

A Certain Man

knew he could do certain big things but he couldn't digest the food necessary to keep him in bodily health and brain power to do the work.

He

needed the carbohydrates that supply energy, heat and strength and he needed even more the albumen and phosphate of potash that restore worn out brain and nerves. He

Knew

all these food elements are found in grains but his poor broken down stomach couldn't digest their starches. He had that common complaint ("Starch Indigestion.")

So He

set to study and in two years perfected scientific GRAPE-NUTS food in which all the starches of entire wheat and barley are mechanically pre-digested until the weakest stomach can get from them all Nature's full quota of nutriment. He

Proved it

by rebuilding himself first and his reward was a restored body and brain that soon brought him fortune and fame. When he put GRAPE-NUTS on the market the public, advised by thinking physicians, recognized its honest, sincere and scientific claims and now

GRAPE-NUTS

"THE MOST SCIENTIFIC FOOD IN THE WORLD"

Is made at the rate of over TWO MILLION MEALS A DAY. It never fails and even ten days use will show you things.

"There's a Reason"
Think it Over.

Get the famous little book "The Road to Wellville", in each pkg.

POLICE TO GET HOLIDAYS VACATION SEASON CHANGED

Commissioners Hit on Happy Solution
to Men's Request If City
Council Agrees.

If you notice the "copper" on the beat is wearing a glad smile, and throws out his chest, a bit more than usual, don't blame him. The force are not only feeling the effects of this balmy spring weather, but they received good news yesterday.

The police commissioners, after their meeting, announced that they had considered the petition of the men for a day off a month. While they could not see their way clear to grant all that was asked, they considered the request a just one. The year has been divided into two parts: May to November, and November to May. All the vacations will now take place, between May 1 and Oct. 31, thus giving the men the holidays during the most pleasant season of the year. A day off a month will be given the patrol sergeants and the men during the winter months, from Nov. 1 to May 1. The sergeants will be given an extra two days' vacation.

This is providing the city council will increase the police estimates, so that eight more men can be added to the force. As the aldermen are almost unanimous in supporting the "day off" suggestion, there should be little difficulty about the extra money required.

Constables Crowe of No. 1 division, No. 4; Irvine, No. 1; Duncan, No. 6, have been made patrol sergeants. There are 37 bicycles, which were found by the police, during 1903, that will be sold by auction shortly.

A letter was read from the Ministerial Association, claiming that the poster bylaw was not being enforced strictly enough. The commissioners think the police are capable of enforcing after that portion of their duties. The inspector of insurance drew the attention of the board to the number of young men who were leaving the force, and drawing pensions from the police benefit fund. A meeting of the officers of the fund and the commissioners will be held shortly, and the question thoroughly discussed. This may lead up to some of the older men being retired, and the younger men made more contented.

Over the Wabash.

To the great World's Fair, St. Louis, Mo., opens April 20, closes Dec. 1, 1904. Covers 1240 acres, cost more than \$50,000,000. The most gigantic and colossal undertaking ever attempted by man. The great Wabash is the only railroad that owns and controls its own rails from Canada direct to the World's Fair gates. The new superlative and magnificent trains, built especially for this traffic, places the Wabash in the very front rank for this business. For further particulars, address J. A. Richardson, district passenger agent, northeast corner King and Yonge streets, Toronto.

New Suits Entered.

The William Buck Stove Co. of Brantford have begun suit against the Guelph Foundry Co. to protect an industrial design, on ranges and for other incidentals in connection. The liquidator of the Atlas Loan wants \$7500 from John Campbell of St. Thomas. W. C. Meredith wants \$988 from Ames & Co. The Bank of Hamilton asks \$3000 from C. A. Johnston and \$2000 from J. S. King for unpaid stock subscriptions. The Bank of Commerce sues D. H. Clements of Bloemfontein to set aside a settlement of accounts.

\$23.00 to the Pacific Coast.

Via the Chicago-Panama-Pacific & North-Western Line from Chicago daily through March and April to San Francisco, Los Angeles, Portland, Seattle, Tacoma, Vancouver and other Pacific Coast points. Low rates to Helena, Butte, Spokane, Denver and Salt Lake City. Corresponding low rates from all points. Daily and personally conducted excursions to Pullman tourist sleeping cars to San Francisco, Los Angeles and Portland, through without change, double berth only \$2.00. Choice of routes. For particulars address B. H. Bennett, 2 East King-street, Toronto.

Estate of the Dead.

Stephen Howard of East Gwillimbury left \$3000 to the family. George Thompson of Dalton, Eng. left \$10,327 in Ontario to his widow. Nehemiah Merritt left \$3825 to his son. Lieut.-Col. Merritt of London, Eng. left \$377 to his son. Martha Cook of Markham left \$377 to John and Barbara Stover. Eliza Ranier of Markham left \$219.

RAISE STANDARD OF LIBRARIANS. Committee Will Wait on Minister in Reference to It.

The Ontario Librarians' Association concluded their convention at noon yesterday. The following officers were elected: President, W. J. Robertson, St. Catharines; second vice-president, N. Gurd, Sarnia; secretary, J. A. Hardy, Lindsay; treasurer, A. B. Macallum, Toronto; councillors, James Bain, D. C. L., Toronto; W. F. Moore, Dundas; A. Sheldrick, Chatham; H. H. Langton, Toronto; A. Steele, Orangeville. C. H. Gould of McGill University, Montreal, announced the intention of holding a summer school for the training of librarians in June. The minister of education will be seen regarding the government grant, and the new executive will deal with proposed amalgamation to the O.E.A. For raising the standard of librarians, this resolution was adopted: That the librarians of public libraries receiving not less than 75 per cent. of the maximum government grant shall hold junior leaving (or its equivalent) English standing, and in addition be required to pass a professional examination in library work under the control of the education department. W. J. Robertson, D. D. Mosher and

W. A. Bradley will wait on the minister in regard to it. It will not apply to present librarians.

J. P. Hoag, Brantford, read a paper on "Co-operation of the Library and School," and E. A. Hardy on "Library Building in Ontario." He stated that in the past eighteen months twenty-two library buildings had been erected, nineteen Carnegie and three others.

WANTS NO CRIMINALS.

(Canadian Associated Press Cable.) London, April 5.—B. E. Walker of Toronto, writing to The Morning Post, expressing regret at the decision come to by the board of guardians of Wandsworth to continue dumping the workhouse brand of boy emigrant upon Canada, says Canada has plenty of room for the children of industry, but none for the descendants of criminals and chronic paupers.

Selling Liquor to Indians. James Maguire, proprietor of the Little Union Hotel, was in court yesterday for alleged selling of liquor to George Sault, an Indian, the latter's father being complainant. George said he had had brandy, James Comfort, bartender, who "can tell Indians in no time," denied that the liquor was supplied, and Ed Walker, an Indian, gave supporting evidence. The men were discharged.

THIEVES' BIG HAUL.

St. Thomas, April 5.—On Saturday night thieves entered the house of Robert Plath, Thames River, Southwold, and secured 100 pounds of pork and ten pounds of butter, and also made away with the butter platter. At the farm of John Becroft the same night thieves broke open the lock on the chicken coop and carried off all the fowls. The padlock upon the horse-stable was also broken, but all that was taken there were a few horse blankets. Sunday morning the thieves were tracked in the mud into Canadoc. Mr. Becroft's barn was broken into about two weeks ago, evidently by the same parties, and a number of bags of clover seed taken. Detective Miller has been notified and is now at work upon the case.

IS IT RACE SUICIDE?

(Canadian Associated Press Cable.) London, April 5.—Henry Havelock Ellis, in an article in The Independent Review, noting the decreasing birth rate in Ontario and New Zealand, says that the symptom is due to increasing civilization. A member of the French Society of Anthropology had declared that nothing could be done legally to check the same condition in France. "Except to applaud," remarked another member, which Mr. Ellis quoted approvingly.

WILD MAN OF NOME.

Dawson, April 5.—The United States marshal at Nome has in captivity a wild man who has hair and beard to his waist, twisted nails and walks and leaps like a wolf. The man wears a crucifix and is believed to be an escaped Siberian convict. He was captured in the hull of a ship up the coast near Kingsbay by a man named McLean and two Esquimaux. The man was apparently 45 years of age, somewhat below medium height, thin as a famine figure, red-eyed, wild-looking and in rags. He is easily handled, but seems to have no understanding beyond recognizing food which is placed before him.

CRIME AGAINST CANADA.

(Canadian Associated Press Cable.) London, April 5.—George Drummond, asked for his opinion on the expressed intention of the Toronto Trades Labor Council to send delegates to England to oppose the emigration of skilled labor to Canada, replied that it would be a crime against Canada's progress to say that hundreds of workmen trusting in the promises of Canadian manufacturers on arrival had found themselves in a destitute condition. Both skilled and unskilled labor is wanted in almost every line of industry. Emigrants willing to work have a much brighter future in Canada than in the motherland.

U.S. AND PANAMA RAILWAY STRIKE.

Washington, April 5.—The labor troubles on the Isthmus of Panama, growing out of the strike of employees of the Panama Railroad Company, were deemed of sufficient importance to warrant consideration at length at the cabinet meeting to-day. The unanimous opinion was that everything should be done to avoid an entanglement in any labor controversy, but also that the government would maintain the protection to the Panama Railroad by forces from the United States warships at the isthmus if necessary. If the railroad can secure a force of men to operate it they will be upheld in such an attempt.

LONG SIEGE.

(Canadian Associated Press Cable.) London, April 5.—The annual report of the United Empire Trade League, signed by Sir Howard Vincent, M.P., states that the league declares a long struggle may be necessary ere the citadel of prejudice, fortified by political intrigue and passion, is overthrown, but that victory is assured under the leadership of the grand chieftain of the cause, Joseph Chamberlain.

UNBRIDGE AND JAMES BAY RY.

Unbridge, April 5.—(Special.)—A staff of engineers of the Toronto and James Bay Railway were looking over the ground, taking levels, etc., at the southwest of this town to-day with a view of running the line by way of Unbridge. A deputation of leading citizens waited upon the company in Toronto a couple of weeks ago and urged that they run their line thru this place, thus placing one of the best markets and shipping towns in the country on the railway. The result has been the sending of their engineers here.

LABOR FOR FREE TRADE.

(Canadian Associated Press Cable.) London, April 5.—The Independent Labor party, at its conference, the largest for 12 years, held at Cardiff yesterday, passed resolutions in favor of free trade and the nationalization of all the means of production. Chairman Snowden said the conference was the first successful effort of the working classes to form their own political party. The United States battleship Virginia was launched yesterday at Newport News, Va. A movement has begun in New York to erect a memorial to Edgar Allan Poe.

OBITUARY.

Dr. Fred Britton. Monday morning Dr. Fred Britton, youngest son of Carson Britton of Brantford, and brother of Dr. William Britton of this city, died at the residence of the latter from a complication of gangrene and appendicitis. Deceased was 31 years of age and was born in Brantford. He entered the university in the faculty of medicine, but later went into dentistry, in which profession he obtained his degree about three years ago. Since that time he has been practicing with his brother, Dr. Frank Britton of Brantford. He had been visiting in Toronto and was first taken ill a week ago last Friday. His condition was not considered serious until Sunday last. The remains will be taken to Brantford for interment.

Inquiry Into Newspaper Prices. Washington, April 5.—Before the house committee on judiciary, J. C. Peitz of The New York World, and John Norris of The New York Times, testified that the International Paper Company and the General Paper Company had divided the country between them in the control of news print paper, leading to high prices and scarcity.



The Awful Horrors of an Operation for Piles.

This Inhuman Torture No Longer Necessary—You Can Now Be Safely Cured Without Pain in the Privacy of Your Own Home.

THE surgeon's knife is a fearful thing. The awful pain and suffering as well as the great danger of loss of life make an operation the most dreaded of all human ordeals. This is especially true as regards an operation for piles.

The sudden cutting and removal of pile tumors, which are connected with the large hemorrhoidal veins, are sure to be followed by severe hemorrhage or bleeding, and a large per cent. of the subjects so operated on, never recover and even when they do, they are afflicted with painful ulcerations. There is just one safe and certain way to be cured of piles without an operation with the knife and that is by using Pyramid Pile Cure. This great and harmless remedy has relieved and is relieving more suffering than anything else in the history of medicine. If you are suffering from

the terrible pain and annoyance of piles and want to be cured without being cut and tortured with the knife and having your life endangered, get Pyramid Pile Cure at once and cure yourself without pain.

The free trial package which we send to all who write will give instant relief and start you toward a perfect cure. After you have tried that, you can get a full-sized package from any druggist for 50 cents. Frequently one package cures. It is applied by the patient himself, in the privacy of the home. Call for Pyramid Pile Cure and nothing else. All druggists have it, for it has cured so many cases of piles and relieved so much suffering and is so popular a remedy that no druggist can afford to be without it. If the druggist tries to sell you anything else, it is because he can make more money on it. Insist on having what you call for.

The healing process begins immediately with the first application and continues rapidly till the sufferer is perfectly cured. The pain ceases at once and you go about your duties without further inconvenience.

This is much more sensible than being cut and tortured with a knife. It is much more satisfactory than a humiliating examination by a physician. It is much cheaper than paying a big doctor's bill for an operation. It is a certain, safe and painless cure for piles.

Mrs. Aaron Medron of Savannah, Ga., writes: "Ever since the birth of my first child, six years ago, I have suffered greatly with piles. I could not bear the thought of surgical operation. Pyramid Pile Cure entirely cured me." Mrs. Hinkly, Indianapolis, writes: "The doctor said it must be an operation. I chose Pyramid Pile Cure and one 50-cent box made me sound and well."

Mrs. R. T. C. Boylan, Marshall, Miss., writes: "I suffered awful torture from piles; used Pyramid Pile Cure and was well in three days."

Mrs. Wm. Kenmore, South Omaha, writes: "I suffered many years with protruding piles and dared not risk an operation. Pyramid Pile Cure soon cured me."

Mrs. D. E. Reed of Albany, says: "I would not take \$500 and be placed back where I was before I used Pyramid Pile Cure."

These are only a few of the many thousands of letters we have, telling of the wonderful cures of this great, harmless remedy. Write to-day to Pyramid Drug Co., Marshall, Mich., for free trial package which will be sent in plain wrapper. After that is used, you can get full-sized package from us or any druggist for 50 cents.