

THE STAIRCASE TEST

If You Cannot Pass It Your Health is Failing.

When you suffer acute palpitation of the heart, dizziness or faintness every time you go up stairs; when exertion of any kind leaves you breathless and trembling, it is a warning that your blood is defective—that you are anaemic. If these warnings are neglected worse disorders will follow—perhaps decline and deadly consumption. If you are in this condition you need the new, good blood of health that has been given to thousands of sufferers by Dr. Williams' Pink Pills. These pills banish all the ailments arising from poor blood, tone up the system and make weak men and women well and strong. Miss Elizabeth Campbell, Almonte, Ont., says: "I was living in Pembroke at the time my health failed me. I kept growing weaker every day until I at last grew so weak I could not walk up stairs without help, and I could not go down street without sitting down and resting. My mother got quite anxious about me and took me to a doctor who said he was quite sure he could restore my health. He gave me a little bottle of medicine, and I continued its use until I had taken four bottles, but instead of getting stronger I was growing weaker all the time, and was only a mere shadow of my former self. My parents believed I was in a decline and could not get better. My mother had heard so much about Dr. Williams' Pink Pills that she decided I ought to try them. I did not notice much change until I had taken five or six boxes, when a decided improvement set in, and from that on I grew stronger and stronger each day, until through a continued use of the pills I was back to my old-time health and strength. I believe Dr. Williams' Pink Pills the best remedy on earth for sick people, and cannot too strongly urge other weak girls to give them a trial."

Sold by all medicine dealers by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

HINTS FOR THE HOME.

Equal parts of tea and lukewarm water is a good solution for sponging plants.

A bed spread with worn portions cut out and the good trimmed into shape and hemmed makes excellent towels for the children's use in the bathroom.

A great convenience when cleaning house is a stick with a notch in the end that will lift picture cords off from hooks without so much stepping up and down.

When patching wall paper tear the edges of the piece about to be used. When pasted upon the wall a tear in paper shows less than a cut with knife or scissors.

If a meal has been taken within two or three hours of going to bed to sleep on the left side is to give the stomach a task which is difficult in the extreme to perform.

Pillow slips should be a half inch narrower than the pillows they are to cover. This snugness in fit insures the pillows standing upright when the bed is made up.

A clean brick represents an excellent makeshift stand for a flat-iron. Brick retains heat better than the perforated metal rests which are usually employed for the purpose.

If cooked meat is ready for the table before it is required, place in a dish and set over a pan of boiling water placed on the back of the range and covered with cloth.

If baby has swallowed a fish-bone and is in danger of choking, use your forefinger in the form of a hook, and even at the risk of considerable pain relieve the little sufferer.

A little kerosene added to warm water when washing windows, especially outside, will remove the sticky condition often found better than alcohol, ammonia, or whiting.

Try washing of the hands with a little sugar added to the soap. This greatly increases the lather and cleansing power, and will remove dirt and chemical stains in a wonderful manner.

A never failing rule to follow in placing sleeves is to measure one-inch back of the shoulder seam, measure one-half of the arm hole, and place the underscam of sleeve at this point.

Shiloh's Cure
HEALS THE LUNGS
STOPS COUGHS PRICE, 25 CENTS

MAKING SAFE INVESTMENTS

MUNICIPALS HAVE NO GREAT PROSPECT OF APPRECIATION, BUT ARE READILY CONVERTIBLE INTO CASH.

The "Yield" Basis on Which Bonds are Usually Sold Eliminate a Great Part of Prospective Appreciation—Stable in Price Owing to Fact That They are Unaffected by General Conditions—Recapitulation.

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.)

When one buys an investment, strictly speaking, one looks merely at the rate of income. Prospect of appreciation, when present to a high degree, usually indicates danger, perhaps remote—in the extent of realization not measuring up to anticipation—of severe loss from a drop in value. An investment should be free from any such danger. As a rule, really high-class investments altogether fail to take into consideration prospect of appreciation, and, of course, as the better class of municipal bonds are strictly "gilt-edged" investments, the question of appreciation is one very remote from the thoughts of the average investor who buys this class of security. To be sure, they are by no means as rigid in value as real estate mortgages, but they are not likely to any extent to appreciate in market price. In the first place, they are usually sold on the basis of their "yield." One buys City of Toronto 4 per cent. bonds to yield 3.95 per cent., and then by the aid of tables which every bond dealer has—and most bond buyers—the price is worked out afterwards. As was pointed out in an early article in this series, "yield" represents the taking into consideration, in the return on the investments, the gain—where the bonds are sold below par or the loss where a price greater than par is paid—resulting from the purchase at 95, say, and the ultimate redemption of the bonds at par. At the risk of being tiresome, it may be pointed out shortly that when purchasing a bond due a year hence at 99, the purchaser receives 100 at the end of the year. He thus makes 1 per cent on his purchase. If the bond pays 4 per cent, the "yield" on the investment is not 4.00 divided by 99 or 4.04 per cent., as in the case of a stock which is never redeemed, but 400 divided by 99 + 1, or 5.04 per cent. So that the prospect of appreciation in purchasing a bond at 95 due to its redemption at par is duly taken care of in the "yield." On the other hand, the growth of a city whose bonds formerly sold on a 5 per cent. basis may make these bonds appreciate so in value that a 4-1/2 per cent basis is the proper price, and in that way an investor may make through appreciation. But as a rule, however, this element is one that has a decidedly unimportant place in the handling of municipal bonds.

The question of convertibility into cash, however, is very different. The great safety of municipal bonds make them so desirable as security for loans that bankers will loan on them at a rate from one-half to 1 per cent., lower than they loan on security of shares of stock in a sound company, and at the same time require only about one-fourth the margin. So that the investor in municipal bonds has always available a security which his banker would be glad to accept as security for a loan at around 95 per cent. of its value at a rate but little over the rate of interest which the bond pays. Furthermore, practically all bond dealers are glad to repurchase municipal bonds at about half a point below their market value, and so the marketability of this class of investment is very high. The only question left, then, is that of stability of market price.

This point is easily determined. These bonds do not depend for their security on general business conditions, as do those of most industrial companies, and are, as a rule, affected only by the loaning value of money. As this alters but little in Canada it has little influence on these bonds. Then, too, except for a few large issues sold in London, there is no open market for municipal bonds. But they are being bought and sold daily by dealers trained in estimating their values and so, although there are no quoted prices for these securities, there are no fluctuations in their prices as there are often in the case of unlisted shares at different times. As a rule, therefore, these bonds do not alter materially in value, and certainly are not subject to violent fluctuations. Just at the present time an investor could probably sell municipal bonds bought earlier in the year for a better price than he paid, owing to the great scarcity of this class of security when compared to the demand. For example, during the past week the sales of municipals to investors by bond dealers in Toronto alone must have exceeded \$500,000, while the bonds purchased from



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We ask assistance of all good housekeepers in our efforts to introduce pure goods.

MAGIC BAKING POWDER, GILLETT'S PERFUMED LYE, GILLETT'S CREAM TARTAR, ROYAL YEAST CAKES.

When you ask your dealer for any of the above goods and he reaches for a substitute, STOP HIM. That is the time. It is too late after you have used part of it with poor success, as is always the case with substitutes.

There is every reason why you should insist upon Gillett's Goods, and absolutely no reason why you should permit a dealer to substitute something he claims to be "Just as good" or "better" or "the same thing" as the article asked for.

The buying public and the dealers acknowledge the superior quality of Gillett's Goods. Why accept something inferior when you can buy Gillett's pure goods at the same price?

E. W. GILLETT COMPANY LIMITED
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PROTECT YOURSELF BY REFUSING SUBSTITUTES

municipalities to replace them for local consumption have amounted to under \$200,000. As this has been going on for several months now, the dealers are growing pretty short of bonds, and so there is a ready market at good prices for those of clients who wish to convert them into cash.

To recapitulate we have decided in these articles on municipal bonds that as a class.

Their safety is great, both as regards principal and interest.

Their rate of income is low for the most part, but high as compared with other forms of investment in other countries of equal security.

They are readily convertible into cash.

They have little prospect of appreciation in value, but are not like mortgages in this respect, which have absolutely none. And finally,

Their market price is stable to an unusual degree for securities unquoted or exchanges which, in some cases, suffer severe fluctuations without reason.

Certainly, after taking account of these considerations, municipal bonds—and this includes provincial and Dominion government obligations as well—are a very desirable form of investment for estates and trustees, and particularly for women whose sole source of income is derived from investments, and whose comfort and livelihood may depend on the safety of their capital.

WHAT SHE REQUIRES.

Success is such a fickle dame
With words you cannot woo her,
To win her and her partner fame
You've got to be a doer.

Considering the number of people who have been disappointed in love, it's a wonder there are not more pessimists abroad in the land.

Poverty came in at the door.
"Excuse me," remarked Love, as he flew out of the window. "I guess it's up to me to hustle for a job."

16 Ounces of Unequaled Cough Syrup for 50c

The Quickest, Surest Cough Remedy You Ever Used, or Money Refunded. Stops Even Whooping Cough Quickly.

You may not need the \$2 which a 50-cent bottle of Pinex saves you, but you do need the wonderful effectiveness of this famous cough remedy. It will usually stop the most obstinate deep-seated cough inside of 24 hours, and has no equal for whooping cough.

A 50-cent bottle of Pinex, mixed with home-made sugar syrup, gives you 16 ounces—a family supply of the most pleasant and effective cough remedy you ever used. Easily prepared in five minutes—directions in package.

The way this takes hold of a cough and gives instant relief will make you regret that you never tried it before. Stimulates the appetite, is slightly laxative and tastes good—children take it willingly. It has a wonderful record in cases of incipient lung trouble and is splendid for croup, asthma, bronchitis, throat trouble, etc.

Pinex is a special and highly concentrated compound of Norway White Pine extract, rich in gualacal and other natural healing pine elements. Simply mix with sugar syrup or strained honey, in a 16-ounce bottle, and it is ready for use. Used in more homes in the U. S. and Canada than any other cough remedy.

Pinex has often been imitated, but never successfully, for nothing else will produce the same results. The genuine is guaranteed to give absolute satisfaction or money refunded. Certificate of guarantee is wrapped in each package. Your druggist has Pinex or will gladly get it for you. If not, send to The Pinex Co., Toronto, Ont.

NEW ATLANTIC NAVAL BASE. Harbor for British Home Fleet in The Firth of Clyde.

It is stated on good authority at Glasgow, Scotland, that the admiralty has decided to make a new naval base at Lamlash Bay, in the Isle of Arran, in the Firth of Clyde. Heavy moorings are being laid down there, and everything points to the intention of the Admiralty to provide safe accommodation for a complete squadron. This new Clyde base is to become the headquarters of the third division of the home fleet.

Hitherto, the east coast has for obvious reasons been the scene of the most vital changes in the dis-

position of Britain's Naval strength. At Rosyth, on the Forth, there are, as is well known, immense works going forward which will make this place a very important and strong naval base for the largest ships.

At Dundee smaller craft, including submarines are concentrated, while Scapa Flow, in the Orkney Islands, has also of late received considerable attention from the admiralty.

Lower down the coast, at Harwich, in Essex, is the very important headquarters of the destroyer flotillas.

And many a man has built a castle in the air while his wife was nailing a board on the back fence.

NOTICE TO THE PUBLIC

We beg to inform our many thousands of customers that in consequence of further increased cost

YOUR GROCER IS ENTITLED TO CHARGE 5c PER LB. ADVANCE

For the Blue, Orange and Pink Label Blends of

LIPTON'S TEA

until conditions become more favorable. The cost of all teas has been advancing rapidly for many months past, due to the shortage of supplies and the tremendous increase in consumption of tea throughout the world, but we have delayed increasing the price until absolutely necessary. The same high-grade quality will be carefully maintained irrespective of price conditions.

Thomas J. Lipton,

75 Front St. East, Toronto, Ont.

HONEST TEA IS THE BEST POLICY

Clean, Dry Heat

Clean, dry heat, with no smoke or odor and with no flying ashes or soot—that is what you get with a Perfection Smokeless Oil Heater.

PERFECTION
SMOKELESS
OIL HEATER

The Perfection is the most reliable and convenient heating device you can find. It is always ready for use. There are no pipes or flues or wires to bother you. You can pick it up and take it wherever extra warmth is wanted.

Every mechanical improvement that experience could suggest was already embodied in the Perfection Heater. This year we have tried to add to its appearance. The drums are finished either in turquoise-blue enamel or plain steel, as you prefer; nickel trimmings; as ornamental as it is indispensable to comfort.

A special automatic device absolutely prevents smoking. All parts easily cleaned. Gallon font; lasts nine hours. Cool handle; damper top.

Dealers everywhere; or write for descriptive circular to any agency of

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