MUCH ILL HEALTH DUE TO BAD BLOOD

If the Blood is Kept Rich and Red You Will Enjoy Health.

More disturbances to health is caused by weak, watery blood than most people have any idea of. When your blood is impoverished, the nerves suffer from lack of nourishment and you may be troubled with insomnia, neuritis, neuralgia or siatica. Muscles subject to strain are under-nourished and you may have muscular rheumatism or lumbago. If your blood is thin and you begin to show symptoms of any of these disorders try building up the blood with Dr. Williams' Pink Pills. These pills have a special action on the blood and as it becomes enriched your health improves. The value of Dr. Williams' Pink Pills in cases of this kind is proved by the experience of Mr. D. J. McDonald, North River Bridge, N.S., who says: "For some years I suffered severely with headaches, pains in the back and a run-down condition. At times the pain in my back would be so bad that I would sit up in bed all night. From time to time doctors were treating me, but did not give me more than temporary relief. And then one day when I was suffering terribly a neighbor came to see me, and urged me to try Dr. Williams' Pink Pills. After taking two boxes I felt relief. I got five boxes more and before they were all gone I felt as though they were giving me new life, as in every way they built up and improved my health and strength. I am now working as a barker in a pulp mill, ten hours a day, and feeling none the worse after my day's work. I say with pleasure that this condition is due to Dr. Williams' Pink Pills."

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

"A great fortune is a splendid servitude," wrote Seneca, the great millionaire of the first century. In the twentieth century Carnegie expressed the same idea when he said of rich men, "At first they own the money they have made and saved. Later in life the money owns them."

The delta of the Mississippi River, hitherto only inaccurately surveyed on account of the extreme difficulty of travel in its swamps and marshes, will be photographed by the U.S. Air Service. The aerial camera, fixed in the bottom of a plane flying at a uniform height, takes overlapping pictures that later are fitted together to form a continuous picture map.

Minard's Liniment Relieves Distemper

The Poor Sleeper.

One sign that a man has had insufficient sleep is finding himself drowsy at odd hours during the day. There are many simple precautions that a man so affected can practice. He will often find it a waste of time to lie in bed obstinately trying to get to sleep. The wise course for him is to rise, put on warm slippers and a dressing gown and read until his brain grows quiet. Te may find that eating a light luncheon will help; one physician used to advise his patients either to heat a cup of milk and sip it slowly or to eat an apple slowly, skin and all.

Anyone who is subject to insomnia should make sure that when in bed his head shall be cool and his feet warm; he should use a hot-water bottle or a light pillow at the foot of the bed if he cannot keep his feet warm otherwise. He should always make his evening meal nutritious but light, and if it proves to have been too light supplement it with a little more light food at the end of the evening.

Much sleeplessness is only a form of indigestion. When a person falls asleep quickly, but wakes in an hour or so unmistakably suffering from undigested food, he should rise and slowly drink a cup of hot water in which a quarter of a teaspoonful of bicarbonate of soda has been dissolved.

Most poor sleepers are of nervous temeprament and should practice self-control. They should not take the frets and annoyances of the day to bed with them. To go to bed angry is the worst of all.

Something Like Speed!

One of the most interesting of recent discoveries in conection with astronomy is that the older a star grows, the faster does it move.

A star, like an express train, takes time to get up speed.

In the case of the train, however, it is a matter of a few minutes only; with a star it is millions of years. The speed of the fastest star is about three hundred miles per second. This celestial racer is invisible with the naked eye, but has a number of other means of identification for the convenience of astronomers.

It has been found that the average velocity of faint stars is much greater than that of brighter ones. Twenty-eight faint ones have been found to have an average velocity of 138 miles per second, whilst the speed of nine very bright ones averaged only eighty miles per second.

Judged from the standard of speed, our own sun—which would appear as a star if it was far enough away from us—is a comparative infant. Its speed is only about twelve miles per second.

Spinach is a Persian plant.

Here is a good one: If you had a dollar for every kind thing you have done during 1920, how many dollars would you have?

Surnames and Their Origin

DUNLAP.

Variations—Dumleavy, Dunlevy, Dunlief, Donleavy, Don-Levi, Delap.
Racial Origin—Irish and Scottish.
Source—A given name.

This group of family names had its origin in the name of one of the ancient Irish clans, from which all of the foregoing variations have been derived in the process of Anglicizing the name.

The name Donleavy occurs as native to Scotland, and as the name of a sept in the Clan Buchanan. But while it may have originated from the same given name as the Irish family name, its source is more or less clouded in obscurity, and the only thing certain is that it had an origin independent of connection with the Irish clan. The older form of the Scottish name is "Mac-Don-Leavy."

The Irish clansmen were known as the "MacDunshleibhe" or "O'Dunshleibhe." This clan came into being some time in the eleventh century, under the leadership of a chieftain named "Dunsleibhe," who was the son of the famous "Eochaidh," brother of "Maolruanaidh." This "Maolruanaidh" was the forty-seventh king of "Ulidia," or Ulster, and was slain in the great battle with the Danes at Clontarf in 1047.

"Don-Levi" was the peculiar English translation of the name adopted by a branch of the clan, but it was never widespread.

CLAVER

Variations—Cleaver, Clavenger.
Racial Origin—English.
Source—An occupation or title.

The original meaning of these family names had nothing to do with the word "cleve" in either the sense of cutting or clinging. The source is entirely different, and lies in the now obsolete word "claviger."

The "claviger" of the middle ages, under the Anglo-Norman system of government held a position similar to those of the modern city or state treasurer and custodian of public documents combined. Technically he was the "keybearer," for that is what the word "claviger" meant. And the key he bore was that of the public treasury.

He was the custodian of public moneys and documents, the official who was responsible for their safekeeping, though not for their collection or expenditure.

There was a Robert Clavynger on the medieval parliamentary lists, but the still older forms of the name are to be found in such entries as "John le Clavier," "Henry le Claver" and "John le Clavour."

Public offices in those days generally were held for life, as the most usual and effective way of removing an official from office was to remove him for life. Thus in many instances these titles stuck long enough to the individual, and were even handed down with the office from father to son, to become family names.

A Better Table Drink

INSTANT POSTUM

Made instantly in the cup by adding hot water — no delay and no waste. Delightful and satisfying in flavor, with none of the harm that sometimes comes from tea or coffee.

"There's a Reason"

Sold by grocers everywhere!

Grant Made Him Eat Humble Pie.

General Grant once called his army into grand parade, and issued a formal order that had as its sole object the destruction of a pumpkin pie. The story is told in a biographical work by L. P. Brockett, M.D.

In the rapid marches of Grant's forces in southern Missouri their rations were often scanty and not very palatable. At length, however, they emerged into a better and more cultivated section, and Lieutenant Wickham, of an Indiana cavalry regiment, who with two second lieutenants was in command of the advance guard of eighty men, halted at a farmhouse. Pretending to be General Grant, he demanded food for himself and his staff.

The family hastily brought forward the best their house afforded. The lieutenants ate their fill, and went on their way.

Soon after, General Grant, who had halted his army for a short rest a few miles farther back, rode up to the same door and asked if they would cook him a meal. The woman, who grudged the food already furnished, replied gruffly: "No. General Grant and his staff have just been here and eaten everything in the house except one pumpkin pie."

"Ah!" said Grant. "What is your name?"

"Selvidge," answered the woman.

Tossing her a half dollar, the general asked: "Will you keep that pie until I send an officer for it?"

"I will," said the woman.

The general and staff rode on, and soon a camping ground was selected, and the regiments were notified that there would be a grand parade at half past six for orders. This was unusual, and neither officers nor men could imagine what was coming. The parade was formed, however, ten columns deep and a quarter of a mile in length. After the usual review, the assistant adjutant-general read the following:

"Headquarters, Army in the Field,
"Special Order No. —:

"Lieutenant Wickham, of the Indiana Cavalry, having on this day eaten everything in Mrs. Selvidge's house, at the crossing of the Ironton and Pocahontas and Black River and Cape Girardeau roads, except one pumpkin pie, Lieutenant Wickham is hereby ordered to return, with an escort of one hundred cavalry, and eat that pie also.

U. S. GRANT,
"Brigadier-General Commanding."

Uncle Sam a Dentist.

The United States Public Health Service has been making an intensive study of a tooth.

The matter is of prime importance, because the part this particular tooth plays in the human economy is peculiar and conspicuous.

It is the largest of the teeth—the big grinder. It is the first of the permanent teeth to make its appearance in the mouth of the child.

Yet it does not replace another tooth, and it is not replaced by another.

It is the so-called "firstmolar," and upon it falls the job of doing most of the heavy chewing while the temporary teeth of early childhood are being replaced by the permanent and final set.

The service of this tooth as a food grinder is needed throughout life.

Four of these first molars are provided by thoughtful nature for each human being—two in each jaw.

The study made by the United States Public Health Service comprised inspections of 6,388 mouths of children of both sexes, from the age of six (when the teeth in question first arrive) to seventeen years.

Sometimes these teeth actually start in to decay before they are fairly through the gums. The inspections showed that nearly 5 per cent. of them acquire "cavities" during the first year after hey are erupted. In children eleven years old (five years ofter eruption) 9 per cent. of them have been extracted or appear merely as decayed roots. Fifty-four per cent. of the 6,388 children examined showed one or more of the first molars missing or defective.

The trouble seems to be due to imperfect enamel. It is merely one manifestation of the progressive deterioration which the human dental equipment is undergoing.

Preserved Timber.

Men employed in driving a new gallery in a mine at Charlotte Plains in Victoria, Australia, have made an astonishing discovery. At a depth of 300 feet below ground they have come upon pieces of timber, perfectly preserved, which have every appearance of having been sawed and shaped by the hand of man.

This timber lies in the bed of an ancient river now being worked for gold, and the timber is oak. Now oak has the peculiar property of lasting for centuries when buried in water or wet sand. Oak piles have been taken out from under old wooden bridges constructed by the Romans and found as sound as when they were put there nearly 2000 years ago.

Oak known as the bog oak is found buried in peat bogs and is perfectly black, intensely hard and very valuable. At present there is an absolute famine in seasoned oak wood, but if we could suppress bolshevism and open up Russia to trade, that famine would soon be ended. Just before the war it was discovered that the bed of the river Moksha, for a length of over 400 miles, is simply full of magnificent old oak trees bedded in sand.

BITS OF HUMOR FROM HERE & THERE

What the Judge Said.

Topper—"Did anybody remark on the way you handled your new car?"

Goggles—"One man did, but he did not say much."

Topper—"What did he say?"

Goggles — "Twenty dollars and costs."

Quite So.

Members of the Naval Board were examining young applicants for appointment to a Naval college.

"Well," said an old admiral to one of the youths, "what must an officer be before he can have a funeral with full naval honors?"

"Dead," answered the bright youth.

She Knew It.

"No, Harold," said Miss Goldie, "I can never be yours.'

"Never?" he cried in despair.

"Never!" she answered coldly. His mood changed.

"Oh, very well," he sneered. "There are others."

"Yes, Harold. I know there are," she answered sweetly. "And I accepted one of them to-day."

Caution.

"John."

"Yes, dear."

"Are you really going down in that submarine?"

"I am, positively; no use arguing, now, I'm——"

"Well then, all I've got to say, you put on your rubber shoes and wear you raincoat and take your umbrella, that's all."

Give the Fire a Chance.

It was a sleepy village, and its fire brigade was anything but up-to-date. One night a fire was announced by the violent ringing of the alarm bell, and the sleepy brigade arrived at the scene of action to find the burning building a mass of smoke. No flames were visible from the outside.

The captain made a careful survey. Then he lit his pipe and started to smoke.

"We'd better leave it alone an' let it burn up a bit," he said. "Then we'll be able to see what we are doing."

Unreliable Evidence.

"Where is my umbrella?" fumed father, just as he was ready to rush off to the office. "Somebody's taken it!"

Little Willie looked up at his dad.

"I 'spect Mr. Smith took it, father," he said.

Mabel, the beautiful grown-up daughter of the house, blushed crimson.

"Oh, Willie," she cried, "how can you say such a thing?"

"Well, sis," returned Willie, "when he was saying good-night to you last night I heard him say, 'Mabel dear, I'm —I'm going to steal just one.' "

THE BEST MEDICINE FOR LITTLE ONES

Thousands of mothers state positively that Baby's Own Tablets are the best medicine they know of for little ones. Their experience has taught them that the Tablets always do just what is claimed for them and that they can be given with perfect safety to children of all ages. Concerning them Mrs. Joseph Therrien, St. Gabriel de Brandon, Que., writes: "Baby's Own Tablets are the best medicine I know of for little ones. I thought I would lose my baby before trying the Tablets, but they soon made him healthy and happy and now I would not be without them." The tablets are sold by medicine dealers or by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont.

Good Laying Hens.

A young married woman who moved into the country considered the keeping of hens a pleasant and profitable undertaking. As she grew more absorbed in the pursuit her enthusiasm increased.

During one of her animated descriptions of her success a friend inquired: "Are your birds good laying hens?"

"Oh, yes," she replied, in a delighted tone; "they haven't laid a bad egg yet!"

MONEY ORDERS.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

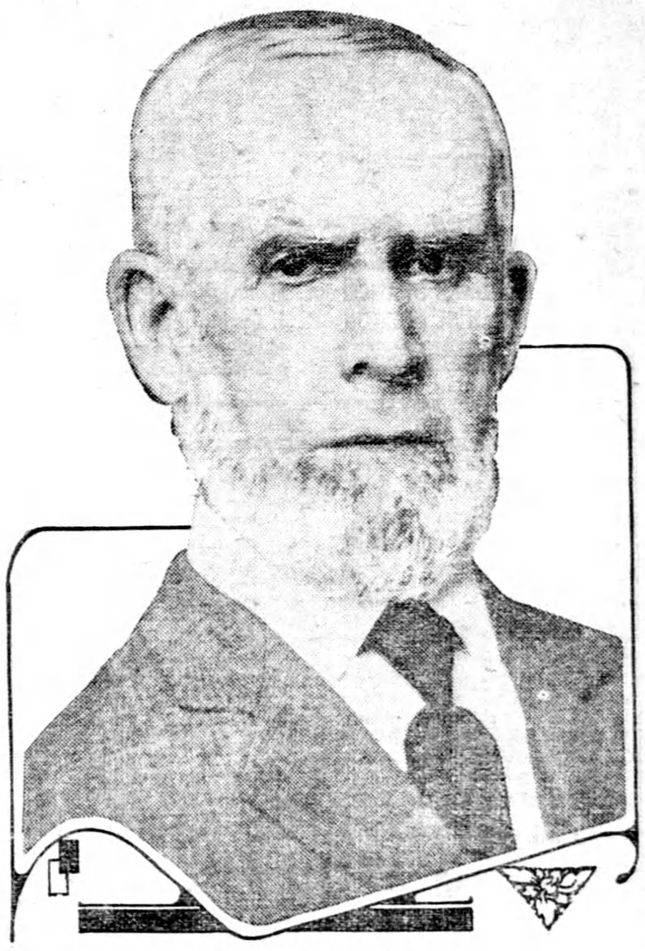
Cancer has been assigned to the following causes, among others: Eating over-hot food, excessive smoking or drinking, severe blows, mental worry, and hurrying over meals.

The handle of a new electric tool for tamping railroad ties is made of spring steel so that the vibrations are not transmitted to a workman operating it.

A race of white cannibals, recently re-discovered in South America by an American explorer, have not been seen by any white man since 1753, when Spaniards were reported to have caught sight of them.

Minard's Liniment for Dandruff.

Quaker Minister Is Grateful to Tanlac



Rev. Parker Moon

Nearly everybody in Southwest Missouri, U.S.A., either knows or has heard of the Rev. Parker Moon, who for a full half century has devoted his life and talents to Sunday school and organization work for the Society of Friends or Quakers.

"Uncle Parker," as he is more familiarly known, came from fine old rugged Quaker stock, and there is not a better known or more highly respected citizen in that part of the state. In referring to his remarkable restoration to health by Tanlac, he said:

"About five years ago I suffered a general breakdown. My principal trouble was nervous indigestion. My appetite was very poor and my food seldom agreed with me, and I had to live on a very restricted diet. I suffered a great deal from headaches and dizzy spells; I had severe pains across the small of my back and was badly constipated most of the time. In fact, I was so weak and rundown I was not able to attend to my duties.

"This condition made me very nervous and I could not sleep at night. Frequently I would lie awake most all night and was in that condition more or less for five years. My physician said he could not do anything for me and suggested a change of climate. I then moved to Texas and went back and forth three times but did not get the relief I had hoped for. Finally I got so bad off I was not able to get around with any degree of comfort. I was also told I had heart trouble.

"I had read about Tanlac and, as it had been very highly recommended to me, I decided to try it. I got a bottle and had taken only a few doses until I could notice a marked improvement in my condition. I noticed especially that I was not troubled any more with sour stomach after eating, which was a great relief.

"I kept on taking Tanlac until I fully regained my health. My appetite is splendid; I enjoy my meals and I do not find it necessary now to take any laxative medicines of any kind. I can sleep much better and am not nearly so nervous.

"I take great pleasure in recommending Tanlac to anyone who needs a good system builder, or who suffers with stomach trouble. I have recommended Tanlac to a great many of my friends and am pleased to reach others by giving this statement for publication."

Tanlac is sold by leading druggists everywhere.

Medicine for Plants.

Plants, like animals, have curious appetites, and very different ones. Most ferns seem to appreciate a small dose of weak tea, and many other pot plants are benefited by this mixture.

A drop or two of ammonia in a tumbler of water is a specific for some plants, especially those with soft stems, such as primulas. But the mixture must not be too strong, or it will kill instead of cure.

Charcoal, while not a true fertilizer, has an extraordinary good effect on most pot plants. Especially in the case of hyacinths, a little powdered charcoal mixed with the potting soil makes the flowers more brilliant in color than any fertilizer.

Salt spread on the paths is used to kill weeds, yet salt in smalled quantities is a splendid fertilizer for carnations and pinks, and all plants of that tribe.

Soot, again, a fertilizer which will kill some plants, is one of the best things possible for the onion bed.

Potatoes and cauliflowers are partial to seaweed, hops flourish on ground-up rags, while there are some greedy plants, like strawberries and roses, which seem to appreciate any form of food which may be given them.

The giraffe is the only animal that is really dumb. It is unable to express itself by any sound whatever.

Mexico has a tribe of Indians whose language is limited to about 300 words and who cannot count more than ten.

ASPIRIN

Only "Bayer" is Genuine

say BAYER

Warning! Take no chances with substitutes for genuine "Bayer Tablets of Aspirin." Unless you see the name "Bayer" on package or on tablets you are not getting Aspirin at all. In every Bayer package are directions for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets 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.

America's Pioneer Dog Remedies

Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author. H. Clay Glover Co., Inc. 118 West 31st Street New York, U.S.A.

MINARD'S "KING OF PAIN" LINIMENT

YARMOUTH, N.S.

Fishermen and Campers, Quick Relief.

PUT A BOTTLE IN YOUR OUTFIT

Mrs. Lilian Taylor Tells How Cuticura Healed Her Baby

"Our baby was two weeks old when his face became very red and terribly itchy, and he was fairly crazy rubbing and scratching till the skin broke and bled. He could not sleep, and did nothing but cry. His face looked as though he might be disfigured for life.

"I thought I would give Cuticura Soap and Ointment a trial. I found the free sample so good that I bought more and two cakes of Cuticura Soap and a fifty cent box of Cuticura Ointment healed him." (Signed) Mrs. Lilian M. Taylor, Box 99, Bracebridge, Muskoka, Ont., Dec. 30, '18.

Cuticura Soap to cleanse and purify, Cuticura Ointment to soften and soothe and Cuticura Talcum to powder and perfume are ideal for daily toilet purposes.

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