No matter how much exercise you take you cannot build muscle without muscle-building food

Are you trying to build muscle on exercise and foods which contain no muscle-building elements? If you are, you are simply wearing out what little strength you have. You cannot build up without supplying the material to build with. Now, Nature has produced a perfect food in wheat. Each grain contains every element the human body requires and in exactly the correct proportions. The only foods in which you get the whole of the wheat are

T AND TRISC



Shredded Whole Wheat Biscuit is delicious with milk for breakfast and may be served as a basis for two hundred and fifty dainty dishes. Triscuit makes ideal toast and takes the place of white-flour bread

Make Triscuit your daily bread

Send for "The Vital Question Cook Book" free The Natural Food Company, Toronto, Canada

"Paula looks over her shoulder, a tall, thin, ungainly figure comes out of the wood. It is dressed in a knickerbocker smile and an outstretched hand. suit of startling hues, and dangles an eyeglass with a lackadaisical, languid did not know you were there. Er-been air. Behind it are two other figures, fishing?" as he sees the rod lying beone of a middle-aged gentleman with a side her "Ah, I see, this is a friend of white waistcoat and a high cravat, that goes fittingly with his pompous gait; the other that of a young girl neatly dressed in morning costume. What is it?" demands Sir Herrick. half laughingly, and Paula smiles in

sympathy. 'That's Mr. Stancy de Palmer," says, "and his father and sister May." 'Oh!" he says coolly; "I didn't know. What makes him wear clothes like

"I don't know," says Paula, suppressing a smile. "Perhaps he likes them—thinks they become him?" "Oh!" he says again. There is no time for further remark; for the great Mr. Stancy de Palmer comes within hearing, and seeing the kneeling figure at with a reproachful smile and in a lowthe stream, but not Paula, who is sitting half concealed behind the old what a wicked girl you were to hide ier, of the National Amateur Lacrosse South Africa next spring. The Cornishman will start then for Johannesstares with as haughty an air of sur- "I wasn't hiding," says Paula, "Yes,

is fixed upon him. Stancy de Palmer preserved. I spare no expense; money fect that all their players are amateurs. the latter was ready to guarantee Bob the list of winning owners, and there He hit a hot grounder between first

you are tresspassing?"

cup with both hands. There are notice boards.

strange tresspasser down. "I did," says Sir Herrick, quietly, afraid he was rather bored." and with no whit of offense in his cool, voice, but the reply arouses Mr. de Palmer's ire,
"Then—then," he stammers, with a truth.

I'm sorry. If the water belongs to you, to do a thing, do it well, I say." I apologize,

father, Mr. Palmer, of Powis Court," luncheon." says Stancy, haughtily, "as you might have read. "I don't think I got as far as that," easily and quietly outside the conversasays Sir Herrick, going back to the stream, and becoming instantly absorb-

ed in refilling the cup. d in refilling the cup.
Stancy, stares too wrathful for in- LEFT VERY WEAK stant retort, and Mr. Palmer and May

"What is the matter, Stancy?" asks His hopeful son turns and waves his hand, the long and bony fingers covered with rings.

And Suffered From Palpitation of the Giants in that they did not score a run in either game. Chicago get a run in either of heiding they did very poorly in the first game. At New York (first game)— R. H. New York (first gam the great sugar-baker, pompously.

Palmer, and he thrusts his thumbs in the armholes of his white waistcoat, and approaches the daring intruder on the Palmer domain with so admirable an imitation of a full-grown turkey-cock, that Paula, hidden behind the stump, and enjoying the little farce, can support the stump, and enjoying the little farce, can support to the stump, and enjoying the little farce, can support to the stump, and enjoying the little farce, can support to the stump and enjoying the little farce, can support to the stump and enjoying the little farce, can support to the stump and enjoying the little farce, can support to the stump and enjoying the little farce, can support to the stump and enjoying the little farce, can support to the doctors and trainers who at the doctors a

-young man," says the owner of Court, clearing his the owner of Dr. Charles you aware that this is private ground?"

"Yes, I've just been informed so," he says, "as I said, I am very sorry." "You have been fishing," says Mr.

Palmer, severely. Sir Herrick nods. "Yes, and had some very fine sport. The water seems well preserved." Mr. Palmer gasps more like a turkey-

"With pleasure," says Sir Herrick.

"Paula," that you?" and May Palmer moves toward ber. The two men stand and stare for moment; then Mr. Palmer, recovering first, comes forward with a pompour "Er-good morning, Miss Paula!

"Yes,' says Paula, taking the which Sir Herrick hands her as coolly and quietly as if they were alone. "Yes, I'm very sorry, Mr. Palmer, I didn t think you'd mind."
"Not at all—not at all,"

owner of the Court, with a condescending wave of the hand. "Any friend of yours is welcome, Miss Paula, "Why didn't he say so?" mutters Stancy, eyeing the nonchalant figure sullenly. Sir Herrick turns with a smile

'You didn't give me time,

prise and displeasure as his inexpresI was!"—in a whisper. "It was so funsive features can command.

I was!"—in a whisper. "It was so funny. I wanted to see what they'd do."

put an amateur team in the field to letic Club of Johannesburg, a club Sir Herrick fills his cup, it is not easily done, fills the sirely and carefully and rises to his feet, apparently totally unconscious of the stare that is fixed upon him. Stancy de Palmer

Ny. I wanted to see what they'd do,''

Any friend of yours, my dear young dear young then his cup, it is not easily done, fills it leisurely and carefully done, fills it leisurely and carefully unconscious of the stare that is fixed upon him. Stancy de Palmer

Ny. I wanted to see what they'd do,''

Any friend of yours, my dear young then had a club of Johannesburg, a club of Johannesburg,

eyes dropping for a moment, Paula laughs. "Bob enjoyed himself amazingly."

she says, with a polite disregard of the poor attempt at dignity, "how is it that you didn't keep away?"

"I'm very glad," says Mr. Palmer, that you didn't keep away?"

pompously, "we—er—do our best to "I'm sorry," says Sir Herrick. "Con, amuse our guests. Expense is no obas the patent cup collapses, ject-none whatever. If you are going "Come, father," says Stancy de Pai-The water is-is the property of my mer, suddenly, "we shall be late for "Er-yes," says Mr. Palmer, but he still eyeing the tall figure standing so

BY LONG ILLNESS

[To be Continued.]

Dr. Chase's Nerve Food, 50 cents a Powis Court, clearing his throat, "are box, six boxes for \$2 50, at all dealers, or Edmanson, Bates & Co., Toronto. To The criminal gets up, as coolly as or Edmanson, Bates & Co., Toronto. To protect you against imitations, the portrait and signature of Dr. A. W. Pittsburg ... Chase, the famous receipt book author, are on convenient and signature. are on every box.

The mayor of Portsmouth, England, Philadelphia has formally inaugurated as a Dickens Museum the house in Commercial road, Landport, in which Charles Dickens

"I-I," he says, pompously, "I must Lifebuoy Soap-disinfectant—is strongly Athletics "I—I," he says, pompously, I mast request you to give me your address," recommended by the medical profession as Clevelar Detroit a safeguard against infectious diseases. 22 St. Louis Washington "Wait one moment, if you will," and It is estimated that 400 househoats he goes to the stump slowly, carrying may be found upon the Thames and the cup. But Faula, probably thinking that very gorgeous, and resemble miniature Buffalo the fun has gone far enough, rises from floating palaces.

? Easily discouraged? Things look dark? Can't sieep? Restless and worn out? "Nervous exhausworn out? "Nervous exhaustion," your doctor says. Ask him to tell you all about the composed of the pick of the best shots in Ontario, the Fourth Battalion won by five shots. The Canadians led Ayer's Sarsaparilla. Sold for 60 years.

Course To Be Revived

at Lexington.

the Odds On Favorite in Detroit Feature.

New York, Aug. 17. - Captain Sam Brown, the millionaire turfman of by Rainbow. owned by G. W. Graydon, of London, Ont., and ridden by Jockey the Lexington (Ky.), track next spring Munro. came old memories of the fanous course will be revived. This unique meeting will be held for sentimental purposes, and those who have aided in making horse racing the recalled in making horse racing the recalled in making horse racing the recalled in the recalled in making horse racing the recalled in the recalled in making horse racing the recalled in the reca ognized national sport will be Captain Brown's guests at the meeting. Standing at the gate, the millionaire turfman outcome was virtually an upset, Scarling at the gate, the millionaire turfman outcome was virtually an upset, Scarling at the gate, the millionaire turfman outcome was virtually an upset, Scarling at the gate, the millionaire turfman outcome was virtually an upset, Scarling at the gate, the millionaire turfman outcome was virtually an upset, Scarling at the gate, the millionaire turfman outcome was virtually an upset, Scarling at the gate, the millionaire turfman outcome was virtually an upset, Scarling at the gate, the millionaire turfman outcome was virtually an upset, Scarling at the gate, the millionaire turfman outcome was virtually an upset, Scarling at the gate, the millionaire turfman outcome was virtually an upset, Scarling at the gate, the millionaire turfman outcome was virtually an upset, Scarling at the gate, the millionaire turfman outcome was virtually an upset, Scarling at the gate, the millionaire turfman outcome was virtually an upset, Scarling at the gate, the millionaire turfman outcome was virtually an upset, Scarling at the gate was the gate the will personally put a chalk mark on the hat of every one of his friends who enters the track.

W. J. McCarton, St. C., 20, 3. 12.

W. J. McCarton, St. C., 20, 3. 12.

Austin, B. B., 7.

T. Mart n, M. F., 24; W. H. Wright, heavily when the Shapfell colt fin-This meeting, which will be new in ished a bad second. War Whoop, next G. H. Orr, G., 14; A. F. Webster, G.

This meeting, which will be new in the annals of the racing world, will best in the race. Was third, last six days. During this brief period Captain Brown will spend \$100,000. Of the raced Starter Dwyer. Mohave the content of the race was third, last six days. During this brief period in which five entries of the original seven faced Starter Dwyer. Mohave the race, was third, last six days. During this brief period in which five entries of the original seven faced Starter Dwyer. Mohave the race, was third, last six days. During this brief period in which five entries of the original seven faced Starter Dwyer. Mohave the race, was third, last six days. During this brief period in which five entries of the original seven faced Starter Dwyer. Mohave the race, was third, last six days. During this brief period in which five entries of the original seven faced Starter Dwyer. Mohave the race, was third, last six days. During this brief period in which five entries of the original seven faced Starter Dwyer. Mohave the race was third, last six days. During this brief period in which five entries of the original seven faced Starter Dwyer. Mohave the race was third, last six days. During this brief period in which five entries of the original seven faced Starter Dwyer. Mohave the race was third, last six days. During this brief period in which five entries of the original seven faced Starter Dwyer. Mohave the race was third, last six days are race, in which five entries of the original seven faced Starter Dwyer. Mohave the race was the Captain Brown will spend \$100,000. Of this amount it is estimated that about one-third will be set aside for purses, and the rest of it will be used by Captain Brown for the entertainment of his friends. With the various receptions Captain Brown has arranged for his guests, the latter will practically have the freedom of the city extended to them for six days.

In which five entries of the original seven faced Starter Dwyer. Mohave and Henry Waite being the only guire, Westmount, 15.

E. T. Lightbourne, Vic., and S. Love, Gran., had byes.

To a good start, they were sent away. Scarfell immediately jumping to the front with Launay second. War Whoop third and Zarkee fourth. Edward Hale got away last and remained there to them for six days.

grow a Valhalla of the turf. Jake Holtman has been engaged to do the starting at the meeting.

President Meunier of the N. A. Lanky Bob Starts for Johannes-L. U. Hands Out a Check-

union, has replied to Mr. Feran's let-Union, has replied to Mr. Feran's letou are tresspassing?"

ou are tresspassing?"

ou are tresspassing?"

Nelson, the conqueror of Stancy drops his eyeglass, and looks up, steadying his stancy drops his eyeglass, and looks up, steadying his of the conqueror of the daggers, but it doesn't occur to him at clubs, I beg to call your attention to Eddie Hanlon, has signed articles for yet was doing his best at the end. This daggers, but it doesn't occur to him at the moment to speak out.

"But you are," says Stancy, grandilule of the moment to speak out.

"But you are," says Stancy, grandilule of the moment to speak out.

"This is—er—private water. here are notice boards."

"Yes, I saw them," says Sir Herrick, with aggravating coolness.

"How is dear Alice?" she asks, hurder are notice boards."

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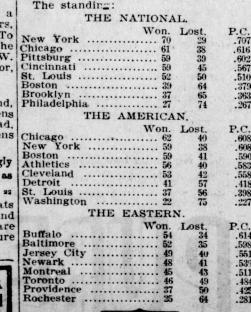
"How is dear Alice?" she asks, hurder are notice boards."

"How is dear Alice?" she asks, hurder are notice boards."

"How is d after last night. Did she enjoy hercial meeting of the committee of mancial meeting of the committee of man-

BOSTON DROPS

Their Western Tour-Giants Get a Black Eye.



Jim Corbett and Jack O'Brien have by 22 points up to the six hundred been matched to fight a six-round bout yards range. The totals were: "Cananat Philadelphia on Sept. 6.

Old Memories of a Famous Londoner's Horse Easily Beat Progress Only Made in the

With the cheers of 5,000 spectators Rain prevented great progress in the ringing in his ears, Zarkee, a bay colt Dominion Bowling Association at To-Munro, came home first in the race for the Frontier stake at Highland Park yesterday, annexing the \$2,000 (Victoria lawn):
event of the Highland Park Jockey D. Carlyle, P. P 21; T. S. Clark, 18.

In making his announcement of the sentimental meeting Captain Brown sentimental meeting Captain Brown War Whoop passing Launay. Zarkee says: "The place now belongs to me, was fourth, coming fast. At the half, says: "The place now belongs to de, and I mean to revive all its old ment ories. I will have a meeting there next spring, and to it will invite all men that have in any way helped racing in its numerous departments. I will put a bid until the turn for home. Calling chalk mark on their hats as they come chalk mark on their hats as they come on the mount under him he caught to the gate, and that will mean the next thing to the freedom of the city."

An effort probably will be made to came home on the bit by three assemble as many relics and trophies lengths, War Whoop being a length of the turf as possible, and it is not and a half behind Scarfell. The winunlikely that out of this meeting will ning horse and rider were given ar ovation by the crowd, which did not cease until the floral horseshoe had

burg in the Spring-Will Continue to Fight.

offer has been accepted. LACROSSE IS A TO THIRD PLACE WHOLESOME GAME

Beancaters Take a Fall on Glad Day for Young America Leads the National League in league, so their records are considered pire, Egan. Attendance, 471. When It Is Properly Introduced and Fostered.

> want rowdyism or unsportsmanlike tactics in its sports. Lacrosse is not a rowdy nor a brutal game. It is fast, furious and sometimes rough, but when played aright it is a clean game and as free from injuries as any sport can be in which speed and strength cut so much figure. Withal it is an intensely interesting and exciting sport and as interesting and exciting sport, and as wholesome in its effect on the spectator as on the player in training. It will be a glad day when lacrosse be-

comes one of Young America's pastimes, as it will if properly introduced and fostered until the public learn the game. Once attracted to it, the spec-tator becomes a "fan," but the way is not through making the game ap-TOTTENHAM WON DISTRICT.

Dominion Association Tourney.

ronto yesterday. At the Victoria only the association match was lawns gone on with. The scores:
Association competition, first round G. Zilliax, P. P., 16; J. H. Renwick, W. Patterson, Br., 19; G. Greenwood

W. H. Ketchum, Vic., 13; Dr. Snel-Warden, T., 11; J. G. Hay, Code. Ch., 17; T. Woodyatt Rogers, Q. C., 19; C. R. Fitch Waddell, P., 15; J. T. Taylor, Jos. Irving, G., 13; Caldwell, St. M.,

Thistles, 10 (Granite lawn): Dr. Hawke, Gr., 18; G. R. Hagraft, r., 17. W. D. Euler, Ber., 21; W. E. Buck- unnecessary. Ingham, Gu., 14. W. W. Ritchie, P. P., 18; Dr. Clem- LEG BROKEN, BUT

S. Jones, Can., 17; Geo. Faircloth N. MacDonald, Gu., 18; G. H. Wood, L. P., 13. J. Russell, St. M., 18; W. H. Hall,

is fixed upon him. Staney de Palmer comes up to him, with a flush upon his inexpressive face.

"Er!—I beg your pardon!" he says with a languid lisp.

"Er left have a good sport, and I'm with a lish upon his regard returns to the cup which demands all his arganderents specially designed for the languagements to the effect that all their players are antecurs, the latter was ready to guagarantee Bos fect that all their players are antecurs, the latter was ready to guagarantee Bos fect that all their players are antecurs, the letter is as follows: "Your favor at the latter was ready to guagarantee Bos fect that all their players are antecurs, the letter is as follows: "Your favor at the latter was ready to guagarantee Bos fect that all their players are antecurs, the letter is as follows: "Your favor at the latter was ready to guagarantee Bos fect that all their players are twee responses, the letter is as follows: "Your favor at the latter was ready to guagarantee Bos fect that all their players are they had

will not be difficult to reach the fig-ures of that banner year. Delhi did

ing Captain Brown's colt. HANS WAGNER IS THE TOP NOTCHER

Batting, Run Getting and Base Stealing.

The New Giants got a black eye yesterday, when they met the Pittsburg
Pirates in two games on the New York

Well meaning friends of the great
Pirates, by his steady work with the
Stick during the past week manager

While teams opposed to them pulled off 69. Stahl leads in stolen bases, with fourteen, and is tied with Manager
The New Giants got a black eye yesterday, when they met the Pittsburg
Canadian game of lacrosse have been attempting to create an interest in the
Stick during the past week managed. Pirates in two games on the New York grounds and lost both. In each game as it is played, says the Giants were outbatted, and in the game as it is played, says the steady work with the stick during the past week, managed to maintain his position as the leading to maintain his position has the leading to maintain his position as the leading to maintain his position has the leading to maintain his position as the leading to maintain his position has the leading his maintain h matter of fielding they did very poorly Chicago Tribune. Evidences have ap- batsman of the National League, but "Oh, nothing much," he says. "This—this person is trespassing, and I am just telling him so."

The Heart—Gained in Weight and Strength by Using Dr. Chase's Nerve Food.

Strength by Using Dr. Chase's Nerve Food.

The Heart—Gained in Weight and Strength by Using Dr. Chase's Nerve Hing game to Boston. The Pittsburg are injurious rather than helpful to a slight set back by losing in a ten-ingenous nattendance." In the list of officials for the matches, Such methods are injurious rather than helpful to a slight set back by losing in a ten-ingenous nattendance." In the list of officials for the matches, Such methods are injurious rather than helpful to a slight set back by losing in a ten-ingenous nattendance. In the list of officials for the matches, Such methods are injurious rather than helpful to a slight set back by losing in a ten-ingenous nattendance. In the list of officials for the matches, Such methods are injurious rather than helpful to a slight set back by losing in a ten-ingenous nation of the matches, Such methods are injurious rather than helpful to a slight set back by losing in a ten-ingenous nation of the matches, Such methods are injurious rather than helpful to a slight set back by losing in a ten-ingenous nation of the matches, Such methods are injurious rather than helpful to a slight set back by losing in a ten-ingenous nation of the matches, Such methods are injurious rather than helpful to a slight set back by losing in a ten-ingenous nation of the matches, Such methods are injurious rather than helpful to a slight set back by losing in a ten-ingenous nation of the matches, Such methods are injurious rather than helpful to a slight set back by losing in a ten-ingenous nation of licials for the matches, Such methods are injurious rather than helpful to a slight set back by losing in a ten-ingenous nation of licials for the matches, Such methods are injurious rather than helpful to a slight set back by losing in a ten-ingenous nation of licials for the matches, Such methods are injurious rathe

in which the rest of the league players are forced to follow Wagner's lead. He has 65 to his credit. His total of 39 stolen bases puts him in advance of bases puts him in advance bases puts rivals in that department.

Napoleon Lajoie continues to lead the American League in batting, alpenter.

Second game was called at the end of Duffele N

As we know positively the form of the physique

for which we tailor suits we can do many things.

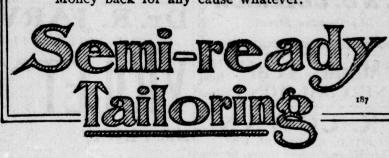
The Value of Knowing.

We can shape the parts better-we can mould form with the needle—sew the special shape into a garment part.

We can insure permanence of shape—a thing impossible when garments are slashed out by the hundred and thrown together by uneducated help as in "ready mades."

Then each suit is made up to the "try on" stage.-You prejudge effect before you buy.

Money back for any cause whatever.



LUNDON

146 DUNDAS STREES

its first game in Boston last week the STANLEY DILLON AND fans of that city were surprised to see only three of the men who took part in the games for the world's championship in that city last fall in line. They were Wagner, Ritchey and Beaumont. The balance of the team Thistles, 10.

Bell, B. R., 20: T. Thauburn, have yet to demonstrate their ability to play National League baseball. And competition, first round that very day the Pittsburgs passed Cincinnati and moved into third place. Further comment on the gameness of Pittsburg's diamond representatives is

SAVED BALL GAME

Michael Whalen, third baseman on WINNING OWNERS the runner and batter would both have scored and New Rochelle would have 2:16 trot, purse \$500, dash, 11-16 miles—

one of those inconvenient telescopic arrangements specially designed for the traveler's—inconvenience.

"I beg your pardon!" says the heir of the Palmers, with an increase of color occasioned by the coolness of the other. "But are you—er—aware that your are tresspassing?"

"I suppose you haven't been fishing thinks williams and his advances are usually met, and his face grows rather red, while that of the Cornation indorsed the action in the Cornation

with aggravating coolness.

"Then I—I think you might have paid more attention to them," retorts Stancy de Palmer, growing a deeper red, and dee

Peel and Saunders. excellent. Stahl is also the long hitter of the team, having 20 two-baggers, 10

IN THE NATIONAL.

Extra bases is another department in which the rest of the league players Eatteries—O'Neill and Grady; Duggleb and Roth and Dooin. Umpire, Emslie Attendance, 3,091

though his percentage has dropped a little below the .400 mark. Harry Davis, of the Athletics, is now his

JOHN M. THE WINNERS

Stanley Dillon won the feature of the Grand Circuit meet at Brighton Beach yesterday. He was given a warm fight for both heats. won in the 2:08 pace, with Gallagher second. The summaries: 2:08 pace, purse \$5,000; mile heats, 2 in 3:

Gallagher, b. g. Pan Michael, ch. h Pauline A., blk. m... Claymos, b. g...... Dry Monopole, br. h... Pinchem Wilkes, b. g. 57
Baron Rogers, br. g. 8 d
Time—2:05, 2:05¼, 2:07½, 2:07¾. 2:20 trot, purse \$5.000; mile heats, 2 in 3:

Stanley Dillon, b.g., by Si Dillon—Athenian, by Steinway Stanley

ORIENTS WON CLOSE GAME.

At Springbank last night the Orients

At Springbank last night the Orients defeated the team of John Marshall & Co. The game was a very close one. At Baltimore (first game) - R. H. E who now lives in Toledo. The score:
Orients 4 6 3
Marshalls 3 6 3
Batteries—A. Howell and T. Ensign;
Beel and Saunders
Batteries—Mason and Hearne: Mueller Peel and Saunders.

STAHL BEST BATTING SENATOR.

and Vandergrift. Umpires, Kelly and Sullivan. Attendance, 3,378.

Stahl is the best batter on the Wash- are postponed; rain. Stahl is the best batter on the Washington team, although he is but three points beyond Huelsman, who has been dubbed the "Lajoie of the South."

Neither one is a 300 hitter, but there are few batters above them in the Brockett, Greene and McAllister. Umlike the state of the South."

Brockett, Greene and McAllister. Umlike Exam Attendance 471. triples and two home runs. The fast

IN THE EASTERN.

Wiltsc and Byers:

EMPIRE TRACK PURSES. work of the infield is shown in com- The total amount paid in purses at parison with that of their opponents. the Empire City track last week was Washington executed 60 double plays. \$47,500, or \$12,000 more than the purses

> YESTERDAY'S TURF WINNERS. At Saratoga--Adrintha, 9 to 5; Conajoharie, 30 to 1: Princess Rupert, 10 to 7; Molly Brant, 31/2 to 1; Jack Lory,

locally, won first money at Erie, Pa., the other day. Long odds were offered on the horse and the owner Mr Leibla of Tavistock, and his friends, cleaned up a large parcel of greenbacks.

ONE-SIDED SCORE. Simcoe defeated St. Catherines in game of golf Monday by a score of 19

OLDFIELD AT IT AGAIN. Buffalo, N. Y., Aug. 15. - The last day's race of the Buffalo Automobile Racing Association at Kenilworth

only the Pittsburg club lined up for Philadelphia0000201003-6 10 2 cess.

GOLF. points to 1.