

INDIGESTION RIGHTLY CURED

By Toning Up the Stomach to do the Work Nature Intends It Should.

Indigestion should not be neglected for a moment, for by depriving the body of its proper nourishment through the food, the trouble grows steadily worse. Neither should stimulating medicines, which ruin the already weak stomach by making it work beyond its strength, be used; nor pre-digested foods, which do not excite a flow of the digestive fluids, and by disuse cause the stomach to grow weaker. Nowhere is the tonic treatment by Dr. Williams' Pink Pills more clearly useful. The principle of this treatment is to enable the stomach to do its own work by building up the blood and giving tone to the nerves. When these are once restored to their normal health and indigestion disappears and the cure is permanent. Here is an experience with this treatment. Mr. John Brenental, Calgary, Alta., says: "For years I was an almost constant sufferer from indigestion, and naturally because there was much nutritious food which I could not eat owing to the pain and discomfort which followed, I was becoming much run down. I tried many medicines, but none of them helped me until I began the use of Dr. Williams' Pink Pills. After taking a few boxes I was much better and in the course of a couple of months was quite well, and could eat any food set before me."

If you are a sufferer from indigestion, or any trouble due to bad blood or weak nerves, you can begin to cure yourself to-day by taking 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.

THE OLD TIME HOSTESS.

Mistress of Ceremonies and Carver—Announced Courses.

In the matter of old time etiquette at the table one recalls the part played by the lady of the household. In the eighteenth century she was mistress of the ceremonies—she carved and she dealt the while her lord merely "pushed" the bottle, says the London Chronicle.

She was also the menu, for if she gave a dinner of several courses it was her duty to announce to the guests, seated expectantly, what was due to appear at table. A dinner of one course and she remarked that "they saw their dinner."

Then her powers of gentle persuasion came into play. A guest when he had stuffed sufficiently placed the handles of his knife and fork into his plate, and the sight of a knife in position was the signal for the hostess to inquire "if he would please to have something more."

In the art of catering, of course, the mistress of any country house was a past mistress. One recalls Lady Mary Montagu's flight after perfection under the wing of a professional carving master: "She took three lessons a week, that she might be perfect on her father's public days; when, in order to perform her functions without interruptions, she was forced to eat her own dinner alone an hour or so beforehand."

EXTERMINATION OF RATS AND MICE.

If it were generally known that there is no trouble to rid a house, barn or any building of rats and mice by the use of Gillett's Lye, it is doubtful if the article could be made as fast as it would be used for this purpose alone. The process connected with using it is very simple, the plan being to sprinkle a little of the article in and around the holes made by these pests in floors, partitions, etc. In addition to this it is well to use a thin piece of board about a foot square, or even smaller, and make a complete circle of the lye on the board about a quarter of an inch deep, and inside of the circle place some meat or cheese. In endeavoring to get at the bait the feet of the rats and mice will be burned, and the whole colony, whether large or small, will immediately disappear from the premises.

The plan is worth trying, but the good kind—Gillett's Lye—should be procured. Refuse the many cheap imitations and substitutes.

The Seedy One—"Say, gov'nor, there's a fly on your nose." Old Gent—"What the dickens has that to do with you?" The Seedy One—"Nothin', nothin'; only I thought it would get its wings scorched."

MAKING SAFE INVESTMENTS

Canadians Not Yet a Nation of Investors, But Opportunity for Purchasing Bonds of Small Denominations Will Bring About the Habit. Purchasing Securities on the Instalment Plan.

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.

The French are generally known as a nation of savors. They are, however, more than this, they are a nation of investors. Every French man and woman have an inherent ambition to lay by a small amount from each year's earnings to keep them in their old age, and most of them do so. For investment they purchase the "rentes"—which is the Government bond of the French nation, and which may be had in small denominations. However, it isn't about the French that I want to talk.

Canadians have in some measure followed the lead of the French. The amount of savings bank deposits per capita is very high—about \$95 for each inhabitant, or taking an average of four to the family, about \$380 for each family. On this sum, however, the income is not great—\$10.40 a year. A Chinaman, it is said, can subsist on about \$10 a year—in China—but no white person would care to try. However, this sum only represents a part of the savings of Canadians. Many of those who build up a reserve acquire a rainy day invest the money in securities, and some, unfortunately, in mining stocks. The amount of the former, if they could be compiled, would certainly more than double the per capita amount of savings. However, the point is that Canadians as yet are not an investing nation. The number of Canadians who hold Dominion of Canada bonds are so few that one might almost say they could be counted on one's fingers. Very few Canadians own any of our Provincial bonds, and scarcely fifteen per cent. of our municipal debentures were placed here during 1911. When it comes to other classes of bonds there is a different story, for the greater part of 1911's output of Canadian industrial bonds went into the hands of Canadian investors.

This shows a distinct distaste on the part of Canadians for conservatism. Industrial bonds, as a class, are by no means the highest type of investment, although there are several issues on the

market that one can purchase without misgiving. However, this shows something more. Practically no bonds but industrials are, as yet, issued in denominations less than \$500. I say as yet because there is an unmistakable tendency on the part of all corporations to issue "baby bonds," as they are often called. The fact that one may invest so small a sum as \$100 in a bond which is certainly, in the majority of cases, is far safer than even most investment stocks has induced many careful people of small means to invest in the more stable security. This, no doubt, accounts in no small measure for the popularity of industrial bonds, though, of course, the higher rate that they bear is a contributing factor of unquestionable importance.

The inexperienced investor, however, is prone to overlook the fact that even where bonds are issued in denominations greater than he can afford at the moment he may still purchase them. A number of Canadian investment houses are prepared to sell bonds on the instalment plan so that one may buy a sound \$500 or \$1,000 municipal debenture, pay down one or two hundred dollars and pay up the rest when convenient. Of course, the house charges interest on the unpaid balance, but at the same time this is offset by the interest which the bond itself bears. Many investors like to purchase bonds in this way, as it gives them an incentive for saving, as they are naturally eager to pay off the balance due and receive their security.

By laying up a reserve of this sort and as a result of the forced saving, investing becomes a habit. Undoubtedly, not only saving, but investing, becomes second nature to most people who have gone in for it seriously, and like all habits, it is hard to break. Unlike most other habits, however, it is one which no thoughtful person would discourage.

The French have the investment habit and it is time for Canadians generally to acquire it. A little practice is all that is required for a large number of people who make no attempt at saving, for until one makes a determined effort, it is not fair to say that one's income is too small to admit of putting any of it by. When Canadians acquire this habit—and our savings bank deposits show that no small proportion have it in an encouraging measure—our prosperity will no longer depend, as it does now, on the willingness of the British investors to take our securities.

WELL POSTED.

A California Doctor With 40 Years' Experience.

"In my 40 years' experience as a teacher and practitioner along hygienic lines," says a Los Angeles physician, "I have never found a food to compare with Grape-Nuts for the benefit of the general health of all classes of people.

"I have recommended Grape-Nuts for a number of years to patients with the greatest success and every year's experience makes me more enthusiastic regarding its use.

"I make it a rule to always recommend Grape-Nuts, and Postum in place of coffee, when giving my patients instructions as to diet, for I know both Grape-Nuts and Postum can be digested by anyone.

"As for myself, when engaged in much mental work my diet twice a day consists of Grape-Nuts and rich cream. I find it just the thing to build up gray matter and keep the brain in good working order.

"In addition to its wonderful effects as a brain and nerve food Grape-Nuts always keeps the digestive organs in perfect, healthy tone. I carry it with me when I travel, otherwise I am almost certain to have trouble with my stomach." Name given by mail by Canadian Postum Co., Windsor, Ont.

Strong endorsements like the above from physicians all over the country have stamped Grape-Nuts the most scientific food in the world. "There's a reason."

Look in pkgs. for the famous little book, "The Road to Wellville." Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

THE ONE PERFECT BOY.

"I never heard of but one perfect boy," said Johnny pensively, as he sat in the corner doing penance.

"And who was that?" asked mama.

"Papa—when he was little," was the answer. Then silence reigned for the space of five minutes.

HER YEARNING.

Little Marjorie Louise leaned on her grandmama's knee and gazed into space with a particularly soulful expression.

"Oh, grandmother," she burst out, suddenly, "I just long to grow up and be a big lady and have corns!"

A man who had been very ill told a friend that Dr. Jones had brought him through. "No," said his friend. "Providence brought you safely through this illness, not the doctor." "Well, may be so, but the doctor will charge for it."

TO MARRY CLAUDE GRAHAM-WHITE.

Mr. Claude Graham-White will be married quietly on June 27 at the little parish Church of Widdford, Essex, England, to Miss Dorothy Taylor, daughter of Mrs. Leroy Taylor, of New York. The wedding will be the culmination of an ocean romance. The aviator met his



Miss Dorothy Taylor.

bride-to-be last December in mid-Atlantic aboard the Olympic. Miss Taylor has taken many flights at Hendon, England, with her fiance, who, the day before the wedding, will fly to Hyland, to give an exhibition in aid of a local charity.

NO MORE CASTOR OIL.

Mrs. Effie Russell, Granum, Alta., says: "I have used Baby's Own Tablets in place of castor oil and now it is no more oil. I could not do without the Tablets; they are wonderful. Whenever baby is feverish I give him the Tablets and the fever soon disappears. I always keep them in the house and recommend them to my friends." Baby's Own Tablets do not gripe. They are easy to take and absolutely safe. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



READING IN BED.

Not Injurious to the Eyes if a Few Rules Are Observed.

To those addicted to the practice of reading in bed the remarks of Dr. Carl Seiler will be of interest. He states that there is no valid reason to be urged against using the eyes in a proper manner in a recumbent position—such use is the least tiresome and can be persisted in for longer periods without damage than any other position, says the London Globe.

We all know that grave damage is often done by reading in a recumbent posture, but therein possibly some oculists are at fault. Had it been the universal practice during the last twenty or thirty years to give careful directions how to read lying down instead of saying to one and all, "You must not read lying down," there would be less near sight and better eyes in the community than now exist.

Three easily avoided errors cause all the harm possible from reading lying down, the first often leading to the other two. They are insufficient or wrongly directed light, short reading distance, and tipping the book out of a plane at right angles to the line of vision.

If, however, every one reading lying down will so arrange his lounge or bed that the light comes over the head without striking the eyes, and falls well upon the page; if he will hold his book at a long reading distance and take care that the line of letters shall be at right angles to the line of vision he can be sure of

doing his eyes no more harm than if he were sitting up.

More than this, there is much positively in favor of reading lying down. Dr. Seiler concludes: "The recumbent posture allows more rest of the bodily structures than the sitting posture, and there is greater possibility of resting and repair in that position."

Whilst in 1875 the world's annual consumption of rubber was only 5,000 tons, the present consumption is nearly 100,000 tons.

Monthly Review of Bond Market

In addition to a general review of the Securities Market our monthly publication, issued on the 15th, contains reports from Toronto, Montreal, and London, Eng., and a special article on some prominent Canadian industry.

Every investor should have a copy of this monthly review. It will be mailed free on request.

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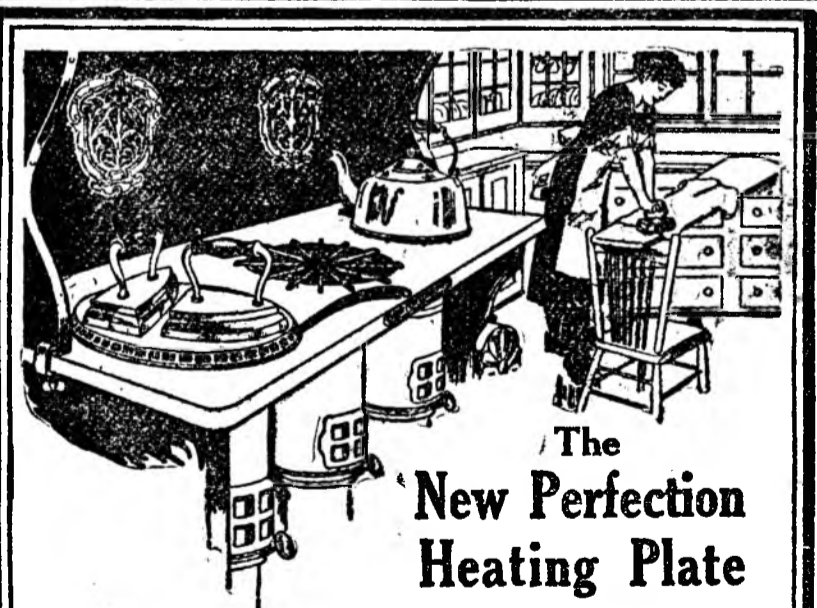
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Price Bros. & Company have been in business in Quebec over 100 years. It is the largest industry in Quebec Province. Their holdings of pulp and timber lands are 6,000 miles in extent, and have been valued by experts at over \$13,000,000. The net earnings in 1910 were \$448,000,000. The new pulp mill now under construction will double these earnings. Timber limits are insured with Lloyds of England against fire.

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On application we will send you literature fully describing these bonds.

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The New Perfection Heating Plate

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This year we are selling
The New Perfection Broiler
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With these appliances and the New Perfection glass door steel oven, the New Perfection is just as complete and efficient a stove as a regular coal range. Certainly, it is much cleaner and cheaper. Many people use the New Perfection all the year round.

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Ask to see this Stove at your dealer. It is hand-enameled, finished. It has long enameled chimneys, turquoise-blue. Also cabinet top, drop shelves, towel rack, etc. Made with 1, 2 or 3 burners. Free Cook-Book with every Stove. Cook-Book also given to anyone sending 5 cents to cover mailing cost.

