# HOW RHEUMATISM CAN BE OVERCOME

## Not by Rubbing, But by Enriching the Blood.

Rheumatism is a disorder of the blood. It attacks people when the blood is overcharged with acid and impurities, thus setting up inflammation in the muscles and joints. Wet weather or cold weather may start the tortures of rheumatism, but it is not the cause. The cause is in the blood. Victims of this malady have every reason to fear the first dull ache in the limbs and joints, followed by sharp pains through the flesh and muscles; these are the symptoms of poison in the blood, which will shortly leave the victim painracked and helpless. Liniments, hot applications and rubbing may give temporary ease, but cannot possibly root the trouble out of the system. That can only be done by enriching the blood. This new blood drives out the poisonous impurities, and the rheumatism disappears. If you are a sufferer from this painful malady, begin the use of Dr. Williams' Pink Pills and see how soon the pains and stiffness of the joints fade away. Among those who have benefitted by the use of these pills is Mr. Freeman Irving, Baxter Harbor, N.S., who says: "Some time ago my blood was in a terrible condition, leaving me very much run down, and with boils breaking out on my body. To add to my misery rheumatism set in, and I not only suffered greatly from the pain, but could only get around with the greatest difficulty. After trying several medicines without much success, I decided to give Dr. Williams' Pink Pills a trial, as they had been warmly recommended to me. I think I used nine boxes altogether, but the results met my every expectation, as both the boils and the rheumatism disappeared. Naturally I feel that I cannot praise the pills too highly."

You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50c a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

### As Viewed From the Air.

Female passenger in aeroplane some thousands of feet up—excitedly—"Please, oh, please, won't you go down? I've just dropped my pearl cuff-button!"

"Calm yourself, madam—that's not your cuff-button, that's Lake Erie."

Canada has the only two coal regions on the seacoast of North America, and controls one-fifth of the world's coal resources.

## The Care of Leather.

The proper drying of boots and shoes after they have become soaking wet has much to do with their lasting qualities. The use of the proper kind of oil or grease will greatly increase the wear of shoe leather.

When leather is wet, it is soft and therefore readily stretches out of shape. The stitches cut through the wet leather easily and wet soles and heels wear away rapidly.

Great care must be taken in drying wet boots and shoes, for they often burn before it seems possible; moreover, if dried too fast, the leather becomes hard and the boots shrink out of shape. To dry wet boots properly, first wash off all mud or grit with tepid water, and, if they are heavy work boots, oil or grease them at once. Straighten the counters, toes and uppers to the proper shape, and stuff the toes with crumpled paper, to hold the boots in shape while drying. Set the shoes in a place where they will dry slowly; wet leather burns very easily, and if it is placed where it is hotter than the hand can bear, it is almost sure to burn. The shoes should not be worn until thoroughly dry.

Before oiling or greasing boots, brush them well, warm them carefully, apply warm oil or grease, and rub in with the palm of the hand. Work the grease well in where the sole joins the upper and along the edges of the sole.

Neat's-foot, cod and caster oils and tallow and wool grease, or mixtures of them, are the best. Castor oil is the most satisfactory oil for use on polished shoes. If applied lightly, the shoes may be polished at once, if necessary, but it is better to wait a few hours.

A good mixture for waterproofing leather is: neutral wool grease, 8 ounces; dark petrolatum, 4 ounces; paraffin wax, 4 ounces. This should be heated, thoroughly mixed, and allowed to cool. Before using, it should be warmed to blood heat. Care must be taken when warming that it does not catch fire.

## My Prayer.

O God, my God, where'er Thou art,
Keep my beloved in Thy Heart;
Fold in Thy Heart that heart so bright
Heal him with Thy most gentle light.
And since Thou mad'st forgetfulness,
Forget whate'er Thou find'st amiss;
And since Thou mad'st remembering,
Remember every lovely thing.
And then, my God, lean down and see . . .
And, pitying, remember me.

Canada has 300,000,000 acres of agricultural lands, only one-sixth under crop.

Canada has 1,000,000 choice farms awaiting settlers.

## Blood Money.

The Soviet Government offered recently a reward of twenty million roubles (about $10,000,000) for the capture of Ossip Lietnyi.

The gentleman with the strange name was formerly head of the Soviet district of Tsaritsin, but, getting weary of Leninism, decided to strike out on his own. He therefore collected a band of Kalmuk brigands, and started a career of plunder and slaughter.

By thus infringing on the privileges of the Red Government, he earned the distinction of having set upon his head the highest price ever yet set on a human being.

Next in point of value comes the $150,000 which the English Government of the time offered for the capture of the Young Pretender, in 1745. Since money was then worth at least three times its present value, the reward (which was never claimed) was a very respectable fortune.

To come down to more modern times, the biggest sum in blood-money offered previous to the Great War was that set on the head of the ex-Shah of Persia, in 1911.

The ex-Shah organized an army on a great scale, and swept down from Astrabad on Teheran. Having but a paltry two thousand troops with which to defend themselves, the Persian Parliament offered a sum of $82,500 for the leader of the rebel army either dead or alive.

Musolino, the celebrated Italian brigand, comes fourth on the list. There was a sort of grand opera flavor about this gentleman, who for a long time terrorized a large district of Sicily, and in his leisure time composed ballads which his followers sang.

The Italian Government, having made vain attempts to capture him, offered a reward of $6,000 for his body. This sum proving insufficient, the prize was gradually raised until at last it amounted to no less than $40,000.

## Power Progress in Canada.

While the increase in power development in Canada in 1920 was substantial, in many portions of the Dominion new installations and development have not yet caught up with the ever-increasing demand for hydro-electric energy. Increase in power development naturally accompanies expansion of industries. The pulp and paper industry has undoubtedly attracted the greatest attention during the past year, but a large number of smaller industries and the ever-increasing uses of electricity for power and domestic purposes, both in urban and rural communities, are important factors in the increasing power demand. While the total water-power installation of the Dominion at the commencement of 1920 was some 2,500,000 h.p., the ultimate capacity of undertakings, either completed during the past year or under actual construction, will increase this total by some 840,000 h.p. This figure includes the 500,000 h.p. Chippawa development of the Ontario Hydro-Electric Power Commission. Additional projects aggregating some 360,000 h.p. are also under consideration.

The Province of Ontario leads with some 650,000 h.p. in undertakings, which are either under construction or completed; Quebec shows 140,000 h.p.; the Maritime Provinces, 30,000 h.p.; Manitoba, 20,000 h.p.

Undertakings which are projected for the near future aggregate some 200,000 h.p. in Quebec; 15,000 h.p. in Ontario and 20,000 h.p. in the Maritime Provinces, while one project alone in British Columbia involves some 125,000 h.p.

# A SPLENDID MEDICINE FOR THE CHILDREN

Baby's Own Tablets are the best medicine a mother can give her little ones. They are a mild laxative which quickly regulate the bowels and stomach and are guaranteed to be entirely free from any injurious drugs. Concerning them Mrs. A. D. West, Loreburn, Sask., writes:—"Baby's Own Tablets have given me more satisfaction than anything else I have ever given my children. They are easily taken; always work well and though I have given quite a few to my baby they seem to work as well now as at first, which is something other laxatives seldom do." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## Car in Which the Armistice Signed to be Memorial.

War gave a new romance to things of everyday. Barbed wire, motor trucks and apple jam all became symbols of Mars. Now a railway car, the saloon carriage in which Marshal Foch signed the armistice with the German plenipotentiaries on November 11, 1918, is to be preserved as a war memorial, says a despach from Paris. President Millerand recently used the famous carriage on his visit to Verdun, and it is now to be placed on the terrace of the Hotel des Invalides, where it will be available for inspection by all visitors to the tomb of Napoleon and the Chelsea Hospital.

Gerald Dickens, grandson of the great novelist, is a captain in the British navy.

The solution of all our difficulties is summed up in the one word Endeavor. While a man is striving he is always winning, in the moral sense, and while he is winning in that sense he cannot be reckoned a failure.

# Surnames and Their Origin

### CLAY

**Variations—Clayer, Claire, Cleyere, Marler.**
**Racial Origin—English.**
**Source—An occupation or locality.**

We are inclined to suspect that names like this are not what they seem, particularly when we remember that such a name as Hay has nothing whatever to do with our word "hay."

In this case, however, the suspicion proves unfounded, for the family name of clay, famous in American history of statesmanship, is in fact the same as our word clay.

Clay was to the farmer of the middle ages in England what nitrates are to the modern farmer. That is to say, itwas most important as a fertilizer, and the people who owned clay deposits or traded in the commodity were almost certain to be persons of great importance in their communities, not to say of wealth.

Not all who bear the name, however, are necessarily descended from clay owners or traders, though it is fair to assume that the majority are, for the name was often descriptive of the locality in which the bearer resided, as well as his occupation. In one of the old records an "Alice in le Cley" is referred to. A more usual form was "de la Cley." Of course the form "le Cleyere" nearly always represented the occupation.

"Marle" was another name for clay. It is more common in the term "marling," which means mixing clay with the soil. Hence the family name Marler, which, however, is not very common to-day.

### CAHILL

**Variations—Lowe, Quick, O'Cahill.**
**Racial Origin—Irish.**
**Source—A given name.**

Historical record is the basis for including Lowe and Quick as variations of the Irish family name of Cahill, for, strictly speaking, they are not the same name at all, though both Lowe and Quick, when of Irish origin, are traceable back to the same person.

The Irish form of the family name is "O'Cathail," which, it should be remembered, is not pronounced with a "th" like that in English, but more like the English spelling which actually is used in representing it.

The Irish family name is derived from the given name of "Cathal," which means "valor."

For the most part the "O'Cathails" were descendants of or followers of Cathal, the son of Conor, nicknamed Conor na Luinge Luaithe," or "Connor of the Swifter Sailing Ship," a chieftain prominent in ancient Irish history.

Subsequent to the English conquest of Ireland the native families in many sections were compelled by law to adopt English surnames. As a rule they did not pick them at random, choosing rather an English translation of the Irish family name or an English name which sounded as much as possible like it.

In this manner some of the O'Cathails adopted the name of Quick, from the Irish word of that meaning in the title of the historical "Conor na Luinge Luaithe," while others adopted the name of Lowe from its similarity in sound to "Luaithe."


*There's More Than Flavor*

Many foods, while pleasing to taste, contain but little nourishment.

**Grape-Nuts**

combines with its rich, sweet flavor the full nutriment of wheat and malted barley which makes it an ideal food.

It has been the favorite *ready-to-eat* cereal for a quarter of a century.

*"There's a Reason"*



**AUTO REPAIR PARTS**

for most makes and models of cars. Your old, broken or worn-out parts replaced. Write or wire us describing what you want. We carry the largest and most complete stock in Canada of slightly used or new parts and automobile equipment. We ship C.O.D. anywhere in Canada. Satisfactory or refund in full our motto. **Shaw's Auto Salvage Part Supply, 923-931 Dufferin St., Toronto, Ont.**

### Strategy.

"You seem fond of the druggist's little boy."

"Yes, he kin git all the pills he wants fer our airguns."

### Clever Baby.

Mother—"Bobbie, your Aunt Edith has got a new baby boy. I shall be his aunt, Daddy his uncle, and you will be his little cousin."

Bobbie—"My word, mother, hasn't he been quick in deciding who's to be which?"

### What Pa Said.

"So you have twins at your house, Johnnie?"

"Yes'm, two of 'em."

"What have you named them?"

"Thunder and Lightning. That's what pa said when they came to the house."

### The Regimental Lyre.

A number of stars on the cuff of a soldier aroused the fair visitor's curiosity.

"He's the battalion astronomer," explained her escort, gravely. "Most useful man. Guides us home by the stars when we've lost our way on night manoeuvres."

"How interesting," said the maiden. Then, noting his bandsman's badge, the representation of an ancient stringed instrument, she exclaimed, slyly: "I suppose that thing on your arm means that you're the regimental lyre?"

### Touch the Bell.

The latest story of J. D. Rockefeller, the millionaire oil king, illustrates one of his mottoes, "Never do any unimportant work for yourself which others, whose time is less valuable, can do."

One day his secretary was reading to him an important letter which called for an interest calculation. Instinctively the secretary began a rapid calculation, but the reproof came without delay. "Mr. Rogers," said the millionaire, "you have clerks to figure interest. Touch your bell."

### The Miner's Joke.

A party of professors undertook to penetrate into the depths of a Cornish mine. The lowering apparatus was the primitive rope and bucket. When they had finished their explorations they were hauled up in the bucket two at a time. As the last was slowly ascending, with a miner as a fellow passenger, he perceived unmistakable symptoms of frailty in the rope. "How often do you change your ropes, my good man?" he inquired, when about half way from the bottom of the awful abyss. "Every three months, sir," replied the man in the bucket; "and we shall change this one to-morrow if we get up safe."

### His First Chance.

"What do you men know of women's work?" fiercely queried the lady orator.

"Is there a man here,' she continued, folding her arms, "who has, day after day, got up in the morning, gone quietly downstairs, made the fire, cooked his own breakfast, sewed the missing buttons on the children's clothes, cleaned the pots and kettles, and swept the kitchen? If there is such a man in the audience let him rise up. I should like to see him."

In the rear of the hall a mild-looking man in spectacles timidly arose.

He was the husband of the eloquent speaker.

This was the first chance he had ever had to assert himself.

## Where the Queen Lives.

If I were a member of the Royal Family, says a London writer—and, for my peace, I am glad that I am not—I should keep a notebook and jot down all the humorous remarks that were made to me. As it is, most of these remarks are lost, and the few that are not have to be captured by attentive reporters and journalists. I was not present myself when the Queen visited a certain school in an industrial centre the other day, but I thank the brother-journalist who was on the spot and who preserved in his notebook this fragment.

"Where do you live?" the Queen asked a little girl.

"In Fuller's Rents," replied the child. "And where do you live?"

The Queen laughed and replied:

"Oh, not far from Victoria Station—you must come and see me with your mother some day."

I wonder whether the invitation will be accepted? Queen Mary's modest description of where she lived struck a contrary note to the description given by an ex-duke, who said he was always to be found at the Savoy Hotel. He spent his days—on the curb outside!


Minard's Liniment for Dandruff.


## Quebec Supplies World With Asbestos.

Asbestos is one of the better known of Canada's non-metallic minerals It is useful as an insulating material and enters into the production of many every-day appliances. It is found chiefly in the Eastern Townships of Quebec, the deposits there being the chief source of the world's supply. Asbestos is a fine, flexible fibre, of silky appearance. It occurs in the fissures of the serpentine rock, which in this area is of a dark green or brownish color, so badly shattered that it is almost impossible to secure a block of the stone six feet long. Veins of asbestos, sometimes from four to five inches in thickness, are found with the fibres at right angles to the walls of veins.

Properly speaking, asbestos is not mined, but is recovered by the open-cut method from quarries, similar to stone quarrying. The over-burden is removed by steam-shovels.

Owing to its non-conducting properties and to the fact that it is resistant to common acids, asbestos has many and varied uses. It is largely used as insulation for heating plants and of refrigeration installations. Asbestos enters largely into the manufacture of electrical equipment, such as electric irons, toasters, fuse boxes, switchboards, etc. Other purposes for which it is used are as wallboard, sheeting under shingles for fire prevention, as gas logs in fire-places, as filaments for kerosene and gas mantels; and as table mats and utensil holders.

The motor car industry has become a large consumer of asbestos, for insulation purposes and for brake linings, etc.

Owing to the facility with which asbestos fibre can be spun and woven, considerable use is made of it for filtering purposes in laboratories. Its resistance to the common acids renders it of special value for this purpose.

The production of asbestos in the province of Quebec in 1920 amounted to 177,605 tons, of a value of $14,674,372. By far the greater proportion of this is exported, mostly to the United States.


**MONEY ORDERS.**

Send a Dominion Express Money Order. Five Dollars costs three cents.


## Wisps of Wisdom.

Look ahead or you won't get ahead.

Those who have no taste for discipline, sacrifice, or service had better remain single.

The best time to hold on is when you reach the point where the average fellow would fall off.

Don't depend on others, or by and by you won't be able to depend on yourself—nor will anyone else.

Cheerfulness is the rubber tyre of life's vehicle. It helps us to pass over many bumps and rough places.

It may be true that the willing horse gets the heaviest load. But once in a while he also gets the most oats.

Your employer may determine your salary, but you yourself determine your worth. To get more, make yourself worth more.

There is nothing as elastic as the human mind. Like imprisoned steam, the more it is pressed the more it rises to resist the pressure. The more we are obliged to do, the more we are able to accomplish.


Minard's Liniment Relieves Distemper


## New Record for English Marriages.

The year 1920 broke all records for marrages in this country, says a London despatch. For the three years preceding the war the annual average number of marriages in England and Wales was only 280,000. In 1920 almost 400,000 marriages took place.

Prior to this the 300,000 mark had been passed only twice. The first time was in 1915, when the cry "Single Men First" set the wedding bells ringing, and in 1919, when marriages which had been delayed by the war took place.

The 1920 boom is attributed to the after effects of the immediate wave of prosperity following the war. The official returns for the last few months, however, show that marriages have fallen off again.


**ASPIRIN**

Only "Bayer" is Genuine

BAYER

Warning! Unless you see the name "Bayer" on package or on tablets you are not getting Aspirin at all. Take Aspirin only as told in the Bayer package for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Then you will be following the directions and dosage worked out by physicians during twenty-one years and proved safe by millions. Handy tin boxes of twelve Bayer Tablets of Aspirin cost few cents. Druggists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid.


## Classified Advertisements.

### AGENTS WANTED.

NEAT APPEARING LADY TO ACT as our representative introducing useful line of fast selling articles. Write, Anderson Manufacturing Company, London, Ontario.

AGENTS WANTED: BLISS NATIVE Herbs is a remedy for the relief of Constipation, Indigestion, Biliousness, Rheumatism, Kidney Troubles. It is well-known, having been extensively advertised, since it was first manufactured in 1888, by distribution of large quantities of Almanacs, Cook Books, Health Books, etc., which are furnished to agents free of charge. The remedies are sold at a price that allows agents to double their money. Write Alonzo O. Bliss Medical Co., 124 St. Paul St. East, Montreal. Mention this paper.

## History-Making Songs.

Most historians have ignored the fact that songs have in many cases inspired the emotional forces that have shaped great events.

Christianity entered Britain accompanied by the strains of the Augustine chants; the Marseillaise played an important part in the French Revolution, as did Luther's hymn in the times of the Reformation.

The famous Cavalier song, "The King Shall Enjoy His Own," helped the Restoration; while it was a statesman's boasts that James II. was driven from his throne by a few verses set to music by Henry Purcell.

"God Save the King" has helped to make much of our history, while the threatened invasion of Napoleon was largely brought home to England by "Rule Britannia;" and did not "It's a Long Way to Tipperary" help us to beat the Germans?

The giant hydro-airplane of Gianni Caproni, with which he hoped to cross the Atlantic, has been burned.


For years I have never considered my stock of household remedies complete unless a bottle of Minard's Liniment was included. For burns, bruises, sprains, frostbites or chilblains it excels, and I know of no better remedy for a severe cold in the head, or that will give more immediate relief, than to inhale from the bottle through the nasal organ.

And as to my supply of veterinary remedies it is essential, as it has in very many instances proven its value. A recent experience in reclaiming what was supposed to be a lost section of a valuable cow's udder has again demonstrated its great worth and prompts me to recommend it in the highest terms to all who have a herd of cows, large or small. I think I am safe in saying among all the patent medicines there is none that covers as large a field of usefulness as does Minard's Liniment. A real truelsm good for man or beast.

CHAS. K. ROBBINS,
Chebogue Point, N.S.



America's Pioneer Dog Remedies
Book on
**DOG DISEASES**
and How to Feed
Mailed Free to any Address by the Author.
**E. Clay Glover Co., Inc.**
**118 West 31st Street**
**New York, U.S.A.**



**CORNS**

**Lift Right Off without Pain**

Magic! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Doesn't hurt a bit.

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and calluses.

**Luxuriant Hair Promoted By Cuticura**

Cuticura kills dandruff, stops itching, the cause of dry, thin and falling hair. Treatment: Gently rub Cuticura Ointment with the end of the finger, on spots of dandruff and itching. Follow next morning with a hot shampoo of Cuticura Soap. Repeat in two weeks. Nothing better than these fragrant, super-creamy emollients for all skin and scalp troubles.

Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without mug.



**OLD STANDBY, FOR ACHES AND PAINS**

**Any man or woman who keeps Sloan's handy will tell you that same thing**

ESPECIALLY those frequently attacked by rheumatic twinges. A counter-irritant, Sloan's Liniment scatters the congestion and *penetrates without rubbing* to the afflicted part, soon relieving the ache and pain.

*Kept handy* and used everywhere for reducing and finally eliminating the pains and aches of lumbago, neuralgia, muscle strain, joint stiffness, sprains, bruises, and the results of exposure.

You just *know* from its stimulating, healthy odor that it will do you good! Sloan's Liniment is sold by all druggists—35c, 70c, $1.40.

**Sloan's Liniment** (Pain's enemy)