Thin Folks Who Would Be Fat.

Increase in Weight Ten Pounds or More.

"I'd certainly give most anything to be able to fat up a few pounds and stay that way," declares every excessively thin man or woman. Such a result is not impossible, despite past fallures. Most thin people are victims of mainutrition, a condition which prevents the fatty elements of food from being taken up by the blood as they are when the powers of nutrition are normal instead of getting into the blood, much of the fat and flesh producing elements stay in the intestines until they pass from the body as waste.

To correct this condition and to produce a healthy, normal, amount of fat, the nutritive processes must be artificially supplied with the power which nature has denied them. This can prohably best be accomplished by eating a Sargol tablet with every meal. Sargol is a careful combination of six splendid assimilative agents. Taken with meals they mix with the food to turn the sugars and starches of what you have eaten into rich, ripe, nourishment for the (issues and blood and its rapid effect has been in many cases reported remarkable. Reported gains of from ten to twenty-five pounds in a single month are by no means infrequent. Yet its action is perfectly natural and absolutely harmless. Sargol is sold by all druggists everywhere and every package contains a guarantee of weight increase or money back. If you find a druggist who is unable to supply you send \$1.00 money order or registered letter to the National Laboratories. The St. Antoine St., Montreal, and a complete sen days' treatment will be sent you postpaid in plain wrapper.

NOTE:—Sargol is recommended only as a fiesh builder and while excellent results in cases of nervous indigestion, etc., have been reported, care should be taken about using it unless a gain of weight is desired.

TORONTO HAROLD F. RITCHIE & CO., LA the Reaches up next morning DEAD. of Roaches all over it. Nothing any good we used "Kenting's." That did it. It the lot. We sprinkled it over night, and HUCTIONS IN THE KITCHEN-

NEW METHOD Cleaning, Pressing and

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Skirts and sport coats made to or der very rea Drop in and examine our work.

New York Skirt & Suit Co. 203 Wellington Street.

Oh

Come on over to Cooke's and have a Good Photo taken. His studio is 159 Wellington street, in some of the prisons were kept there near Brock, right next Carnovsky's Fruit Store.

North Toronto Station ==



(1) New C.P.R. North Toronto Station. (2) Ticket Offices. (3) Train Platforms. (4) Ladies' Walting Room

sent day. It is a single story build- overhead platforms. Franking the ored marbles all set in practically the all their work under construction. ing, faced externally with Tyndall building at its northwest corner is the

MYSTERY OF THE MOLE.

He Lives In the Dark, Yet Yearns For

the Midday Sun.

There is a great mystery about the

moles. They live in the dark under-

ground, but yet they are sun worship-

ers. Just at the hour of noon, when

the sun is at its highest point in the

sky, the mole often comes to the sur-

face. It is a habit of the race, a kind

of religious observance, one might

its appearance in the upper world at

any other time of the day, but at that

moment they come of their own ac-

cord. This fact, which has been ob-

served again and again, has never been

But, remembering the common belief

that a mole is blind, you may ask

"How can it see the sun?" The myth

of the blindness of moles has been

brushed away. Some species perhaps

cannot see, but most of them can.

Their eyes are very small and hidden

in the fine bair, but they serve as or-

for them underground. Any leakings

must be extremely faint, and if their

eves were meant to enable them to see

with so little illumination they ought

to be large and free from obstruction.

whereas they are minute and thatched

with hair. But such eyes may be par-

ticularly well suited for an occasional

Imprisonment For Debt.

tury the power of imprisoning a debt-

think that a system so ridiculous

should have continued as long as it

did. The three principal debtors' pris-

ons in England were the King's Bench,

the Marshalsea and the Borough

Compter. In the year 1759 there were

20,000 prisoners for debt in Great Brit-

ain and Ireland. The futility of the

ystem was quite as great as its bar-

barity. More than half the prisoners

solely because they could not pay the

attorneys' costs. Many prisoners had

There was no infirmary, no resident

their wives and children with them. | eb?"

surgeon and no bath.-Dundee Adver- you?'-

look at the blinding sun.

of daylight that may penetrate there ing up!"

explained by naturalists.

gans of vision.

HE opening of the North Toronto | limestone from the Tyndall quarries, | clock tower rising to the height of 140 | same plane so as to avoid as far as sance to the requirements of the pre- which access is had to the various obtained by the use of different col- ments of the C.P.R. in connection with

The Dead In India.

Three distinct methods of disposing

of the dead are in vogue in India.

While the Mohammedans inter the

dead, the Hindus prefer to throw the

bodies into the purifying waters of the

Ganges, and even now there are con-

stant infractions of the severe regula-

tions framed to suppress this danger-

ous practice. The form of funeral

adopted by the Parsees is that of sim-

ply exposing their dead at a great alti-

The Way He Excused Her.

It is said that a French ambassador

at Vienna once bitterly complained to

Metternich of the tongue lashing he

had received from the wife of that

great diplomatist. Metternich sighed,

then shrugged his shoulders as one

who should say, "Well, what are we

"My dear friend, I loved the young

lady; I married her: I continue to

cherish her with the same affection as

ing to do with her educating or bring-

Gait of the Gorilla.

habit, but he walks on all four of his

legs and has the motion of most quad-

rupeds, using his right arm and left

leg at the same time, and alternates

with the left arm and right leg. It is

not exactly a walk or a trot, but

kind of ambling gait, while the chim-

panzee uses his arms as crutches, but

lifts one foot from the ground a little

in advance of the other. He does not

place the palm of the hand on the

ground, but uses the back of the fin-

There's This Difference.

"How do you like this hat, dear?"

such good taste." (Later "Of all th

hats I ever saw that's the worst.")

another man:

When a woman buys a hat and meets

"Lovely, simply lovely. You have

When a man buys a hat and meets

"Howdu like the hat, Mike? Class,

"Say, is that a hat? Who stung

gers from the second joint.

The gorilla has not only a crouching

to do about it?" Finally he observed:

crows and vultures.

Seldom does a mole willingly make tude to the scavenging services of

Still, they can have very little use before, but remember this-I had noth-

Station of the Canadian Pacific Manitoba; the choice of this Canadian feet, and four large clock dials, 8 feet possible all offsets and other dirt-col-Railway a few days ago marked stone has been justified by the excel- in diameter, which will be a great con- lecting projections. The plaster ceila red letter day in the history of the lent color effect of the masonry in venience to entire neighborhood. The ings are treated in a broad manner Queen City of the West. The banquet the mass, an effect equal to any that vestibule under the tower leads to with large panels. The midway is given by the Mayor and Aldermen of could be obtained by the importation the concourse. A sidewalk (protect- lined with glazed brick for its full Toronto to Mr. A. D. MacTier, the of the better kind of building stones ed by a marquise) is laid along the height as are the stairs leading up genial general manager of the C.P.R., from the States. A large and spacious southwest sides of the station so that to the platform. At night the main showed distinctly the amicable rela- waiting room 70 feet by 50 feet, of patrons may enter there or at main waiting room will be illuminated by tions which exist between the Com- lofty proportions occupies the centre entrance, centrally on the South side four large bronze standards each pany and the city. The new station portion of the structure, marked on or at the lower vestibule, the expectopped with a cluster of frosted was turned over into the hands of the South elevation of the building tation being that the latter entrance bulbs and a large reflector. A comcity and under skilful hands was by three large semi-circular headed will be used by those passengers who plete system of electric clocks of elaborately decorated with a profuse windows; it faces the South with the have already secured tickets and British manufacture have been insupply of bunting, and the evening main entrance centrally placed on the only requires to pass directly to the stalled; of this the large clock in the ceremony, at which Mr. MacTier for front. To East and West of this cen- trains, relieving the main waiting tower forms a part. mally declared the station open for tral block are two subsidiary wings room of much of the congestion that All ornamental iron work, plasterbusiness was attended by thousands roofed at lower level and devoted to might otherwise occur. A private ing, marble work, heating, ventilat of people, who thronged every part of station facilities; that to the East to driveway also runs along the west ing. plumbing, electric work, etc., the station. Mayor Church paid a men's and women's rooms with their side of the station so that vehicles have all been carried out by Toronto great tribute to the Canadian Pacific respective lavatories, and that to the may drive up to either entrance and firms. Wherever possible, and there and rejoiced in the extremely happy west to ticket offices. To the North pass through under the track to the are but few exceptions, all materials relations which existed between of the waiting room is the Concourse baggage and express rooms and out on and labor employed in the construcbeyond which are the parcel, baggage Yonge Street to the North of the sta- tion of the building are of Canadian Mr. A. D. MacTier in replying, con- and express rooms. Opening from the tion. Internally the waiting room, or British origin and Canadian timber curred in the good feeling existing. Concourse is the midway, which is lower vestibule and concourse are has been used for all woodwork whe-The design of the new station is 20 feet wide and 150 feet long, pass- lined with marble for their entire ther rough lumber or finisher millifree adaptation of the Italian Renais- ing underneath the tracks and from height, the architectural effect being work, this being one of the require-

mmmmm

SPEED OF A STAR.

With a Thought That Points a Moral

to Impatient Humanity. There is a star-a reddish star known as Arcturus-that is traveling at the rate of 150 miles a second, and what is interesting about it is it is coming this way and will come for many years, but it is so far away that it doesn't seem to have any motion at all. It is in exactly the same spot, so far as our vision is concerned, where It was a century ago. There is another star known as the

"runaway" whose speed is twice that of Arcturus-that is, it could sweep across Ohio in a second of time.

We refer to this fact that the gentle reader may understand how insignifi cant are the little concerns of life that tear his patience into tatters and turn the world into woe. Long after he has gone Arcturus will be traveling 150 miles a second and to all appearances not budging an inch. How modest and patient should this touch of near infinity make us all! And yet, as Tennyson says:

We cannot be kind to each other here for We whisper and hint, and chuckle and grin at a brother's shame. However, we brave it out; we men are

Saves the Tires.

He doesn't look like a very important part of a big automobile organigation, this stooped, grizzled man, but the president of a great motorcar con pany says that "Magnet Bill" saves his salary a dozen times over every day he works. Rain or shine summer winter "Magnet Bill" may be seen walking slowly about the automobile plant, his eyes on the ground. "Magnet Bill" gets his nickname from the fact that his tools consist solely of one FOR tin bucket and a big steel magnet strapped to the end of a shovel handle. It is his duty to save automobile tires by removing from the roadway every nall and bit of metal that might cause a puncture. Thousands of cars are run over the roadway to the testing place. and it is figured that without the precaution taken by "Magnet Bill" the cost for cut and punctured tires would be \$20,000 every year.-Popular Science Monthly and World's Advance.

A PROMINENT NURSE SPEAKS.

Many Nurses in Canada and Else where Say the Same.

Chatham, Ont .- "Being a nurse I upon their raiment. In camp and garhave had occasion to use Dr. Pierce's rison the Greeks employed bells. The Favorite Prescrip- Romans announced the hour of bathand it has been a as the best bell metal. Steel has been wonderful help to tried, but does not make a successful many of them. I bell. Glass bells are mellow and beaunever knew of a tiful in tone, but the material is too I have a patient

ing it. I, have I consider it the best medicine there is to-day for women who are ailing." -MRS. EDITH MOORE, 30 Degge

THAT WEAK BACK

Accompanied by pain here and therebe faint spells, chills or spasms-all are grants that the population in 1655, both signals of distress for a woman. She may be growing from girlhood into womanhood -passing from womanhood to motherhood-or later suffering during middle life, which leaves so many wrecks women. At any or all of these periods of a woman's life she should take a tonic and nervine prescribed for just such cases by a physician of vast experience in the

Dr. Pierce's Favorite Prescription he successfully treated more cases in the past 50 years than any other known remedy. It can now be had in sugar-coated table form as well as in the liquid. medicine dealers or trial box by mail on receipt of 50 cents in stamps. Pierce, Invalids' Hotel, Buffalo, N. Dr. Pierce's Pleasant Pellets clear/th

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LURE OF THE STAGE

A Greater Danger to Young Men Than to Young Women.

I genuinely believe that the stage is a place of greater danger to young men than to young women. This is a surprising statement, you think? I defend it by saying that the actor is liable to fritter away his time. He plays a few hours a day, and for the remainder of the time he "rests." He doesn't need so much rest. He needs work and study, and if he doesn't have them there will be a rapid disintegration of character. There was never a truer adage than that concerning idleness and the location of the devil's work-

But girls can find and do find more to.do. They nearly all sew. It is great economy of time and of purse for them to do so. Cloth is cheap, and if they can fashion it into blouses and lingerie and into simple gowns they are thereby the gainers. Girls are rather more industrious than men. I have noticed that the girls in a company employ their time well. They read and study. I have never known but one young actor-no, two-who studied.

The player should be a constant student. He needs to know music and painting and sculpture and languages and literature. It requires a lifetime to learn all that he should know of the collateral arts.—Edith Wynne Mathison in Theater.

Cheerfulness and Cholera. A cheerful disposition is held by some doctors to be the best protection against cholera. When this disease first visited Paris, in 1832, a notice was issued advising the inhabitants "to avoid as far as possible all occasions of melancholy and all painful emotions and to seek plenty of distractions and amusements. Those with a bright and happy temperament are not likely to be stricken down." This advice was largely followed, and even when cholera was claiming over a thousand weekly victims the theaters and cafes were thronged. The epidemic was in some quarters treated as a huge joke, and plays and songs were written success, and another production on the No. 31-Local to same lines, "Paris-malade," also had a long run.

The Real and the Pretend. Widespread artistic taste would have Widespread artistic taste would have had a better chance to develop in this No. 14—Intl. Ltd.. 1.08 p.m. 12.52 p.m. country if we had not been so much No. 28-Local to concerned with knowing what we ought to know and liking what we daily, other trains daily except Sunday. verted a much larger host who have tried to pretend that their taste coincided, and it has left untouched the joyous masses who might easily, as in other countries, have evolved a folk culture if they had not been outlawed by this ideal. - Randolph Bourne in New Republic.

Medical Dilemma. "What should one do," asks the young doctor, "when a patient comes in and diagnoses his own case exactly?"

"In such a situation," explains the experienced physician, "you must use your best judgment of human nature. If the patient is one kind of man he will appreciate your agreeing with his diagnosis as showing that he knows as much as you do; on the other hand, he may go about and say that you don't know any more than he does."

Bells have been employed in associa-

tion with religious worship since the

early days of Egypt. Cymbals and

the festival of Isis. Aaron and other

Jewish high priests wore bells of gold

ing by their melody. Copper and tin.

the old composition, is still regarded

fragile. The one metal which is im-

possible is that which everybody im-

The English admirals Penn and Ven-

ables captured and held the island of

Jamaica in 1655. The Spanish were en-

tirely expelled in 1658. The capture

was part of the effort under Cromweil

to crush Spanish power in the West

Indies. The whole island had been di-

vided among eight noble Spanish fam-

illes, who had so discouraged immi-

white and slave, did not exceed 3,000.

True Enough.

ny?" asked a teacher of a small pupil.

"Twins," was the unexpected reply.

Demonstrative.

Old Lady (speaking of her late hus-

band)-I mind the last time we was

out together, and he turns round and

sez, so kindlike, "Come along, old drag-

Helping Him.

pell "financially?" Other-"F-i-n-a-n-

c-f-a-l-l-y," and there are two r's in

Industry supplies the want of part

move mountains.-William Penn.

patience and diligence, like faith, re-

embarrassed."

District Orders.

Student (writing home)-How do you

gle tail!" he sez.-London Tit-Bits.

"Men," answered Johnny.

what is the plural of child?"

"Correct," said the teacher.

What is the plural of man, John-

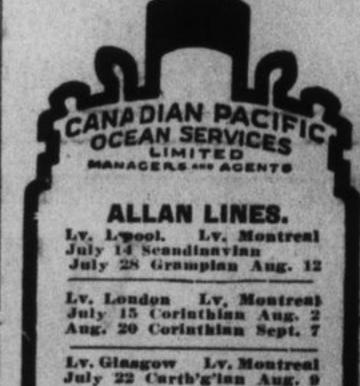
agines makes the best bell-silver.

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July 21 Metagama

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"It is published for the informa-tion of all concerned that official shoe merchants, have dissolved part

cheques drawn on banks in Canada nership. should not be taken overseas."- In Pembroke last year's popula | tion figures were 7,721, while thi William and Edwin Farmer, Arn- year's assessment gives the populaprior, doing business as boot and tion as 7,276.



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Depot, foot of Johnson street.

Going West. and plays and songs were written No. 13—Fast Ex. .. 2.58 a.m. 3.35 a.m. around it. Rochefort wrote a play, "Le No. 27—Lcl. to Tor. 9.20 a.m. 9.54 a.m. Cholera Morbus," which proved a big No. 7—Mail 3.04 p.m. 2.12 p.m. Belleville . 6.48 p.m. 7.37 p.m

No. 18—Mail 1.40 a.m. 2.17 a.m. No. 16—Fast Ex. .. 2.58 a.m. 3.35 a.m. No. 32—Local to Brockwille

ought to like. The movement has caught those whose taste happened to coincide with the canons. It has perverted a much larger host who have For full particulars apply J. P. HAN-LEY, Railroad and Steamship Agent. cor. Johnson and Ontario streets.

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