

Eat the simple, nourishing, inexpensive foods and you will be the pensive foods and you will be the gainer in health and pocket. The "cost of living" generally means the high cost of things you do not need. The high-protein foods cost the most, are the hardest to digest and hence the least nutritious in the in the ce the long run.

carbohydrates for heat and fat, the nitrates for building muscle, and the outer bran coat for keeping the bowels healthy and active.

Shredded Wheat is the whole wheat -the most perfect food given to man-steam-cooked, shredded and baked in the cleanest, finest food Monte Carlo, April 12.—In the mo-r boat regata today Chanteeler II. on the prix liviera of \$1,000. for uisers from twelve to eighteen mo-uisers in the tack to eighteen mo-er the fifty kilometres course, the

## WILL REPRESENT U.S.

the army.



WELL KNOWN PRIEST DEAD.

Washington, April 12-Fathbest known Jesuit priests try, died at the Univers y. He was 69 years of been in failing health f

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Cut out heavy meats and soggy pastries for awhile and eat Shredded Wheat, the ready-cooked, ready-to-serve whole wheat food which supplies all the material needed for building the perfect human body. In Shredded Wheat you have the phosphates for bone and brain,

factory in the world.

Two Shredded Wheat Biscuits for breakfast with milk or cream and a little fruit make a complete, nourishing meal, supplying all the strength needed for a half day's work at a cost of five or six cents. Your grocer sells them.

TRISCUIT is the Shre Coast, delicit

Canadian Shredded Wheat Co. Niagara Falls, Ont.

item in the bill. Considerable debate is expected on this bill, but the dem-ocratic lenders expect that both cau-cuis measures will be ready for the senate within two weeks. The articles designated by this bill for the free list would make.a dif-ference as compared with the present uoties and revenues of less than a million and a half dollars. AT THE CORONATION. ington, April 12.—Major Gen-W. Greely, retired, has been as representative of the States army on the American ambnasy to the Coronation of DODDS KIDNEY sectal ambassy to the Coronation of ing George V. This appointment persedes the original selection of lajor General Frederick Dent Grant mmanding the department of the ast who on reconsideration has de-ined the honor. General Greely mmanded an expedition to the orth Pole in the early eightles and y years was chief signal officer of e armay. PILLS FORMER BOXER DIES BY GAS. Atlantic City, N. J., April 12.-ames Mitchell, former middleweight hampion of Pennsylvania, committee uicide here last night while despond 23 THE P CANADIAN MAUFACTURERS RETRACTED NOTHING ril 12 .- "We have no **OPERA HOUSE** Two Weeks, Commencing Monday, April 17 SPECIAL EASTER MONDAY MATINEE. THE SENSATION OF THE AMUSEMENT WORLD. Nothing Like It Has Ever Been Seen Here Before. ary 16 las any attem Chas. H. Rosskam's CHICAGO STOCK CO. The One Big Stock Co. of the Universe. 30 People-Tons of Scene Brio-Brac, Fancy Works of Art, Etc. \$50,000 Invested. Robert Edeson's Original Version of STRONGHEART, Monday Matinee: Monday and Tuesday Nights. ted in B Ritchie of this the Boothby S