

Food for Winners In Every Walk of Life

THE will to win-the purpose to perform-these are the elements of success which are nourished and sustained by Grape-Nuts, and the state of t are nourished and susc the food for winners.

Sold by

Grocers

Grape-Nuts is made from wheat and malted arley, scientifically baked and partially pre-

It contains all the nutritive and mineral ele-nents required to build and maintain healthy issue, strong nerves, sturdy bodies, and robust ealth.

Crisp and delicious Grape-Nuts, with milk or cream, is a complete food—an appetizing treat, always ready to serve for breakfast, incheon, or supp

There's a Reason" Grape Nuts

BURCHAREST, Roumania, Sept. 5. A plot to kill the Royal family while attending the races has been uncovered and a number of former Combat consumption. Dr. Spahling is understood to have expe Hungarian officers arrested.

on his own body with the life-

longing ferment, which may accou for his extraordinary vigor and you

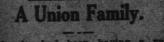
Secret of Long Life.

Secret of Long Life. Tan the human span of life be pro-longed to a term of 150 years? What is claimed to be another epoch-mak-is secret has been wrested from the serum discovered by Dr. Henri Spah-linger, the world-famous Swiss scien-tist and bacteriologist, whose serum and vaccine treatment for the cure of consumption represents the most successful effort yet made to rid man-kind of this moral disease. Injections of ferments from the Spahlinger se-rum are stated to have resulted in a rejuvenation and prolongation of the life of the body that equal, if they do not surpass, the wonders of the cur-ative effects of the serum injected in the consumptive. Accredited scientis-ts and medical was, associated with Dr. Spahlinger in his researches con-dently hope that injections of the serum ferments, which stimulate and revivify the body cells, will in time prolong the human span of life to a term of 150 years. If their hopes are fulfiled monkey glands will be out of date. The Spahlinger serum takes ce, and at the presen seven horses are reoasted that he had saved man's lif "You defended him on a charge ler. I suppose," suggested Sin

No," was the young man's answer rosecuted him." Another good story of his also con-rns a youthful barrister, who was nervous over his first defence that

o nervous over his first defence that te brkeo down in opening his case. A kindly colleague whispered, Read it off your briet." For a time this succeeded, until he ead this passage: "Counsel should void putting defendant into the box, s he cannot be believed on oath and uss a long list of previous convic-tors."

Verdict for the plaintiff!



Murphy had been having a ver agh time, and several times the y had his application for work been used. At jast, almost in despat appealed to the foreman of a ship ing yard. ing yard. efore you go any further." s foreman, cutting short p phy's appeal, "you had better tand that I give work only in men. Are you in the union?"

in high guiped. Io, sir. I am not, but my wife : children are! That's why , sir, after work." the foreman made an exce

B. CLIFT. Water St., St. John's.

The veteran Sir Edward Clarke, C., who recently celebrated his eight

first birthday, in a regular mine

One that he is fond of telling of cerns a certain young barrister

BATH

SALTS

The most trust

worthy of all beaut pecialists. They ar a tonic, a fragran

aid to the whol

some physical pe fection to which a

clever women

legal anecdotes.

FRASMIC

Many things can be nteely baked in the ash pan of the base burner. Shake down the ashes, regulate to a moderate heat; place whatever is to be baked in the ash pan and cover. To remove iron rust from woolen cloth without injury to the fabric, ap-ply lemon juice, then sprinkle with salt and allow goods to remain in strong sunlight. Keep spot moist.