A WOMAN'S HEALTH NEEDS GREAT CARE

When the Blood Becomes Watery a Breakdown Follows.

Every woman's health is dependent upon the condition of her blood. How many women suffer with headache, pain in the back, poor appetite, weak digestion, a constant feeling of weariness, palpitation of the heart, shortness of breath, pallor and nervousness? Of course all these symptoms may not be present—the more there are the worse the condition of the blood, and the more necessary that you should begin to enrich it without delay. Dr. Williams' Pink Pills are a splendid blood-building tonic. Every dose helps to make better blood which goes to every part of the body and brings new health to weak, despondent people. Dr. Williams' Pink Pills are valuable to all women but they are particularly useful to girls of school age who become pale, languid and nervous. There can be neither health nor beauty without red blood which gives brightness to the eyes and color to the cheeks and lips. Dr. Williams' Pink Pills build up the blood, as is shown by the experience of Mrs. Jos. E. Veniotte, West Northfield, N.S., who says: "For several years I was in a bad state of health. I was pale and nervous, my appetite was poor, and I suffered from weakness, headaches and a feeling of oppression. I got so nervous that I was afraid to stay in the house alone. All this time I was taking medicine, but it only did not help me, but I was growing weaker. Finally I decided to try Dr. Williams' Pink Pills, and after using six boxes I felt much better. I had a better appetite, slept better and felt stronger. However, I continued taking the pills for a couple of months longer and now I am feeling as well as ever I did. I give all the credit to Dr. Williams' Pink Pills, and hope that my experience may be of benefit to some other weak woman."

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

Quite Likely.

Father was testing his son's knowledge of arithmetic.

"Now, sonny," he said, "suppose your mother had three dollars and I had ten. If I gave her seven dollars, what would she have?"

"Hysterics," muttered the precocious child as he drifted into the garden.

Minard's Liniment for Dandruff.

Jumping From the Sky.

The real designer of the parachute was Leonardo da Vinci, in 1500, although at the coronation of the Emperor Fo Kien, as early as 1306, Chinese acrobats were seen to jump from a high scaffolding with huge parachute umbrellas.

Major Orde Lees, who has made more parachute descents from aeroplanes than any other man, considers that all passenger aeroplanes should carry life-saving parachutes, just as ships carry lifebelts and boats. In a recent lecture he referred to a scheme of lowering a whole cabinful of passengers by one great parachute.

The prevailing idea that parachutes frequently fail to open is a fallacy. In 600 parachute descents from observation balloons during the war, only three failures occurred.

Many inventors do not realize that if a parachute is much less than 28 ft. in diameter the speed of descent is fatal. In 1914 an Austrian tailor jumped from the Eiffel Tower in Paris with a combined Parachute overcoat. The apparatus worked perfectly, but as it was only one-sixth the size of a standard life-saving parachute, it descended too quickly and its inventor was killed.

The real danger of parachuting is in landing. You never know where you are going to land. Major Lees has described how in July, 1920, a rival parachutist in Sweden challenged him to land on a given spot, and how he dropped from only 400 ft., and scored an "inner." His rival ascended to 3,000 ft. and landed a third of a mile away!

His Car.

Since Jenkins had a motor car
He's hardly ever home,
But with his family delights
The countryside to roam.
And yet he is not satisfied
But plans to change, behold!
His Classy Six to something that
On wheels has never rolled.

He means to fit it with a stove,
A bathtub and a bed,
And make a lawn and garden patch
Upon the top o'erhead.
With lawn mower and rake and hoe
Strapped on behind, he'll call
It perfect and will never need
To visit home at all.

The Benefit of Forests.

Most of the land on which our Canadian forests now stand is not suitable for agriculture, but it is suitable for growing fine crops of trees to keep our saw-mills, our wagon factories, our furniture factories, and our paper mills running at full force forever. Let us all take part in protecting our valuable forests. Fire is their enemy. Therefore let us be careful with fire when in the woods.

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.**

Photographing Stars Near the Sun's Edge.

In the past it has been necessary to wait for an eclipse of the sun before it was possible to photograph a star in the vicinity of the sun's disk. The intensity of the light of the sun is so great that even the sky for a considerable distance from it is very bright, and sufficient to overwhelm completely the image of any stars that might be in the field. This can be better understood when it is stated that the brightness of the sun is equal to 120,000,000,000 first-magnitude stars.

The subject of the apparent position of the stars, as seen near the sun's limb, has recently become of great theoretical importance in connection with the gravitational theory of Professor Einstein. At the last eclipse, photographs were obtained of stars near the sun; and the results appeared to indicate that Einstein's theory was borne out. However, the question is of fundamental importance to physicists and astronomers, and the effects are so minute that further data are wanted before a final conclusion is drawn; and it has been naturally assumed that additional information could not be obtained.

It has just been announced, however, that a French scientist has succeeded in photographing stars in the vicinity of the sun in broad daylight. This is accomplished with the aid of a screen which intercepts the direct image of the sun, and the effect of the intensely bright sky is disposed of by using suitably stained photographic plates making them sensitive to the red light, and by the employment of red filters which only allow light of certain wave lengths to pass through. It is possible, therefore, that it will not be necessary to wait for another eclipse before obtaining additional data on the Einstein theory.

Electric Energy for Our Rural Districts.

Generally speaking, it may be said that Canadian industrial centres are exceptionally well provided with cheap electrical power, mostly hydro-electric. As Canada's wealth and prosperity are due, in a large measure, to her agricultural development, it is highly desirable that electric service should be extended also to the farms to enable them to enjoy the full benefits of its service.

The Electrical World recently remarked editorially that rural electric service helps to solve national problems. Anything which encourages decentralization of the population, by making rural districts better places in which to live, ought to be supported by every available means. If electric light and power were generally available in the agricultural regions, there would be more encouragement for local industries and better opportunities for building up country districts.

Other provinces, including our Prairie Provinces, should work along the same lines as the Hydro-Electric Power Commission of Ontario. New legislation was obtained in this province last year to facilitate rural electric distribution. Men are engaged continually in making surveys in different parts of the province as to the kinds of farms, and the market for power.

It has been suggested that the farmers could help build the lines. During several months in the year the farmer's work is slack, and he could assist in constructing lines if it were to his benefit to do so. There are several different suggestions, one, that all the lines be built by the government; another, that the farmers supply the labor and cartage at a certain rate; and third, that the commission supply a working superintendent who would show the farmers how to build the lines, haul poles, dig holes and string the wires, with the exception of tieing-in, which would be done by the lineman.—L. G. Denis.

The Call of the Children.

Kindness, Kindness, come this way—
Children call to you!
Haste, O kindness, to obey,
Make their dreams come true!
Let them know, though they are small
On the big round earth
There is happiness for all,
Light and hope and mirth.

Haste, away, O heart of blindness,
Seek the dark and hide;
Children's hands reach out to kindness
And in love confide.
Suns are bright on pastures green,
All the world is glad;
But poor and vain the harvest's gain
If any child be sad!

A Growing Bargain.

Some of the English are quite as keen on saving and bargain-driving as the Scotch. Take the following case. "You can't beat my old woman at getting the most for her money," said one Englishman. "She went to a market gardener and insisted on choosing a marrow that was still growing. 'How much for this one?' she says. 'Eight pence,' says he. 'Too much,' she says. 'What's the price of this little un?' 'Fourpence.' 'All right, I'll have it,' and she pays for it on the spot. Then she says, 'But don't cut it now. I'll call for it next week.' "

BITS OF HUMOR FROM HERE & THERE

Heated Up.

Little Effie (who has stroked the kitten until she has begun to purr): "Maudie, do you hear that?"

Sister Maudie: "Hear what, Effie?"

Effie: "Why, I do believe Kitty's boiling!"

Not So Dark Now.

"Where has he been?"

"To darkest Africa."

"My! How interesting! He must have seen lions and elephants in the jungles."

"He saw a herd of elephants from the window of a Pullman."

Careless Compositor.

"The ending of my story has been completely spoiled by careless typesetting," complained the angry author.

"Here at the conclusion, where the judge looks down at the detective and asks, 'Are you Pendleton King?' What does the printer make him say? Listen!

"The great detective, snatching off his false beard, replied, '1 a.m.' "

"That certainly leaves the readers in the dark," mused the waggish editor.

A True Point.

Little Eddie had begun to study physiology, and her teacher had lectured forcefully against the evils of alcohol.

So Edie was perturbed when cider appeared at the farm table.

"Cider," she proclaimed promptly, "is bad for us. Teacher says it contains ten per cent. alcohol."

"Well," said her father, "how do you account for the fact that Mr. Jones, who lived next door, lived to be one hundred and four, though he drank a great deal of cider?"

It looked bad for Edie's cause, but she advanced excitedly to its defence.

"Well, he couldn't have been very healthy when he died," she asserted.

Not Well Told.

A woman met a ragged urchin in the street.

"Your coat's very short, my lad," she said.

"Yes, ma'am," was the reply; "but it'll be long enough before I get another."

Thinking the reply very smart, she determined to relate the incident to her husband.

"I told him his coat was very short," she began, "and what do you think was his reply? He said it would be a very long time before he got another."

She is still waiting for the laugh that never came.

WHEN BABY IS SICK

When the baby is sick—when he is cross and peevish; cries a great deal and is a constant worry to the mother—he needs Baby's Own Tablets. The Tablets are an ideal medicine for little ones. They are a gentle but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation and indigestion, break up colds and simple fevers and make teething easy. Concerning them Mrs. Philippe Payen, St. Flavien, Que., writes: "Baby's Own Tablets have been a wonderful help to me in the case of my baby and I can strongly recommend them to other mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Berry-Pickers Start Destructive Fires.

"Destruction of magnificent timber in a six-mile area, mountain slopes now blackened wastes, and thousands of dollars expended in wages to fire-fighters, are some of the results of Lynn Valley's greatest forest blaze. And all due to the carelessness of a few berry-pickers."—Vancouver Province.

In New Brunswick last year 60,000 acres of Crown lands were burned over. During the season 2,410 permits were issued for slash burning, and of these only 19 got beyond control. There were 57 convictions for infractions of the forest fire law.

British Columbia had 389,846 acres burned over, in 1920, the result of 1,251 fires, of which 246 were chargeable to campers and travellers.

In the Prairie Provinces, 1,313 fires burned over 5,491,215 acres. Campers and travellers were responsible for 152 of the fires.

Berry-pickers, camping parties, hunters and others who visit the woods for any purpose whatsoever, have a great responsibility for the care of the forests. The city resident looks forward to the time when he can get away to the woods, but he seldom gives a thought to the fact that only the strictest precautions in connection with the camp fire can preserve the forest which has such a fascination for him.

Arable land, measuring 9,810,000 acres, was ruined by the war; of this 6,687,000 acres have already been cleared of wire, and the French alone have plowed 3,756,000 acres.

Minard's Liniment Relieves Distemper

Prominent Western Man Praises Tanlac

G. W. Logan, Peabody, Kansas, U.S.A.

"Tanlac has completely restored my health and I feel finer than in years," was the straightforward statement made recently by Mr. George W. Logan, of Peabody, Kansas, U.S.A., one of the most prominent stock-dealers in the Middle West.

"It has not only made a new man of me but I have actually gained thirty-five pounds in weight and feel as well as I ever did in my life. I am telling all my friends about Tanlac but they can see for themselves what it has done in my case.

"When I began taking Tanlac I was in an awfully run-down condition. I was away off in weight, felt weak and nervous all of the time and couldn't take any interest in my work or anything else. My main trouble was indigestion. Nothing seemed to agree with me. At times I would have dizzy spells and at other times my back would ache so bad that I could hardly get up and down in my chair. This is just the condition I was in when I started to take this medicine. It took just six bottles to make a well man of me. I now have a fine appetite, everything tastes good and my digestion is perfect.

"My wife was also troubled with indigestion at times and it relieved her the same way. You may publish my statement wherever you like and if anyone doubts it, just tell them to see me."

Tanlac is sold by leading druggists everywhere.

Wild Life in Dominion Parks.

In his annual report for 1920, Mr. J. B. Harkin, Commissioner of Dominion Parks, reporting on the value of wild life protection, says: "The continued increase in wild life in practically all of the parks is most gratifyng and affords the best evidence of the value of sanctuary protection. Reports from the various superintendents show that in the three parks on the eastern slope of the Rockies both big game and game birds are coming back in large numbers. The superintendent of Jasper park reports that this year the bighorn, which a few years ago in that park had been reduced to very small numbers, now total 5,000. In the Southesk River hunting country contiguous to Jasper park last season there were reported to be 2,000 bighorn, evidently an overflow from Jasper park. Similar reports of better hunting come from practically all districts outside park boundaries indicating that the protection afforded by the parks is not only increasing the wild life within their boundaries, but it is resulting, as predicted, in a natural overflow of game which is restocking the hunting areas."

MONEY ORDERS.

Remit by Dominion Express Money Order. If lost or stolen you get your money back.

Settled!

The tailor had called several times for settlement of his bill.

"Look here," he said. "I should like to know when you are going to settle this account. I can't call here every day of the week."

Debtor—"What do you suggest?"

Tailor—"Friday."

Debtor—"Very well, then. You can call every Friday."

The nasturtium came from Peru.

ASPIRIN

"Bayer" is only Genuine

BAYER OK

Warning! It's criminal to take a chance on any substitute for genuine "Bayer Tablets of Aspirin," prescribed by physicians for twenty-one years and proved safe by millions. 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.

Waste Apples Yield Rich Syrup by New Process.

A new extraction process converts the juice of even the most intensely acid varieties of apples into a sweet, rich syrup, which is entirely suitable as a base for flavoring extracts and for many other purposes. A valuable by-product of the process is a compound, known as calcium malate, which is identical with the so-called "sugar sand" hitherto derived from maple syrup exclusively. This compound forms the basis of malic acid, and was valued at $1.50 per lb., and more, before the war. At present, the only plants employing the process are located in Nova Scotia, but, as it utilizes a fruit which is now being allowed to go to waste to the extent of hundreds of thousands of tons a year, it is to be expected and hoped that the method will come into wide general use within the near future.

At the Yarmouth Y.M.C.A. Boys' Camp, held at Tusket Falls in August, I found MINARD'S LINIMENT most beneficial for sunburn, an immediate relief for colic and toothache.

ALFRED STOKES,
General Sec'y.

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.

For Hair And Skin Health Cuticura Is Supreme

The majority of skin and scalp troubles might be prevented by using Cuticura Soap exclusively for all toilet purposes. On the slightest sign of redness, roughness, pimples or dandruff, apply a little Cuticura Ointment. Cuticura Talcum soothes and cools the skin and overcomes heavy perspiration. Delicate, delightful, distingué.

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.

Surnames and Their Origin

KIRK

Variations—Kirke, Kirkman, Church, Churchman.
Racial Origin—English.
Source—A locality.

Here is a group of truly local surnames, all founded on the word "church," which undoubtedly sprang up more or less simultaneously in all parts of England, and amohg many people unrelated to one another.

The sharp difference between the variations spelled with a "k" and with "ch" is at once apparent. It is also absolutely indicative of whether the name originated in the north of England, including the Scottish lowlands, or in the south. The "ch," of course, belongs to the latter, as you may judge from the fact that the modern word is spelled that way, and that modern English is but the outgrowth of certain southern dialects (those in the neighborhood of London) of the old Anglo-Saxon, tinctured principally with importations of French words brought over by the Normans .

The difference in pronunciation is more modern, for originally there was little difference between the sound of the "ch" and the "k." Both had the "k" sound; only one was a little sharper than the other.

Old forms of the name were purely descriptive. A "churchman" or a "kirkman" was simply one who dwelt near a church. At other times a man would be referred to as "Walter atte Church" or "atte Kirk," the "atte" meaning "at the," and the prefix being dropped in the course of time as the name became a family "tag" rather than merely indicative of a place of residence.

FOSTER

Variations—Forster, Forrester.
Racial Origin—English.
Source—An occupation.

Foster is a family name whose origin is not quite plain. That of Forster is a little less clouded. That of Forrester is quite plain.

The fact is that Foster and Forster are but shortened forms of Forrester, and all three are derived from the occupation of forester.

These names, like those of Warren, Parker, Woodrow, Woodruff and the like reflect vividly the social and economic structure of medieval English times. Hunting was the chief diversion both of the aristocracy and the common people. Woody wastelands were common and extensive, but the laws governing their administration and use were detailed, and formed no mean part of the entire legal code. Where to-day we would speak of a game "preserve," the medieval English divided these lands into "forests," "chases." parks" and "warrens," according to the extent of privileges attached to them.

The "forester" was not merely one who lived in the woods and gained his livelihood from them. He was an officer charged with their safekeeping and the guarding of their owners' and the public's interest. He was, in short, an officer whose position was not incomparable to that of the sheriff. The old records are full of such names as "Ivo le Foster," "Henry le Forster" and "Walter le Forester."

Ready to Eat *and* Every Bit Eatable

Grape-Nuts

is convenient, free from waste, and moderate in price.

Skilled blending and long baking bring out the full flavor and richly-nourishing qualities of this cereal food, and make it easy to digest.

"There's a Reason"

For sale by all grocers