

ROSY CHEEKS STRONG NERVES

Should be the Birthright of Every
Woman and Growing Girl.

Many women and growing girls who should have bright eyes, rosy cheeks, strong nerves and elastic step, and a good appetite, are seen to decline in health. Their spirits grow sluggish, the cheeks become pale, temper fitful, and the nerves over-sensitive. They must have inherited a tendency to ill-health, or they may have over-worked, over-studied or worried until the strength of the body was not equal to the demands made upon it.

To guard against a complete breakdown in health the blood must be kept pure and rich. No other medicine can do this so well as Dr. Williams' Pink Pills, for they act both on the blood and nerves, restore the appetite and keep every organ toned up. All women cannot rest whenever they should, but this strengthening medicine is within every woman's reach, and will keep them in the enjoyment of good health. And it is especially important that in every stage of woman's life the blood supply be kept pure and rich. The value of Dr. Williams' Pink Pills is well illustrated by the case of Mrs. David Chambers, Bensford, Ont., who says:

"Some years ago I suffered greatly from impoverished blood. I was very pale and thin, and had no strength. I took a lot of doctor's medicine without getting any benefit, and at last decided to try Dr. Williams' Pink Pills, which I had heard highly recommended. It was not long before I began to feel better, and after taking the Pills for perhaps a couple of months my health was fully restored, and although some years have passed I have continued strong and healthy, and I think I owe it entirely to Dr. Williams' Pink Pills.

"Sometime later my daughter, then about twelve years of age, had been working very hard at school and her health gave way. She was weak and listless and her hands and face were badly swollen and we feared dropsy was setting in. However, we started to give her Dr. Williams' Pink Pills and she was soon quite well again. I always recommend Dr. Williams' Pink Pills to any suffering as we did, knowing the benefit our family received from them."

Dr. Williams' Pink Pills are sold by all medicine dealers or will be sent by mail, post paid, at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

Always Thoughtful.

The young physician threw himself into his easy-chair and drew a sigh of relief that the day's work was over. "And has my little wife been at all lonely to-day?" he inquired of his newly-wedded partner. "Oh, no," she replied; "at least not very. You see, I've found something to occupy my time." "And what have you found to occupy your time, my sweet?" "Oh, I'm organizing a cook class. There are a lot of young girls and young married women in it, and we are teaching one another how to cook." "Good idea, and what do you do with the things you cook?" "We send them round to the neighbors." "Dear little woman; always thoughtful of your husband's practice." And he went over to her and kissed her tenderly.

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Is in a class by itself—the easiest running, the most substantially built, the most satisfactory washer, ever invented.

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TORONTO CORRESPONDENCE

INTERESTING BITS OF GOSSIP FROM
THE QUEEN CITY.

The Two Big Political Meetings—New Provincial Treasurer—Empire Loyalist Association.

The month of June will see the city turning its attention to non-political conventions and gatherings of religious organizations, chief of which this year will be the General Assembly of the Presbyterian Church of Canada, which is with a feeling akin to relief that this year we turn to these more placid functions after an orgy of political discussion and meetings.

The climax came with the demonstrations in honor of the leaders of the Federal parties. As indicating the height to which partisan feeling has risen, it may be said safely that there never has been in the history of Toronto or of Canada two meetings held at a time when no election is announced or even in sight, that have been as large, enthusiastic and tempestuous as the meetings held this month in honor of Sir Wilfrid Laurier and Mr. Borden respectively. It is indeed doubtful if any city in Canada at any time, either during an election campaign or otherwise, has seen two such meetings. An observer could not but be impressed with the high feeling, approaching bitterness, which displayed itself to a greater or less degree at each of the meetings. At each there was a fair sprinkling of the opposite party to that holding the demonstration, but there was no sign of disorder, and indeed interjections of even a harmless character were tabooed with a severity which boded ill for persistent repetition.

Won't Tolerate Heckling.

This point illustrates a great difference between a Canadian political meeting and one held in Britain. In the old country every speaker is treated what his rank or standing, from the Prime Minister down, must expect to put up with heckling. In fact they expect it and many of the most successful speakers thrive on it. The heckling is generally to the point, but to an inexperienced speaker it must be disconcerting. However, in England he has to get used to it. But in Canada the audience itself will not stand it in the apparent belief that it seems to reflect on its own loyalty to the speaker.

There were two significant incidents in connection with the visit of the Prime Minister. One was the fact that the coachman who drove his carriage on the night of the meeting had on a similar occasion performed the same office for the late Sir John Macdonald. His name is John Barnes, and he is, of course, now quite an old man. The carriage, too, was the one used for Sir John.

The Famous Red Parlor.

The other feature was the fact that the Premier's headquarters for a portion of his stay was made at the Royal suite at the Queen's Hotel, including the famous red parlor. This famous room is situated on the first floor overlooking Front St. and the garden. It has undergone no alterations in the last forty years. The gilded Royal coat-of-arms on the outer door proclaims with pride the rank of some former occupants of the suite, including the late King Edward on his visit to Canada as Prince of Wales, the Grand Duke Alexis of Russia, Princess Louise and the Marquis of Lorne. On the walls hang portraits and signed photographs of some of the former notable occupants, including side by side those of Sir John Macdonald and Sir Wilfrid Laurier, and among others those of the Countess of Aberdeen, Madame Patti, Madame Albani and the Countess of Derby. The stair case leading from the Royal suite to the ground floor was built specially for the princess Louise in order that she might enter the dining room unobserved.

Hon. Isaac Benson Lucas.

The new Provincial Treasurer, Honorable I. B. Lucas, is personally one of the most popular members of the Legislature. Mr. Lucas has found it necessary to explain that his initials I. B. do not stand for Isaac Brock, but for the family name of Isaac Benson. Apart from his lack of veracity he has no objection to the reference, although Mr. Lucas is himself not noted for his pugnacious or combative qualities. That is not to say that he shuns a conflict. Quite the reverse. But he is not one of those who are continually looking for trouble. In manner he is one of the pleasantest men one could wish to meet. That he has natural ability his friends confidently assert, and they have little doubt that he will make a success of his new position.

U. E. Loyalists at Luncheon.

Once a year the Empire Loyalist Association of Toronto gathers together for a luncheon party. The occasion is always an exceedingly pleasant one, with ladies generally in the majority. Membership in the Association is confined to those who can trace descent from the original Loyalists who migrated to Canada during and following the war of American Independence. At the luncheon this year one of the guests was His Lordship the Bishop of Toronto, who bemoaned the fact that while he was as loyal, he thought, as it was possible for anyone to be, he was not able to trace his ancestry to a U. E. Loyalist source and was therefore deprived of the possibility of membership in the Association.

Prominent in the organization are representatives of such families as the Denisons, Nevilles, Ryersons, Merritts, Keefers, Strathys and Dicksons. The most prominent figure of all is probably Colonel Denison, who thinks, and is not afraid to say, that all that was best in United States citizenship left it when the U. E. Loyalists made their trek to Ontario and the Maritime Provinces. Only the siftings, he says, were left for Uncle Sam.

Among the guests at the luncheon this year was Colonel Hugh McLean of St. John, who describes how whole counties in that province were settled solidly by Loyalists, their descendants still tilling the soil. One church congregation had moved bodily from New York city to St. John.

The Cathedral Under Way.

Work on the construction of a real Anglican Cathedral for Toronto is at last well under way. As has been previously pointed out, St. James is erroneously described as a cathedral, the real cathedral of the diocese being that of St. Alban's the Martyr, the site for which was purchased a quarter of a century ago toward the northern end of Howland Ave. Only the choir, however, has been constructed and in that curious, unfinished edifice the religious ceremonies have been carried on for many years.

Now, however, the real cathedral is being constructed. The excavations have been completed and the work of laying the foundations of the nave and transept

well begun. When the cathedral has been completed it will have cost half a million dollars exclusive of the land which was purchased in 1834. To the amount required \$155,000 has already been secured, subscriptions to make up the balance are being received by Rev. Canon Morley, who has been placed in charge of the work. It is the hope of the Bishop and the Chapter that the cathedral will be finished in 1915, so that it will be ready for the great Anglican Church Congress which will be held in Toronto in that year.

An Impressive Building.

Completed, the cathedral will probably be the most impressive building in the city, impressive in its massive design, the simple dignity and beauty of its proportions. It will resemble, on the whole, Hereford Cathedral in England. The length of nave 165 feet, the height of nave 63 feet and the width of nave 69 feet being practically identical in the two cathedrals. But the mighty tower which will be only eight feet lower than "Big Harry" of Canterbury has been patterned after the great tower of Durham Cathedral. The nave, crossing and transept of St. Albans, which will cover 200 square feet more than nave, crossing and transept of Eborac Cathedral, will be exactly the same area as that portion of Hereford Cathedral west of the chancel arch. The interior will be simple and severely classical.

It is recalled that the Archbishop of Canterbury with his companion, the late Mr. J. Pierpont Morgan, worshipped in the completed portion of the cathedral. The Bishop of London has also preached there and on that occasion left a substantial personal contribution for the building fund.

A ROMANTIC LEGACY.

A Young Woman Receives a Fortune For Her Honesty.

A wealthy man died in Brussels, Belgium, leaving nearly the whole of his fortune to a young woman who was entirely unacquainted with him.

He was a very eccentric man, and set out, like Diogenes, in search of an honest man. His tub was an omnibus and his lantern a small coin. In the omnibus he took his seat near the conductor, and always showed himself very obliging, passing up the money of passengers and returning the change, but to the latter he always managed to add a half a franc. Then he would watch those to whom it came. They would count it carefully; notice the extra coin, and invariably slip it into their pockets. No one thought of the poor conductor, whose meager salary of three francs a day could ill spare such a loss.

But at last a young woman passed hers back with: "Conductor, you have given me half a franc too much."

"Diogenes," delighted, followed her home, made inquiries, and as the answers were satisfactory, made his will in her favor, though he never gave her warning that her half franc was going to bring her a million.

"LIKE MAGIC."

New Food Makes Wonderful Changes.

When a man has suffered from dyspepsia so many years that he can't remember when he had a natural appetite, and then hits on a way out of trouble he may be excused for saying "it acts like magic."

When it is a simple, wholesome food instead of any one of a large number of so called remedies in the form of drugs, he is more than ever likely to feel as though a sort of miracle has been performed.

A Western man, in the delight of restored digestion, puts it in this way:

"Like magic, fittingly describes the manner in which Grape-Nuts relieved me of poor digestion, coated tongue and loss of appetite, of many years' standing.

"I tried about every medicine that was recommended to me, without relief. Then I tried Grape-Nuts on the suggestion of a friend. By the time I had finished the fourth package, my stomach was all right, and for the past two months, I have been eating with a relish, anything set before me. That is something I had been unable to do previously for years.

"I am stronger than ever and I consider the effects of Grape-Nuts on a weak stomach as something really wonderful. It builds up the entire body as well as the brain and nerves." Name given by the Canadian Postum Co., Windsor, Ont.

"There's a reason," and it is explained in the little book, "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.

Ah, Yes!

Mrs. Brooks—What operation in dentistry do you consider the most painful?

Mrs. Rivers—My husband says paying the bills is what hurts the worst.

"There is plenty of self-conceit in the world to-day," says Dr. J. W. Jowett, "but we have not nearly enough of esteem."

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Pointed Paragraphs.

Kill a falsehood by letting it die. Weddings are generally choice affairs.

It is easier to tell a fortune than to make one. Hard luck is often due to an

effort to avoid hard work.

There have been enviable reputations due to what other people don't know.

A woman always has great faith in a man's judgment the day he marries her.

If You Have Two or More Cows

it will pay you to use the STANDARD CREAM SEPARATOR instead of skimming cream by the old method. By using the

Standard



you will get \$15 more profit from each cow per year—and this is a low figure. Most dairymen do much better than this with the Standard. You can thus readily see that it takes but a short time for the Standard cream separator to pay for itself. And by taking advantage of our EASY PAYMENT PLAN you can pay for your Standard out of the extra profits it earns for you. You've heard a lot about the Standard. It's the separator that has made new world's records for close skimming at experimental farms, cheese and butter factories, and on the farm. Write for folder, entitled "Skimming Results." It gives the proofs. Also ask for our catalog.

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WE shall send upon request a copy of our June List of Bond Offerings:

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to yield 4%.

Municipal Debentures
to yield 5% to 6%.

Railroad and Public Utility Bonds
to yield 5% to 5½%.

Proven Industrial Bonds
to yield 6%.

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