

TONIC TREATMENT FOR THE STOMACH

The Modern Method Most Successful in Treating Indigestion

The old-fashioned methods of treating indigestion and stomach troubles are being discarded. The trouble with the old-fashioned methods was that when the treatment was stopped the trouble returned in an aggravated form.

The modern method of curing indigestion and other stomach troubles is to tone up the stomach to do its normal work. Every step towards recovery is a step gained, not to be lost again. The recovery of the appetite, the disappearance of pain, the absence of gas—all are steps on the road to health that those who have tried the tonic treatment remember distinctly. Dr. Williams' Pink Pills are a tonic medicine, every constituent of which is helpful in building up the digestive organs, and is therefore the very best remedy for chronic cases of stomach trouble. The success of the treatment is proved by thousands of cases like the following: Mr. W. W. Swain, Grand Valley, Ont., says:—"For several years my mother had stomach trouble from which she got no relief whatever until she began the use of Dr. Williams' Pink Pills. She was treated at different times by three doctors, but their efforts did not avail. Then she was advised to try an electric belt, but it proved worthless. She suffered much during this time and food became distasteful. The trouble also affected her nerves and her general health was on the verge of a breakdown. One day a friend who was in asked her to try Dr. Williams' Pink Pills. Without very much hope that the Pills would prove successful when other medicines had failed, we nevertheless got her a supply. In a few weeks we could see a decided change, and got six more boxes. By the time these were used mother was almost well, and she kept on taking the Pills for a short time longer and was completely cured. She is now a healthy and strong woman and is never bothered with her stomach in any way. I hope this statement will bring relief to other sufferers."

Why experiment with medicines of doubtful value, when you have such positive evidence of the benefit following the use of Dr. Williams' Pink Pills? 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.

HOTEL WONDERS.

London's (England) hotels, of which there are upwards of five hundred, are called upon to find accommodation for between 25,000 and 30,000 visitors nightly. Some of these London hotels are wonderful places. Twenty of them represent a capital of \$40,000,000. Some possess over a thousand bed-rooms, and as many as 8,000 guests have been known to sleep in a score of these palaces. Oftentimes the table silver at a famous hotel represents a value of \$500,000, and a great deal disappears annually into the pockets of "souvenir-hunters." There is hardly a trade or profession but what has its own particular hotel in London. The origin of the modern metropolitan hotel was that years ago an enterprising servant who left a West-End mansion to start a boarding house, developed it by stages into an hotel, which afterwards became one of the biggest in London, and enabled him to retire to the country a rich man.

IVORY FROM MILK.

One of the latest discoveries of the synthetic chemists is how to make ivory out of nothing more wonderful than cow's milk—and very good ivory at that, according to all accounts. The original idea was to use the new "ivory" for piano and organ keys because it preserves its original color indefinitely, whereas the genuine article turns yellow after a time. But it has been found that the new product is not only an efficient substitute for ivory, but can easily be prepared so as to take the place of amber, horn, coral, celluloid, and such-like products, and it is claimed, can hardly be distinguished from them. It is in its position as a substitute for ivory that the new material has caused most surprise, however, because it has the appearance of being another instance of improving upon Nature. The new ivory takes a very high and lasting polish, and will probably not lack a commercial field for itself, as natural ivory continues to grow scarcer and dearer year by year.

Many a man who is calling loudly for justice would be in jail if he got it.

TORONTO CORRESPONDENCE

INTERESTING BITS OF GOSSIP FROM THE QUEEN CITY.

The World's Walking Champion—Liberal's New Ontario—Yacht Races—The City's Many Parks.

Cynical critics of the Toronto street cars attach great significance to the fact that the one lone world's championship Toronto secured at the Olympic Games was that for walking. But that single championship was very much worth while. Walking may not be considered much of a sport or even an exercise, but it is very much of both, as George Goulding, world's champion walker, from the moment he strikes his pace every muscle in his body seems to be in motion—his hands, arms and body all seem to be helping his legs along. Not that he has the ungainly pump-handle jerkiness which some walkers think gives them speed, for his motions are every one graceful and he moves forward with a speed that is impressive, so impressive that it generally gets the nerve of any competitor. Goulding's style has been criticized, but the best authorities say it is a perfectly legitimate walk. He is probably the best the world has seen. And that's something for Toronto to be proud of. No wonder it gave him a warm welcome home.

SOME POLITICAL AMENITIES.
The idea of a leader of the Opposition taking his whole party on a trip through New Ontario was a novel one, and Mr. Rowell has been receiving a good deal of non-partisan praise for conceiving and carrying out his dog-day jaunt. To take 115 representative old Ontario citizens, even if they are vote-hunting, into New Ontario, cannot help but be good for both Old and New Ontario. The government, too, is getting credit for the spirit it showed in connection with the undertaking. A Temiskaming and Northern Ontario Railway private was placed at the disposal of Mr. Rowell, and government officials at various points were instructed to look after the comforts of the party.

The growing interest in the hinterland is further evidenced by the Toronto Board of Trade's second expedition into it in force.

YACHTING HAS FEW CONVERTS.
With international yacht races at Toronto and at Chicago the first week in August sees the climax in the season's interest in yachting. For some reason or other yachting does not increase in popularity here. There is doubtless much more money invested in pleasure boats in Toronto than ever before, but that is because every once in a while some millionaire takes it into his head to spend \$100,000 on a steam yacht, and expensive motor boats also are increasing in number. But in the old-fashioned dinghys and other sailing craft where every man works for his passage, there is not much advance. Possibly accidents have held popularity in check. An amateur in a sailboat is about as awkward and as dangerous a combination as one ever sees, and the occasional fatal upset that happens always results in a lot of sailboats being put on the market, and makes a lot of other people decide to find sport some other way, despite the many natural advantages offered by Toronto's bay.

TORONTO SPREADS WESTWARD.
There are many people living who remember when it was quite an expedition to visit the Humber river, which flows into Lake Ontario some five miles west of the foot of Yonge street. In the old days excursion boats ran from the city to the Humber mouth. That was long before the "Banish the Bar" era, and if the ashes of some of the Humber buildings recently destroyed by fire could talk, they could tell of many gay goings-on, when the merry-makers from the then distant city arrived in force.

Now we seem to be within reasonable distance of the time when the whole valley of the Humber from its mouth up to Lambton Mills, two miles north, will be taken into the city limits, and at the same time will come in the intervening territory, which includes the settlements at Swanton and Runnymede. Mr. Home Smith, one of the most far-seeing and energetic of the younger citizens, has, with the backing of a syndicate, bought up nearly all the property on both banks of the river. The high ground on the banks will make attractive residential sites, and the low-lying areas will be developed as they do elsewhere in the world.

Now Acting Mayor Church has improved on the plan with the suggestion that at the mouth of the Humber a new city park should be established. The site, he says, should be as large as Queen's Park, which contains 37 acres. The location is excellent, and if the entire project is worked out Toronto will have reason to be proud.

TORONTO'S PARK SYSTEM.
This is the season when the city gets the full benefit of its breathing spaces. Queen's Park, which is probably the best known because of its accessibility and the location there of the Parliament buildings, is by no means the largest park in the city. That distinction falls to High Park in the west end with its 335 acres, chiefly in their state of natural beauty. This was the magnificent gift to Toronto of the late Mr. Howard, who lived on the property and whose quaint old residence, with monument near by, keeps green his memory. It is not altogether satisfactory to know that descendants of the city's benefactor are not far removed from poverty; for the property, if put on the market now, would yield a stupendous sum.

High Park is traversed by a network of roads, and has been spoiled for many citizens in recent years by the advent of motor cars, which make the winding paths a nightmare to the mothers of impetuous children. Then there is Exhibition Park, with its 234 acres, and Centre Island park with 218 acres. Riverdale Park with its developing Zoo has become the most interesting spot in the city for children. It has 108 acres. Then there are literally dozens of smaller park areas. Alexander Park on Bathurst street, with its seven acres, was formerly the residence of Sir Casimir Gzyowski, and is a delightful retreat. The Allan Gardens at the corner of Sherbourne and Carlton, with its statue of Robert Burns and plant houses, has 10 acres. Bellwood's Park in the west end, with 5 acres, is in itself a delightful bit of scenery. The Grange, Goldwin

Smith's former residence, contributes 6 acres in the heart of the city. Then there are some 30 acres in the Rosedale ravines and a great number of other open spaces and gardens running from half an acre upwards. Altogether, the city has over 1,500 acres of park land. On the warm summer evenings they are well filled, particularly when the band plays.

CHILDREN LIKE RIVERDALE.
The Riverdale Park Zoo is the special delight of "Danny" Lamb, formerly an alderman, and now the ultra strict member of Toronto's Board of License Commissioners. By purchases, gifts and trades he has built up a collection that is already the children's delight. He has an elephant, six lions, a tiger, leopards, polar bears, Canadian, Japanese, Russian and Syrian bears, kangaroos, wolves, monkeys, llamas, raccoons, deer, birds of various kinds, including eagles, storks, cranes, parrots, peafowl, wild fowl; also several alligators and a large number of reptiles. Needless to say, they constitute a never-failing source of interest to the younger generation and to the grown ups too. Every afternoon and Sunday Riverdale is crowded with thousands of children and their guardians.



ARRESTED.

"Uncle, I didn't know doctors were policemen."
"Neither did I, dearie. Why do you think they are?"
"Because when I was sick the doctor said he was going to arrest the fever, and I'm sure he did, because it never came back!"

FAMILY RUNT.

Kansas Man Says Coffee Made Him That.

"Coffee has been used in our family of eleven—father, mother, five sons and four daughters—for thirty years. I am the eldest of the boys and have always been considered the runt of the family and a coffee toper."

"I continued to drink it for years until I grew to be a man, and then I found I had stomach trouble, nervous headaches, poor circulation, was unable to do a full day's work, took medicine for this, that, and the other thing, without the least benefit. In fact I only weighed 116 when I was 28."

"Then I changed from coffee to Postum, being the first one in our family to do so. I noticed, as did the rest of the family, that I was surely gaining strength and flesh. Shortly after I was visiting my cousin, who said, 'You look so much better—you're getting fat.'"

"At breakfast his wife passed me a cup of coffee, as she knew I was always such a coffee drinker, but I said, 'No, thank you.'"

"What?" said my cousin, "you quit coffee? What do you drink?"
"Postum," I said, "or water, and I am well." They did not know what Postum was, but my cousin had stomach trouble and could not sleep at night from drinking coffee three times a day. He was glad to learn about Postum but said he never knew coffee hurt anyone. ("Tea is just as injurious as coffee because it contains caffeine, the same drug found in coffee.")

"After understanding my condition and how I got well he knew what to do for himself. He discovered that coffee was the cause of his trouble as he never used tobacco or anything else of the kind. You should see the change in him now. We both believe that if persons who suffer from coffee drinking would stop and use Postum they could build back to health and happiness. Name given by Canadian Postum Co., Windsor, Ont."

"There's a reason." Read the little book, "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

UNNOTICED.

"Did you kiss the bride?"
"Yes."
"And congratulate her mother and father upon the happy event?"
"Yes, indeed. I had a nice little chat with both of them."
"And I presume you met all the out of town relatives?"
"I think I did. In fact I'm almost sure I did. Some of them seemed to be very entertaining people."
"And I suppose, of course, that you gave the groom your best wishes?"
"The groom? No. I didn't. Now you speak of it, I don't remember seeing him there at all."

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The Way the Executors of One Estate are Taking no Chances with an Inheritance—Holding a Sinking Fund is a Valuable Asset—Particularly so if Company is Engaged in Mining.

The articles contributed by "Investor" are for the sole purpose of guiding prospective investors, and, if possible, of saving them from losing money through placing it in "wild-cat" enterprises. The impartial and reliable character of the information may be relied upon. The writer of these articles and the publisher of this paper have no interests to serve in connection with this matter other than those of the reader.

(By "Investor.")

In a paper recently it was announced that the executors of a Canadian estate had decided that large holdings of a certain industrial stock would have to be sold because the beneficiary of the estate persisted in treating the entire dividend from the stock as income. The executors contended that as the stock was that of an industrial company the owner should set aside as a sinking fund part of the annual return on the stock.

Theoretically the executors were entirely correct in their attitude. Practically it would depend a great deal on the nature of the business in which the company was engaged. As a rule, however, their proposed action was admirable. Industrial stock would have their success on a great many things which can be altered by politics, nature, finance and the whim of the populace. By politics through tariffs and taxes; if the tariff on the products of certain of our industrial companies was lowered or wiped out the character of the industry and its securities worth but little. The bondholders would also use up most of the profits. Nature could affect industrial companies in many ways. Pulp and timber companies by fire could conceivably be wiped out. Floods might destroy mills, though this possibility is scarcely applicable to any but the smallest single plant industries. Finance could affect an industrial company through its bankers and through the market for its securities, and finally, on the whim of the people many industrial companies depend for their business. Public breaking foods are examples of public opinion. Few of these retain their popularity for more than a few months or years.

When one owns an industrial common stock, or even the preferred of some of the companies engaged in a precarious business—I have in mind examples of public opinion—large, of course, went up before even a large sinking fund could save the shareholders—it is always well not to treat the whole amount of the dividends as income. Part should always be treated as capital and put by in a sort of sinking fund to reserve as it grows large enough in this way—if the holding is large, two per cent. of each five received in dividends should be saved. Thus, from a ten per cent. dividend six per cent. could be spent and four per cent. put by to be treated as capital. If after ten or twelve years the company was still in the ring the sinking fund would have amounted to sufficient to offset a very substantial depreciation in value and would, through reinvesting the income from the sinking fund, amount to the par value of the investment in a few years more. Of course, where the sum invested is small it is scarcely worth while bothering about it in this way. It is wiser to sell the stock if one cannot afford to take any chances with one's capital.

In the case of mining stocks this is, of course, the rule, and is figured out that the life of the average mine is ten years. One should, therefore, put by at least ten per cent. of the cost of the mining stock every year, if the mine is a comparatively new one and a greater percentage if the mine is older, always providing an obligation to pay dividends. Of course, anyone who buys non-dividend paying mining stocks is a gambler and won't be interested in this sort of thing. But if you must buy mining stocks buy those paying dividends, and figure that ten years will exhaust the supply of ore. If at the end of ten years the mine is still working you are so much to the good. If, alas, it has shut down you lose, as you probably will.

GET ACQUAINTED WITH YOUR NEIGHBORS.

If you are genteel in appearance and courteous in your manner, you will be welcomed in every home in your locality, when you are showing samples of our superior toilet goods, household necessities, and reliable remedies. The satisfaction which our goods give, places the users under an obligation to you, which will be for you the same respect, esteem, and intimate friendship given the priest, physician, or pastor, and you will make more money from your spare time than you dream of besides an hour of friends. This is your opportunity for a pleasant, profitable and permanent business. Address: The Home Supply Co., Dept. 20, Merrill Building, Toronto, Ont.

Wife—"Well, there you are, George! And did you have a good time? Was the hotel you stopped at home-like?" Husband dryly—"Very, darling. There wasn't a thing in it fit to eat!"

BLACK AND VIOLET.

Dress is most alluring this season and there is such variety in style that not only every taste but every individual figure can be suited. Black and violet as regards dress for reception and every afternoon wear is a fashionable alliance, and we note it principally in taffetas and satin costumes, while with the black cloth or sponge velvet charmuse and guipure insertion veiled with black ninon de soie is a fitting accompaniment.

The mauve foulard with black or mauve ninon overskirt is being exploited with success, as is the panier coat costume of black and deep purple Liberty satin.

A charming model of this style has the coat gathered at the waist, with belt coming high in front and made of exquisite black, purple and cerise embroidery. This continues in band form on either side of the coat fronts, while the bodice portion is arranged in wide pleats, and the pearl-shaped sleeves reach only a little way below the elbow.

Physician at watering-place (to patient's husband)—"And, after all, the great thing for your wife is exercise. Does she take any?" Patient Husband—"Take any?" Physician—"Take any! I should say she did. Why, doctor, she changes her dress at least six times a day!"

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