

FOOLHARDY MEN TO PLAY WITH DEATH

Two Plan Attempt to Shoot Mighty Falls of Spokane River

Spokane, Wash., May 9.—Competition among daredevils is growing keen, as evidenced by proposals made by two of the fiercest fraternity to shoot the mighty falls of the Spokane river early next month.

Only once before has the feat been proposed, about ten years ago, and the police refused to permit the attempt. The river winds through a rocky gorge in the heart of the city, and has two abrupt drops totaling 150 feet in a distance of 300 yards. Always a foaming cataract, the waters at this time are greatly swollen by the melting snows, causing spray to ascend 100 feet.

A. C. Garside offers to shoot the falls in a specially constructed double-ribbed aluminum boat. He said he would enclose himself in a cocoon-shaped revolving case. Claude Sherwood, a mill worker of Bridgeport, Wash., has placed \$1,000 as a guarantee that he would make the dangerous trip in a specially-constructed boat in which he would be visible from beginning to end of the cruise, barring only those moments when the waters might engulf him temporarily.

The propositions will be accepted and two attempts to accomplish a feat never before essayed by man will be made in one day, probably June 16.



Building Futures

During the growing period young people must have food containing the right kind of nourishment, not only to repair the everyday wear and tear of play and study, but for building the growing body into sturdy manhood and comely womanhood.

This means double duty, and mothers must pay heed to the children's diet.

A regular morning dish of

Grape-Nuts and cream

helps wonderfully in developing youthful strength of mind and muscle because this food contains the true brain and body making essentials required by Nature.

Grape-Nuts food—made from choice wheat and malted barley—is rich in the vital grain phosphate, especially required for nourishing the child's rapidly developing brain and nerves.

The crisp golden granules have a delicate sweet taste and, being easily and quickly digested, are readily acceptable to the most sensitive stomach—making a most appetizing breakfast for both young and old.

"There's a Reason" for Grape-Nuts

Sold by grocers everywhere.

Made by Canadian Postum Cereal Co., Ltd., Windsor, Ont.



A CHANCE FOR YOU TO HELP



Tag Day Tomorrow for These Little Ones.

The free kindergarten of this city are doing a fine work among the smaller children from those homes unable to send their children to day-schools of this kind.

They are teaching foreign children their first lessons in the proper use of English; teaching courtesy, handwriting, deportment and punctuality. This movement is kept alive and active by self-sacrificing ladies and a corps of diligent teachers.

Tag day—such as tomorrow—is one of the biggest sources of income for the work.

IT'S THE COMING DOWN THAT HURTS

Joseph Brucker, Editor and Birdman, Wants Balloon Trip Over The Atlantic, But is Cautious

It isn't the going up into the air, loosely and somewhat unscientifically, through the medium of a few tubs of gas that disturbs the balloonist—it's the coming down. If some means could be invented that would ease one down so that the jolt of hitting the earth would be absorbed, there'd be nothing to it.

And that is why Joseph Brucker is taking his German-American time about making a trip across the Atlantic ocean in his dirigible balloon "Sachal II." Brucker is not at all troubled about going up, but he realizes the discouragement of coming down on the friends ocean wave when there is nobody around. Wrapping your hopes and a few square feet of hydrogen gas in the frail covering of silk and rubber is in the nature of a gamble, at most, and Brucker can probably be pardoned for taking all the precautions possible to make his stay in the air as permanent as he wants it to be.

And there are few people who have better qualifications for taking a trip in an airship than Mr. Brucker. Leaving entirely out of consideration the fact that most of his training was secured conducting German newspapers in the United States—one might point out that Brucker also knows all there is to know about dirigible balloons, theoretically and practically.

Joseph Brucker came into the world at Ischl, Austria. He is one of those internationally educated persons who started to learn his way through the world by a course in the schools of his native country, shipping to Belgium for a litte secondary instruction, graduating later from at Vienna university and traveling to America for a post-graduate course.

Chicago, Milwaukee, St. Louis and New York were the scenes of his activities. He conducted German newspapers or worked on them in all of those cities for thirty years. He was a member at large of the State Republican Committee of Illinois and served as commissioner to Germany for the St. Louis World's Fair.

A few years ago he went to Berlin as the representative of a commercial house and at the same time was made managing director of the German-American club.



Joseph Brucker

in the Kaiser's capital which are organized for the purpose of promoting good relations between the United States and Germany. He has always been interested in balloons and he secured capital in Europe for his proposition to cross the Atlantic just before Wellman made his attempt.

Nerves on Edge Every Sound Annoys

Weak, worn-out nerves keep on in a constant state of irritability and excitement, the eyes are sensitive to light, and every noise jars on the overworked nerves. If children are about they are a constant source of annoyance and irritation. Every door seems to slam, and a little extra excitement or exertion leads to wakeful nights, nervous headache or indigestion.

In this condition women are likely to be hysterical, and suffer greatly at regular periods. The nerves must be nourished back to vigor by such treatment as Dr. Chase's Nerve Food. Being gentle and natural in action, this food cure is highly

prized by women, and used with most remarkable results in building up the broken-down nerve cells. In a few days after beginning this treatment you will find yourself resting and sleeping naturally and taking your food with a greater relish. As vigor is restored to the system it will be apparent in improved complexion and building up of the tissues of the body.

With the nerve revitalized the organs of the body resume their natural functions, and weakness and disease give way to new hope and confidence, new vigor and health.

Dr. Chase's Nerve Food

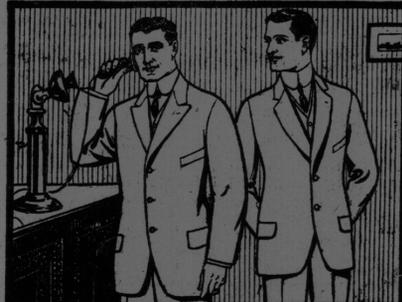
50 cents a box, 6 for \$2.50, at all dealers, or Edmondson, Bates & Company, Limited, Toronto.

Advertisement for Scott's Emulsion, featuring an illustration of a man carrying a large fish on his back. Text: 'Indoor Occupations of every kind prevent the freedom of sunlight exercise which nature intended, and vital body-forces are slowly reduced. Scott's Emulsion is the concentrated pure food-medicine to check this decline. It refreshes the body by making healthy blood and is nature's greatest aid to fortify the lungs and prevent tuberculosis. Scott's Emulsion makes energy, health and strength.'

Advertisement for Scholl's Foot-Easener, featuring an illustration of a foot being treated. Text: 'Only One Pair Necessary. When you once have DR. SCHOLL'S "FOOT-EASENERS" fitted to your feet they can be instantly changed from one pair of shoes to another and the same pair worn in any boot or shoe you wish. They are light and afford instant relief to all foot troubles. Ten days' free trial—ask your shoe dealer or druggist. SCHOLL'S "Eases the Feet" Dr. Scholl's "Foot Book" Mailed Free—Send For It. The Scholl Mfg. Co., Ltd., 240 King St. E., Toronto, Ont.'

Advertisement for SALADA TEA, used by Millions Daily. Sealed Packets Only. Black, Mixed and Green.

Advertisement for COLD IN HEAD CATARRH, INSTANTLY RELIEVED BY THE DR. MARSHALL'S CATARRH SNUFF.



THE type of men who wear Fit-Reform garments, are the men who have ideas about dress and other things.

They are "the coming men" and the men who "have arrived."

They know that being well dressed, is a business asset.

They have found that it does pay—in dollars and cents—to wear the perfect hand-tailored garments that the famous Fit-Reform tailors create.

Let us show you some business Suits for business men.

FIT-REFORM Henderson & Hunt, St. John.

Advertisement for HARD COAL, featuring a coupon order form. Text: 'Make Sure of Your Hard Coal Without Delay! HARD COAL SPRING OPENING PRICES. COAL ORDER Fill In Your Wanted COUPON ORDER. Last year we had to stop taking orders early at Opening Prices. No Prices yet on Scotch Hard Coal. Cut The Coupon And Fill It In. We expect to be kept busy filling the orders sent in on these coupons. So don't delay.'

Dr. Oster Tells Yale Men How To Live

Speaking before a Yale University religious meeting recently, Sir William Osler, of London expounded his "way of life." "Forget the past and the future, live in strict compartment; make the limit of your life the 24 hours of the day and live earnestly and you will have a lifetime that will insure you against all morbid thoughts," he said.

"The control of the mind as a working machine is the end of all education. This can be accomplished with deliberation, too. Quit tobacco and liquor and stop romping with the younger Aphrodite. "The first two hours of the day determine that day, and those two hours will be lost if you are as bleary-eyed as a fish in the morning because you have been indulging freely in wine, woman and song the night before."

When Eldon Herriman of Seaport, Me., opened a beehive, this spring he found that the queen been laid dead and that the other bees had stood her up straight on the bottom of the hive and had built a wall of wax around her. All the bees had left the hive.