A WOMAN'S RIGHT TO GOOD HEALTH

Most Troubles Afflicting Women Are Due to Poor Blood.

To every woman belongs the right to enjoy a healthy, active life; yet nine out of ten suffer from some form of bloodlessness. That is why one sees on every side pale, thin cheeks, dull eyes and drooping figures—sure signs of headaches, weak backs, aching limbs and uncertain health. All weak women should win the right to be well by refreshing their weary bodies with the new, rich, red blood that promptly transforms them into healthy attractive women. This new, red blood is supplied by Dr. Williams' Pink Pills, which reaches every organ and every nerve in the body. Through the use of these pills thousands of women have found benefit when suffering from anaemia, indigestion, general weakness and those ailments from which women alone suffer. Among the many women who tell of the good Dr. Williams' Pink Pills have done them is Mrs. L. Hicks, Round Hill, N.S., who says: "I became very much run down in health; my blood seemed weak and watery, my strength failed, and I was so easily tired that my work was a burden. I had often read about Dr. Williams' Pink Pills and decided to try them, and I can truly say that after using three boxes I found myself gaining, and my old-time energy and vitality was restored. Out of my own experience I can strongly recommend this medicine."

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.

Value of Forests.

Canada is one of the greatest forest countries of the world. Much of our Canadian soil is unsuited to farming, but is capable of growing magnificent timber. Our forests provide work which maintains half a million people. They give work, too, for our sailors and railway men and furnish business for our merchants and bankers. All citizens can assist in taking care of our forests and, particularly in protecting them against fire.

A person enjoys a rub-down after a hard day's work; so does a horse.

Minard's Liniment Relieves Neuralgia

Dodging the Festive Dog.

Japan has her rules of the road, not phrased as are our own, but very much to the point. The rules are issued in English also, for the use of British tourists.

The first rule reads: "At the rise of the hand of the policeman, stop rapidly; do not pass him by, or otherwise disrespect him."

The second: "When a passenger of the foot hove in sight, tootle the horn trumpet to him melodiously at first. If he still obstacle your passage, tootle him with vigour and express by word of mouth the warning, Hi, Hi!"

The third is touching: "Beware of the wandering horse that he shall not take fright as you pass him by. Do not explode the exhaust box at him. Go soothingly by or stop by the roadside until he pass away."

The fourth also has its pathos: "Give big space to the festive dog that makes sport in the roadway. Avoid entanglement of the dog with your wheel spokes."

Here is an awful warning against skidding: "Go soothingly over the grease-mud; for there lurks the skid-demon. Press the brake of the foot as you roll around the corners to save the collapse."

He Ate It All!

"Crop failures?" asked the old-timer.

"Yes, I've seen a few in my day. In 1854 the corn crop was almost nothing. We cooked some for dinner, and my father ate fourteen acres of corn at one meal."

Hope He Found It.

When the bell rang the other day little Johnnie went to the door. Soon he returned alone.

"Who was it?" asked the mother.

"Oh, it was just a man looking for the wrong place," was the reply.

Your Best Friend.

A young man may have many friends, but he will find none so steadfast, so constant, so ready to respond to his wants, so capable of pushing him ahead as a little leather-covered book with the name of a bank on its cover.—Sir Thomas Lipton.

Universal Solvent.

"Now," said the professor of chemistry, "under what combination is gold most quickly released?"

The student pondered a moment. "I know sir," he answered. "Marriage."

Oculists have found that a peculiar form of eye-strain is due to persons reading while lying down.

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 Duff-rin St., Toronto, Ont.

Progress in Canada.

According to preliminary estimates the gold production from the mines of Northern Ontario will amount to approximately $1,350,000 during the month of June, as compared with $1,300,000 in May and $1,084,345 in April. The production for the quarter amounted to around $3,734,345 and is the highest quantity in the history of gold mining in Ontario. It is expected that gold production in the next quarter will even exceed these figures.

J. W. Broach, a farmer at Boharm, Sask., has developed a strain of fall wheat which he claims will revolutionize the growing of fall wheat in Western Canada. He has experimented with the new cereal for three years. The mature strain has a reddish appearance, similar to Marquis, and gives promise of an exceptionally heavy yield from the 25 acres he has under crop this year.

Canada's hat, cap and fur industry for the year 1919 accounted for a total production valued at $20,790,000, of which fur and fur-lined goods amounted to $2,800,000. Cloth caps were produced to the value of $3,700,000. The total capital invested in the industry amounted to $14,553,814; the number of establishments 208; and wages paid amounted to $4,145,462. A total of 4,176 people were employed in the industry.

Plans are in progress for the formation of a model town for tubercular returned soldiers on a 7,000-acre tract of land near Kamloops, B.C. Inspection has already been made of the land and if the report is adopted at the coming session of parliament, work will be commenced in the spring of 1922.

The Triangle Chemical Company are arranging with the city of New Westminster, B.C., for a lease of all the waterfront comprised in the Indian reserve on the North Arm. It is the intention of this firm to erect a plant for manufacturing muriatic acid, sulphuric acid, superphosphate and a full line of chemical fertilizers.

A test shipment of two carloads of horses is being made to Port of Spain, Trinidad, by Alberta livestock commissioner Carlyle. These horses are to be used for ordinary working purposes, and are costing between $40 and $45 per head in Alberta. If this shipment proves successful, Professor Carlyle anticipates a heavy movement in the futrue.

Although the ban upon the importation of Canadian cattle into Great Britain has not yet been removed, the exportation of cattle from the port of Montreal is showing an activity that has not been seen for many years. Since navigation opened this year there have been carried from the port 7,674 cattle and 1,884 sheep.

It Doesn't Matter.

"It doesn't really matter—nothing does," is the motto I saw recently in a house, and it set me to thinking. Why should we make much ado about things that we cannot prevent or help? Why not receive the blows and knocks passively instead of being so wrought up all the time that we get the double effect of these unfortunate happenings, both physically and mentally?

Why are we so chargrined and mortified when we think we haven't done ourselves justice on some occasion—presiding at a meeting, or filling a place in an entertainment program, for instance—and public attention has been attracted to us in any way? Why do we make ourselves so miserable over conviction that we have not appeared at our best? It doesn't really matter, does it? It is not of vital importance, and should we allow the little things of life, the little pin-pricks and annoyances, the little perplexities which disturb little minds, to throw us off our balance, to spoil our happiness and peace of mind? No, a thousand times no! Whatever happens, it isn't of half so much importance as we probably think. The main thing is to keep our poise under the little trials. If we are cheerful and optimistic, they will soon be forgotten by us and others.

When Is a Man Less Than a Man?

When he makes a vow he fails to keep;
When without sowing he would reap:
When he would rather beg, borrow, or steal
Than work to earn an honest meal;
When he delights to stir up strife
Or values honor less than life;
When he insults a fallen foe,
Or at a woman aims a blow.

A good laugh is sunshine in any house, but a silly, simpering laugh is only a tallow-candle imitation of the sunlight.

Hitching your wagon to a star is all right, but you've got to watch the earth to see if there's a good road ahead.

The driver of an automobile should keep a sharp lookout ahead, but remember that there may be a man close behind.

Moving a Mountain of Copper.

One of the greatest feats ever attempted in metal mining is now being carried out in the United States.

At Bisbee, in the State of Arizona, there is a hill known as Sacramento Hill, which is composed of copper ore and contains an immense amount of valuable metal. American mining experts have set themselves the task of digging away the whole of this hill in the next sixteen years and recovering its copper.

Forty million cubic yards of material will have to be removed, and it is expected to recover from it twenty-five million tons of copper ore, which will yield a thousand million pounds of pure metal. Already the miners are at work, and over five million cubic yards have been dug away. Seven huge steam shovels are employed for the purpose, and fifteen locomotives haul the material away as it it dug out.

The digging goes on at three different levels—sixty, forty-five, and thirty-five feet in height—and sixteen miles of railway connect these with the waste dumps where the material is stored ready for crushing and the extraction of the metal.

When the work is finished there will be no hill, but in its place two pits, one a quarter of a mile deep and the other less.

SUMMER HEAT HARD ON BABY

No season of the year is so dangerous to the life of little ones as is the summer. The excessive heat throws the little stomach out of order so quickly that unless prompt aid is at hand the baby may be beyond all human help before the mother realizes he is ill. Summer is the season when diarrhœa, cholera infantum, dysentry and colic are most prevalent. Any one of these troubles may prove deadly if not properly treated. During the summer the mothers' best friend is Baby's Own Tablets. They regulate the bowels, sweeten the stomach and keep baby healthy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Freaks of Sound.

If, when the air is still, you stand near a high wall and speak a word loudly, it will come back to you as if repeated by an invisible person. It is, of course, an echo.

Parallel walls separated by a few hundred feet, as in a canyon, may so reflect a sound as to cause it to be distinctly heard again and again in a long-dying series of repetitions.

If the reflecting walls are irregular, the repetitions, instead of being distinct to the ear, will be mere jumbled and unintelligible reverberations. This is noticeable in certain caverns.

Prof. W. J. Humphreys, an eminent physicist, describes a curious phenomenon which he calls an "acoustical mirage," sounds uttered at a distance on the surface of the earth seeming to come from high in the air. Such an uplifting of sound (corresponding to the uplifting of a landscape by a visual mirage) may occur when a stratum of warm air at the surface is overlaid by cooler air. The sound travels faster at the top, and so appears to come from aloft.

A balloonist can often hear the earth-echo of his own voice when he cannot, by shouting, gain the attention of people standing on the ground below him. It is because he—at an altitude of 1,500 feet, perhaps—is in a region of silence, whereas they are immersed in a flood of sound.

Prospects in Alaska.

Alaska to-day has fewer people than it had in 1910 or in 1900, but since the territory has always grown rapidly when business was dull in the States it is expected that the records of 1921 will show unusual progress. The government railway from Seward to Fairbanks is nearly done; coal mining and gold mining are going on, and so are the fisheries. A pulp mill has been built, and a number of new industries like reindeer raising, have been started. There is plenty of room, for 54,899 people in an area larger than Ontario make only a sprinkling.

The Wrong Department.

In an English town, the town hall provides office-room for several public officials, among them the police-surgeon, to whom candidates for the force go for medical examination.

The other day a muscular young fellow presented himself at the surgeon's office. He was told to strip to the waist.

"What's that?" said the man.

"Strip!" repeated the doctor, sharply.

He complied, and was duly measured, punched, and pounded.

"Skip over that chair," said the surgeon.

The man did so, and barked his shins. He was getting indignant.

"Knees back; touch the floor! Now run round and let me test your heart and wind," said the surgeon.

The candidate exploded.

"I'm hanged if I will!" he roared. "I'd rather stay single."

He had strayed into the wrong room. The registrar's office was on the other side of the corridor.

MONEY ORDERS.

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

BITS OF HUMOR FROM HERE & THERE

The Orphan.

Young Poet—"What do you think of my latest brain child?"

Editor—"I'm afraid our magazine will be unable to adopt it!"

Not New to Him.

"Here's a firm advertising shirts without buttons," said his wife.

"Nothing new about that," replied her husband. "I've been wearing them for years."

Wanted Information.

"I can see the tips of your ears, dearie."

"Well, what of it?"

"Is that an accident or are ears coming back gradually?"

A Scout is Thrifty.

Tenderfoot—"Why do you take such long steps?"

First Class—"I save shoe leather that way."

The Missing Emblem.

At the fishing docks of a large seaport town the rather remarkable coincidence was noticed of three steam-trawlers lying berthed side by side, their names being respectively, Rose, Shamrock, and Thistle.

"What a pity that Wales is not represented," remarked a visitor. "That would have completed the coincidence."

"Don't worry about that, guv'nor," replied the old salt, to whom the remark was addressed. 'I expect there's a leak in one of them."

Obliging Salesman.

The woman shopper looked and looked, but seemed to be unable to find anything to satisfy her. The obliging clerk pulled down box after box in an attempt to make a sale. Finally the woman picked up her gloves and parasol and observed:

"I don't think I'll buy anything today. I'm sorry to have troubled you, but the fact is I was just looking for a friend."

"Oh, that's all right. It was no trouble at all, I assure you," the clerk answered. "In fact, if you think your friend might be in any of the few remaining boxes, I'll open them, too!"

Allowing Plenty of Time.

An old lady, with great bustle and hustle, hurried into a wayside railway station.

Trotting hurriedly from booking-office to waiting-room, and from there to the porter's room, she at last found an official of the line having a quiet snooze.

She shook the man till he awoke, and then inquired excitedly:

"When is the next train due?"

The porter rubbed his eyes, and replied:

"In an hour and forty minutes, ma'am."

"Thank you!" replied the old lady. "I am so glad that I am not too late."

Those Having Sick Animals SHOULD USE

MINARD'S "KING OF PAIN" LINIMENT

Good for all throat and chest diseases, Distemper, Garget, Sprains, Bruises, Colic, Mange, Spavins, Running Sores, etc., etc. Should always be in the stable —SOLD EVERYWHERE.

COARSE SALT
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America's Pioneer Dog Remedies
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DOG DISEASES
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DAVIS SLEEPS ALL NIGHT LONG NOW

TANLAC STRAIGHTENED HIM RIGHT UP.

Hamilton Man Says He Now Feels As Well As He Ever Did in His Life.

"Before I was half through my first bottle of Tanlac I began to straighten right up," declared Robert Davis, 22 McCauley St., Hamilton, Ont., a valued employee of the Wood-Alexander hardware store.

"For about six months before taking Tanlac I had been in a badly run-down condition. At times I had no appetite at all and then sometimes I could eat heartily, but suffered terribly afterwards from indigestion.

"I was nervous and restless, never slept well, and many a night I rolled and tossed nearly all night long and in the morning felt so stiff in my joints it was some time before I felt like moving at all. I suffered a great deal from constipation and was subject to splitting headaches.

"But Tanlac helped me right from the start and now I have simply a ravenous appetite and everything agrees with me perfectly. I never have a headache or a pain of any kind, sleep like a healthy boy and feel as well as I ever did in my life. Tanlac will always get a good word from me."

Tanlac is sold by leading druggists everywhere. Adv.

Mottoes and Bits of Wisdom.

The steady drop bores the stone.

Many times it happens that we get what we want when we are even not aware of it.

A good example is worth more than scores of theoretic doctrines.

Love of the work that is to be done, makes it easier.

Practical sense very often is more needed than a great stock of knowledge.

Minard's Liniment for sale everywhere

Not So Down in the Mouth.

Joe—"Did you get much relief when you went to the dentist?"

Jim—"Yes! The dentist wasn't home."

Indications of Trouble.

Johnny—"Did Moses have dypsepsia like what you've got?"

Dad—"How on earth do I know? Why do you ask such a question?"

Johnny—"Well, our Sunday school teacher says the Lord gave Moses two tablets."

Miss Flora Boyko Tells How Cuticura Healed Her Pimples

"My face was very itchy at first, and after that it was covered with pimples that disfigured it badly. The pimples were hard and red and they were small, and they were scattered all over my face and were so itchy I had to scratch and I could not sleep.

"These bothered me nearly a year before I used Cuticura Soap and Ointment and when I had used five cakes of Cuticura Soap and five boxes of Cuticura Ointment I was healed." (Signed) Miss Flora M. Boyko, Gardenton, Man., Dec. 26, 1918.

Having obtained a clear healthy skin by the use of Cuticura, keep it clear by using the Soap for all toilet purposes, assisted by touches of Ointment as needed. Do not fail to include the exquisitely scented Cuticura Talcum in your toilet preparations. Splendid after bathing.

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

SUFFERING OF YOUNG WOMEN

This Letter Tells How It May be Overcome—All Mothers Interested.

Toronto, Ont.—"I have suffered since I was a school girl with pain in my left side and with cramps, growing worse each year until I was all run down. I was so bad at times that I was unfit for work. I tried several doctors and patent medicines, but was only relieved for a short time. Some of the doctors wanted to perform an operation, but my father objected. Finally I learned through my mother of Lydia E. Pinkham's Vegetable Compound, and how thankful I am that I tried it. I am relieved from pain and cramps, and feel as if it has saved my life. You may use my letter to help other women as I am glad to recommend the medicine."—Mrs. H. A. Goodman, 14 Rockvale Ave., Toronto.

Those who are troubled as Mrs. Goodman was should immediately seek restoration to health by taking Lydia E. Pinkham's Vegetable Compound.

Those who need special advice may write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. These letters will be opened, read and answered by a woman and held in strict confidence.

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.

Surnames and Their Origin

LINDSAY

Variation—Lindsey.
Racial Origin—Norman-French.
Source—A clan name.

To classify the family name of Lindsay as Norman-French origin, when it is Scottish, and to call it a clan name though the Lindsays were neither Gaelic nor Highlanders, demands some excuse and explanation.

It happened during the reign of King Malcolm Ceann-mor ("Big Head") of Scotland, which extended from before to many years after the Norman invasion of England.

In the years immediately following the first victories of William the Conqueror, many Anglo-Saxon warriors and chieftains sought their fortunes anew in Scotland. Malcolm welcomed them. Later dissatisfied with the rewards William had granted or withheld, also sought the service of a more generous overlord. And Malcolm welcomed them also.

The Lindsays were among the latter number. At that time they bore a surname descriptive of the locality from which they had come in Normandy, "De Limesay." In the course of time this has become Lindsay.

The family won for itself, through grants of the Scottish court, lands which though not in the Highlands bordered on them. Throughout subsequent history they played a large part in the wars and confederations of the Highlands. They adopted the customs and manners of the clans, bore the same weapons as the Gaels, evolved a dress and a tartan similar to those of the Highlanders, and so in the course of time have come to be regarded, let us say, as sort of honorary Highlanders, if not Highlanders by blood. It was a Lindsay, indeed, who was first colonel of the famous Black Watch Regiment of Highlanders.

CHATTERTON

Variations — Chatsworth, Chetwood, Chatham, Chadsey.
Racial Origin—Anglo-Saxon.
Source—A place name.

This is a group of family names which has been derived from place names, which, though not the same, are all of the same character.

The basic element in these names is the ancient Anglo-Saxon word for cottage, or hut, which was "cyte" or "cete" (the pronunciation of the Anglo-Saxon "c" was always like "k," for, as a matter of fact, there was no "k" in the Anglo-Saxon alphabet). This was the usual word denoting "hous" or "dwelling," the ancient equivalent of the modern word "house" being reserved for buildings of a more pretentious or public nature.

The place name of Chatterton, or more properly "Chadderton," from which the family name was descriptively derived, was compounded from the Anglo-Saxon "cete-doir-dun," and signified "the fortified dwelling in the wood."

Chatham is the name of a town in Kent. It is compounded of "cyte" or "cete" and "ham," the latter signifying a village.

Chatsworth is a compound of "cete" and "worth." At the period when family names were formed this word had come to mean any farmstead. But the compound of the place name had occurred long before, when the word still preserved its literal meaning of a "warded" or inclosed place. Hence the place name meant not a farm cottage, but a cottage in an inclosure. Usually the inclosure was a wooded place.

Chatwood was a place name signifying a cottage in the wood and Chadsey a dwelling near the sea.

If coffee, which is known to contain caffeine, disturbs your health and comfort—drink INSTANT POSTUM

"There's a Reason"

ISSUE No. 31—'21.