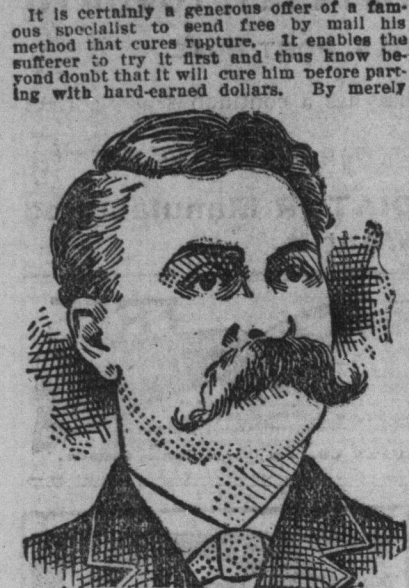


# Free Rupture Cure

Wonderful Method Sent Free to All Who Are Ruptured.  
Home Care Without Pain, Danger, Operation or Detention From the Day's Work.



**JULIUS W. BISHOP.**  
sending our name and address to Dr. W. S. Bishop, 107 E. 7th St., Toronto, Ont., he will gladly send you the free trial of our method. It is a simple, safe, and effective method of curing ruptures. It enables the sufferer to try it first and thus know beyond doubt that it will cure him before paying with hard-earned dollars. By merely

## RUSSIA'S INTERNAL TROUBLES.

St. Petersburg is seething with excitement and conspiracy against the czar. News by mail from St. Petersburg via Berlin, says there is evidence of plots against the authorities. Money is being distributed to factory hands to induce them to join the disaffected students, and it is said the cash comes from high sources about the court. Even the most trusted of the czar's attendants are suspected, and His Majesty has his apartments so arranged that it is impossible to see him on opening a door suddenly. He has five desks in his study, so that his exact location cannot at any time be guessed, and steel armor lines the imperial bedroom, as well as the study. A great plot similar to the nihilist conspiracy is said to have been discovered, with Kieff as the headquarters, and the killing of the czar is said to be the purpose of the conspirators. In connection with the riots at St. Petersburg, the prefect has issued a decree forbidding meetings and assemblies in the streets and squares.

## DEMONSTRATING HEALTH FOODS.

Interesting Lectures for the Ladies Held Daily in the Y.W.C. Guild, McGill-Street.  
At the Young Women's Christian Guild, McGill-Street, Miss A. Bishel and Miss Bullock of the Orest Institute, Worcester, Mass., are demonstrating to classes of ladies every afternoon the different ways of preparing and serving shredded wheat. Yesterday afternoon the menu included the following dishes: This is a new era; egg on shredded wheat toast, tomato sauce, mayonnaise dressing, shredded apple sandwich. The health food enters largely into the preparation of each of these dishes; and for those who have come to a belief in the necessity of proper diet, the exhibition given by these ladies cannot but be interesting, showing as it does how many ways the shredded wheat may be gotten up for the table.

While the bill of fare is being prepared a lecture on the efficacy of whole wheat is given, with the aid of a chart. It is shown that while white flour supplies heat and energy it is deficient in bone food. Whole wheat contains all the nutriment necessary to build up the whole body. A chemical analysis of a grain of wheat shows that it contains the fourteen elements found in the body. In the same proportion. The outside of the grain is taken off by the miller and given to the hog, because the miller wants to put white flour, and he is thus throwing away the most nutritious part of the wheat. The ladies will be in the city two weeks.

Where is James Etherington?  
The police yesterday received a letter from Frederick and Ellen Etherington, 60 Trevorton-road, South Oak, near Burnham, England, in which they make enquiries for a brother, Sidney James Etherington, a Barnardo boy, who came to Canada 15 years ago, and worked for some time for Hugh Walker of Woking, P. O., Ontario.

# BOARD OF TRADE COUNCIL

Series of Meetings Arranged to Discuss Development of Sections of the Country.

## WANT TO BRING TRADE TO TORONTO.

Membership of the Board of Trade is Being Rapidly Increased—New Members.

Questions relating to the development of the various sections of the country, particularly those which may become tributary to Toronto and other Ontario cities and towns, have been for some time past engaging the attention of the Board of Trade. The Council has arranged for a series of meetings on the subject, the first of which will be held in the rotunda of the Board of Trade Building on Friday night next. Addresses will be delivered by Premier Ross, James P. Whitney, M.L.A., and other prominent business men. At the meeting following, the social element will be introduced at the close of the business, and a reception tendered the members of the board by the president and Council, at which refreshments will be served.

**Membership Increasing.**  
The membership of the board continues to increase, and it is expected that before the close of the year there will be 1000 members. The following members will be admitted at the next meeting of the Council: Messrs. W. B. Langan, assistant general freight agent, C. P. R.; Arthur Poole, Carwell Co. Limited; Charles B. McDonald, Christie, Brown & Co.; William Robertson, Robertson Bros.; T. C. Hargman, Oakville; Lloyd Harris, Harris, Cook & Co., Bramford; George C. Hunsford, Hunsford Bros. & Co.; E. T. Boland, agent, O. T. R. freight sheds; James W. Brownlow, J. W. Brownlow & Co.; M. M. Mulholland, Hunsford Bros. & Co.; J. Gilbert Beatty, Bartlett, Fraser & Co.; E. J. C. M. Kimpson, Charles Kimpson; D. P. Buck, Port Arthur; George V. Mallon, wholesale and retail tobacconist; Orlando Heron, Thompson & Heron, stock brokers; Oliver, Jones, the Jeweller, St. James & Hannayman Co. Limited; Alex. Livingston, president National Cigar Co. Limited; Robert J. Hannah, vice-president National Cigar Co. Limited.

**New Ontario Again.**  
Matters relating to the development of New Ontario were considered at a meeting yesterday afternoon of the Railway and Transportation Committee. The members discussed the petition of the Ontario Colonization Co. to the Government for a charter for the building of the St. Joe Railway. No action was taken on the petition, and the committee will reconsider the question at another meeting. On invitation of the committee, Mr. W. McMurrie and Mr. John Platt addressed the meeting, the former explaining the situation and development of New Ontario, and the latter speaking as a director of the "New Ontario" movement.

## BETROTHAL OF GRAND DUKE.

Recent Successor to German Duchy May Wed Youngest Daughter of Grand Duchess Marie.

Wielmar, March 22.—It is stated on reliable authority that the Grand Duke Wilhelm Ernst of Saxe-Weimar will, on the expiration of the period of mourning for Queen Victoria, become engaged to the youngest daughter of the late Duke Alfred of Saxe-Coburg-Gotha.

## SAY MONEY WAS A CURSE.

Took Blakeley Family Ten Years to Accept \$25,000 for Oil Leases.  
Toledo, March 22.—Mrs. Rebecca Blakeley this week accepted \$25,000 for the oil leases on her property, near Findlay. While all the surrounding farmers were growing rich, the Blakeleys refused to lease, holding that money was a curse. After ten years, as part of a legal transaction, they made a lease to a friend. The friend held them to the lease and sank oil wells, but the family refused the income until now.

—Canada  
—Honors this  
—Queen of  
—Song.



"The tone of the Heintzman & Co. Pianos is delightful, the elasticity of action marvellous, every note ringing out in clear, pearly and limpid quality. It excels any piano I have ever used."—Albani.

With an endorsement of this character, is there anyone who has serious thoughts of purchasing a piano who would hesitate to make this one particular and wonderfully successful Canadian piano their certain choice?

Ye Old Firm of — **Heintzman & Co.**

## PRESS GENTLEMEN GO.

Several Resolutions Adopted at Yesterday's Session and New Officers Elected.

The Canadian Press Association finished its business yesterday afternoon, after passing resolutions on postage to the United States, Imperial postage, postage on newspapers, rural free delivery, nationalization of telegraphs and the duty on paper, and electing new officers. The association divided into two sections to hear papers on important topics. In the daily section the following papers were read: "Marriage and Employment," Mr. H. S. Scott; "What the Newspaper May Do for the West," prepared by Miss E. Cora Hind, Winnipeg. In the weekly section these papers were read: "Plate Matter," Mr. H. J. Pettipiece, M.L.A.; "Ad Display," J. S. Robertson; "Monthly Collections," A. B. Bradwin.

**Important Resolutions.**  
Resolutions were adopted as follows: Recommending such changes in the postal treaty between the United States and Canada as will fairly adjust the cost of transporting newspapers, books and heavy mail matter between the two countries; recommending the inauguration of a more desirable postal system between the Empire and the Dominion; and recommending that the Canadian Government offer to the British Government a free exchange of all mail matter at the present domestic rate of each country; that the association renew its request to the Dominion Government to permit a uniform rate per pound, such rate not to exceed the rate for newspapers, and recommending the scheme for rural free delivery in some sections of Canada; favoring any well-considered steps on the part of the Government to nationalize the land telegraph lines of the Dominion, including removal or reduction of the duty on paper and pulp, so as to afford relief from the combine; and thanking the railway companies for courtesies extended were also passed.

**Originality is Wanted.**  
A committee was appointed to wait on the Toronto Type Foundry to advocate more "Canadian originality" in the plate sold to the country newspapers.

**Athletes Clean Up.**  
Messrs. Hall & Murray yesterday received a letter from Nelson, stating that the 15-day run of the Athletes bill for February yielded \$2250 in ballroom. This is a good showing, considering that the first run of the grandiose plant was necessarily of a more or less experimental character.

# Albani and the Heintzman & Co. New Scale Grand Piano.

This famous Canadian Queen of Song has, all through her triumphant Canadian tournee from ocean to ocean this season, as on other visits to Canada, used exclusively a Heintzman & Co. Grand Piano.

"The tone of the Heintzman & Co. Pianos is delightful, the elasticity of action marvellous, every note ringing out in clear, pearly and limpid quality. It excels any piano I have ever used."—Albani.

With an endorsement of this character, is there anyone who has serious thoughts of purchasing a piano who would hesitate to make this one particular and wonderfully successful Canadian piano their certain choice?

Ye Old Firm of — **Heintzman & Co.**

## FOUR HEAVY CROPPERS.

### NEW GRAIN SPELTZ.

Claimed to yield 30 to 100 bushels of richer food than Corn, besides giving as much as 4 tons of good hay per acre. Speltz is best described as a combination of Wheat, Eye and Barley, and for fattening Cattle, Poultry, Horses, Sheep, Pigs, etc., is equal to other grains. Heads similar to two-rowed Barley. It is not easily injured by the weather and will produce enormous crops on poor soil. (Sow 1 bushels per acre.) Every farmer should try it. Pound 25c.; 3 lbs. 60c., by mail postpaid. Peck (14 lbs.) 80c.; 4 Bus. (28 lbs.) \$1.50. Bushel (56 lbs.) \$2.50, by freight at purchaser's expense.

### DANISH SUGAR BEET.

The only true seed of this famous Beet—Grown in Denmark—can be procured direct from us. Recommended by the leading agriculturists of this country as the best Field Beet for all purposes. For Cattle, Horses, Sheep, Hogs and Poultry. It is a well-known fact that the famous Danish Bacon is from pigs fed largely on this Sugar Beet. Grows well out of the ground and can be harvested as early as any Mangel crop. A wonderful yielder. Try our New Danish grown seed, tested for purity and germination. 1 lb. 20c., lb. 35c.; 5 lbs. \$1.50, postpaid.

### NEW CORN NORTHERN PROLIFIC.

Ripens in 90 days and yields surprisingly large quantities of Corn on such small plots. The beautiful rich golden colored grain is of smooth even size from the butt to the tip of ear. Without exception, this is the most profitable Corn to plant, whether for grain or for ensilage. Try it, and you will be pleased. 1 lb. 20c.; 5 lbs. 60c., by freight at purchaser's expense—Peck 50c.; 3 Bus. \$1.50, 5 Bus. \$2.50, postpaid.

### NEW WHEAT AMERICAN BLUE STEM.

The heaviest yielding wheat of the Northern States. Free from rust. Millers pay more for it than any other sort. Heads bald and beautiful grain of a dark amber shade. Every bushel sown this season will require next year for seed at high prices. Pound 20c.; 3 lbs. 50c., by mail postpaid. Peck (14 lbs.) 80c.; 4 Bus. (28 lbs.) \$1.50. Bushel (56 lbs.) \$2.50, by freight at purchaser's expense.

### WM. RENNIE, TORONTO.

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# Take the Case of a Man,

for instance, who has read a daily paper every morning for twenty years.

Sunday morning comes, and he is lost without his morning paper.

It does not matter much what paper it may be, the feeling of "something missing" is much the same.

It is different, tho, with the man who has The Sunday World delivered to him.

How cheerfully he jumps out of bed and slips into his slippers and dressing gown, and then goes down to the letter-box for the most welcome paper he gets during the week!



Does he read it thoroughly? Ask him and he will tell you that not a single article on any page of the entire

escapes him. The day is his own; he has plenty of time at his disposal, and he knows of no more pleasant mode of spending it than reading his Sunday paper.

In this big paper of his he gets the very latest telegraphic news, everything of local interest, the sporting news up to the last hour, with enough miscellaneous matter of general interest to keep him pleasantly and profitably employed for two or three hours.

The columns of interesting gossip contributed weekly by "Pop," "Pathfinder" and "The Captious One" are regarded almost as letters from old friends, and are thoroughly enjoyed.

There is no doubt about it, there is no way in which you can

**Spend a Nickel**

and get the same amount of genuine solid satisfaction that you can get in the purchase of The Sunday World.

You doubt it! All right! Fill in the following coupon and mail it to us. Then, after you have had a FREE TRIAL TRIP OF The Sunday World, if you feel that you would like to receive it regularly, and mark you, we believe you will, we will be pleased to receive your order.

## COUPON I.

SUNDAY WORLD.  
Toronto, Ont.  
Kindly place my name on your list for a Free Trial Trip of The Sunday World.

NAME.....

ADDRESS.....

POSTOFFICE.....

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# FREE TRIAL WOMEN ONLY

I hardly think it possible that weak men know or appreciate the wonderful remedy I offer for the radical cure of all personal weakness, as Drains, Losses, Impotency, Varicocele, Debility, etc. I have studied weak men for thirty years, studied to cure them. Nearly 100,000 sufferers have been restored under my treatment. As long as a man has vitality sufficient to move about, there is a good chance for a cure, and so positive am I of this, that, to those who are afflicted as above, I will give my latest Model Hercules.

## Dr. Sanden Electric Belt 60 DAYS' FREE TRIAL

Without one cent in advance or on deposit. I have legally sworn to this offer, and will forfeit \$5,000.00 if it is not carried into effect. During the past few months I have given out thousands of my appliances to sufferers in general, and I invite the afflicted to call and see the reports from these. Nearly all cured, and many after everything else had failed. For a time my offer will be to Weak Men Only, as they need all the encouragement and help I can give. For this reason, all my time for the present will be given to them.

My inventions are positively not sold by agents or in drug stores, because I give all patients personal attention. My latest book, "Health in Nature," should be read by every man who desires health and strength. Free, sealed, by mail, or, if near my place, call and examine Belt, and take one along for a trial.

**Dr. A. B. Sanden** 140 Yonge Street (Entrance Temperance St.) Toronto. OFFICE HOURS—9 a.m. to 6 p.m. Saturdays—9 a.m. to 9 p.m.

