***************** Early Roman Newspapers

It appears that it is to Caesar that we owe the first western attempt to satisfy the public's demand for printed news. The newspaper was a daily record of not only official news, but also of small scandals, the latest police news, the arrivals in the city, even the gossip of the countryside. There were also extracts from latest speech of Cicero and the freshest epigrams of Maryial. These last appeared by way of advertisement of the author's latest works before they should appear in the collected form and be sold, along with the latest thing of Ovid's and those improper little novels that came from Greece and were displayed in the fine shops that bordered the Forum's edge and stretched round the Palatine Hill.

The Acta Diurna, or Daily News, was the work of literarii, handwork, careful and elegant, whether written with the stylus on papyrus or in-scribed on a wall coated with chalk, the citizens standing around, agog with interest. The lack of a printing press was surely a fortunate circum stance, since it goes far to account for the epigrammatic terseness of the Latin style, for the delightful ende or to express in one syllable what the garrulous take a couple of phrases to

interpret.
Husbener, in his dissertation on the Husbener, in his dissertation on the Acta Djurna, has collected 45 passages from ancient authors, all of which relate to these Acta Populi, which is only another name for this embrycnic newspaper. They are allof a nature to interest the public, reading or otherwise, even to-day. Fortunately they are told in Latin, in which, for the most part they had which, for the most part, they had

The more ordinary relate to pub-The more ordinary relate to public affairs, the sayings and doings of political persons, notably Caesar's refusal to the title of King, the defection of Lepidus and the more notable cases before the courts. Both Pliny and Ascanius relate the case of Scaurus as having been fully reported.

Dion Cassius relates the avidity with which men read of the punish-ments to which important persons had been condemned, and the anxiety of the crowd to learn whether they met their end as gentlemen or cow-Tacitus mentions the news paper account of Claudius' Pomera ium, the extension of the circumfer ence of the city by the erection of a

ew wall. Lampridius tells us that he got his idea of the fullsome adulation with which the Senate acclaimed Alexander Severus from the current issue this daily paper, a document which must have been, approximately speaking, 100 years old, when Lamp-riduis saw it, and mendacious at

There were extracts from new laws, There were extracts from new laws, decisions relating to provinces, and, naturally, passages from the discourses of "the God of Rome."

Under the Empire there was the Court Circular, which chronicled the

various doings of the imperial house, the "progresses," the funerals, but not, however, the likelihood of the Emperors death, as it was only the unwiss astrologers who would dare to draw such a bow at a venture.

The Emperor Commedus, so Lampridius assures us, was inordinately proud of his achievements in the arena. No matter whether he was last in the race, it was to him that the palm was awarded, or, rather, no awarded the palm to himself, and then quite magnificently shouted, "Commodus Caesar, victor in the race, gives his crown to the pacada of Ramai". his crown to the people of Rome

Then there were published all the "bits of information" in the city. Pliny cites the newspaper accounts of the funeral of the celebrated fockey felix. The erection, fall and estoration of public buildings were recorded; so Keep Minard's Liniment in the house the blaths were recorded; es in illustrious families; likewis prodigles and curiosities. Pliny has a sneering reference about the record of a rain of titles, and states that an old priest swore that he had seen the arrival of the first Phoenix in Reme. Petronius gives a parody the Roman got in his daily paper. It

SPRING REMINDERS OF RHEUMATISM

Raw, Damp Weather Starts the Pains, But the Irochle Lies n the Bicod.

Spring weather is bad for rheumatic sufferers. The changes from mild to cold, the raw, damp winds start the cold, the raw, damp winds start the aches and twinges, or in the more extreme cases, the tortures of the trouble going. But it must be borne in mind that it is not the weather that causes rheumatism. The trouble is rooted in the blood—the changeable weather merely starts the pains. The only way to reach the trouble and to only way to reach the trouble and to cure it is through the blood. The Lois-onous rheumatic acids must be driven out. Liniments and rubbing may give temporary relief, but cannot pessibly cure the trouble. The sufferer is only wasting time and money with this kind of treatment. this kind of treatment and all the time the trouble is becoming more deeply rooted—harder to cure. There is just one speedy cure for rheumatism—Dr. Williams' Pink Pills. They act directly on the impure, acid-tainted blood. They purify and strength it and thus root out the cause of the rheumating root out the cause of the rheumaline. Here is strong proof of the above statement. Mr. Michael Perediale, Fenlon, Man., says: "My mother suffered several years with rheumatism. We tried a number of remedies but they all failed to cure. Then we got Dr. Williams Pink Pills, and after using them for some time she was completely cured and has had no sign of the trouble since."

ly cured and trouble since. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

was during a feast at the house of that ostentations plutocrat Trimal-chion, who so far forgot his imperfect veneer of aristocratic good manners as to describe the origin of his wife to to describe the origin of his wife to his guests, much to that lady's discomfort, for she was still "climbing" assiduously, and did not relish being thus "given away" to others. In his efforts to impress the world with his magnificence. Trimalchion used to send for his actuary, who read to the company a sort of process verbal, or which the following is a translation:
"VII Cal July There were born or

"VII. Cal. Jul.: There were born on the Domain at Cumae, which belongs to Trimarchion, 30 boys and 40 girls. Five hundred thousand bushels of wheat were transported from the fields to the granaries; 500 oxen were used for the transport. On the same day the slave Mithradates was crucified for blaspheming the tutelary deity of Gains, our master. The same day 10,000,000 sesterces were taken to the bank because it was impossible to find a use for this money. The same day there was a fire in the gardens at Pompell, which originated in the residence of the farmer Nesta,"

The last mention of this Roma newspaper is in the late days of the Empire. Vopiscus, in his "Life of the Emperor Probus," knew of its existence, after which time, it is thought, it disappeared along with the control of this Roman newspaper and control of this Roman newspaper is in the late of the control of this Roman newspaper is in the late days of the control of this Roman newspaper is in the late days of the Empire. Vopiscus, in his "Life of the Empire." it disappeared along with such other literature as Constantine and his new advisers found inconvenient. Nothing similar appeared until that busy bod Gutenburg began to flood the world with a literature that has been the outward expression of a great renais

Calls Them One of Her Best Friends

DAME BELANGER TALKS OF DODD'S KIDNEY PILLS.

Tells How They Cured Her Rheuma-tism and Made Her so Well She Could Work Without Fatigue.

St. Amateur, Gloucester Co., N. B., April 17.—(Special.)—Cured of rheumatism, from which she has been a severe sufferer, Dame Pierre Belanger, vell known and highly respected h is telling her friends that Dodd's Kid-ney Pills have made her well.

"I consider Dodd's Kidney Pills one of the best friends I have," Dame Be-langer states. "I had rheumatism and and the pains in my limbs caused me a great deal of suffering.

"I took six boxes of Dodd's Kidne; Pills, and they made me well. My pains are all gone, and I can now work without being fatigued. always keep Dodd's Kidney Pills in the

Dodd's Kidney Pills cure rheuma-tism because it is caused by sick kidnews. Rheumatism is caused by uric acid in the blood. If the kidneys are healthy and doing their full work they strain all the uric acid cut of the and there can be no rheumatism. Dodd's Kidney Pills always make the kidneys well. They take away that fired feeling by ensuring pure blood and good circulation.

Professional Pawners.

In many of the mean streets of London there are professional pawners-wemen well-known to the pawnbrokers, who, for small payments, take clothes and household goods to pawn for their neighbors. It is stated that the function of the professional pawn-er is two-fold. The woman who pawns through a recognized intermediary sets a larger logn than she would if she did the business herself. For the pawabroker the professional pawner guarantees the good faith of the owner and will be able to exercise pressure

Kecp Minard's Liniment in the house

SAUCE COMBINATIONS.

The Right Ones for Fish, for Flesh, for Fowl.

A well-made sauce is said to glorify any dish, but this depends to a great degree on the selection of a right com-bination. The sauce that enhances the bination. The sauce that enhances the flavor of fish may add nothing to meat. It is generally true that the combination, which seems to be no more than a mere custom of eating certain things at the same time, has in reality a hygienic reason for its long continuance. For instance, a meat like pork or a bird like grose, both reork or a bird like goose,

gairs an acid sauce or adjunct because of the excess of fat.

For the benefit of the inexperienced a table with sauce combination is

Raw oysters, quartered lemon, horseradish sauce, tobasco. Baker fish, drawn butter, Hollan-

disc sauce. Broiled fish, Maitre d'hotel butter, sauce tartare.

Roas: chicken, bread sauce, green grape jelly.

Reast turkey, cramberry jelly. Reast goose, acid apple sauce, bar-

Fried chicken, cream gravy. Reast duck, crange sauce, currant Roast veal, tomato sauce, horserad

Roast pork, apple sauce. Roast lamb, mint sauce. Roast beef, brown gravy, horsera-

Roast filet of beef, mushroom sauce, Reast venison, barberry jelly. Reast quail, current jelly, celery

Reast canvasback duck, black currant jelly, olive sauce.
Boiled mutton, caper sauce Boiled matton, caper sauce.

Boiled tongue, sauce tartare.

Corned beef, mustard.

Steamed fowl, celery sauce.

Pork sausage, apple sauce, fried ap-

Frizzled beef, horseradish. Sweetbreads, sauce bechamel. Lobster cutlets, sauce tartare, Broiled steak, Maitre d'hotel. Lamb chops, sauce bernaise.

TREAT EVERY CHILD'S COLD EXTERNALLY RUB ON "NERVILINE"--A SAFE CURE

Little children cannot be expected to romp, day in and day out, with-out some time coming to grief. Some of their games and rough and tumble, cause undue fatigue, and not infre-quently the kiddies are bruised, have strains, swellings and aches just like

When children come in tired and sore, see they are well rubbed with Nerviline. It does wonders in breaking up a cold, has an amazing effect on any sort of muscular pain. The wise mother always keeps trusty old Nerviline on hand. It has

ANTIQUES

counties yielding the best materials

for this purpose known and used the world over. Except for a very few years after the discovery of china clay and china stone—the Kaolin and the

Petuntze-in Cornwall, the material

found has not been used to any ex-tent in the neighborhood of the mines,

but is shipped in large quantities to the pottery-making districts in Eng-land—mostly in Staffordshire—the Eu-

ropean continent and North America It may be of interest also to know

that this material is used largely in

other industries than pottery-making;

as a matter of fact, the pottery con

sumption is less than one-half of the output of the mines; paper making,

calico making, sizing, picture frame making, linoleum, safety fuse manu-facture, etc., taking the heaviest part

How often, when discussing the ar-

tistic merits of a fine piece of pottery, do we pause to consider in any way

the raw material of which the object the raw material of which the object is composed, the clay itself, a sub-stance it may have taken scores of centuries of time to mature to the con-

dition fiting it for use by the potter. Mid 18th century times seem to have been prolific in the discovery of pot-ter's clays. That great master potter,

Josiah Wedgwood, gave much time and attention to experimenting with

different clays when he was seeking the best material for use in the de-

velopment of the various mixtures he

later perfected and turned to such pro-mitable account, including the "black

basalt" body, from which many of his now well regarded "antiques" were

Hearing of a discovery of potter's clay in South Carolina, Wedgewood

despatched a special envoy to investi-

gate, and used some of this clay in his experiments

Again, in 1789, he produced what may now be regarded as antiques in

ceramics, in the form of medallions made from a potter's clay found in Botany Bay, Australia. This clay was

sent to Wedgwood by his friend, Sir

Society, who had accompanied Captain

Cook on his first voyage round Aus-

GLASSWARE

ANTIQUE FURNITURE

CORRESPONDENCE REQUEST-ED WITH VIEW TO

SALE OR PURCHASE

62 King St. East

HAMILTON, - - - ONT.

Norway Hotel System.

There is a capital hotel system in vogue in certain parts of Norway, in villages where no hotel exists one of

the more prominent inhabitants is sub-

sidized by the Norwegian government and in return is bound to provide ac-commodation for not fewer than four

travellers. He may take in more if he chooses, but four is the minimum. The accommodation and food supplied are excellent and the charges moderate

resident of the Royal

of the supply

basalt"

A Miracle of Healing Power a wonderful list of uses, and a bottle handy on the bedroom shelf often saves calling in the doctor.

Young and old alike can safely use Nerviline—there's no harm in it—just a heap of curative power when you rub it on.

whenever there is a pain or sickness, Nerviline should be close by. It is a true specific for rheumatism, lumbago, sciatica or neuralgia.

As for earache, toothache, sore back, sprains or strains, nothing else will cure so fast as good old Nerviline. In use about fifty years—sold by dealers everywhere. The large 50c dealers everywhere. The large 50c family size bottle is the most economical; trial size 25c, all dealers, or the Catarrhozone Co., Kingston, Ont.

tralia. Josiah Wedgwood was a Fellow of the Royal Society, and the last paper he contributed to the society was headed "An Analysis of a Mineral

"The Hope of Sydney Cove" was the The most celebrated pottery-making name given to the medallion referred sites of antiquity were those of Samos to. The figure of Hope standing on a Athens and Etruria, and in these cases ock, with her emblem—the Anchor at her feet, was most beautifully ren-dered. Hope appeals to Peace. Art and Labor, to unite in guiding the destinies of and assisting in the devel-opment of the newly-explored land. the location of the clay beds was in all probability the location of the pottery. The same conditions were doubtless associated with the vast ceramie products of the Orient. It is not so, The Cornucopia—the emblem of Plents -filled to overflowing with the fruits however, with the bulk of the material of the earth, a glimpse of the wild country yet to subdue and till, and the used in our day, and for the last cen-tury and a half, in the earthen and china wares which have found useful suggestion of the vast surrounding ocean for an appropriate background occupation for millions of workers, and scope for thousands of artists to exercise their skill and ingenuity in producing the almost endless variety of utilitarian and artistic objects reto a delightfully conceived grouping of figures, emblematic of the natural re-sources of the new colony. sulting from the discoveries of potter's claybeds in England, the southwestern

Substance from New South Wales.'

Wonderful Bilious Remedy Actually Prevents Attacks

There are two great causes of biliousness—they are constipation and defective liver action.

When Dr. Hamilton's Pills are tak-

en, they not only correct constipated bowels, but act upon the liver as well. Quite unlike ordinary medicines which purge and give temporary re-lief, Dr. Hamilton's Pills remove the conditions which cause biliousness, and thus permanent cures are effect ed. No person who occasionally uses Dr. Hamilton's Pills will ever suffer from the headach, bad stomach or bilious complaint. Get a 25c box to-

Dutch Barges in the Thames.

For more than two centuries there have always been some big, broad-sterned Dutch boats lying in the Thames River, with baggy trousered Dutchmen smoking on board, quite calmly. It is the reminiscence of a Dutch conquest. Those boats have moored there, with their eels for London ever since William III gave them the right of traffic. And if there wasn't a Dutch boat for a single second se ond just below London bridge the ancient rights would be lost. But you will always find the calm Dutchman smoking on his "pitch."-Westminster

Better Than Spanking

Spanking does not cure children of bedwetting. There is a constitutional cause for this trouble, Mrs. M. Summers, Box W. S. Windsor, Ont., will send free to any mother her successful home treatment, with full instructions. Send no money but write her to-day if your children trouble you in this way. Don't blame the child, the chances are it can't help it. This treatment also cures adults and aged people troubled with urine difficulties by day or night.

Eggs. The egg is pure food.

Nearly all the essential elements animal tissues are found in an egg. Eat an egg and you get blood pro ducers. You get food for the muscles. You get sulphur and calcium for the system, and some iron. Albumen is the chief ingredient in

an egg. Albumen is an organic ele-ment, mostly carbon, with a small per cent. of sulphur, and containing ny-drogen, nitrogen, oxygen, etc. It is the sulphur in the yoke of an

egg which blackens silver in centact with eggs. The bad odor of rotten eggs is also due to the sulphur. phurated hydrogen being formed during decomposition.

The raw albumen of an egg is coluble and consequently raw or soft-boilble and consequently raw or soft-non-ed eggs are merely digestible. The coagulated albumen (formed when eggs are boiled) is insoluble and indi-gestible for weak stomachs.

There is no other single element of human diet of either animal or vege table character which is, perhaps, more commonly used the world over. nor served for the uses of man greater variety of styles and ways tnan are eggs.

Eggs are often taken as an antidote in various poisons, including bichlor-fice of mercury (corrosive sublimate), sulphate of copper (blue virrol), acc-tate of lead (sugar of lead) and nit-rate of silver (lunar caustic, with which albumen forms insoluble compounds

About six-tenths of all eggs is the white, thre-tenths the yolk and one-tenth the shell. And of the white of an egg 80 per cent, is water, 15½ per cent, and of the white of an egg 80 per cent, is water, 15½ per cent, all waters and all eggs 15½ per cent, all waters and all eggs 15½ per cent, all e cent. dry albumen and 4½ per cent. salts, etc. Even more albumen is contained in the yolk—17½ per cent. The yolk has so much oil (28% per cent.) that it is really an emulsion.

Ask for Ifinard's and take no other.

Catarrhal Fever



Pink Eye, Shipping Fever, Epizootic horse affecting his throat speedily in same stable kept from having DISTEMPER COMPOUND, 3 to 8 title guaranteed to cure one case, by colts, stallions, all ages 2nd scientific compound. Any di

SPOHN MEDICAL CO., Goshes, Ind.

SAVED BY POETRY.

Plaintive Plea That Moved Lysander to Spare Athens.

When, B. C. 404, after a heroic struggle, Athens, the "City of the Violet Crown," was captured by Lysander there were not wanting clamorous voices to urge that the city whose lust fer emwere not wanting clamorous voices to urge that the city whose lust for empire had brought such woes on Greece ought to be laid level with the ground. The Spartan general at first lent a willing ear to his powerful allies, but while the council was still debating this monntous issue a plaintive voice was heard from the city walls enating those noble lines from the "Electra" of Euripides, that most human of the poets of Greece, in which the heroine contracts her fallen lot with the splendid exploits of her father, who had dismantled the towers of Troy.

Lystander bent his head and pondered

en lot with the splendid exploits of her father, who had dismantled the towers of Troy.

Lystander bent his head and pondered on fortune's cruel reverses. Triumphant is Agamemnon, who could tell but that he might be reserved for a fate as cruel? The lesson of moderation was accepted. Athens was saved.

Milton has immortalized this dramatic event in one of his best known sonnets:

The repeated air

of sad Electra's poet had the power To save the Athenian walls from ruin bare.

Minard's Liniment Co., Limited:

I was very sick with Quinsy and thought I would strangle. I used MINARD'S LINIMENT and it cured me at once. I am never without it now.

Yours gratefully. MRS. C. D. PRINCE. Nauwigewauk, Oct. 21st.

A Remedy for an Ailment That is Very Distressing.

Exposure to cold and wet is a usual cause of sore throat, and it may be of rheumatic or gouty origin. Local irritation, as from drinking hot drinks or the inhalation of noxious gases, will cause an acute catarrhal inflammation of the muccus membrane. of the mucous membrane of the pharynx, soft palate and uvula. Going out of doors when very warm, not protected by wraps, will cause an in-flammation in the throat. Housekeep ers run out into the yard to hang up tea towels, etc., and nine times out of ten never put on a scarf or coat, and then wonder why they suffer so frequently from attacks of sore throat and cold. Much of the ill-health we suffer from can be traced to careless-ness and heedlessness on our own part. It is contrary to reason and good judgment to sit down to cool judgment to sit down to cool off, when very warm, where the wind will blow directly upon one. To ride about in open automobiles without wearing heavy coats and being protected about the feet by thick robes. The many thoughtless things one does every day will cause a sore throat, which be severe enough to result in a fatal

The treatment for the symptoms such as chilliness, fever, stiffness and tenderness in the muscles of the neck, soreness in the throat and painfulness then swallowing-the hoarseness and dry, hacking cough—is by medicines. First a gargle. This may be one of potassium chlorate, used three times a day; or a gargle of bicarbonate of sodium—one teaspoonful dissolved in a teacupful of hot water and used a teacupful of hot water and used (when warm) every five hours. It is best always to remain indoors for 24 hours, and preferably in bed, whenever suffering from a beginning cold or sore throat. A laxative medicine (whether suffering from constipation or not) should be taken. A bottle of the offerwacent citrate of magnetic parameters. the effervescent citrate of magnesia or a dose of castor oil. If the pain in throat is severe, cold applications are soothing—cloths wrung out of cold water and applied to the neck, chang-ing them as soon as they become warm. Sucking small pieces of chopped ice proves grateful also. If the fever is high and there is an unusual amount of restlessness and irritability always call in a physician.

CHILDHOOD CONSTIPATION

Mrs. Andrew G. Lund, Hughenden, Alta., writes: "Two of my babies were very much troubled with constipation and I tried several remedies without success. A neighbor advised me to try Baby's Own Tablets and they were so satisfactory that now 1 would use nothing else." The Tablets never fail to cure constipation and they may be given to the youngest child with perfect safety. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Breckville, Ont.

Sir John Lubbock's Ant.

In the biography of Sir John Lub-ock, later Lord Avebury, is an amusing story of the notice accorded to an odd pet in the Lubbock family. One of two illustrious queen ants, sovereign of one of the colonies upon which Sir of one of the colonies upon which Sir John based his famous studies of the ways of the little areatures, attained the venerable age of fourteen years and then died. Several scientific journals spoke of her decease, and the age apparated to France, where a hais spoke of her carease, and the news penetrated to France, where a distinguished French journalist, in whose mind, insufficiently acquainted with the possibilities of English orthography, ants and aunts were evidently confused, offered profuse condolances to Sir John "on the loss of his aged and valued relative."

Minard's Liniment Lumberman's Frend.

Brief Mention.

The negro population of the United States is approximately 12,000,000, the larger part (probably 10,000,000) being in the Southern States.

Middle names were once regarded as

The average adult inhales about one gallon of pure air per minute

The Lakes of Killarney are thought to have been once the site of a large and populous city.

Hammers were fashioned originally after the outstretched human hand and flat.

ISSUE NO. 16, 1916

HELP WANTED

WANTED-COMPETENT MAID-GEN-eral. Family of three. Good wages. State age and experience, Ad-dress, P. O. Box 65, Hamilton, Ont.

Grinls WILLING TO WORK ON British Army Orders, knitted under-wear. Scanners, plain stitchers and learners. Bright, healthy employment. Good wages. Zimmerman Mg. Co. Ltd., Aberdeen and Garth streets, Hamilton, Ont.

FOR SALE

OR SALE—RUFUS RED BELGIAN Hares and Gray Flemish Glants; July pedigreed. D. C. Waters, 175 šack-ton street west, Hamilton, Ont.

F OR SALE-FANCY PIGEONS AND flying homers; prices reasonable, L. Holton, 62 Careline street south, Hamilton, Ont.

MISCELLANEOUS.

WANTED-GIRLS OF GOOD EDUCA-tion to train for nurses. Apply, Wellandra Hospital, St. Catharines, Ont.

An Eye for His Colors.

Hafti appears to breed a spirit of sensitive patriotism unknown in other countries. Some years ago a general in the Haltian army ordered an arti-ficial eye. The maker did his best to execute the order satisfactorily, but the eye was returned from Port au Prince, with a letter complaining that "the eye you forwarded me is of a tint that resembles the Spanish dag. I am far too patriotic to wear any tint that resembles the Spanish and I am far too patrictic to wear any colors but those of my own country." After ascertaining from the ministry of Marine the colors of the Halian standard a scarlet and green eye was dispatched, and this met with entirestic approval

Minard's Liniment used by Physicians

How to Measure an Ounce.

An ounce of granulated sugar equals two level table An ounce of flour, four level tablepoonfuls.

An ounce of butter, two level tables-An ounce of ground coffee, five level tablespoonfuls.

An ounce of cornstarch, three level ablespoonfuls. An ounce of thyme, eight level table poonfuls An ounce of grated chocolate, three

evel tablespoonfuls. An ounce of pepper, four level table-An ounce of mustard, four fevel tablespoonfuls. An ounce of salt, two level tables coonfuls.—Exchange.

Shaving a Pleasure -- Not an Operation.

"USIT" the wonderful new skin food and wrinkle chaser, is a boon to men with heavy, wiry beards and tender skins.

A man who has used it for a skrort time said recently: "Shaving is a ptensure now. I used to consider it almost an operation."

It is only necessary to rub a for

It is only necessary to rub a few drops of Usit into the beard before lathering to enjoy an easy, quick Usit penetrates into the pores, softens the beard and gives a clean, close shave. The beard peels right off, with-

snave. The beard peels right on, whin-out pulling a hair.

Usit is kind to tender skin. There is no smarting or soreness after shav-ing. Gives the face a fine feeling of smoothness and freshness.

"USIT" prevents dryness of the skin caused by exposure of excessive winds.

Accept no substitute. Send 50c to-day for a trial bottle sufficient for over six weeks' use. "USIT" MANUFACTURING COMPY.
475 Rencesvalles Ave., Toronto.

Seville Nights.

In all the principal places and gardens of Sevillo moving picture screens are erected and small tables and chairs set out, the exhibitors either making their profits from the drinks sold or by rental of chairs at 2/cents each. Thousands of people go/nightly to the different plazas and gardens, and the only of the different plazas and gardens, and the entire life of the city for about four months centres around these moving picture shows.

Golfer and Caster.

A quaint match took place on a Shropshire (England) golf course octween a golfer using the usual clubs and ball and an angler with his rod and a two and a half ounce fishing and a two and a half ounce fishing weight. A large crowd watched, while the angler endeavored to get round the course in fewer casts that the goffer made strokes. The angler started favorite, and, of course, bunkers had no terrors for him. But he lost heavily on the longer holes, though some of his best casts were more than a fundered yards, and was well heavily on dred yards, and was well heavily on the longer holes. dred yards, and was well beaten on the round, taking 102 casts against his opponent's 87 strokes.

Make Your Body Tingle with life and energy for the day's work by eating foods that contain real nutriment—that do not use up all the vitality of the body in an effort to digest them. Shredded Wheat Biscuitsupplies the greatest amount of body-building, energy-creating material with the least tax upon the digestive organs. It is a real whole wheat food, ready-cooked and ready-toserve, containing the life of the wheat grain-nothing added, nothing taken away. Start the day right by eating Shredded Wheat with hot or cold milk. Serve it for luncheon with sliced bananas or other fruits.

Made in Canada.