

AFTER EFFECT OF FEVERS

Banished Through the Use of Dr. Williams' Pink Pills

Following wasting diseases such as fevers, many people find it difficult to regain their former strength. They become breathless and tired out at the least exertion; their appetite is fickle and they often feel as though death was staring them in the face. The trouble lies with the blood which has not returned to its normal condition and is lacking in the red corpuscles without which good health is impossible. It is at a time like this that Dr. Williams' Pink Pills prove their great tonic value. Every dose helps to make new, rich, red blood, which means health and vitality. Mrs. Theodore Foley, Athens, Ont., says: "Following an attack of typhoid fever I was left in a very weak and disheartened condition. The smallest exertion left me worn and tired out, and I was hardly able to get around, and naturally felt despondent. I decided to try Dr. Williams' Pink Pills and they proved of the greatest benefit to me. I am now as well and strong as ever, and can do all my own work, and as we live on a farm, it goes without saying that there is much to do. I feel, therefore, that I cannot say too much in praise of Dr. Williams' Pink Pills."

If you are suffering from the after effects of fevers, la grippe, or any acute disease, you should begin to get new strength to-day through the tonic treatment with 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.

GRAFT TAILS ON FISH.

One Goldfish So Treated Recently Sold for \$1,000 in Japan.

Among the many interesting arts in which the Japanese excel is that of the making of fish-tails. Almost every one has seen the bush-tailed gold-fish, with its four, five, and sometimes six, long tails, but it is not generally known that most of them are not its own.

When the little goldfish are very, very young their flesh is as clear as glass, so that one can see every bone in their tiny bodies. At this time the few that are born with two or more tails are put by themselves, and then a queer-looking old Jap, with a great magnifying glass fastened in front of his eye and wee sharp tools handy, reaches down under the water and cuts off the tails of the plain little fish, and then three or four of these tails are joined on to the backbone where the one was cut off and fastened there with tiny bandages until they grow fast.

The Japanese, who are very skillful in queer things of this kind, grow the finest goldfish in the world, and it is a very good business, for very fine fish of the kind often bring as much as \$300 to \$500, and one sold not long ago for \$1,000.

Bless Her Heart.

Newedd—"Did you sew the button on my coat, love?"

Mrs. Newedd—"No, darling; I couldn't find the button, so I just sewed up the buttonhole."

Nearly all of the really great thoughts have already been thought, but cheer up. They have been forgotten, too.



Are you one of those to whom every meal is another source of suffering?

Na-Dru-Co Dyspepsia Tablets will help your disordered stomach to digest any reasonable meals, and will soon restore it to such perfect condition that you'll never feel that you have a stomach. Take one after each meal. 50c. a Box at your Druggist's. Made by the National Drug and Chemical Co. of Canada, Limited. 150

OUR LETTER FROM TORONTO

WHAT IS ENGAGING THE ATTENTION OF THE CITIZENS JUST NOW.

"Riot of Color" at the Races—Beautiful Fashions—Twelve Cronies at Ottawa—4,000 Presbyterians.

More man is never expected to be able to appreciate feminine fashions, but this year he can only marvel at the extreme styles in color and design that everywhere greet the eye.

The races provide the great rendezvous for new spring clothes. The scene among the fashionably dressed women there this year was aptly described as a "riot of color." Gone were the soft shades of former years and the garish primary colors in all their rawness held full sway. Reds of the most flaunting shades and blues of vivid hue predominated, but there were also brilliant greens, yellows, purples and a vivid new tan color, known as "brass."

Of course no one blames Toronto women for these fashions. As a matter of fact a good many people seem to like them. In any case they merely follow New York and New York in turn follows London or Paris. The reds and the blues are supposed to show the influence of the Balkan war, Bulgarian blue and Turkey red being characteristic colors of the competitors. Men should not grumble, as they are not asked also in honor of the Balkan war to don the skirts of the Greek militia.

The gowns of this season reveal less "form" or "cut" than ever before in the memory of the oldest inhabitant. Such waist line as there is varies anywhere from the knee to under the arms. The gowns display the figure no more than they would if hung on clothes horses. Sometimes they resemble balloons and sometimes saucages. Generally they have the hobble effect at the ankle and sometimes there is a slash up the side revealing silk stockings or a ruffled underskirt. The stockings often in color match the hat.

In the United States there is an agitation to establish American fashions as distinguished from fashions imported from Paris. Perhaps some day there will be a similar agitation for Canadian fashions.

It is estimated that some of the best dressed women at the Woodbine spend upwards of \$2,000 on the gowns they bought for the races alone. This is a considerable sum for one dress, and \$500, which is considered to be a moderate amount, but which is thought to be the limit of expense devoted to any dress appearing at the scene of fashion, and for six new costumes altogether for the seven days' racing.

Impressions of Parliament.

One of the most interesting chapters in "Getting into Parliament and After," which has just been published by Honorable Sir George W. Ross, he describes his impressions of the House of Commons as he remembers it when he was first elected to it with the advent of the Mackenzie Administration in 1873. He describes the happy family of members who took a suite of rooms with a private parlor and dining room in one of the Ottawa hotels. There were twelve of them. At the head sat Joseph Rymal, "a good carver and a generous one." At the foot sat David just as good. At the centre on one side sat Adam Gordon of North Ontario, and opposite him John Charlton. The others included James Trow of South Perth, Thos. Bain of North Wentworth, David Thomson of Haldimand, Thos. Oliver of North Oxford, John Gilles of Bruce, Wm. Magregor of South Essex, Galbraith of North Lanark, and Thos. McKay of Colchester. For three sessions they roomed together and parted with regret. Several of them grew up to distinguished careers, but one can imagine that George Ross, though the younger of the two, was early one of the leaders of the little band.

Particularly interesting are Sir George's impressions of the changed attitude of mind of members when they sit on the Government or when they are in the cold shades of Opposition. He says: "I had not been long on the sunny side of the House till I had learned that 'free lunches' were not required there, and that one of the first duties of a supporter of the Government was to preserve a discreet silence on all public questions after some responsible member of the Government had spoken. I might have opinions—that was all right and quite harmless, whether they were right or wrong, so long as I did not turn them loose on the House. Of course, if my opinions were in harmony with the Government all was well, providing the Government wanted to hear them. If not, it was purely a work of supererogation to give them and so I had better govern myself accordingly."

The M.P.'s Lack of Industry.

At another point he refers to the lack of industry of members of Parliament. "I thought it my duty to remain constantly in the House—would I take Parliamentary life less seriously later on? Even when it was a working day how few attended to the work in hand. Some would be reading the evening papers, others busy with their correspondence or carrying on a subdued conversation with their desk-mates, while ten or fifteen members near the front would be settling the terms of an important Bill or voting millions for the public service. Is that the proper way to 'treat, do, act and conclude' as were commanded on coming to 'our city of Ottawa'?"

He recalls the difficulty of dealing with the Parliamentary bore. Perhaps no better method was ever in practice of squashing this particular genus than that put into effect by one Mr. Joe Cauchon, who afterwards became Lieutenant-Governor of Manitoba, and whose name appears at one or two critical points in Canadian history. Sir George recalls that Mr. Cauchon owned a Jewsharp of generous proportions and securing himself behind the back row of seats when some speech would produce the most distracting sounds from it that ever filled the House.

Pointers to Speakers.

Sir George describes the House of Commons as the most peculiar audience in the world to address and gives this advice to young members: "The young member of Parliament should also remember that a good platform style is a bad Parliamentary style. This may be rather an extreme way of putting the case, but it is in the main true. A platform admits of exhortation, of the assumption of knowledge superior to your audience, of a little schoolmastering, but Parliament never. Again, a platform admits the dramatic, the emotional and will even allow a little judicious and dignified burlesque; Parliament has no place for such weaknesses. In Parliament the speaker must be of all other things persuasive. He may be as earnest as he chooses, but he must expound rather than appear to instruct. He is talking to his equals, and so he must be deferential. The business before the House is of some importance, therefore he must be serious, calm, judicial; his voice must correspond to his theme and to the normal temper of the House. His message is to be received voluntarily, not forced upon the House. To dogmatize



Sir Rufus Isaacs,

Attorney-General for Great Britain, whose resignation has been refused by Premier Asquith.

is to provoke opposition; to lecture the House is to be considered impertinent; to speak often and long is to be a bore. The beginner must so adapt himself to the conditions of Parliamentary speaking that he will not offend against its canons of debate, or its unwritten rules of persuasive oratory. Peel, it is said, could play on the House of Commons as on an old fiddle. How many Parliamentarians are qualifying themselves for Peel's place?"

Presbyterians Here in Force.

The Presbyterians have taken the city by storm. The red badges of the delegates to the General Assembly, which has this year attained gigantic proportions, are to be seen everywhere. Anyone who would think of Presbyterians as gloomy and solemn ought to revise his opinions, because the great Congress during the past two weeks has added not a little to the gaiety and vivacity of the city. Of the 50,465 members of the Presbyterian Church, over 4,000 representatives answered the call to come to Toronto. A modern Pentecost was the aim, and those responsible for the arrangements have, to a considerable extent, had their hopes and aims justified.

It is always a great pleasure to listen to the deliberations of the Assembly. Competent authorities declare that no Parliament of Canada maintains a standard of debate equal to that of this organization.

Pearls of Truth.

Jealousy is the fear of apprehension of superiority; envy our uneasiness under it.—Shenstone.

In character, in manners, in style, in all things, true supreme excellence is simplicity.—Longfellow.

Be charitable before wealth makes thee covetous and lose not the glory of the mite.—Sir Thos. Browne.

The ultimate result of sheltering men from the effects of folly is to fill the world with fools.—Herbert Spencer.

Be not curious in unnecessary matters—for more things are shown unto thee than men understand.—Ecclesiasticus.

PUT AWAY PICKLES.

Mathematician Figures Out the Food Question.

If any one requires a clear head it is a teacher of mathematics. He must reason in the abstract, as it were, and full concentration of mind is necessary if correct results are to be forthcoming.

A man writes: "I am a teacher of mathematics and for 15 years prior to four years ago, I either took a lunch composed of cold sandwiches, pickles, etc., to school or hurried home and quickly ate a hot dinner.

The result was that I went to my afternoon work feeling heavy, dull of brain and generally out of sorts. Finally, I learned about Grape-Nuts food and began to use it for my noon-day lunch.

"From the first I experienced a great change for the better. The heavy, unpleasant feeling and sour stomach caused by the former diet disappeared. The drowsy languor and disinclination to work soon gave way to a brightness and vim in my afternoon work, a feeling entirely new to me.

"My brain responds promptly to the requirements put upon it, and what is of more importance, the results have been lasting and more satisfactory, the longer I have used Grape-Nuts as a food.

"My wife had been suffering from weak stomach accompanied by sick headaches nearly all her life. She is invariably relieved of these when she sticks to Grape-Nuts, either eaten dry or with milk. Her stomach has gradually grown stronger and her headaches less frequent since she began to eat Grape-Nuts." "There's a Reason." Name given by Canadian Postum Co., Windsor, Ont. Read the booklet, "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.

ROYAL Yeast Cakes

BEST YEAST IN THE WORLD. DECLINE THE NUMEROUS INFERIOR IMITATIONS THAT ARE BEING OFFERED AWARDED HIGHEST HONORS AT ALL EXPOSITIONS E.W. GILLET COMPANY LIMITED. WINNIPEG - TORONTO ONT. MONTREAL

SUFFERINGS OF EXPLORERS.

Travellers Without Food, Light or Drink in Frozen Wilds.

A description of the sufferings of the German arctic expedition under Lieut. Schroeder-Stranz, which met disaster at Spitzbergen, is given in the diary of Artist Herr Rave, one of those rescued. He has telegraphed extracts to Berlin, Germany, from Advent Bay, giving details of the movements of the expedition after it abandoned its vessel, the Herzog Ernst, Sept. 21, 1912. The despatch reads:

"The proposal to abandon the ship came from Capt. Ritschel at the beginning of September. The vessel then had provisions for four months, besides a large supply of condensed foods, and it was otherwise well equipped.

"The party started for Advent Bay and reached a hut on Wije Bay October 4. Dr. Rudinger, the oceanographer, was suffering then from a half frozen foot, two of his toes being in bad condition. I offered to remain with him there until the others could bring back help. The hut contained a month's provisions.

"Dr. Rudinger and I were without tools, sleeping bags, or lights. I melted some fat and made lights, and fashioned some sleeping bags from salted skins which I found in the hut. Provisions ran out, and we left the hut November 23, hoping to regain the ship.

"We suffered severely, having nothing to drink, but we finally reached a hut at Mossel Bay, where we found some hard and mouldy bread.

"We remained there three days during a storm, and then started again for the ship, guiding ourselves by the stars. We arrived at the ship December 1.

"Dr. Rudinger in the meanwhile had suffered greatly, two more of his toes and four fingers having been frozen, while his foot became so bad it had to be amputated.

"The guides and sailors of the expedition returned unexpectedly to the ship December 24, reporting the loss of Eberhardt. They had no news of Dr. Dettmers or Dr. Moeser, the botanist. They said Capt. Ritschel had gone on alone to Advent Bay.

"Stave died February 24, and the Norwegian relief expedition, commanded by Capt. Staxrud, appeared April 21."

The expedition started last summer under the patronage of the Duke of Altenburg to try to find the north-east passage.

Without hope it is impossible to pray; but hope makes our prayers reasonable, passionate and religious.—Jeremy Taylor.

By examining the tongue of a patient physicians find out the disease of the body, and philosophers the disease of the mind.—Justin.

We must know ourselves, and if that does not serve to discover truth it at least serves to regulate our lives, and there is nothing more just.—Pascal.

If a man be gracious and courteous to strangers it shows he is a citizen of the world and that his heart is no island cut off from other lands, but a continent that joins to them.—Bacon.



Whenever you feel a headache coming on take NA-DRU-CO Headache Wafers

They stop headaches promptly and surely. Do not contain opium, morphine, phenacetin, acetanilid or other dangerous drugs. 25c. a box at your Druggist's. 125 NATIONAL DRUG AND CHEMICAL CO. OF CANADA, LIMITED.

THE DOMINION SECURITIES CORPORATION LIMITED

ESTABLISHED 1901 HEAD OFFICE: 26 KING STREET EAST - TORONTO MONTREAL LONDON, E.C., ENO.

OUR JUNE LIST OF BOND OFFERINGS IS READY FOR DISTRIBUTION

A COPY SENT ON REQUEST

CANADIAN GOVERNMENT MUNICIPAL AND CORPORATION BONDS

7% Assured Interest

Particulars regarding the Profit Sharing Bonds of a successful, well organized Company, will be gladly furnished on request. These Bonds yield 7%, and offer good possibilities of still further returns. Interest cheques mailed to investors twice a year.

National Securities Corporation LIMITED

CONFEDERATION LIFE BLDG., TORONTO, ONT.