt delivery service. What do you need?

Buyers of will find us stocked with pure reliable Beeswax hich we have specially priced for Saturday.

Sec. Extra hard pure white wax, used for many household purposes, per pound.

Fifteen Cents. It's a Shame to Waste the Money buying wall
paper when for
such a trific
you can make
the present
wall paper look
as clean and
fresh as when
first put on- by
u sing our

Wall Paper Cleaner. It's ready for use by anyone. No trick or trouble to use it. Saturday you can buy Two Pkgs. for Twenty-five Cents Look Better and Last Longer

Do stained shingles, Our shingle Steins are made from the best quality of creowote oil, the best known wood preservative, and colored with intensoly strong pen set rating non-fading colors, popular shades, light and dark green, red. etc., specially priced for Saturday as follows: Per ig gallon, 73c; per gallon in five gallon lots. Eixty-seven Cents A Wise Sanitary Precaution

is the giving of a good out of whitewash to your cellar, chicken house, woodshed, or stable, besides in case of fire a whitewashed surface burns much less rapidly than an unwhitewashed one. Here is the tool you need; 19 only metal bound Whitewash Brushes, 7 and 8-inch widths, regular 1-c line, specially priced for Saturday at 2 for 35c, or singly, each, at singly, each, at

Nineteen Cents. Light, Strong, Compact and Convenient are our sectional extension ladders, used by painters, carpenters, roofers, etc., can be used up to 30 feet high, occupy very small space when not in use, and cost per foot,

Fifteen Cents

Prompt Delivery

district . meeting Auxillary
a post in
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In one th
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hired ma
slept in
The bis
Vermillio
circle, a
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virtues; si general ne mediately Rheumatis resulting
Meved and
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King Pali Powell Co