An Uprising Against a Niggardly Landowner-His Vast Domain | bankers keep them themselves. But

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Jormer Londoner Writes

On the Pleasures of Walking

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An Uprising Against a Niggardly Landowner—His Vast Domain
Worth \$100,000,000—Treated the Peons as Slaves—Mexico
Cursed by Absente Landlordism and Great Estates.

ILLIAM E. CURTIS, writes in the Washington Star and the Cheago Record-Herald: The so-calted recolution in the Washington Star and the Cheago Record-Herald: The so-calted recolution in Chimahna is an armed program of the largest and the wash from the way from 5,000,000 to 15,000,000.

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his. There will never be peace in Chi-huahua until this is done.

The same rule may be applied to the Madero estates in the neighboring state of Coahulla, which also embrace several million acres and are said to be

Don't Grow Old Too Fast

"A man is as old as his arteries." Old age is merely a hardening of the arteries—and hardening of the arteries comes from excessive eating of high-protein food such as meat and eggs. Cut down the highprotein diet for awhile and eat Shredded Wheat. It supplies all the body-building material in the whole wheat prepared in a digestible form. Of course

will not "cure" appendicitis—nor will any other cereal food. The excessive eating of indigestible foods, however, gradually brings on stomach and bowel disorders—and these can be prevented by a daily diet of thoroughly cooked cere is. Shredded Wheat is best for this purpose because it is steam-cooked, shredded and twice baked, retaining the bran coat, which is so valuable in keeping the bowels healthy and active.

Heat the Biscuit in the oven to restore crispness and serve with hot or cold milk and a little cream, adding salt or sugar to suit the taste. It also makes delicious combinations with stewed or preserved fruits. Two Shredded Wheat biscuits with stewed fruit makes a wholesome nourishing meal.

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.



Canadian Shredded Wheat Co. Niagara Falls, Ont.





Made in Canada, By Canadians, For Canadians. Be Canadians and wear them! THEY FIT SOLD BY LEADING FURNISHING STORES THROUGHOUT CANADA 2 for 25c.

until this system is broken up. President Diaz has long recognized this fact, but has temporized with the absence landlords in order to avoid their

A SHIP'S STRANGE DILEMMA

help you, if you will give it a fair trial. At dealers—

25c. and 60c.

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Source of the dealers of the warm temperature of the bobbing about file a method for little and into the warm temperature of the following about like a mechanical toy. All hands were ordered to the pumps, and for four days the crew had to take to the boats, and a few hours later the schooner foundered.



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