

## How Good Food may turn to Poison

**D**ECA is not digestion, you know, even when it takes place in the stomach.

Food decayed in the body after being eaten is as dangerous to health as food decayed before being eaten.

Food nourishes or poisons, just according to how long it remains in the bowels undigested.

Cascarets are the simplest and surest safeguard against Delayed Digestion yet discovered.

Sold in a thin Enamel Box, half as thick as your watch, which fits into the vest pocket or lady's purse as if it grew there.

In this round-edged Enamel box are found six small Candy Tablets.

One of these toothsome tablets works wonders for digestion.

Soon as placed in the mouth it starts the Saliva flowing, which at once goes to work dissolving it.

The Saliva becomes blended with the Candy Cascaret tablet, and from the moment they start going down your throat together they start working together.

Now, what do they work at? Bowel-work, of course.—Digestion.

Some folks think Digestion takes place in the stomach only.

But that's a great mistake! Most of the Digestion occurs in the thirty feet of Intestines that connect with the Stomach.

Now, these Intestines are 30 feet long, for a purpose.

They are lined with a set of little muscles, that squeeze Digestive Juices into the Food eaten.

The Digestive Juices thus mix with

the food, just as Saliva mixes with Cascaret tablets, dissolving and changing food into nourishment, as it passes along the channel.

The Intestines are also lined with millions of little suction pumps, that draw the Nutrient from Food, as it passes them in going through.

This Nutrient is then carried into the Blood, and spread over the Body as Brain, Bone and Brawn.

But, when the Bowel-Muscles are weak, the Food moves too slowly to stimulate the little Gastric Mouths and there is no flow, or too little flow of Digestive Juice, to change the food into nourishment.

Then, the food decays in the Bowels, and in the thirty feet of Intestines.

When this Decay begins the little suction pumps draw Poison from the decayed Food, into the blood, instead of the Nutrient it should have drawn.

Now, Cascarets contain the only combination of drugs that Stimulates these Muscles of the Bowels and Intestines just as a Cold Bath, or open-air Exercise, stimulates a Lazy Man.

Cascarets therefore act like Exercise. They produce the same sort of Natural result, as Six Miles walk in the country would produce, without any injurious Chemical effect.

The Vest Pocket Cascaret Box is sold by all Druggists, at Ten Cents.

Be sure you get the genuine, made only by the Sterling Remedy Company, and never sold in bulk. Every tablet stamped "CCC".

A sample and the famous booklet "Course of Constipation," Free for the asking. Address Sterling Remedy Company, Chicago or New York.

## BRIGHT IDEAS OF EDITORS HANDED TO LEGISLATURE

Hugh Clark and Phil Bowyer Open Debate in Address in Reply to Speech.

Two editors who write original and bright things in country weeklies, namely, Hugh Clark of The Kincardine Review and Phil H. Bowyer of The Ridgeway Dominion, entertained the all the members of the Ontario legislature and a couple of hundred gallery spectators yesterday.

The former moved and the latter seconded a resolution that "an humble address" be presented to His Honor Lieutenant-Governor Clark, for the speech delivered from the throne on the opening of the house.

Both speakers did splendidly. Mr. Clark advanced a strong argument for an investigation into life insurance company methods. If the province has such authority, it is to be assumed that it is quite within the purview of the legislature. Mr. Bowyer's strong policy of the government control of the development of electrical power at Niagara Falls.

The government, he said, should demand that a proportion of the power developed should be handed over to the province for distribution to the municipalities at cost, or failing that it should undertake the development of electricity as a provincial enterprise.

Centre Bruce Hamerlinck. After the presentation of a number of petitions Hugh Clark rose and congratulated the speaker, the house and the province, not only for the abundant prosperity, but because of the peace and tranquillity which had reigned for the past 12 months, after storm and stress.

He congratulated the government on its record of 12 months. He referred to the cry that Mr. Whitney was the man to lead the government, and that he had no men behind him quailed for office.

It was an unpatriotic cry to say that for the genius of the man who was bound up in one party.

Partisanship had developed in this country almost to the point of fanaticism, he observed as he referred to the security of the people of England.

He said that a ministry should retire from office with a majority of 70 when it was known that it was unpopular in the country.

The finances of the province were in a healthy state, with a surplus of half a million. Then Mr. Clark congratulated the speaker on the fact that the province was a minister of mines and lands.

The poolrooms had been closed, and in this connection he congratulated the speaker on the fact that the late attorney-general explained away his "masterly inactivity."

"But now we have an attorney-general who does not make excuses or throw stumbling blocks in his own way," he observed.

The York Loan investigation should have been done two years ago when the law was passed. The condition of affairs in the company. The attorney-general had got after the plumbers and engineers, he observed.

Investigate Insurance. Mr. Clark touched on the life insurance scandals in this way: "I don't know whether it is in the purview of this legislature or not, but I think it is the business of life insurance companies, but I have been assured by a barrister that it is not the business of the legislature."

When the Big Three House companies of New York were being investigated one of the Canadian companies sent to Michigan for an expert who reported that the affairs of the company were in a sound condition.

That was the last word. The government would not say a word to cause any policyholder any concern. Their policies are just as safe as when they were issued, and they want to know if the profits are being applied to a reduction of the rates or are being absorbed by families of the men of the companies.

Mr. Clark said more in line with Dominion affairs, but I am afraid the

## ROYAL WHISKIES

are fast winning their places as Canada's family whiskies. Their perfect purity, and smooth, mellow taste make them especially suited for the sickroom—as a tonic for the weak and a stimulant for the aged.

## "Red Wheat" Whisky

is a Royal Distillery brand that physicians warmly recommend for all medicinal uses. It is the only Canadian Whisky put up in 32 ounce bottles bottled in bond under Government supervision.

ROYAL DISTILLERY, Hamilton, Canada

## The Crown Bank of Canada

34 King Street West, Toronto  
The Women's Room has a special branch of the Savings Department in connection with it.

INTEREST PAID ON SAVINGS DEPOSITS

2 TIMES A YEAR!  
Deposits of Twenty Cents and upwards received

## Uprichter Pianos

ARE THE HIGHEST GRADE INSTRUMENTS MADE IN CANADA.

Influence of these gentlemen is too strong on the government at Ottawa. But if we can we ought to take the matter in hand.

Teachers Starved Out. The improvement of the education laws would be undertaken. The Basic Education Act would be passed.

Government members held a caucus in the morning and discussed the new program. A. A. Mahaffy of Muskoka and R. Preston of North Lanark were present.

J. M. Gibson and F. R. Latchford occupied seats on the floor of the house during the afternoon.

The page boys will hereafter march into the chamber before the speaker. A first effort yesterday the boys marched well.

The government is considering a bill to provide for taking up the veterans' land grant certificates and paying the grantees \$50 as a cash consideration.

Mr. W. J. Hanna said yesterday that no amendment to the license law would meet requirements without provision for an increase in the license fee.

SABBATH SCHOOL ASSOCIATION PREPARING FOR CONVENTION. At the meeting of the central executive of the Ontario Sabbath School Association yesterday, the program committee for the annual convention in Kingston Oct. 23, 24 and 25, reported in favor of securing the services of Rev. Dr. J. M. Gibson of New York.

An invitation to hold the annual convention of 1907 at Brampton was received by the association. The invitation was passed on to the annual convention general executive.

IF YOU KNOW JAS. MURDOCK TELL K. & S. ANDREW IRVINE. Patrol Ser. Andrew Irvine has received a letter from Mr. Minnie Muldoon, Belfast, Ireland, asking for information about her husband, James, from whom she has not heard for a year.

He is a chancery agent, 30, fair complexion, brown hair, and a time and went to Niagara Falls, Ont. P. S. Irvine, No. 1 police station, Toronto, will be pleased to hear from any who know the missing man.

Presbyterian Annual Meeting. The Toronto Presbyterian of the W.P.M.S. was convened in its twenty-first annual meeting yesterday at the Central Presbyterian Church.

The financial report showed a surplus of \$10,000. The increase in the mission funds was \$1,000. The increase in the fund for the poor was \$1,000.

Had That Corn Very Long? Quill says to you that with Putnam's Corn Extract, only takes 24 hours to no pain—dead sure cure. Try Putnam's; it's far the best.

Too Poor to Put on Air. Engineers' Corps here has been disbanded, owing to the corps being too small to stand the expense.

DOES YOUR HEART ACHE? WITH THE FORESIGHT OF A PROPHET, BY THE AID OF THAT GREATEST OF KNOWN TREATMENTS—"DR. AGNEW'S CURE FOR BONDAGE" OUT OF ILL-HEALTH AND UNFOLD SUFFERING TO THE "PROMISED LAND" OF PERFECT HEALTH.

DR. AGNEW'S CURE FOR THE HEART WILL STOP THE PAIN. Is there palpitation—Is there fluttering—Is your breath short—Is it hard to find your pulse sometimes—Do you have smothering spells—Do your feet and ankles swell—Do you have fainting turns—Do you have aching arms—Do you have pain in the left side sensations? Dr. Agnew's Cure for the Heart has saved thousands of sufferers, and it can help and cure you, but you cannot afford to toy with heart troubles, so if you have any of the heart symptoms to-day, then to-day to day to put yourself in touch with a remedy—this great heart treatment that never fails.

"I was under treatment," says Mr. A. Lavers, of Collingwood, Ont., "with some of the best physicians in London (England) for what they diagnosed as incurable heart trouble. I suffered agonies through pain about my heart, fainting spells, palpitation and exhaustion. As a drowning man grasps at a straw I tried Dr. Agnew's Cure for the Heart. The first bottle relieved me greatly; two bottles took away all traces of my heart trouble."

DR. AGNEW'S LITTLE LIVER PILLS cure all liver ills—10 cents. DR. AGNEW'S CATARRHAL POWDER a sure cure for catarrh.

## SEWAGE SCHEME ADOPTED IT IS TO COST \$2,385,000

Annual Cost of Maintenance, \$76,000  
—Provincial Board of Health Selects Septic Tank System.

After many sessions of serious consideration the provincial board of health last night came to a decision to approve of a septic tank system for disposal of Toronto's sewage, which is one of the four plans submitted for consideration by City Engineer Rust and Medical Health Officer Dr. Sheard.

The estimated cost of establishing the system is about \$2,385,000, and the annual cost is estimated at \$76,000. The board approves of the adoption of the plan on condition that the city provides for sufficient maintenance and that the soil is suitable.

The choice is known as plan No. 2 of 273, and is as follows:

Construction of septic tanks in the vicinity of Ashbridge's Bay, near the Woodbine, and the purchase of 500 or 600 acres of lands immediately north of Ashbridge's Bay, in the vicinity of Woodbine-avenue, to be used as filter beds, the sewage to be lifted to this point. The land proposed to be purchased is of a sandy gravelly nature, and admirably suited for the purpose.

Mr. Rust does not consider that any profit should be anticipated from the sale of the produce. During the continuance of very cold weather and when the wind is from a westerly direction it would be economical and quite satisfactory to turn the effluent directly into the lake after septic tank treatment. It would then only be necessary to pump the sewage to the farm about eight months a year.

An Enormous Capacity. The approximate capacity of this proposition is as follows:

Capacity of intercepting sewers, 100,000 gallons per day.

Capacity of septic tank, 25,000,000 and 25 per cent. reserve, 31,250,000 gallons per day.

Capacity of pumping plant, 25,000,000 and 50 per cent. reserve, 37,500,000 gallons.

Capacity of forcing main, 25,000,000 and 50 per cent. reserve, 37,500,000 gallons.

Capacity of capacity filter area, 25,000,000 gallons.

What It Would Cost. The approximate cost of the proposition is as follows:

Intercepting sewer, 100,000 feet, at \$1.00 per foot, \$100,000.

Septic tank, 25,000,000 gallons, at \$1.00 per gallon, \$25,000,000.

Forcing main, 48 in. main, 100,000 feet, at \$1.00 per foot, \$100,000.

Filter area, 600 acres, 250,000,000 gallons, at \$1.00 per acre, \$250,000,000.

Pumping station, Total capacity, 27,500,000 gallons per day, against 100 ft. head, including screens, wells, etc., \$350,000.

Annual cost, \$76,000.

Some Provisions Attached. The board of health attached to their endorsement of the scheme the proviso that the soil must be suitable, and the city would install property connected with the sewage disposal, including drainage and would provide for sufficient maintenance.

The plan was pretty thoroughly gone over when City Engineer Rust and Dr. Sheard were before the board yesterday. This is not the scheme the local medical health officer was previously committed to. He favored the establishment of filtering beds at Scarborough with septic tanks. When the provincial board of health meeting closed last evening it was their opinion that the plan above was the best.

The recommendation has been sent to the mayor.

## Offensive Breath

It is usually caused by constipation, which permits vile matter to collect in the system. To have your breath sweet, keep the bowels regular. Let Dr. Hamilton's Pills assist you. They stimulate the bowels, promote and cure constipation in one night. Take Dr. Hamilton's Pills before retiring and your breath will be all right next morning. Used by thousands in preference to any other medicine because mild, yet sure to do the work thoroughly. Impossible to imitate. Prove Dr. Hamilton's Pills for headache, biliousness, sick stomach and bad breath. Use Dr. Hamilton's Pills whenever sick or well. 25c per box, or four for \$1. At all dealers, or Poison & Co., Kingston, Ont.

Religious Education Association. Dr. Douglas Fraser has returned from conference of the Religious Education Association in Cleveland, O. William H. P. Fraser, president of Brown University, Providence, R.I., is the new president, and Mr. Fraser is one of the thirteen vice-presidents.

One of the interesting points was the relation of the association to the press. Canadian gazettes were eulogized.

Sir Algernon to Speak. Sir Algernon Coote of Ireland, one of the representatives of the English National Council of Young Men's Christian Associations, will address the Sunday men's meeting at the Central Y.M.C.A. at 415.

Sir Algernon with his son, is on his second visit to the United States and Canada.

Head Office—Toronto, Ont. J. L. BLAICH, President. L. GOLDMAN, A.I.A., P.O.A. Manager. W. B. TAYLOR, B.A., L.L.B., Secretary.

CAN'T WIND UP BUSINESS. Lack of information Apparently Delaying a Report.

Geo. Pattinson, M.L.A. for South Waterloo and a member of the royal hydro-electric power commission, says that the latter has been discussing business before it which will soon have to be disposed of. Reports that certain interests were declining to give information or were otherwise standing in the way of the commission were based only on surmises. A meeting was to have been held yesterday at the city hall, but was postponed owing to the absence of Hon. Adam Beck, the chairman, who will be here next week.

At the city hall there was a discussion

## What's in a Name on a Piano?

Not so much in the name itself, but there is a great deal in the name if that name represents skill and years of experience of a practical piano man who personally superintends his own product. This is what the buyer will find in the

## Gerhard Heintzman Piano

WHICH IS UNIVERSALLY ACKNOWLEDGED THE FINEST PIANO PRODUCED IN CANADA

They may cost a little more than other Canadian pianos, but remember—QUALITY REMAINS LONG AFTER PRICE IS FORGOTTEN.

Send for printed matter and prices of GERHARD HEINTZMAN PIANOS MARTIN-ORNE PIANOS APOLLO SELF-PLAYERS

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ATLANTIC CITY, N.J.

## HOTEL TRAYMORE ATLANTIC CITY, N.J.

Hot and cold sea and fresh water in all baths. Running water in bedrooms. Room thoroughly and completely appointed with every modern hotel equipment. Separate private baths. Illustrated booklet. Capacity 600. Unobstructed view from all rooms. Facilities to greet over the famous Atlantic City Country Club Course.

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ATLANTIC CITY HOTEL.

## EPPE'S

An admirable food, with all the nutritive elements of meat, and is easily digested. This excellent food maintains the system in robust health, enables it to resist winter's extreme cold.

WASHINGTON, D. C. The Shoreham Washington, D. C. American and European Plan. ABSOLUTELY FIREPROOF. Within five minutes walk of the White House, Treasury, State War and Navy Departments. Absolutely modern and high class in every detail. John G. Devine, Prop.

THE ST. CHARLES. Most select location on the ocean front. ATLANTIC CITY, N.J. Distinction in cleanliness, high-class patronage and liberal management. To be in the room, across water, in all baths. Booklet. NEWLIN BROTHERS.

O'Keefe's Special Extra Mild PORTER. Does ordinary porter make you bilious? O'Keefe's won't. It is a special brew—extra mild—with a rich, delicious flavor that bespeaks its age. The last drop in the bottle is like the first—clear as crystal.

In point of skill or the quality and ingenuity of our Trusses, we are not in saying that we are unapproached; but we will not descend in our advertisements to the level of the fakir, but doing the best for everyone and guaranteeing all our Trusses.

Authors & Cox Expert Truss Makers. 135 CHURCH ST.

among the legal men and the sloppiness of the Nichols-Pellatt interests in turning their backs on the public. Mr. Nichols did not feel that he could give the required information at the present time, as some of the directors were away and he would not take the whole responsibility.

Plumber Would Have Been Cheaper. Two houses on Palmerston-avenue—902 and 911—were damaged by fire yesterday. Mrs. Susan A. Smith, of No. 909 was thawing a water pipe when the fire caught the woodwork. About \$50 damage was done.

Cook's Cotton Root Compound. The only safe and effective monthly medicine on which women can depend. Sold in two degrees of strength—No. 1 for ordinary cases, \$1 per box; No. 2, 50c per box. Ask for Cook's Compound. Cook's Compound; take no substitute.

The Cook Medicine Co., Windsor, Ontario.

## Electric Belt on Trial Until You Are Cured.

Cured of Rheumatism Three Years Ago and Never Had a Return of It.

Dr. McLaughlin. Dear Sir: I must say that your Belt has been most satisfactory. Since wearing it I have not been troubled with rheumatism. The Electric Belt is just the thing to do as you say, I have lent it to others, and they are suffering from it. Wishing you every success. Yours very truly, JOHN CRAWLEY.

That's a fair and square proposition—ON TRIAL UNTIL YOU ARE CURED. No man can make it unless he knows what he can do.

I'm no novice in the business of curing men. I've been at the business 24 years, and in that time have learned that Electricity will cure hundreds of cases where nothing else will.

I know what kind of cases I can cure and will not take a case that I can't. When I found that I could feel cases in certain cases, I saw then that it was possible to make this proposition—ON TRIAL UNTIL YOU ARE CURED.

To the man whose vitality is exhausted and who finds himself, while still young in years, a broken-down wreck of what he ought to be, the Dr. McLaughlin Electric Belt is full of encouragement.

It is the success of the age in elevating the condition of men suffering from a loss of vitality.

It is worn while you sleep. For six or eight hours every evening pours a steady stream of electricity into the nerve-centre, saturating the weakened tissues with its life. This is strength. From it comes the vim, the energy, the fire of perfect physical and mental action. It renews the health and happiness of all men.

Anyhow, I am ready to back up everything I say, and all I ask you to spend is your time. And as you wear my Belt while you sleep, I don't use much of that.

Some of the things I can cure are: Debility of any organ of the body, decay of youthful vigor and every evidence of it; weakness of kidneys, stomach, liver, rheumatism, poor circulation, constipation and general ill-health.

Now, let's get together. If you would like to be a stronger, younger man than you are, come to me. Call and I'll give you all the satisfaction you want. If you can't call, send this coupon, and I'll send you, sealed, free, a book that will tell you how I do these things and of men who have been cured by my Belt.

Wherever you are, I think I can give you the name of a man in your town that I have cured. Just send me your address and let me try.

Are you a weak man? Are you nervous, fretful, and gloomy? Is your sleep broken? Have you pains and aches in different parts of your body? Is your back weak and painful? Have you lost the vigor of youth? Are you Rheumatic and Gouty? Have you Varicose Legs? These are all the result of the waste of vital force. The Gentle Stream of Electricity from Dr. McLaughlin's Electric Belt going into the weak nerves, restores the lost energy and makes every nerve and muscle perfect. It cures permanently in every case.

Power for the People. The possession of great water power on the Ontario level, the province, which had immense areas of coal; the generation of electricity would improve the facilities of transportation and give the farmer cheaper power to lighten his burdens. The government should press on and give the people cheap power. It should demand that a certain proportion be handed over to the municipalities at cost, or failing that, it should undertake the development of electric power to increase the tax on the railways, and 75 per cent. of this tax should go to the municipalities.

The government had done well. It had nothing to fear from the corporations. A hue and cry had been raised by the administration, and it had been said that the government had surrendered to the bad element in the province. It was a government without a mind.

Mr. Bowyer favored one set, the government to own the copyright and the plates, and this might lead to the establishment of a true course of power.

Mr. Rose moved the adjournment of the debate at 6 o'clock. This, Mr. Whitney said, puts the debate over until Tuesday, according to the rules of the house. He said that there would be a sitting on Monday, but no business till the address is delivered.

Mr. Garney proposed to ask if the government intended to order an investigation into the financial affairs of the loan companies doing business in the province. Mr. Hoyte will introduce a bill to amend the Ontario Companies Act, and Mr. Graham will move to amend the Assessment Act.

Hon. Mr. Rose has given notice of question asking for a comparison of

Dr. M. O. McLaughlin 135 Yonge St., Toronto, Canada. Please send me your book, free.

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