#### Living for years is well, but living each year well is better

Old age requires no pity when it is accompanied by good health. Eat proper food and you will not only live long but enjoy every year you live. It stands to reason that if you give the proper food in Nature's exact proportions to each element in your body they will always be healthy and vigorous. Now the whole wheat grain contains every element the body requires to build it up. The only foods in which you can get the whole of the wheat are

# SHREDDED WHOLE WHEAT BISCUIT AND TRISCUIT

The Natural Foods



resting the digestive organs.

Triscuit is the perfect substi-tute for imperfect white-flour bread and crackers. It makes ideal toast. Make Triscuit your daily bread Send for "The Vital Question

Cook Book" free

The Natural Food Company, Toronto, Canada

DESCRIPTION OF SEA COW; AN AQUARIUM ATTRACTION.

Was Captured In Florida and Sent to New York.

The great attraction at the aquar-

weighing about 800 pounds. bastian River, a branch of the Indian, are often uninteresting personalities in on the east coast of Florida, by C. W. themselves, and lack the sensational Schoonmaker, and Capt. John Lynn, qualities needful to enchain public atof Cocoa, Fla., with whom the New tention. York Zoological Society had made a In the "show" line the value of sencontract for the supply of a manatee. When taken alive the manatee is cap- today. If dwarfs and giants could be tured with a net having a fourteeninch mesh.

The manatee hunters spent eight be "more money" in them. A critical days on the river before they captured age looks upon them as "tame," this one. There were other manatees though Barnum had no cause to the net in the course of that time, but not until the eighth day did they get one where they could secure it. Thus taken, the manatee was placed in a stout cypress box and taken to Jackbox was lifted bodily over the side of the pool in which the animal

As matters go now this is a big one: manatees have been taken that were thirteen feet in length. In the National Museum at Washington there may he seen the skeleton of one that long, but Florida manatees in recent years have not commonly been so big as formerly, and, indeed, at one time, hunted for sport, they came to be in danger of extinction. Then the Flor-ida legislature made laws for their

again numerous in the Florida waters, aquatic mammal, found in salt and in fresh water, but making its home generally in brackish waters and in the lower waters of rivers; it is strictly herbivorous, subsisting on the vegetation found in the water it inhabits. In its general appearance the manatee much resembles a great seal; it has, Telegraph. however, no hind flippers, but only two forward flippers, and it has a broad. flattened tail. The manatee's tail at once suggests that of the beaver.

lieved to be the only one now on ex- 12, and Miss Thirza Luce, the 15-year-old hibition anywhere in the United

## To Break Up a Cold

the body, and when rubbed on the throat and chest loosens up the cough week, when the two disappeared. Search a leading position in the household of and relieves tightness and soreness in winter ills in thousands of homes because it goes right to work and brings relief quickly. There is no remedy in the world with half the power and the father pursued, and at Farming-favorite nephew. Prince Solms, in a duel into which he had been forced by the young Prince, he was obliged to quit not only his post but likewise Europe the world with half the power and to the telephone, but the line was temmerit of Nerviline; it's invaluable in porarily disabled. every house. In large bottles, price 25c.

Among the natural curiosities of Ja-

the building of its own funeral pyre.

. 640 York St.

FREAKS ARE OUT OF FAVOR:

of Two Liliputian Pairs-Tom Thumb at Windsor.

A marriage of giants-Capt. Bates, ium is the manatee, or sea cow, that of Kentucky, and Miss Swann, of Nova peror William II.," one would be dis- hold two levees each year at Dublin was received from Florida and in- Scotia, each about seven feet highstalled in the pool so long occupied by excited cosiderable commotion in Lonthat great fun maker, the West In- don just over 30 years ago. A coldness she dian seal. The seal was a big fellow, and indifference to both giants and but this manatee is a bigger creature dwarfs has since then overtaken us as identified with Berlin court society and counties in Ireland, as there are in being eight feet in length and a people, and probably this iciness of with the entourage of the reigning England, Scotland, and Wales. demeanor may be ascribed to the fact This manatee was taken in the Se- that persons belonging to these classes

> sationalism was hever greater than made to develop really unusual powers of mimicry and merriment there might

about, and one other at least approached grumble over British want of appreciation when he brought Gen. Tom Thumb and his wife to England in 1844. sonville, whence it was shipped to this Windsor Castle and performed before port. On its arrival at the aquarium the royal family. On that auspicious the great box was lifted bodily over the baby along with them. Albert Smith was to be put, the manatee swimming wrote a play called "Hop o' My Thumb" for Thumb and he performed at the Lyceum Theater in it. He impersonated Napoleon before the great Duke of Wellington, and created a faint commotion in the royal presence by having a battle with Queen Victoria's poodle, which took an objection

to the tiny courtier. Mrs. Thumb, born Warren, and her husband, Mr. Stratton, were outdone who became his wife. Mrs. Nutt was Thumb, and the commodore was dethe world. He had been a laborer on brothers of normal size. But personliterally looked down upon him. We have passed beyond the stage when natural eccentricities had the

power to set a multitude agog.—London ELOPED ON SNOWSHOES.

There is much wonder in Salem, Me., manatee at the aquarium is be- at the elopement of John Manson, aged daughter of Mr. and Mrs. Bartlett Luce. man, while Miss Luce is pretty, refined a third

then left on the next Portsmouthbound train, but again was too late-a justice of the peace had made John and pan are its singing insects. The most Thirza man and wife before he arrived. prized of these tiny musicians is a black beetle named "susumushi," which means "insect bell." The sound that it emits resembles that of a little silver was sorry for what she had done. The bell of the sweetest and most delicate next train to Farmington took the un-

The Crutch

'I HAVE STOOD BY THE OLD

MAN FOR FIFTEEN LONG YEARS,

AND NOW HE HAS TURNED ME

DOWN FOR A BOX OF Bu-Ju. I

FEEL ALL BROKEN UP OVER IT."

The doctor told him he had rheu-

matism as the result of kidney

trouble-too much uric acid in the

blood. The kidneys had failed to

perform their proper functions, and

& long, continuous, painful case of

London, Sept. 7, 1903.

ism is the result. He was obliged to use a crutch off and on for 15 years

Bu-Ju, The Kidney Pill

and provided himself with that never failing remedy for all kidney disorders, and

Many people are suffering from kidney trouble who are not aware of it. They are sick, and unfit for work, business or pleasure. There may be one or many of

the symptoms arising from disordered kidneys and they are treating for symptoms instead of fighting the disease, which is kidney trouble.

Gentlemen:-I can't say too much about Bu-Ju,

for what they have done for me. I can highly

recommend them to anyone suffering from kidney

Claffin Chemical Co., Windsor, Ont.

orders. Does it promptly and effectively. For sale by druggists, or sent by mail on

# Interesting Gossip About Notable Men and Women.

BY THE MARQUISE DE FONTENOY.

Of obscure French or Swiss origin, Emily Bevard's marriage with Count Hermann Wedel was regarded as being to such an extent a mesal lance by his family and at court that he found it stiffents and court that he found it stiffents are such as a suc her a name so honored as that of his ed in person the obsequies of Queen Vic family to be dragged in the gutter and In one word Leopold is being subto be misused in the half world in Berlin and Vienna. He secured his divorce from her, in fact, several years before ing turned a deaf ear to his proposal the accession of Emperor Willian to that he should return at Brussels, in state, the numerous visits which he, Leopold, has paid to Paris. And, while they

now and again managed to get men ereign has aroused, curiously NOTED DWARFS RECALLED

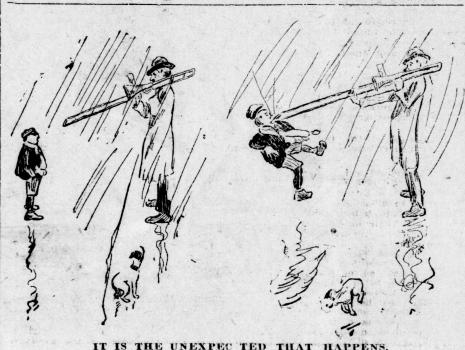
present wife.

Kaiser prior to his accession it is difficult to say. But to judge from her book entitled "My Relations with Emmarried Count Hermann Wedel,

it difficult to remain in Germany and was forced to take up his residence in Switzerland. The couple did not remain long together. In fact, the count left her after only a few months, and without touching at any Belgian port. immediately took steps to obtain a di- Nor has King Edward visited the court vorce from her, regretting too late the mistake which he had made in giving hear relative, as which indeed he attend-

present Kaiser commenced his reign do not go to the length of closing their had already been married for at least him when he chooses to call, they refrain eighteen months to his second and from returning his visits.

The suggestion credited to that arch-In spite of the divorce it was found reformer, Lord Esher, to abolish the impossible to prevent the woman from levees held by the Viceroy of Ireland styling herself Countess Hermann at Dublin Castle on the ground that Wedel, and thanks to this she every no one should hold levees but the sovignorant of her history and devoid of a storm of protest among the Irish nabrains and of knowledge of the world tionalists, who will not hear either of entangled in her toils, being repeatedly the abolition of the Viceroyalty or of on this account expelled both from the diminishment of any of the Lord Splendid Eight-Foot Specimen That Wedding of a Giant Couple-Union Germany and from Austria by the po- Lieutenant's privileges and prerogatives, on the ground that any such Whether she ever met the present minishment would impair the principle that Ireland is "a separate entity" and a distinct kingdom. Not even the proposal that King Edward himself would posed to disbelieve it. For, in the first Castle in person reconciles them to the place, he was only a little over 17 when projected reforms. Incidentally, I may mention that



house of Hohenzollern that Count Her- | Ireland there are only "lieutenants of in size by Commodore George Wash- mann's mesalliance, which forced him counties," and there is but one ington Nutt and Miss Minnie Warren, to expatriate himself with the woman, lieutenant" - namely: the Lord Lieumust have been known to Prince Wil- tenant of Ireland, who is likewise vicea third smaller than her sister, Mrs. liam (as the Emperor was then), as roy of the Emerald Isle. well as to every one else at court. Nor clared to be the smallest manikin in is it likely that, after leaving her husband and being divorced by him, Princess of Saxony, who eloped with his father's farm in America and had Prince William would have cared to her French tutor, and the court of hold any comunication with a woman Dresden are improving. For, with the ally he was so small that Tom Thumb who had brought so much trouble up-

Wedels. It is Count Hermann's younger brother Charles who is at the present time Ger-man ambassador at Vienna, after having cluded villa on the shores of Lake held the position of governor of Berlin and general A. D. C. to the Kaiser. is married to an immensely wealthy Swedish widow, by birth a member of the Scandinavian branch of the great Scotch house of Hamilton. Manson is a rough-mannered lumber- ister of the household to the Emperor, until one of the coldest mornings last Sax-Weimar, while still another occupied revealed snowshoe tracks leading toward the late King of Hanover until having Farmington.

> As the periodical agitation in the Greek press once again has been revived in favor of the return to the Parthenon at Athens of the famous Elgin marbles purchased by the seventh Earl of Elgin and presented by him to the British Museum, where they have been carefully preserved among the chief treasures of that institution for three-quarters of a century, it may be pointed out that at the time when Lord Elgin acquired them the marbles were suffering daily injury, so much so that the Greeks of the day who possessed a proper appreciation of art and archeology not only approved of and rejoiced in the sale as the only available means of preservation of some of the grandest masterpieces of the plastic art of ancient. Athens, but positively grouned for the fate of those sculptures that Lord Elgin left behind. A justification of the sale to Lord Elgin s supplied by the additional deterioration which the sculptures that were left in position at the Parthenon have suf-fered since his time. Indeed, even quite recently the dilapidation has been going on. For a careful comparison made by the late Mr. A. S. Murray, of the British Museum of photographs taken in 1897 with casts executed in 1872 show the most lamentable injuries.
>
> It was the son of this Lord Elgin of Parthenon marbles fame who left such an agreeable impression at Washington.

where he spent some time as special ambassador in negotiating a treaty between his country and the United States, which is popularly reported to have been floated through the senate on an ocean There seems to be a disposition on the part of old world sovereigns just at present to avoid King Leopold. A short time ago it was officially given out at Brussels that while Prince and Princess Albert were likely to visit the St. Louis exhibition it would be impossible for the King to cross the Atlantic owing to the necessity of his remaining at home to welcome in June Emperor Francis Joseph welcome in June Emperor Francis Joseph on the conclusion of that monarch's stavin England. In response to this a semi-official and curt amouncement has been given out at Vienna to the effect that Francis Joseph has for the present no intention whatsoever of paying a visit to Belgium or to the court of Brussels. Yet Leopold's visit to Vienna last autumn followed closely upon that of King Edward, and since the old Emperor is now about to return the English ruler's call Leopold may be excused for expecting that Francis Joseph would pay him a similar compliment on his way back to Austria. That this courtey should be withheld, must, under the cir-

Relations between the Ex-Crown

consent of King George and the Crown on his friends and associates, the Prince, the princess, who now bears the Saxon title of Countess of Montignoso, is leaving the Isle of Wight where she has spent the winter, for Constance, where she is to spend the summer with her baby girl and where she is to receive the visits of her elder children, whom she has not seen since her insane flight from Salzburg to Ge-

Charity seems to have taken the place of the former rancor in the heart and accomplished. Manson boarded with another is grand cup bearer and grand of King George with regard to his Right quickly nothing works so nicely as Nerviline taken real hot. It
sends a glowing warmth all through this year for the first time in the Al manach de Gotha as a royal princess of Saxony), in the care of her mother indefinitely, although prior to child's birth last May he had decide that it should be taken away from her and brought to Dresden as soon as it was 6 weeks old.

> It may be added that the ex-crown princess figures in the almanach "ci-devant princess imperial and archduchess of Austria" in the pages de voted to the reigning house of Sax-ony, while in those occupied by the imperial family of Austria her name appears followed by these words: "Imperial decree, Vienna. 27 January, 1903. containing the prohibition to bear the title of archduchess or to use the arms of the imperial family."





When the body is tired out and the nerves jaded from much travel try Blue Ribbon Tea.

The warm exhilarating glow that it gives the body refreshes the nerves and gives new tone to the muscles.

It soothes nervous headache and is a pure health-giving tea. Delicious to the taste—an ideal family tea is the Red Label brand.

Black Mixed Ceylon Green

special indications from the depart-

III., was afflicted with the folies des

grandeurs, and was to such an extent

who frequented her society were any-

ious to have her as their political Eg-

eria, that she virtually marred her ca-

I hear that Lord Dudley, during the

ghteen months or so that he has been

half a million dollars of his private for-

ost the earl \$150,000 of his personal in-

it is this consideration, more than anything else, that renders probable the appointment of the Duke of Marlborough the post when Lord Dudley retires in

Ireland, and has made himself more po-

ular there, even with hose politically opposed to him, than any of his prede-

deed will have difficulty in making so

good a record, and must be prepared above everything else to be quite as gen-ial and quite as lavish in his expenditure

Hilton Brisco's impending marriage to

of Egmont, and will prove the deathblow

wife may have entertained of recovering

the former possessions of the earldom, and which were left by the seventh earl

to his widow, Lucy, Lady Egmont, now married to Alfred Brisco. The latter is

a younger brother of Sir Musgrave Brisco, whose eldest son, Hilton—the heir to his baronetcy—is about to marry this Miss King, the niece and the adopted daughter of Lucy, Countess of Egmont.

Lucy, Countess of Egmont, was in her

nd her marriage to the late Earl of Eg

mont created a good deal of a sensation in 1869, on account of her somewhat stormy antecedents. The late Lord Eg-

mont evidently though that these would after a time be forgotten. But when on

one memorable occasion in the seventies he drove with her in a magnificently-

appointed equipage a la Daumont, with postillions, outriders and mounted grooms to the Goodwood races, and was subjected these tooks and the control of the

subjected there to the most public af-

front on the part of the Duke of Richmond's house party, including royalty and all the "grande monde" assembled

there, who absolutely ignored them, the earl withdrew completely from society

and lived virtually alone with his wife

to whom he was devoted, until his death,

about seven years ago, when it was found that he had bequeathed her everything of which he could dispose save

His cousin, the present Earl of Egmont,

as had almost as extraordinary a career

as Lord Lyveden. As "Gussie" Perceval, the name by which he was known prior

o his accession to the peerage he was educated on board the training ship Worcester, anchored at the mouth of the

and fourth officers in the mercantile marine. The discipline on board was too

miral Togo, now besieging Port Arthur, and so the future Earl of Egmont deserted, shipped before the mast, and served his way up as an ordinary sailor until he had obtained a berth as second mate. Tiring of the sea, he enlisted in the

Tiring of the sea, he enlisted in the London fire brigade, with which he remained eight years, subsequently becoming janitor of the town hall at Chelsea, on losing which job he secured employ.

cowdray Park, which is entailed

and who will, it is now announced herit all her property at her death.

to any hopes that he and his American

account of the ill health of Lady and of his recent bereavements.

The Duke of Marlborough in

reer as a star of the half world

olendor of his office.

is the earl.

# Blue Ribbon Ceylon Tea

Cents

should be

Ask for the Red Label

as that of the archduchesses and other members of the imperial family. As Mounted Police. this would not have been done without

ment of the imperial household at Vienna, it may be taken to confirm the rors is the one called the "blacksmith." ter, when sudden changes in the weather "This fellow has too much self-confi-try the strongest constitutions, colds and the strongest constitutions. belief that, whereas the exclusion of Ex-Archduke Leopold from the Hapsburg family is final, that of his sis-ter the Ex-Crown Princess is temter, the Ex-Crown Princess, is tem- make out the word "cosmic" he puts of derangement use Bickle's Anti-Con-"comic" instead, and lets it go at that. sumptive Syrup. He will set up "plant" for "planet," experienced, and use of the medicine un-"bottle" for "battle," "scared soldier" for lungs from attack. For anyone with It is hardly correct for the London Daily Mail to describe as the "erilogue "scarred soldier," and so on. It was such throat or chest weakness

rignment at Basle, in Switzerland, of and stripes for violet kinds of spectres." surpassed the divorced Countess Hermaan We- a printer who made, "No cross no del to a lunatic asylum. For while the crown," read "No cows no cream." countess printed some years ago in Europe a silly book entitled "My Re-Among some notable misprints is the lations with Emperor William II." phrase from Proctor's "Spectroscopic An- in proportion to the population as in alysis," which should read: "Lines, bands and stria in the violet part of which she endeavored in vain to get published in America, she has never Spectra," but which read: "Links, bonds been a member of the court of Berlin, have been "Drunkenness is Folly," which was "Drunkenness is Jolly. or, indeed, of any other court, her life. both in the German and Austrian cap-itals, being that of a derimondaine peared at the height of a quarrel bewho, like La Paiva at Paris during the tween England and Ireland), which said that Sir Robert Peel and a few guests closing years of the reign of Napoleon onvinced that she was a personage of political importance, and that the men

in his right hand, his sword in his eye, an angry glare. He sat."

VON MOLTKE'S NEPHEW

ord lieutenant of Ireland, has spent over conferred on his nephew, Lieut.-Gen Hellmuth von Moltke, now command tune over and above his salary of \$100,000 the first division of the Prussian Guard year in maintaining the dignity and Corps. Gen. von Moltke is a tall, polished man, with a distinct family resemblance to his great uncle, and he has proved himself to be a diplomatist as well as a soldier. It was he who was sent to Friedrichsruh by the young Emeen's visit to Ireland last year alone come, and it is probable that their stay in the Emeral isle next month will conperer with a peace offering to Bismarck, in the shape of abottle of Johannes-berger Cabinet, while lately he went to stitute another heavy drain upon his It is only a rich man that can afford to ccept the office of viceroy of Ireland,

It is worthy of note that whereas the Warwick Howell, of South Carolina, who . A steam plant has just been shipped name of her brother, Ex-Archduke Leopold, now a Swiss citizen of the name of Wolfing, is given in small print, hers is printed in the same type as that of the archduchesses and other By an English law, passed in 1266,

before the mast, and is now in the Natal called a sterling, should equal in weight 32 wheat grains, well dried and tal from the center of the ear. This is the origin of our grain weight. "The printer who makes the most er- WHILE MORE PREVALENT in win-

of potato alcohol for automobile purposes in Germany, where at present five times as many potatoes are raised the United States.

## High Pressure Days.

Men and women alike have to work incessantly with brain and hand to hold their own nowadays. Never were the demands of business, the wants of the family, the requirements were shooting peasants in Ireland. A of society, more numerous, The first specimen of the nonsense which miseffect of the praiseworthy effort to effect of the praiseworthy effort to placed commas createt, is the follow- keep up with all these things is commonly seen in a weakened or debilitat-He entered on his head, his helmet on ed condition of the nervous system, which results in dyspensia, defective in extreme cases in complete nervous It is clearly seen that prostration. The post once occupied at Berlin by the 'battle thinker,' Moltke, is soon to be nerves and keep the digestive and asnerves, and keep the digestive and astive From personal knowledge, we can recommend Hood's Sarsaparilla for

According to a Paris physician, who has noted the hour of death of 2.880 persons, his observation covering Copenhagen to present King Christian a period of several years, the maximum with the insignia of his high rank in the Prussian army.—London Chronicle. a period of several years, the maximum





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dissolved in the mouth are effective and safe for coughs and irritation of the throat. 10c a box. ALL DRIGGISTS 304

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partially so, you can regain your former appearance by wearing osed to receive commissions of third DORENWEND'S WIGS AND TOUPEES. They are made to match any shade of hair. They are a protection

to the head and a cure for chronic cold in the head and catarrh. They strict, however, for Perceval, who had as to the head and a cure for chronic cold in the head and catarrhone of his messmates the Japanese Ad- are perfectly fitted to the head and bear no trace of artificiality.



Prof. Dorenwend will take measur DON'T FORGET THE DAY

Monday, April 18th.

