

A GOOD HABIT
Tea when you are tired,
particularly if it's
LIPTON'S
TEA
Goes farthest for the money

CHINESE SEALS OF WOOD.

Stone, Too, There Forms Part of
Articles Usually Made of Metal.

In China seals are made of wood and stone, as well as of metal. They are used, in addition to a signature, to represent an individual, a legal person or a corporation. The seals used by the former emperor were distinguished as privy and state seals, and were three inches square.

China's state seal is used chiefly upon documents relating to foreign countries, explains the Oriental Review, and has Chinese characters stamped on it. The privy seals are stamped on imperial rescripts, issued for proclamations at home.

Japanese law requires that each individual should send in an impression of his seal as a specimen (called jitsuin), to have it registered and kept in a government office (district office of a city, town or village), that it may represent himself in a deed.

The material employed to make these seals consists of various kinds of precious stones, gold, silver, etc. Those mostly in use at the present day are of agate, rock crystal, ivory, rhinoceros or wood or boxwood, and recently India rubber has come into use.

There are two ways of engraving characters on a seal—relief and intaglio. In the one the characters in the impression are shown in color, while in the other they are represented in white on colored ground. The ink used for stamping is called niku. It is generally of vermilion red.

The cheapest kind of seals are made of boxwood and sold at 5 cents apiece. Most seals are oval in shape, but some are round and others square. They rarely exceed one-half inch in diameter.

Revising Things.

Hewitt—What do you think of this suffragette business?

Jewett—If it is carried to its logical conclusion it will result in woman putting her money in her husband's name.

"Too bad! Mrs. Smartleigh always has such abominable weather for her afternoon teas!" "Yes; she never pours but it rains!"

Waiter—And how did you find the beef, sir? Customer—Oh! I moved a potato, and there it was!

**It's Always
A Good Thing**

To have a
Clear Horizon
at both ends of the day.

A dish of
**Post
Toasties**

for breakfast and again at the evening meal opens and closes the day with a dash of sunshine.

Toasties are bits of hard, white Indian Corn, first carefully cooked, then rolled thin and crinkly, and toasted to a delicate, appetizing brown.

Not a hand touches the food in manufacture, and it is ready to serve direct from the package—to be eaten with cream or milk—and sugar, if desired.

Post Toasties taste deliciously good and are richly nourishing.

Made by Pure Food Factories of
Canadian Postum Cereal Co., Ltd.
Windsor, Ontario.

OUR LETTER FROM TORONTO

INTERESTING BITS OF COSSIP FROM
THE QUEEN CITY.

Dr. C. C. James Speaks of the High Cost of
Living—Dr. Freidman's Cure—Toronto
Suffragettes—Exhibition Association

City people, not infrequently, are heard to declare that farmers are getting rich, that the present high cost of living must be resulting in a situation in which the farming community as a whole is simply rolling in wealth. This view was punctured by Dr. C. C. James, former Deputy Minister of Agriculture for the Province of Ontario and now Advisory Expert for the Dominion Department of Agriculture, in his address to the Canadian Club.

"I want to tell you," he said emphatically, "that the farmer is not getting too much." In illustration he quoted the fact that a bag of potatoes which costs 90c., \$1.00 or \$1.25 in Toronto, yields to the farmer who grows them, probably in a Marlton County, New Brunswick, not more than 30c., and the milk which sells in Toronto for 10c. a quart yields the farmer probably only 4-1/2c. a quart.

The West is Not Helping.

Mr. James made a comment that was surprising to many of his audience in connection with the opening up of Western Canada. He said that as far as the cost of living in this country is concerned, the new population in the West is doing nothing to ameliorate conditions. While they are producers in one sense of the word, the stuff they are producing, wheat, oats, hay, is practically all for export, so that as a matter of fact the increased population is simply adding to the consuming population of the country. On the other hand, the rural population of Eastern Canada during the last few years had declined by about 1,000,000 people, while the city or urban population of the country had increased by no less than 1,250,000. In these figures, Mr. James thought, lay one of the chief causes for the great advance in the cost of living in Canada. The cost of living, he pointed out, had declined in number. It was inevitable that the law of supply and demand should rule. Mr. James followed this up with the startling declaration that in his opinion it would be better for the Government, instead of spending thirty-fourty or fifty million dollars for railways to open up new areas in the Northwest, to take a similar amount and spend it on good roads in old Ontario and the other settled portions of Eastern Canada.

In this connection Mr. James pointed out that Canada, generally regarded as an agricultural country, is a large importer of food stuffs. British Columbia, for example, imports \$16,000,000 worth of table products annually, and little New Brunswick, another agricultural province, imports \$4,000,000 worth.

Friedmann's Cure.

Among local medical men and the public generally there is the keenest interest in the reported discovery by Dr. Friedmann, the German physician, of a successful treatment for consumption. Several local doctors have made arrangements to interview Dr. Friedmann, and it is hoped that possibly he may be induced to visit Toronto. Despite the great publicity which has been given the new "cure," the disposition among Toronto medical men is to look with some suspicion on the high claims that have been made. They will be delighted to find that Dr. Friedmann's cure is as dependable as has been stated, but in view of the doubt they think it is unfortunate that so much publicity has been given the matter until all possibility of disappointment to sufferers has passed. That a distinct advance in the treatment of tuberculosis has been made they consider possible, but that anything like a "cure all" has been discovered seems to them incredible.

Eager Suffragettes.

The Toronto Suffragettes who went to Washington have returned well pleased with their expedition. The Suffragettes, as a rule, are very sensitive of criticism of their actions, but this has not prevented certain persons of both sexes from asking what was to be gained by such a jaunt. The point of view of these critics is that the Canadian part of the Washington parade was as much out of place as would be the participation in an Ottawa parade of Canadian Suffragettes seeking to influence the Dominion Parliament, by a contingent of United States women. The Toronto contingent could not help but impress the eye. They wore red hats, long white trailing gowns with a big red sash bearing the word "Canada," and carried Union Jacks. The delegation included about a dozen of the most active agitators in Toronto, including Mrs. Flora Macdonald Denison, President of the Canadian Suffrage Association; Dr. Augusta Stowe-Gullen, past president; Dr. Margaret Johnston, Mrs. Campbell MacIvor, who alone of the Toronto Suffragettes believes in militant methods; Mrs. Hector Prenter, the very active Secretary of the Association; Mrs. L. A. Hamilton, President of the Equal Franchise League and a very active social worker, and Mrs. E. L. Campbell, President of the Beaches Progress Club. All of these are ladies of ripe experience in women's movements, and none belongs to the type one would expect to be carried away by any visionary project. The enthusiastic Mrs. Hamilton proposes to organize a parade in Toronto next.

Cabinet Ministers Lend a Hand.

The Toronto Exhibition Association has only one meeting a year, but it manages to throw around that gathering some of the glamor of national importance which it secures for the Big Show itself. For example, at the annual meeting this year no less than three Cabinet Ministers were in attendance. There was the Honorable James Duff, who from his position as Minister of Agriculture takes a keen interest in all exhibitions, and who is an enthusiastic member of the Toronto Exhibition Association; then there was the Honorable W. H. Hearst, whose special interest is New Ontario, which always has a prominent exhibit at the fair, and the third Minister was the Honorable Dr. Pyne, Minister of Education, whose interest is elicited on account of the educational features which the fair seeks to introduce. Each was called upon to make a speech, and responded with a few brief sentences of a congratulatory nature, delivered in characteristic style. Mr. Duff inclined to

be flowery, Mr. Hearst forcible and down-right, and Dr. Pyne the dignified and suave gentleman.

The Exhibition Association is made up of delegates from various bodies of a more or less representative character throughout the Province. Membership in the Association carries with it as privileges the right to attend the annual meeting, to take part in the discussion there and to vote in the election for Board of Directors, and to a pass or two for the Exhibition. The Board of Directors, consisting of 15 members, is the inner circle. While the membership of the Association includes a number from outside the city, the Directorships are pretty well confined to men with Toronto interests. Formerly there was in addition to the Directorship a system of committees through which it was sought to interest the various members of the Association, but this plan has been largely abandoned.

The Innermost Circle.

As a matter of fact, there is an inner circle within the inner circle, the innermost circle being the Executive Committee of about five members. This is the real governing body of the Exhibition. The annual meeting this year was one of the largest in the history of the Association, filling one of the large rooms at the City Hall. President Kent, a man of few words, presided, and General Manager Orr was at his left hand to see that the wheels revolved smoothly. The election of Directors is always accompanied by a great deal of buttonholing, and, it is said, wire-pulling, and there is generally a surprise in store for someone. This year it was for Mr. H. R. Frankland, a former director who had some disagreement with the other members of the Board during the year just closed, and who this year went down to defeat. After the voting adjournment was made to a restaurant, where an elaborate luncheon was served.

**Old Folks' Coughs
Permanently Cured**

The Public is Loud in Its Praise of the
Modern Direct Breathing Cure.

Elderly people take cold easily. Unlike young folks, they recover slowly, if ever. That is why so many people past middle life die of pneumonia. Even though pneumonia does not develop and kill, coughs certainly weaken all elderly people.

Cough Syrups seldom do much good because they upset digestion. Any druggist or doctor knows that a much more effective treatment is "CATARRHOZONE," which heals and soothes the irritated surfaces of the throat.

In using Catarrhzone you do not take medicine into the stomach—you simply breathe into the throat, nose and lungs rich piney balsamic vapor, so full of healing power that colds, catarrh and bronchitis disappear almost instantly.

"At sixty-eight years of age I can testify that I am never troubled with coughs or colds," writes J. E. Pilgrim, of Kingston. "They used to be the bane of my life, and that was before I used Catarrhzone, which was recommended to me by C. L. Prouse, druggist. To use Catarrhzone is just like being in an immense pine woods. The balsamic vapor of Catarrhzone is like a tonic, it is so stimulating to the breathing organs, so soothing to sore spots, so full of power to drive out colds and congestion. I will always use and recommend Catarrhzone as a preventive and cure for coughs, colds, bronchitis, throat irritation and catarrh. (Signed) "J. E. PILGRIM."

A Catarrhzone Inhaler in your pocket or purse enables you to stop a cold with the first sneeze. Large size costs \$1.00 and supplies treatment for two months; small size, 50c.; trial size 25c.; all storekeepers and druggists, or The Catarrhzone Co., Buffalo, N. Y., and Kingston, Canada.

Guest—"Yes, my wife has been ill, but she is out again now."
Hostess—"What doctor did you have?"
Guest—"No doctor at all. I bought her a new hat!"

THEIR SUNDAY REST.

How Unsophisticated Congregations Appear at Church.

The wife of a missionary long stationed in Africa confessed the other day that she became hysterical with suppressed laughter at the first service that her husband held at the station after bringing her out. She had, indeed, to leave the chapel under pretext of a sudden nose-bleed, lest she should disgrace herself by an outburst of unseemly mirth.

The cause of her discomfiture was an important convert, an aged and venerable chief with snowy wool and a countenance of ferocious dignity. The young wife had thrown away the day before an outgrown pair of her tiny daughter's ankleties. They were of gay scarlet morocco; and when they reappeared at church, buttoned neatly through the distended lobes of the old chief's ears and dangling conspicuously against his withered ebony shoulders, the spectacle was too much for her—especially in combination with the rest of his costume, which consisted of a dirty blue loin-cloth, and a head-dress made of feathers artistically combined with imported shirt-buttons.

Missionary gravity is often severely tested by the go-to-meeting-best of the unsophisticated congregation. Even our own country can supply instances in point. The tale comes from Alaska of an Indian settlement the resident pastor of which prepared the minds of his people for the coming of a distinguished clergyman who was going to preach to them, by explaining that not only would his words be worth hearing, but that his character was such that he might be considered an exemplar of all the Christian graces, and eminently worthy of imitation.

During his earnest and eloquent address, the visiting preacher had occasion to use his handkerchief; having done so, he thrust it carelessly into a coat-tail pocket. He quite failed to observe that the greater portion remained hanging outside, and streamed backward as he gesticulated in a manner that the respectfully admiring natives deemed peculiarly elegant and effective.

The next Sunday the decorum of their own pastor was severely strained when he beheld a flock more suggestive of Little Bo-Peep's than any other, proudly advancing down the aisle. Every man, woman and child had a handkerchief, rag or piece of white cloth, of any material, from sailcloth to muslin, and

**SHILOH CURES
COUGHS
& COLDS**



INFLUENZA

Catarrhal Fever,
Pinkeye, Shipping
Fever, Epizootic

And all diseases of the horse affecting his throat, speedily cured; colts and horses in same stable kept from having them by using SPOHN'S DISTEMPER AND COUGH CURE. 3 to 6 doses often cure. One bottle guaranteed to cure one case. Safe for brood mares, baby colts, stallions—all ages and conditions. Most skillful scientific compound. Any druggist.

SPOHN MEDICAL CO., Coshen, Ind., U. S. A.

7% SAFE INVESTMENT

The National Securities Corporation, Limited, now offer to the public their 7% Profit Sharing Bonds, which mature in five years, with interest payable half-yearly on the 1st of June and the 1st of December.

The National Securities Corporation, Limited, acts as a holding company for several large and profitable manufacturing plants that have been built up by members of the Corporation in the past quarter of a century. The proceeds of these bonds are to be used in still further developing these plants—in acquiring another long established manufacturing plant which has shown large profits for years—and in purchasing well located timber lands. The Corporation now has a large limit under option containing 1,000,000 feet of virgin timber. This latter should largely increase in value in the next few years.

All profits beyond bond interest and stock dividends are to be divided equally between the Bondholders and the Shareholders, and whatever profits are thus divided will be in excess of the 7% annual interest on the Bond.

These Bonds are amply secured by investments of the Corporation in these manufacturing plants and in the value of lands, timber and mills which it controls, and will be further secured by the acquisition of other plants and timber limits.

The Bonds are offered to the public in denominations of \$100, \$500 and \$1,000, and may be purchased either outright or by means of the periodic payment plan. In the latter case, an initial payment of 10% of the face value of the Bond will be required. Bondholders may withdraw all or part of their investments, with interest, at any time after one year on sixty days notice.

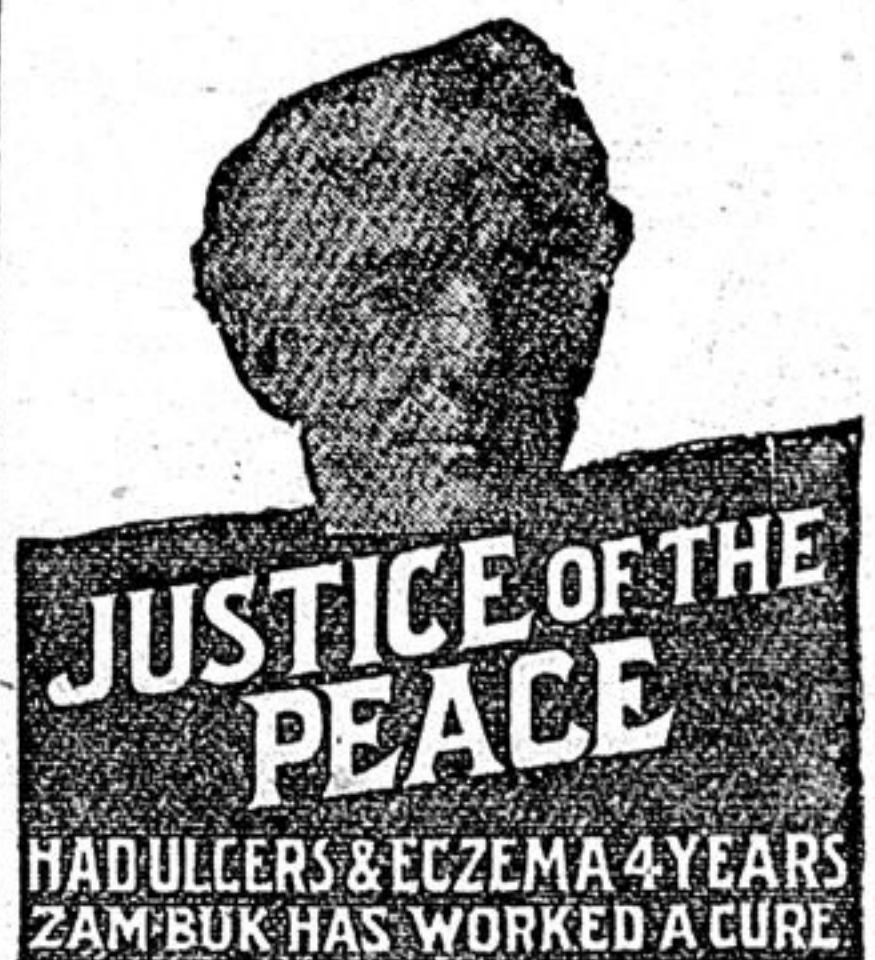
Payments should be made to the National Securities Corporation, Limited, either by cheque or money-order.

More complete particulars furnished on request

NATIONAL SECURITIES CORPORATION LIMITED

CONFEDERATION LIFE BLDG.

TORONTO, ONT.



Mr. J. E. Arsenault, a Justice of the Peace, and station master at Wellington, on the Prince Edward Island Railway, says:

"Four years ago I slipped in the station and fell on a freight truck, sustaining a bad cut on the front of my leg. I thought this would heal, but instead of doing so it developed into a bad ulcer, and later into a form of eczema which spread very rapidly and also started on the other leg. Both legs became so swollen and sore that I could only go about my work by having them bandaged. My doctor said I must stop work and lay up.

"After six months of this trouble I consulted another doctor, but with no better result. I tried all the salves, liniments and lotions I heard of, but instead of getting better I got worse.

"This was my condition when I got my first box of Zam-Buk. Greatly to my delight that first box gave me relief. I continued to apply it to the sores, and day by day they got better. I could see that at last I had got hold of something which would cure me, and in the end it did.

"It is now over a year since Zam-Buk worked a cure in my case, and there has been no return of the eczema."

Such is the nature of the great cure which Zam-Buk is daily effecting. Purely herbal in composition, this great balm is a sure cure for all skin diseases, cold sores, chapped hands, frost bite, ulcers, blood-poisoning, varicose sores, piles, scalp sores, ringworm, inflamed patches, cuts, burns and bruises. All druggists and stores sell at 50c. box, or post free from Zam-Buk Co., upon receipt of price.



of any size, from six inches square to a yard. They they had sewed or pinned securely to the rearward portion of their attire, to waggle as they moved in a manner as realistically tail-like as possible.

When it was tactfully explained to them after service that this clerically imported fashion was the result of a misunderstanding and not the latest and most correct thing of the East, they were greatly disappointed.