PALE AND NERVOUS SCHOOL CHILDREN

Need Rich, Red Blood to Regain Health and Strength.

Many children start school in excellent health, but after a short time home work, examinations, hurried meals and crowded school rooms cause their blood to become weak, their nerves over-wrought and their color and spirits lost. It is a mistake to let matters drift when boys and girls show symptoms of nervousness or weak blood. They are almost sure to fall victims of St. Vitus dance, or drift into debility that leads to other troubles. Regular meals, out-door exercise and plenty of sleep are necessary to combat the nervous wear of school life. But it is still more important that parents should pay attention to the school child's blood supply. Keep this rich and red by giving Dr. Williams' Pink Pills and the boy or girl will be sturdy and fit for school. The value of Dr. Williams' Pink Pills in cases of this kind is shown by the statement of Mrs. Watson, Grand Falls, N.B., who says: "In the spring of 1919 my daughter Thistle, then 12 years of age, began to show symptoms of nervousness which developed into St. Vitus dance. She seemed to lose control of her limbs and at times every muscle in her body seemed to be twitching and jerking, and the trouble seemed to be growing worse. We finally decided to give Dr. Williams' Pink Pills, and the result was better even than we had hoped for, and she is now enjoying the best of health."

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.

Flies and Colors.

If you want to make your room attractive to flies, paper it in bright yellow. They like that color best.

They do not seem to care about blue, green or orange, one way or the other. Red they markedly dislike.

Houseflies are our most intimate companions, and everything that can be learned about them is worth knowing. Their color preferences have been ascertained by recent elaborate experiments.

London's oldest bridge over the Thames is Waterloo Bridge; Blackfriars Bridge dates back only to 1869.

Safeguarding the Community.

The escape of a pair of untamed lions from a wrecked circus train suggests to one's mind the organization of the entire community to destroy a common menace. The scratch of the lion's claw is almost always fatal. This is due to the blood-poisoning germs that accumulate and develop on the claw as it remains within the moist and warm sheath.

Yet that familiar insect bred in unspeakable filth and known to us as the common housefly carries a million dangerous and deadly germs on its hairy body and is a menace far more hazardous to the community than all the lions and other animals that break from circus cages. Notwithstanding this danger due to the great number of these insects and to their pertinatious habit to inspect, touch and taste every object within reach of their active wings, folks are not inclined to get together on a community program looking for the destruction of the eggs and maggots of this pestiferous insect.

However, it is more than possible that in rural places individual effort with screens, traps, closed vessels for foods that attract these pests, sulphate of iron for the manure piles, etc., will bring a sufficiently satisfactory return in the reduction of the number of pestering flies with which the members of the family will have to contend, to well repay for the investment of time and cost of the necessary materials.

Patience With a Limit.

Dora has the common infantile complaint of wanting everything she can think of before she will condescend to go to sleep.

"I want a drink of milk!" she announced loudly one evening when Marjorie had already made several trips upstairs.

"I lit the gas for you, didn't I?" demanded Marjorie, standing accusingly by the bed.

No answer.

"And I've brought you your black doll?"

Still Dora vouchsafed no reply.

"And I gave you a piece of white paper and a pencil?"

This time Dora pouted asent.

"Well," decreed the big sister, with an air of finality, "just you take the pencil and paper, and draw a cow; then you can milk it!'

Fortune awaits the genius who can invent a drum that can be heard only by the small boy who beats it.

Castor bean production is being encouraged in Java, where the oil is utilized in the textile industry.

Bits of Canadian News.

The output of zinc from Canadian mines has more than quadrupled since 1916, according to the Mines Branch. The output in 1916 was 2,665 tons, whilst by 1919 it had jumped to 11,005 tons.

A new record in milk production for the entire globe has been set by Bella Pontiac, owned by T. A. Barron, of Brantford. According to the official test taken by the supervisor of the Holstein Freisan Association this splendid animal produced for the twelve month period ending June 18th, a total of 27,017 pounds of milk, 1,259 pounds of fat; 1,573.75 pounds of butter. This is far in excess of any world's record previously set and entitles Bella Pontiac to the title of the world's record cow.

The making of government steel rail orders has commenced at the Dominion Iron and Steel plant at Sydney, N.S., and 2,400 men are engaged in the work. The heavy government orders will alone keep the plant in operation for the duration of the summer and fall.

Evidence of the favorable reception of Canadian cattle in Scotland is contained in a cable from Glasgow, Scotland, which announces that 629 Canadian cattle have ben sold at 18 to 20½ cents per pound.

Plans are proceeding for the erection of a huge wireless receiving station in Montreal under the ownership and operation of the Marconi Wireless Company of Canada.

A new Canadian automobile company has been formed by Canadian interests to be known as the Parker Motor Car Company. It has taken over a large plant in the north end of Montreal, formerly used extensively for munitions, and will manufacture what are known as the Parker automobile and the Parker motor truck. The president of the new organization is Sir Alexander Bertram.

In the examinations at McGill School of Agriculture, Lieut. R. H. Unwin, formerly of the Royal Field Artillery, an Imperial prospective soldier settler under the Soldier Settlement Act of Canada, stood at the top of the list. He wrote on twenty-two subjects, in seventeen obtaining first class honors, and in the remainder second class honors. A native of England, he served in France, Belgium and Germany, and after demobilization came to Canada under the Soldier Settlement Board and secured work on a Prince Edward Island farm. He intends continuing practical farm work this summer and purchasing a farm for himself next year under the Board.

Alberta's population is put at 620,000 by the provincial vital statistics branch. Births in the province in 1920 totalled 16,565, or at the rate of 27.72 per thousand of population. Edmonton and Calgary run practically neck and neck in the matter of births, the record being 2,339 and 2,369 respectively. Children born of British stock predominated in both cities.

North Sea Fishermen Continuing War.

The combination of war-time hatred and commercial rivalry is responsible for the feud which has broken out between English and German North Sea fishermen of which the Danes have fallen victim. Several days ago natives of Grimsby, an English fishing village, attacked a German fishing vessel when it attempted to discharge a cargo there, and, according to the German version, boarded the ship and threatened the captain, beat up the crew and broke up the furniture. Later an English fishing steamer was piloted into the harbor of Geestemunde, an important fishing city. When the dockworkers and fishermen learned a British vessel had arrived, they, according to the report of a supposedly reliable news association to which many Berlin papers subscribe, threatened the ships, which proved to be from Grimsby, the same town where the German boat was attacked, and forced the German pilot to come ashore.

Then, states the report, the English captain, smiling in a scornful manner, saw it was impossible to land his cargo and put out to sea again. It remains for the Freiheit, the Socialist organ to bring to light the complete story of what happened to the English vessel. It states she came to Geestemunde, not to sell fish, but because she had run out of coal and after departing, either because she lacked the services of a German pilot or was short of fuel, ran aground on the shoals near Helgoland and sank. All officers and crew managed to reach port after eight hours in an open boat. At about the same time the natives of Grimsby, unaware of the fate that had befallen their townsmen, attacked a fleet of Danish fishing vessels, discharging cargo there, and order was only restored after a severe struggle with the police, who finally were victorious. Further retaliations are expected.

His Advice.

Young Policeman (who has broken up fight between two colored seamen): "Where do you live?"

Larcar—"Calcutta."

Policeman (to the other dago)—"And where do you live?"

Chinaman—"Shanghai."

Policeman — "Um — well, the best thing you two can do is to pop off home to bed."

The work of preserving St. Paul's Cathedral has already been proceeding eight years, five years being spent on one job alone.

Convicted by His Fingers.

A jury in Michigan recently found a man guilty of burglary. Yet no witness appeared against him; the stolen goods were not found in his possession; no one saw him commit the crime, and no one saw him in the neighborhood of the tailor shop that he had robbed.

He had entered the tailor shop by removing a pane of glass from the door. The identification bureau of the Detroit police department examined the glass the next day and found finger-prints They compared them with prints on file in the bureau and finally identified them as those of a man who more than a year before had been acquitted of a charge of breaking and entering a house. They arested him, and six months after the crime, during which time he stoutly maintained his innocence, brought him into court. There the fingerprints were the sole witness against him.

The police of nearly all countries know that fingerprint identification is an exact science; but the difficulty is to convince the jurors. In order to do so the Detroit police called for experts and the opinion was that the fingerprints of the prisoner and those on the glass taken from the tailor shop were exactly alike in thirty-nine chief characteristics. One of the experts asserted that the chances of two men having so many chief characteristics in common were about one in three hundred and two sextrillion, two hundred and thirty-one quintillion, four hundred and fifty-four quadrillion, eight hundred and thirty-eight trillion, one hundred and twenty-one billion, two hundred and ninety-three million, six hundred and seventy-six thousand, five hundred and forty-four (302,231,454,838,121,293,676,544). All the experts asserted that a person's fingerprints did not change from birth until death.

In order to emphasize further the exactness of the method three of the jurors were asked to stamp their fingerprints on cards. Then one of the three stamped on a fourth card the impress of one of his fingers. The judge placed the cards in a row and the experts examined them with magnifying glasses. In four seconds they had identified the juror who had stamped the print on the fourth card.

GUARD BABY'S HEALTH IN THE SUMMER

The summer months are the most dangerous to children. The complaints of that season, which are cholera infantum, colic diahoea and dysentry, come on so quickly that often a little one is beyond aid before the mother realizes he is ill. The mother must be on her guard to prevent these troubles, or if they do come on suddenly to banish them. No other medicine is of such aid to mothers during hot weather as is Baby's Own Tablets. They regulate the stomach and bowels and are absolutely safe. Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Changing View.

We used to think it rained because we
wanted to have fun
Out in the blossoms of the lane beneath the glowing sun,
And we were petulant and cross and
whimpered all the day—
But now we view the rain that falls in
quite a different way.

We used to think the storms were sent
to spoil our picnic date,
And keep us penned up in the house
or right inside the gate ,
And we were angry all the time that
things should go that way—
But we have learned to view the
storms quite different to-day.

And is so in all things here that mark
our quiet life—
We see the wisdom of the toil and of
the pain and strife,
And we have grown a gentler will and
welcome all He sends
For now we take another view of Nature's destined ends.

We know, for instance, that the rain is
sent to fill a need,
And not to spoil our happy day and
make our spirits bleed,
And through the larger purpose of His
will and wish we know
The blessing of the flying clouds as
the sun's bright glow.

MONEY ORDERS.

When ordering goods by mail send a Dominion Express Money Order.

The Heart of Friendship.

Here's to the heart of friendship tried
and true
That laughs with us when joys our
pathway strew;
And kneels with us when sorrow like
a pall
Enshrouds our stricken soul; when
smiles through all
The midnight gleam with more than
human faith.

Here's to the love that seeks not self,
and hath
No censure for our frailty, but doth
woo,
By gentle arts, our spirits back into
The way of truth; then sheds upon
our lives
A radiance that all things else survives.

Every man suffers from the delusion that he is necessary to the happiness of some woman.

Minard's Liniment Relieves Neuralgia

Just So.

'What is it that keeps the moon in place and prevents it from falling?" asked Jim.

"I suppose it's the beams," replied his brother.

It Paid Dividends.

"Was your daughter's musical education a profitable venture?" asked Smith.

"Rather," said Brown. "I bought the houses on either side of us at half their value."

Professional Immunity.

Little Boy—"We've been playing school, mother."

Mother—"Well, I hope you were well behaved during school hours.

Little Boy—"I didn't need to be, because I was the teacher."

Harmless Mayor.

An Englishman was paying his first visit to Scotland. He arrived at a small town, and began to question the porter.

"I suppose you have a provost here?"

"Aye,' said the porter.

"And does he have insignia like our mayors?"

"Have what?"

"Insignia—well, for instance, does he have a chain?"

"A chain?" said the astonished porter. "Na, na. He gangs loose; but dinna be feared, he's quite harmless."

Sticks to Dad.

Tommy had been a naughty boy, and when his father came home he spoke to him thus: "Tommy, do you know what happens to good boys?"

"Yes, dad; they go to Heaven."

"Do you know what happens to bad boys?"

"Yes, dad; they go to the other place."

"Well, Tommy, wouldn't you rather be a good boy and go to Heaven?"

Tommy thought a minute and then said, "No, father, I'd rather go with you."

The Foolish Girl.

An Irish priest was talking to his gardener, Pat, one day. Pat was an old servant, and it was the priest's custom to discuss with the man various items of news from the newspapers.

"Pat," said the clergyman, "is this not scandalous?"

"And what is that, Father?" asked Pat.

"It says in the paper this morning that a large number of English girls are marrying Chinamen."

"Shure, and that's nothing, yer honor," replied Pat. "I know a handsome Irish colleen that's married an Englishman."

What's in a Name.

The reason dentists call their offices dental parlors is that "drawing rooms" would be too suggestive.

O. McPherson,
Furniture Dealer and Undertaker,
Armstrong, B.C.
Minard's Liniment Co., Ltd.,
Yarmouth, N.S.

Dear Sirs—Since the start of the Baseball season we have been hindered with sore muscles, sprained ankles, etc., but just as soon as we started using MINARD'S LINIMENT our troubles ended. Every baseball player should keep a bottle of your liniment handy.

Yours truly,
W. E. McPHERSON,
Secretary Armstrong High School
Baseball Team.

COARSE SALT
LAND SALT
Bulk Carlots
TORONTO SALT WORKS
G. J. GLIFF - TORONTO

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.

ASPIRIN
"Bayer" is only Genuine
BAYER

Warning! Unless you see the name "Bayer" on package or on tablets you are not getting genuine 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.

OWES HER LIFE TO TANLAC, SHE SAYS

HAD SUFFERED TWENTY-FIVE LONG YEARS.

Mrs. Nelles Declares the Medicine Has Completely Restored Her Health.

"I firmly believe I owe my life to Tanlac, for it has completely restored my health after suffering twenty-five years," was the statement made by Mrs. S. Nelles, 208 Parliament St., Toronto.

"During all those years I hardly knew what it was to eat a good meal without suffering dreadful pains in the pit of my stomach and also palpitation of the heart afterwards. My liver was badly out of order and I was troubled a lot with nausea. I generally woke up in the mornings with a fearful headache and had such spells of dizziness that I had to hold on to the furniture to save myself from falling. I was just tired out and weary all the time and every now and then had such a sinking sensation come over me that I thought my end had come. In fact, I was almost a confirmed invalid and used to lie awake for hours at night worrying about my condition, and never expected to be well again.

"But the way Tanlac has built me up has been really wonderful. The first few doses seemed to do me good, for I began to sleep better and had less distress after my meals. After taking eight bottles of this medicine I can honestly say I am as well as I ever was in my life. All my stomach trouble has disappeared, I sleep fine at night and am so much stronger that I can do my housework with ease. I have recommended Tanlac to lots of my friends and am glad of this opportunity to tell everybody what a grand medicine it is."

Tanlac is sold by leading druggists everywhere. Advt.

No Fair Play.

Joan—"Why won't mummy buy me a new doll?"

Nurse — "Because yours are not broken yet, dear."

Joan—"Well, mummy's had a new baby—and I'm not broken!"

Minard's Liniment for sale everywhere

Eliminating Trouble.

Teacher—"Which one of the five senses—sight, feeling, hearing, taste or smell—could you get along best without?"

Small Boy—"Feeling, because when you get in an accident you won't get hurt."

Cuticura Insures Thick Glossy Hair

Shampoos with Cuticura Soap preceded by light applications of Cuticura Ointment to the scalp skin do much to cleanse the scalp of dandruff and promote the healthy condition necessary to producing luxuriant hair.

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.

TO WOMEN OF MIDDLE AGE

This Woman's Letter Tells You How To Pass The Crisis Safely.

Lasceiles, P.Q.—"During the Change of Life I felt so weak and run down I could hardly do my work. The perspiration would pour over my face so that I couldn't see what I was doing. We live on a farm, so there is lots to do, but many who felt as I did would have been in bed. I took Lydia E. Pinkham's Vegetable Compound and it did me a world of good. I tried other remedies but I put Vegetable Compound ahead of them all, and I tell every one I know how much good it has done me."—Mrs. DUNCAN BROWN, Lascelles, Prov. Quebec.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity, sounds in the ear, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and dizziness should be heeded by middle-aged women, and let Lydia E. Pinkham's Vegetable Compound carry them safely through this crisis as it did Mrs. Brown.

You are invited to write for free advice

No other medicine has been so successful in relieving woman's suffering as has Lydia E. Pinkham's Vegetable Compound. Women may receive free and helpful advice by writing the Lydia E. Pinkham Medicine Co., Lynn, Mass.

Surnames and Their Origin

COLBURN

Variation—Colborn, Colbern.
Racial Origin—Welsh.
Source—A locality.

These surnames belong to the classification of those which have been derived from places, their first application having been to distinguish the indvidual by reference to his place of residence or former place of residence, in addition to his given name.

Had the name been an English instead of a Welsh development, it would have been "Hazelhill," and in the sense of meaning alone it would be put in the same classification with such English family names as Hazelholt, Hazelhurst and Hazelton.

The Welsh form of the name, however, is neither Colburn, Colborn, nor Colbern, but "Colbrin" or "Colbryn." It is a compound of the word "bryn," meaning a "hill," and "coll," which designates the hazel plant in the ancient tongue of the Cymric branch of the Celtic race.

It is to be noted that a much heavier proportion of family names from the Welsh and Cornish tongues belong in the classification of place names than among the Gaelic branches of the Celts; that is to say, the Irish and the Scottish. The reason for this lies in the higher development of the clan system among the latter and a development of clan nomenclature which was virtually a system of family names. As early as the tenth century this system was crystalized by royal-edict in Ireland. But in Wales patronymics held strictly to use as definitely descriptive of the individual's parentage, often becoming virtual genealogies of up to a dozen names, finally to be discarded for a place name.

MacNAMARA

Variations—McNamara, Macnamara.
Racial Origin—Irish.
Source—A given name.

Here is a family name with a tang of the salt sea, and which, if you were familiar with the speech of the Gael, would call up visions of clashing arms and splintering galleys, with Celt and Viking locked in deadly combat off shore. Nor, if you were familiar with the history of the Gael, would the locality of the visions necessarily be off the Irish coast, for the Irish in the early Middle Ages, united under a single "high king," took the offensive as often as the defensive, and at one period their compaigns penetrated as far as northern Italy, as well as along the shores of the Baltic and Scandinavia.

The meaning of the name of the ancient Irish clan, or "Siol Conmara," or, to use the more usual and modern form, "MacConmara," is "descendants" or "followers of the sea protector," and the clan derived its name at some point in medieval history from a sea chieftain to whom had been given the name "Cu-mara," derived from the combination of the words "cu" and "muir," and signifying "protector of the sea."

With the passage of the Gaelic clan system many generations ago, under the pressure of English law and custom, the use of the word "siol" and the designation of divisions of population by clans has been dropped. The Irish have not succeeded in preserving their clan organization as well as the Scots, though the prefixes "O" and "Mac" as denoting descent are still in widespread use with family names with hereditary connections strongly cherished.

This family name is not Scottish, being found but Seldom in Scotland.

Feed the body well
Right food for the body is more important than right fuel for the engine.
Grape-Nuts
is a scientific food, containing all the nutriment of wheat and malted barley. Grape-Nuts digests easily and quickly, builds toward health and strength — and is delightful in flavor and crispness
"There's a Reason" for Grape-Nuts

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