

The whole of the wheat is the food for every need of life.

Whether your employment calls for the use of brain or muscle, you must eat the food that will nourish these parts in your body. The only perfect food is the one which supplies nourishment to every element, and Nature has given us that in whole wheat. Each grain contains exactly the proportion of brain-nerve-muscle, and tissue-bone-building elements that the body requires. The only foods in which you can get the whole of the wheat are

SHREDDED WHOLE WHEAT BISCUIT AND TRISCUIT

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Triscuit as bread, toast, crackers or wafers



Here we make no attempt to improve on Nature by adding to or taking away from this perfect whole. They are light, crisp, porous foods, easily digested, and build up every vital element in the body.

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The Natural Food Company, Toronto, Canada

Vera's Love Affair

CHAPTER XLVII.

It is the nature of the human disposition to hate him whom you have injured.

It is hopeless to attempt to withdraw the arm that is close clasping Griselda's waist, the maddest folly to dream of dropping the little hand so confidently clasped in Peyton's broad palm. To all intents and purposes Griselda stands revealed in the warm embrace of the new gardener.

As though turned to stone the two culprits wait, staring blankly at the inexorable face before them. This, too, looks carved, so emotionless, so altogether destitute of life it seems, not so much as a flicker of the eyelids betraying the fact that he yet breathes. Only the terrible eyes sparkle and gleam, and presently there grows within them a vile expression that might be termed triumph.

At last, when the strain has become well-nigh unbearable, he rises, and advances a step or two towards the stricken pair. This movement breaks the spell so far as Peyton is concerned, and seeing that Griselda is on the point of fainting, he tightens his arm around her, and gives her a sharp and vicious little shake that startles her into life once more.

"So!" says Mr. Dyrart. The triumph is gaining ground steadily; he now looks positively radiant in a satanic sort of fashion. "I congratulate you," addressing Griselda. "After all, I see the severity of the command that forbids your wandering in the woods your cost you but little. With you, a bird in the hand is worth two in the bush; you have learned wisdom early. You take, indeed, the goods the gods provide, without any foolish coveting at the quality of it. But so villing with an odious touch of banter in his tone, to abandon one swain for the other! What a cruel farce one you portray yourself. Consider the feelings of your first young man. They must be poignant in the extreme. Truly, you are one of those troubled with 'thick-skinned fancies.' Yesterday, the woman, today the gardener, tomorrow who? "Tom!" said Griselda, in a suffocated tone, but by a pressure of her hand he compels her to silence. Let the old man get it all out first.

"After all," goes on Mr. Dyrart pleasantly, "I almost regret that I objected to your daily rendezvous with the woodman. There is something romantic about the feller of the oak and the ash and the bonny clump, and it may be that the young man looks clean; sawdust in itself is a cleansing material. As for my gardener," turning at

abominable smile on Peyton, "I fear I cannot congratulate him upon his outward graces, though, doubtless, this second choice of yours is unapproachable when the inner virtues are called into question. He seems affectionate, too," with a pensive glance at the attitude in which Peyton still stands, his arm about the trembling form of Griselda.

"Have you done?" says Peyton in a murderous tone.

"No, not quite, yet. There is just one question that has suggested itself to me, a mere matter of curiosity, I assure you, but I should like it satisfied. If you will kindly allow my niece to answer me. Why, my dear Griselda, if your taste lies with the eminently respectable, if, perhaps, rather trying, lower classes, why did you not decide in favor of the tailor's son, who lives in the village? I hear he is a great admirer of female beauty, so that you would have stood a fair chance with him. Nay, no blushes, my dear; it is your own old uncle alone who thus renders a tribute to your perfections, not any of the bucolic youths around. This, I am told, is a remarkably steady person, and has one handed and twenty pounds laid aside as a nest-egg towards furnishing a dear little rustic cottage for his bride. Besides these substantial attainments, I should say the charms of the woodman and the—er—astounding plain young man, and I feel I feel I have scarcely done my duty by you; I gave you no chance of cultivating the tailor's son."

"Sir," says Peyton, taking off the damask cap that hides rather more than half his face, and flinging it violently from him, "cease these unmanly insults, these contemptible gibes! In me you see the woodman and gardener combined, and," haughtily, "Tom Peyton, of Giltmore, besides."

There is no mistaking the breeding that accompanies his glance and words. For, perhaps, the first time in his life, Gregory Dyrart is completely taken aback, a circumstance that does not tend to sweeten his humor.

"Peyton!" repeats he slowly, "I suppressed fury in his evil eyes, 'so it was to your sister's place, Lady Riverside, that my niece went? It was you, I suppose, they had to thank for the invitation? Pray, is she aware of the honorable part you are enacting here? Does she admire it?" "She knows," says Peyton brusquely; "I cannot say that she admires it. You, however, put it out of my power to pay my addresses to your niece in an open manner."

"Strange," says Dyrart, with a low, indignant laugh. "And so it is for you, with an exhaustive and impertinent survey of the heated, angry, honest, but certainly unbecoming countenance of the young man before him, 'for you that my niece has defied me and risked her position here? You will, of course, understand, spreading his white hands abroad with an assumption of an apologetic air, intensely irritating, 'that I am, unhappily, entirely ignorant of your social qualities, which, with a second even more eloquent glance, may be enormous. So that you will pardon me for saying that as

I look at you I am filled with amazement." Tom Peyton laughs scornfully. He is quite aware that his present habits do not add to the meager stock of good looks with which a niggardly nature has supplied him.

"Handsome is as handsome does," he says, quoting that vulgar, homely old proverb with a defiant air. If Griselda sees good in his face, who shall dare deny it? He makes his speech with a meaning glance that implies that his beloved's uncle has signally failed in behaving handsomely towards her. "She has been complaining, no doubt," says Mr. Dyrart, catching the other's tone and casting a withering glance at Griselda; "but you—have you behaved handsomely towards her, do you think? She is young; was it nothing to imperil her reputation, to induce her to give up her self-respect?"

He speaks with slow, malignant emphasis; a dry sob breaks from Griselda. Peyton makes a step forward. "Stop that," he says very low, but in a tone so strange that Mr. Dyrart, who, to do him justice, is devoid of fear, instinctively looks up at him. "I would to heaven," says the younger

man, in a voice that quivers with rage, "that I could take forty years off your shoulders."

"That you might reduce me to powder?" suggests Dyrart with a laugh. "Let me tell you, my quondam dear, that if you did so you would not find me the feeble foe you imagine. I should, in all probability, be the one to do the pulverizing. It seems a pity, however, to waste time over such trivial thoughts as these. The day is fast deserting us, and but a short hour or two of light remains. I fear this will scarcely suffice Griselda to pack up her things."

"You mean—" says Peyton, starting. "That she leaves this house at day-break tomorrow. Nay, not a word; she has had fair warning. She cannot complain. She was told what would be the end of all this. Tomorrow morning she leaves my house, she and her sister."

"Oh, poor Vera!" says Griselda in the agonized tone; but beneath her breath: Peyton presses her arm tenderly, warningly.

[To be Continued.]

TWO CHALLENGES CANADIAN DATES WERE ARRANGED FOR CARLING CUP

Berlin and Preston Are Anxious to Try—Strong Team to Defend the Prize.

Race Meeting Will Be Held at London On June 14, 15, 16—The Outlook.

Up to date there have been two challenges received in this city by the custodians of the Carling cup, and it is likely that a game will be played this week if ice can be secured. The teams to be challenged are the Berlin and Preston, both of whom are swift organizations. The local team is expected to meet as many teams as challenges are received.

A meeting of representatives of the St. John's, A. C. and Aberdeens was held on Saturday to consider what course should be taken with regard to choosing a team to defend the mug. It was deemed advisable to try and pull off one of the games on Wednesday night, if possible, and it is altogether likely that Berlin will be the first invader.

The local team promises to give the Dutchmen the greatest fight of the season, and they consider that they will be able to do themselves credit should they meet any other team. With a team chosen from the following players, the local team is likely to have a chance to have the dust wiped off it this season: Leddy, Peel, McGuffin, J. Lawlor, Montgomery, Montgomery, Dominie and Casselman.

Another conference will likely be held today to make further arrangements.

FEATURE WAS WON BY OSTRICH; JOCKEY FULLER GOT A THOUSAND

SATURDAY'S FEATURE WINNERS. Crescent City Derby, at New Orleans.—Ostrich.

Street Railway Handicap, at Hot Springs.—Lacy Crawford.

Ascot Silver Cup, at Los Angeles.—Lacy Crawford.

The Bell Stake, at Oakland, Cal.—Ariebe.

The meet of the Crescent City Jockey Club, which has been in progress for several weeks at New Orleans, was brought to a close on Saturday. The closing honors of the meeting fell to the eastern contingent, when Ostrich, ridden by Jockey Fuller, won the Crescent City Derby. The eastern only rival in the betting was Capt. Brown's Audubon, but he was defeated by the former, and 7 to 5 against the latter. Rainfall was next in favor, and from 10 to 20 to 1 was offered against the others. Audubon and Ostrich were last away, and when they pulled into the stretch Ostrich closed up a big gap. It was a drive from then

until the wire was passed, when Ostrich had a length the better of the argument. The time was 1:52 1/5, a new record for the track. The stake was worth \$6,500 to the winner. Jockey Fuller rode the winner, and was presented with \$1,000 by the owner of Ostrich, who also distributed \$500 among the stable-hands, and made a substantial present to the trainer.

WINNERS AT MANY TRACKS. At New Orleans—Allstar, 9 to 2; Graving, 9 to 10; Florid King, 9 to 10; Ostrich, 6 to 5; Pretorius, 10 to 1; Burning Glass, 8 to 10. At Hot Springs—Lacy Crawford, 13 to 1; Lady Vassili, 3 to 2; Harvest, 5 to 1; Stubb, 8 to 10. At Los Angeles—Lacy Crawford, 13 to 1; Lady Vassili, 3 to 2; Harvest, 5 to 1; Stubb, 8 to 10. At Oakland, Cal.—Batdarr, 5 to 2; Foxey Grandpa, 10 to 1; Yellowstone, 12 to 1; Arisbell, 4 to 1; Ocyrohe, 6 to 1; Nigrette, 8 to 5.

ARE CHAMPIONS FOR FIRST TIME

Stratford Intermediates and Kingston Beechgroves (Juniors) Never Took Honors Before.

As shown by the record of hockey championships in the intermediate and junior series, Stratford has won the honor for the first time, as is also the case with the Kingston Beechgroves in the juniors. The following table shows how each concluding match resulted:

Intermediate Series—	
1897—Berlin-Frontenacs.....	2-0
1898—Lafayette-Waterloo.....	1-0
1899—Frontenac-National.....	5-2
1900—London-Bellefonte.....	1-0
1901—St. Georges-Toronto.....	10-8
1902—Peterboro-Galt.....	7-6
1903—Paris-Mariboros.....	12-11
1904—Stratford-Midland.....	12-11
Junior Series—	
1892—Kingston Limestone-Galt.....	12-1
1893—Peterboro-Toronto.....	14-0
1894—Peterboro-Toronto.....	7-6
1895—Toronto-Granites.....	7-6
1896—Toronto-Granites.....	10-8
1897—Wellington-Guelph.....	10-8
1898—L. C. Stratford-Juniors.....	8-2
1899—St. Georges-L. C. C.....	12-5
1900—Peterboro-Stratford.....	12-7
1901—L. C. C-Stratford.....	12-7
1902—L. C. C-Stratford.....	11-10
1903—Mariboros-Frontenacs.....	11-10
1904—Kingston Beechgroves-Lafayette.....	40-0

WRESTLING. BEAT THE "BUTCHER BOY." New York, March 12.—Tom Jenkins, world's champion wrestler, defeated John Piening, "The Butcher Boy," last night in a match of mixed style wrestling. The first fall, catch-as-catch-can, was won by Jenkins in 18 minutes and 10 seconds. The next bout, Greco-Roman, went the limit of one hour, neither being able to secure a fall.

FOOTBALL. EARLY BIRDS, THESE. Brussels, March 12.—The Brussels football club reorganized last night for the purpose of defeating the two cup winners by Brussels last year in the W. F. A. It was decided to enter an intermediate and a junior team in the league against the youth. Manager McLaughlin was chosen to attend the meeting of the W. F. A. in Berlin on Good Friday.

BASEBALL. TO TRAIN IN TEXAS. Cleveland, Ohio, March 12.—Eleven players of the Cleveland American League baseball team left here this afternoon for San Antonio, where the spring training will be taken. Several others will join the team en route.

"FATHER" HENRY IS EIGHTY NOW

Founder of Baseball Is Still Hale and Hearty—Writes On Sports.

The eightieth anniversary of the birth of Henry Chadwick, who is honored by the name of "Father of Baseball," was the occasion which brought out some delightful correspondence between Mr. Chadwick and "Uncle Nick" Young, the latter also a venerable player of sports. Indeed, in no branch of popular sport and pastime is there recorded two such loyal promoters of outdoor athletics as Messrs. Young and Chadwick. "Father" Chadwick has been identified as a player of cricket and baseball and writer of sports, mostly of the amateur class, baseball being his hobby for three score years.

Baseball is the product of the famous old English game of Cricket. Mr. Young, a native of America, was a cricketer, but when he, with numerous of his townsmen, enlisted in a New York regiment, the most popular of all American sports—baseball—was taken up, and cricket playing was abandoned. Those long years from the close of the war until a little more than four years ago, when he was closely identified with the building up of the game which is now regarded as the national sport. In all those years Mr. Young's ability and influence have been exerted in the interest of the game, and when he laid down the bat for good, he left behind him a legacy of influence and inspiration which will be felt for many years to come.

"Uncle Nick" Young was honored with the leadership, which he retained until he relinquished his office and sought the rest which was due him. During the 25 years he served the game, he encountered and mastered many difficulties. It had fought in wars which threatened to crush the game, but each year they added strength to the game until in 1876 the present National League was formed and "Uncle Nick" Young was honored with the leadership, which he retained until he relinquished his office and sought the rest which was due him. During the 25 years he served the game, he encountered and mastered many difficulties. It had fought in wars which threatened to crush the game, but each year they added strength to the game until in 1876 the present National League was formed and "Uncle Nick" Young was honored with the leadership, which he retained until he relinquished his office and sought the rest which was due him.

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man to pass the reins over to younger shoulders. This they have followed the progress of baseball associate Mr. Young's name with it, and all his deeds were marked with honor and loyalty to the sport, and those with whom he was associated. "Father" Chadwick is a most remarkable old man. Although he has been identified with baseball since his infancy, yet he is just as vigorous and earnest in improving its condition as he was 40 years ago. Each year's news marks for the betterment of the aged sportsman and the foresight of the aged sportsman is shown in the changes he advocates, all of which are intended to improve the game. Always for clean sport and rules that are definite and broad, "Father" Chadwick has wielded a powerful influence not only in baseball, but in all sports in which he has taken a large interest. Although he has passed four score years, Mr. Chadwick still writes on athletics with much vigor and brilliancy.

CANADA AND HENLEY HAVE JOINED HANDS

The new arrangement whereby the Canadian Association of Amateur Oarsmen becomes affiliated with the English Henley Association has been signed by both parties. Under the arrangement entries which formerly had to be made on March 1 can now be made as late as June 1. Mr. Cooper, of Henley Association, wrote as follows: "I am inclosing a form of agreement between the C. A. A. O. and the committee of the Henley Royal Regatta. When this is duly signed and returned to me everything will be in order for any Canadian crew or sculler entering under year guarantee. This year's regatta is before June 1. See rule 4 I now enclose." The signatures of President MacDonnell and secretary of the Canadian Association and of Mr. Cooper, of Henley Association, are on the undertaking, and it will be forwarded to Mr. Cooper. In consideration of the time of entry of any crew or sculler belonging to the Canadian Association, the Canadian Association of Amateur Oarsmen being allowed to be made on or before June 1 in any year, the said association undertakes to agree with the committee of the Henley Royal Regatta never to make or authorize an entry of any competitor at the regatta who is not an amateur oarsman, sculler or coxswain under the definition for the time being in force by the regatta of the Royal Henley Regatta.

BIG WHIST MEET AT END OF MONTH

Programmes have been issued for the ninth annual congress of the Canadian Whist League, which will be held on March 23 and April 1, in the Temple building, Toronto. It was at last year's congress that a London, four won the championship trophy, and it is certain a contingent will be sent to the congress. The congress is one of the largest in America, and is always attended by the best players of the country.

The programme arranged is as follows:

THURSDAY, MARCH 31.
3:00 p.m.—Progressive Pairs, Sections A and B.
8:30 p.m.—Ladies' Pair Championship.
FRIDAY, APRIL 1.
10:00 a.m.—W. L. Challenge Trophy, Preliminary.
10:00 a.m.—Progressive Pairs, Sections A and B.
2:30 p.m.—C. W. L. Challenge Trophy, Finals.
2:30 p.m.—Mixed Four Championship, Sections A and B.
7:00 p.m.—League Meeting and Election of Officers.
8:00 p.m.—Mixed Pair Championship, Sections A and B.
8:00 p.m.—Progressive Pairs, Sections A and B.

SATURDAY, APRIL 2.
10:00 a.m.—International Pairs Championship.
10:00 a.m.—"Cavendish" Pairs Championship.
10:00 a.m.—Progressive Pairs, Sections A and B.
2:30 p.m.—Hay Challenge Trophy, First session.
2:30 p.m.—Progressive Pairs, Sections A and B.
8:00 p.m.—Hay Challenge Trophy, Second session.
8:00 p.m.—Progressive Pairs, Sections A and B.

B.G. MEETING OF THE IRISH ATHLETES

An excellent performance by John J. Joyce, of the Pastime Athletic Club, won the ten-mile A. A. U. championship run, a new world's record, by throwing a 56-pound weight for distance by John Flanagan, an accident, of Cornell College, Yale, and Earl of Columbia. Wallis tripped Deaf accidentally, and both men fell, but soon regained their feet, having lost at least 40 yards. Yale won by 25 yards, with Pennsylvania second, Columbia third and Cornell fourth. As Yale was not to be beaten for the Cornell League, Referee Sullivan allowed the teams to stand as they finished.

BROKE SHOT RECORD. Ann Arbor, Mich., March 12.—The American record in shooting the 16-pound shot was broken in tonight's indoor track meet between the University of Michigan and the First Regatta Club of Chicago by Ross, the Michigan freshman, who did 47 feet 6 1/2 inches.

CLOSE AT TILSONBURG.

Tilsonburg, March 12.—The Tilsonburg Pan-driels played the Galt O. H. A. here last night, winning the game by a score of 3 to 2. The game was fast from start to finish.

NEW YORKERS BEAT VICS.

New York, March 12.—At the Clermont skating rink, Brooklyn, tonight the Crescent Athletic Club hockey team defeated the Victorias, of Montreal, Que., 6 to 4.

A W. O. H. A. GAME.

Guelph, Ont., March 12.—The exhibition game played here tonight between Berlin, the Stanley cup challengers,

Woods' Fair, 176-178 Dundas Street, London, March 14, 1904.

Beautiful Tenerife Work at Lowest Prices

Round Tenerife Work Dollies, value 20c. Tuesday 10c. Tenerife Centerpieces, round and square, with wide drawn border, hand worked, very handsome, value from \$2.00 to \$4.00, Tuesday from \$1.25 to \$2.75

Teneriffe Tray and Tea Covers, 50c to \$3. Beautiful Tray Covers and Tea Covers, both in drawwork, with hemstitched borders and teneriffe work in pretty designs, Tuesday from 50c to \$3.00

35c Waist Sets, Tuesday 25c. 25 dozen Beautiful Pearl Waist Sets, mother-of-pearl (not fresh water pearl) carved in four different designs, large buttons for waist and two smaller ones for cuffs, complete set, value 35c. Tuesday 25c.

Try Our Imperial Blend Tea, value 40c. Tuesday 25c.

WOODS' FAIR.

and the Guelph W. O. H. A. team, was a fast one from beginning to end. The score at half time was 2 to 0 in favor of the locals. In the second half Berlin soon got to work and scored three goals, which made the score 3 to 2 in favor of the visitors.

SEASON CLOSED AT TORONTO.

Toronto, March 12.—The hockey season in Toronto closed tonight with a lively game between the Marlboros and Stratford, senior and intermediate champions respectively of the Ontario Hockey Association. The Marlboros won out by a score of 10 to 5. The net receipts were divided evenly to assist the teams in their expenses for the season.

RUBE WADDELL TO BE FEASTED BY THE GIRLS

"Rube" Waddell, the big twirler of the Philadelphia Athletics, who is creating sensations these days in the little town of St. Marys, Pa., doing various stunts, Waddell has become a member of the volunteer fire department of the town, and at carrying water and handling the hose he is fully as adept as he is in his twirling. The diamond, "Rube" happens to be in the Pennsylvania town because of the fact that his parents reside there. The way he handles himself at a fire excites the envy of the other members of the department, and to make their envy all the worse, for the fire department is a society have hit upon a plan by which "Rube" is to be feasted and made the guest of honor, at which all the members of the "400" in St. Marys will be present. "Rube" is to be the only male present, so highly do they honor the famous twirler. The feast is to be held in practice in the pitching art by breaking inch boards with a baseball. On several different occasions he appeared at the opera house in the small town and broke solid oak boards an inch thick and twelve inches wide by hitting them with a negative baseball. This is what they claim he is doing daily down in Pennsylvania, and some will have a tendency to believe the same for the "Rube" is known to have terrific speed; in fact, he can throw the swiftest ball of any pitcher of modern times, and his speed excites the wonder of everyone in St. Marys. They say if he uses this speed in the big games the coming season it will prove a very difficult matter for any batsman to connect, no matter whom he may be. At present "Rube" has signed with no big league club, but Connie Mack has him in the waist.

BOXING. JEFFORDS KNOCKED THE GIANT DOWN.

Philadelphia, March 13.—Jim Jeffords, the California heavy-weight, and Gus Ruhlin, the Akron giant, boxed a terrific six-round bout, in which Jeffords had the better of the milling, at the National A. C. tonight. Ruhlin was knocked out in the sixth round, and the last time he was sent to the mat he was compelled to take the count. When he got up he was very groggy and was staggering around the ring. Jeffords, in his anxiety to stop Ruhlin, became very wild and moony at his own hand, and in the eighth round opponent went wide of the mark. Ruhlin's movements were very slow, as compared with his former contests in this city.

ANOTHER FOR "TWIN."

Chicago, March 12.—"Twin" Sullivan, of Boston, was given the decision over Martin Duffy, of this city, at the end of the sixth round tonight. The fight was fast throughout.

STEAMER IS TWO WEEKS OVERDUE

Steamship Propatria, Due at Halifax From St. Pierre, Is Missing.

Halifax, March 14.—No word of the missing steamer Propatria has arrived here, and none of the incoming steamers sighted her. The steamer Rosalind arrived last night from St. John's, Nfld., having come over the same course as the Propatria, but saw nothing of her. While the agents here still hold out the hope that the steamer is in the ice, shipping men think that she has foundered with all on board. It is known that the steamer carried about a limited supply of provisions and bunker, and if she is about there must be great suffering among the passengers and crew. The steamer is now two weeks overdue from St. Pierre, from which port she should have made the head end of the last exerting a good 40 passengers aboard. The Propatria is commanded by Capt. Lafourcade, and carried a crew of twenty men.

SO RAPIDLY does lung irritation spread and deepen, that in a few weeks a simple cough estimates in tubercular consumption. Give heed to a cough, there is always danger of delay; get a bottle of Bickie's Anti-Consumptive Syrup, and cure yourself. It is a medicine unsurpassed for unproductive lung troubles. It is compounded from several herbs, each one of which stands at the head of the list as exerting a wonderful influence in curing consumption and all lung diseases.

Coughs, colds, hoarseness, and other throat ailments are quickly relieved by Vapo-Cresolene tablets, ten cents per box. All druggists.

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