

## THE WEARY SMILE THAT COVERS PAIN

Women are Themselves to Blame for Much of Their Suffering.

Women are weak, yet under a smile they will try to hide pain and suffering that any man could not bear patiently. If women would only remember that their frequent failures of health arise from feeble or impure blood their lives would be smoother and they would longer retain their natural charm.

When the blood fails then begin those dragging backaches and headaches; unrefreshing sleep that causes dark lines under the eyes; dizziness; fits of depression; palpitation or rapid fluttering of the heart; hot flashes and indigestion. Then the cheeks grow pale, the eyes dull and the complexion bleached.

Women should know that much of this suffering is needless and can be promptly remedied. Purify and enrich the blood through the use of Dr. Williams' Pink Pills and your suffering will vanish. Thousands of women know that Dr. Williams' Pink Pills have brightened their lives by making the new, good blood of health, and so toning up all the vital organs into healthy, vigorous action. Here is an instance from among many. Miss Cora A. Cornell, St. Catharines, Ont., says: "Ever since the age of fourteen I have suffered terribly with pains in my back, and severe headaches. I was also much troubled with indigestion and had to be extremely careful as to my diet, and sometimes did not feel like eating at all. Some two years ago the headaches became so bad that I had to give up my position, which was clerking in a store, where, of course, I was constantly on my feet. I took a position in an office, where I could be seated most of the time, but even then I suffered terribly most of the time. As the medicine I had been taking did not help me I finally decided to try Dr. Williams' Pink Pills. I got a supply, and soon felt they were helping me and I continued taking the pills for several months until I felt perfectly well. Although my doctor advised me not to go back to my old position, I decided to do so, and have not felt any ill effect. I never have backache now, seldom a headache, and all traces of the indigestion have disappeared. I cannot speak too highly of Dr. Williams' Pink Pills, and I hope this letter will help someone who suffers as I used to."

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.

## FRANCE HAS NATIONAL COOK.

Two Examinations Held to Choose Professor to Teach the Art.

France now has an official cook with the title of professor of cooking at the National School of Agricultural and Housekeeping Instruction at Grignon. A title worthy of even a German business card, is the comment of the French newspapers.

This new chair of cooking is the idea of M. Pams, Minister of Agriculture. The examinations, held on November 11, in order to choose the bearer of this momentous title, consisted of competitions in all branches, cooking, the making of soups, sauces and other accessories, cutting and cooking meat, game, fish, vegetables, entrees, patties, encrements, pastry, fruit and vegetable preserves and the making of cakes and desserts.

Those who took part in the competition were requested to get up a luncheon, the menu of which was chosen before the examination by the jury. The concurrents also had to prepare preserves and give a lesson before the students of the school. All candidates who presented themselves had to be between the ages of 25 and 40 and conform to many other requirements, such as being able to show their birth certificates, a certificate showing their French nationality and also what previous experience they had.

Best French cooks come, it is said, from the district around Nancy, although Loraine until it became German property had a great reputation.

## Regularity

of the bowels is an absolute necessity for good health. Unless the waste matter from the food which collects there is got rid of at least once a day, it decays and poisons the whole body, causing biliousness, indigestion and sick headaches. Salts and other harsh mineral purgatives irritate the delicate lining of the bowels. Dr. Morse's Indian Root Pills—entirely vegetable—regulate the bowels effectively without weakening, sickening or griping. Use

**Dr. Morse's Indian Root Pills**

## TORONTO CORRESPONDENCE

INTERESTING BITS OF GOSSIP FROM THE QUEEN CITY.

No Great Issue in the Municipal Campaign—Mayor Hocken Had Easy Opposition—Sir James Whitney—Holiday Trade.

What issue was up for decision this year was a question frequently asked by visitors during the Municipal campaign. The answer had to be "none." Civic government in Toronto at present is a question of administration rather than of policies or issues. As a result the contest as in many previous occasions became merely a matter of personal strength between the various candidates.

The task of canvassing a big city like Toronto is of course tremendous, and various devices were utilized for covering the ground. Anything like a personal canvass is impossible, although it is said one Board of Control aspirant, Control member Carthy, had the city divided into 500 sections and had a personal friend working each section. No one else attempted anything so complete.

Soliciting Votes. The personal letter is widely used. Even those run into a lot of expense. One candidate, it was reported, used 125,000 letters, a number sufficient to cover every voter in the city twice and perhaps three times. It is doubtful if these letters and cards get many votes, although the cost of sending out 125,000 letters would be \$12,500 for postage alone. It is said that some candidates for Alderman spent sums running into the thousands of dollars and then did not get elected. As the salary of an Alderman is only \$300 it is evident that the honor is valued highly in some quarters at least. A Controller gets \$2,500 a year, but even this sum is often exhausted in election expenses alone. Mr. J. J. Ward probably furnishes an exception to this rule. He is an assiduous glad hander, but does not believe in spending his prospective salary.

The great problem of the candidate is to get his name before the public. A personal acquaintance of a thousand men is a pretty wide acquaintance, and where there are 40 or 50,000 voters it is evident that candidates can be known to only a few. It is for this reason that a man who is once elected finds it fairly easy to hold his seat, if he has so much publicity through the newspapers during the year that unless he makes very bad blunders, people think he must be a great man.

Acclamations Are Rare. It was almost too much for Mayor Hocken to expect to get an election by acclamation. As a matter of fact acclamations for the Mayoralty in Toronto have been exceedingly rare, the honor accredited to Mr. Geary last year being the first of its kind in a very long period. There have been a number of virtual acclamations. For example, in 1911 Mr. Geary, although he had two opponents, secured over 31,000 votes against about 3,000 for his two opponents combined. Then in 1909 Joseph Oliver had no serious opposition, although there were against him three candidates, one of whom was Thomas Davies, who was this year nominated against Mayor Hocken. On that occasion Mr. Davies got over 9,000 votes, as against Mr. Oliver's 26,000.

Occasionally freak candidates make a surprisingly good showing, or even win, on one occasion in the long ago the late E. A. Macdonald was elected Mayor, though by most people he was regarded as a crank candidate. The most striking illustration of the curious motives which sometimes govern electors was furnished in 1907 when Joseph Lindala, an uneducated Socialist running against the sitting Mayor, Mr. Coatsworth, came within striking distance of being elected.

There are always plenty of crank candidates in Toronto. When they are not running for the Mayor's chair they are in the Board of Control or Aldermanic race. There are generally 8 or 10 of them in every Municipal contest.

Thomas Davies can hardly be classed as a crank candidate. He is a man of some substance and ability, but generally regarded as lacking the qualifications and experience which will entitle him to the Chief Magistracy of the city.

Poor Place for Meeting. Toronto has little reason to be proud of its annual nomination meeting. For the Municipal contest the present takes place in the Town Hall, but unfortunately there is no proper chamber in that pile. The fact is that the Assembly Hall on the top floor of the building has never been finished. It is a bare barn of a room without furnishing other than a little bit of draped furniture and a few chairs. Here the nomination meeting is held. This is the only use the room is put to from one year's end to the other. Very few electors find it worth while to attend the proceedings, and there are no doubt scores of nomination meetings throughout the Province which are more largely attended.

The system of holding Municipal elections on New Year's Day seems to suit a great many people, though it works a hardship to a substantial number, including newspaper men, who have the first, in many respects, the best holiday of the year, absolutely ruined. The result of the fact that there is so much to do following the casting of the ballots. It is generally supposed that the system of holding the poll on that day instead of on the first Monday in January was devised and probably put through by force of arms at the time of the present campaign. The result of the system is to close up all bars and liquor shops on a holiday which was often marred by a great deal of drinking. Those who have the day spoiled, however, wonder if some means could not be found of keeping the here closed on that day and at the same time have voting on another day.

Sir James Whitney, the Premier, has returned to his office from a flying visit to England appearing in the best of health and in good form for a stirring session. His first and practically his only public act since his return has been to put the quietus on an incipient agitation for radical changes in the Assessment Act.

Mr. Rowell, the leader of the Opposition is devoting a great deal of time to his position, not so much in a party sense as in his expectation of a great number of the innumerable applications that come to leaders of both parties to attend public meetings and public functions of various kinds. Preparing speeches for all sorts of gatherings and delivering them is exceedingly arduous work, but if well done is work of a great deal of value to the community and into it Mr. Rowell has thrown himself enthusiastically.

Holiday Trading Good. Toronto looks forward to 1913 as likely to be a banner year. Bounding prosperity continues. It was an inspiration to go into any of the stores before Christmas and see people buying Christmas presents. All classes from the working man to the multi-millionaire could be seen jostling each other at the various counters and all selecting gifts as if money was no object. The only cloud upon the financial horizon is the possible aftermath of the Balkan War. One estimate is that the \$200,000,000 in capital has been destroyed. This may mean that the money stringency of the past autumn may develop and continue in 1913, and if it does there may be some set back. Visitors from the West are more optimistic of the future than ever and expect 1913 to be the biggest year yet. If that proves to be the case it means another year, at least, of good times for Toronto and Ontario.

**125 Egg Incubator and Brooder BOTH FOR \$13.75**

Ordered together. Weight and duty paid to any R. R. station in Canada. Copper tanks, double walled, zinc lined. Price guaranteed. Write for circular. WISCONSIN INCUBATOR CO., Box 239 Racine, Wis., U. S. A.

## EMPEROR RISES AT 8.30 A.M.

Francis Joseph Adds Half Hour to His Working Day.

Emperor Francis Joseph of Austria has just made an alteration in his working hours which throws an interesting light upon his habits of life. During the past forty years the Emperor has been accustomed to rise punctually every morning at 4 o'clock, and having devoted one hour to the requirements of the toilet to sit down at his writing table and begin work.

Recently, however, the monarch has added half an hour daily to his working time. He now rises at half past 3 every morning, commences work at half past 4 and retires to rest as before, at 8 o'clock sharp.

## THE UNION BANK.

Holds Its Forty-eighth Annual Meeting.

Progress in all departments of the Bank's activities marks the 48th Annual Report recently issued by the Union Bank of Canada. The Annual Meeting of this Bank was held in Winnipeg on December 17th, and was presided over by Mr. John Galt, the President. This was the first year in which the Annual Meeting was held in Winnipeg, the change from Quebec taking place during the past year.

The statement shows net profits for the year of \$708,832, which compares with \$662,000 for the previous year. The net profits for the year 1912, together with \$47,000 derived as premium on new stock issued and \$71,000 carried forward from the previous year, made \$826,000 available for distribution. Four quarterly dividends at the rate of 2 per cent. each absorbed \$397,000. The sum of \$242,000 was transferred to the rest account, \$100,000 written off bank premises account and \$10,000 contributed to the officers' pension fund, leaving a balance of \$75,000 to be carried forward. Net earnings for the year were slightly in excess of 14 per cent. on the average paid-up capital. A further examination of the report shows that gains were made in every department of the Bank's activities. Its paid-up capital was increased and now stands at \$5,000,000. Interest account was also augmented and now stands at \$3,300,000. Large gains were also made in deposits current loans and total assets. The deposits now total over \$55,643,000 a gain of \$10,000,000 during the year. Of the amount, \$41,219,000 interest bearing and \$14,423,000 non-interest bearing. The current loans at over \$45,000,000 show a gain of \$7,000,000 during the year while the total assets, amounting to \$69,400,000, show the large gain of \$11,000,000 over the figures for the previous year. Another feature of the report worthy of special mention is the large proportion of gold, silver, Dominion notes and other quickly available assets. These bear a very large proportion to the liabilities to the public.

The Union Bank of Canada is rapidly forging to the front, and is occupying a continually larger place in the business affairs of the country. The fact that the current loans for the year amounted to over \$45,000,000, or a gain of \$7,000,000 over the previous year, indicates that the Bank is doing a continually larger share of the country's business and is catering to the business needs of the communities where its branches are located. The fact that it opened 43 branches during the year is another indication of its continual expansion. The Bank has now 255 branches making it one of the best equipped banks in the Dominion in this respect.

The address of President Galt was a splendid review of the financial and industrial conditions prevailing in the country at the present time, and showed that the officials of the Bank kept in the very closest touch with the progress being made by the Dominion. An interesting feature of his report was the relating of the history and growth of the Union Bank and the reason for the transfer of the head office from Quebec to Winnipeg. He showed that eight and one-half years ago when the present General Manager took charge the Bank's capital was just one-half what it is to-day, the reserve fund less than one-third, and total assets considerably less than one-third. Altogether the report and the addresses of the President and General Manager form one of the best combinations issued by any bank this year.

## A MARATHON TALKER.

The member for the City of London is known both inside and outside the British House of Commons as the champion long-distance spouter of the day.

He is a terror to friend and foe alike. He is credited with having remarked on one occasion that he was prepared to talk "at any length, at any time, on any subject," and throughout his political career he has justified the statement.

When he rises the House empties as if a plague had entered the chamber, but Sir Frederick is unperturbed. Like the brook, he ambles along until he has talked time out. If he could run like he talks the great Marathon race would be a gift for England. At sixty-two he exhibits no lack of breath, but appears in splendid condition. Dullness and prolixity are natural gifts with him, and they have proved of



Sir Frederick Banbury.

great service to his party in Parliamentary warfare.

It is now twenty years since he entered Parliament as Conservative member for the Peckham division of Camberwell, and he is still referred to as "Peckham" in the current language of the House. He lost his seat in 1906 owing to the opposition which he put up against the proposal to carry the tramways across the bridges. His constituents and the majority of the dwellers in South London were in favor of the proposal, but Sir Frederick refused to alter his opinions, and so he was compelled to seek a more congenial atmosphere.

Amongst the bills Sir Frederick has talked out was that giving to him the statutory right of admission to meetings of public bodies. He loves animals, but abhors trades unions, and he is a strong anti-unionist. Sir Frederick Banbury is a stockbroker, and from the point of view of his constituents in the City of London, has proved an ideal representative.

## RUSSIA HATES FRESH AIR.

Windows in Hotels Are Hermetically Sealed. Says Traveller.

Writing of the great Russian city of Odessa in Harper's Magazine, Sydney Adamson tells of the somewhat primitive arrangements of even the modern hotels.

"For our ignorance of Russian we had the privilege of paying over twice the legal fare for our drive to the hotel. The porters obligingly arranged the matter, and quite cheerfully kept the difference. How like the rest of the world, lofty bed-chambers and corridors of the hotels make it just possible to live in rooms that have double windows sealed with putty, which are never opened from the beginning of winter till the spring thaw is in the air. As there are no open fires, the only ventilation is from the slightly better air of the corridors.

"A framed notice on the walls informs the visitor of all the privileges he is graciously permitted to pay extra for, among them the joy of being clean at the rate of ten copecks for a jug of hot water or fifty copecks for a bath; but the greatest mystery of all was a samovar at twenty-five copecks. In time it was discovered that your true Russian, having a taste for much tea or other warm refreshment, rings for a lighted samovar and prepares his own beverage, if he is not fortunate enough to possess a wife to do it for him.

"With the lady managing a fiery, fuming samovar, and her lord smoking innumerable cigarettes, with perhaps a visitor to help, one can easily imagine not forgetting the hermetically sealed windows—the atmosphere in which some worthy Russians go to bed."

The best men are not always blowing their own trumpets. Most of them are too poor to buy one.

## Cramps at Night Require Prompt Remedy

Agonizing Pain Prevented by Keeping Nerviline Handy On the Shelf.

A Case in Point Illustrated.

Deadly cramps—the symptoms are not to be mistaken. Suddenly and without warning the patient experiences such agony in the stomach as to contort the countenance and cause him to cry aloud for help. Then it is that the wonderful power of Nerviline can make itself felt—it cures so quickly.

"Last summer I was stricken with a frightful attack of cramps. I feared the pain in my stomach would kill me.

"My eyes bulged out and the veins in my forehead stood out like whip-cords.

"My cries attracted a neighbor, who came to my assistance, and in a moment or two handed me half a teaspoonful of Nerviline in some sweetened water.

"It seemed as if an angel had charmed away the pain. In ten seconds I was well. Nerviline has a wonderful name in this locality, and is considered best for cramps, diarrhoea, flatulence, stomach and bowel disorders. I urge all my friends to use Nerviline.

"MANLEY M. LEGRADE."

"Williamsburg." No home is safe or can afford to miss the manifold advantages of having Nerviline on hand in case of accident or emergent sickness. Large family size bottles of Nerviline, 50c.; trial size, 25c., all dealers, or The Catrrohoze Co., Buffalo, N. Y., and Kingston, Canada.

## Singers and Diet.

"Alcoholic stimulants should be avoided; they make the voice heavy and irritate the throat. A hard drinker almost always has a hoarse, harsh voice. Never sing directly after eating. A singer should not eat greasy meats. No dishes made with flour should be eaten. If one does not observe this regimen it will be found nearly impossible to sing coloratura passages as they should be sung." This is the opinion of Carl Streitman. One prima donna is a vegetarian. Her diet is confined wholly to vegetables, fruits, and bread occasionally. She drinks only water. Another singer avoids sweets and pastry, and never touches coffee. She never allows smoking, if possible, in her presence, for she has decided opinions on the injury that it does the voice.

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