SIDELIGHTS ON NOTABLE PEOPLE

BY THE MARQUISE DE FONTENOY



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PARTY Revenue premier, frame, the processor of the control of the

Could Not Walk Ten
Yards Without Resting.

WEAK HEART WAS THE CAUSE.

Mrs. Robinson Collette, Rogersville, N.B., writes: "I am now enjoying the best of health after having used yours best of health after having used yours filburn's Heart and Nerve Pills. I was troubled with a weak heart and was fraid to draw a long breath for the pain it would cause me. I could not sleep at light, and it was investibled in the school without carrying interestible to those who have been entertained to those who have been entertained to those who have been entertained there by this statesman, who is not happy in spite of his having achieved the three objects of his ambition avowed when he left Oxford.

They were that he should become prime minister of Great Britain, that he should win the Derby—he has done this twice—and that he should win the Derby—he has done this twice—and that he should win the head of the greatest heires in the world, which he managed to do whon he married Miss Hannah Rothschild, far and away the richest of all the Rothschild women.

There is no truth, however, in the story that the birch was stolen by Lord Rosebery while at Eton. At any rate, there was no necessity for his stealing it, since birches can be had for the pain in the college for good, and few boxs spirit, and it was increasible to those who have been entertrained there who is not have a further excellent improvement in nearly all depart—ments of trade. As comparative, the birch was stolen by Lord Rosebery while at Eton. At any rate, there was no necessity for his stealing it, since birches can be had for the pain in the college for good, and few boxs quite the school without carrying plated inworms of plated



Most Children Are Wheat-Hungry

Nearly all children have wheat-hunger-a craving for the body-building elements found in the whole wheat, the most perfect food given to man-his "staff of life" for four thousand years.

The whole wheat contains all the elements needed to build the perfect human body. This cannot be truthfully said of any other cereal. It is through the shredding process (patented and owned by The Shredded Wheat Company) that the whole wheat is prepared in its most digest-

By this process all the tissue-building elements in the whole wheat are retained, while the outer, or bran, coat is scattered along the shreds in infinitesimal particles in such a way as to stimulate peristalsis (bowel exercise) in a natural way.

Give a child two Shredded Wheat Biscuits every morning with hot milk and a little cream and he will be fully satisfied and will lose his taste for mushy porridges that are usually bolted down without chewing.

You can't build sturdy boys and girls out of books and sermons. Their bodies must be developed from the food they eat. Shredded Wheat is an ideal food for them to study on, to play on, to grow on.

Shredded Wheat Biscuit with hot milk or cream makes an ideal breakfast for school children and is quickly and easily prepared. The porous shreds of cooked wheat combine naturally with all kinds of fresh or stewed fruits, making a complete, wholesome meal. Your grocer sells them.

TRISCUIT is the Shredded Wheat wafer—a crisp, tasty, nourishing whole wheat Toast, delicious for any meal with butter, cheese or marmalades. Always toast it in the oven before serving.

SOLD 8 LEADING MERGHANTS EVERYWHERE

Clean Your Dishes with Snowflake Ammonia

Laundry soaps are made from dead animals. Do you think they are fit for washing dishes?

Draw your finger across a dish washed with soap a few hours ago. You'll leave a smear on the dish. This is due to the grease in the soap, which clings to the dishes. No matter how often rinsed, a thin film of grease will stick to the dishes. Even if wiped off from one dish on a cloth it will get on the next dish from the cloth. It's this film of grease that dulls the appearance of the china and makes it feel slippery. Now, dishes washed in a dishpan of water, with one descertspoonful of Snowflake Powdered Ammonia added, are dry to the touch. No finger marks will show on them. They look fine.

Lawrason's



They are free from grease, because there s no grease in ammonia; and because Snowflake Ammonia cuts the grease in butter, milk or meat from the dishes. Consequently, dishes so washed are perfectly clean and sanitary.

Use Snowflake Powdered Use Snowflake Powdered Ammonia for cleaning floors, linoleums, carpets, curtains, dishes, cuttery, kitchenware, milk cans, woodwork, windows, and in the laundry. By so doing you can save go per cest. soap.

Be sure you get Snowflake Powdered Ammonia, in the giant be. package. 10c. packages of ordinary powdered ammonia of inferior quality are only about one-third larger.

Full directions on each package



Measurements had shown that when the sun was shining in a clear sky it was transmitting to the earth power which corresponded to 7,000-horse-power per acre. At present that power was practically wasted. If we knew how to harness this power we could, by lowering the temperature of the earth by a degree or so, obtain all the power necessary fo run the work of the world. At the last meeting of the British Association it was stated that an installation had actually been built in one of the hot states in America, with the idea of transforming the sun into work, and he had been told that they had been able to get energy which was less than one-half the hitherto available.

HE more a man appreciates the good things of life, the greater his preference for an Adjusted WALTHAM.

"Its Time You Owned a Waltham" Send for Descriptive Booklet

Waltham Watch Company, Montreal, Can. WALTHAM WATCH COME

best of health after having used you follows the fart and Nerve Pills. I was coulded with a weak heart and was a memory of the state of

LOBSTERS WASHED ASHORE IN A

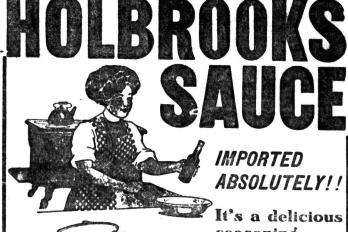
During the recent storm, which was the worst that has swept the New Brunswick coast in a number of years, thousands of lobsters of all sizes were washed ashore on the North Beach at Rexton. For a distance of several hundred yards a reef was formed on the shore of all sorts of fish, including an immense quantity of rock seals, as well as lobsters, which fishermen say are more than all the traps would secure in a season.

Thousands of birds of the sea were

Seasoning.

When frying a chop or steak pour into the gravy just a little of this genuine Worcestershire Sauce.

on the beach eating the soft part of no one recalls an event of this kind, the lobsters, and leaving only the A great many people visited the beach claws, which were strewn about in all to watch the gulls and other birds directions. Although there have been ravenously enjoying the feast spread many severe storms there in the past for them.



glass of water, every morning rids the system of all impurities-starts the liver working properlyand purifies the blood.

Abbey's Salt is the best spring tonic for young and old.

25c and 6oc a bottle.

