## WOULD NOT BE WITHOUT BABY'S OWN TABLETS

Mrs. W. Beesley, Mille Roche, Ont., writes: "I have used Baby's Own Tablets for the past eight months and would not be without them. I used them for indigestion and teething and my baby is cutting his teeth without any trouble whatever. I can highly recommend the Tablets to other mothers." What Mrs. Beesley says thousands of other mothers say. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach, thus driving out constipation and indigestion and making teething easy. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.


### Good Luck Follows—

Thrift.
Dead-in-earnestness.
Downright hard work.

The cheerful mind, the pleasing personality, the accommodating, genial nature.

The fellow who is willing to pay the price for the realization of his dreams, who isn't looking for success bargains, short cuts to his goal.

The man of grit and stability who sticks to one unwavering aim, whose motto is, "This one thing I do."

The man who is all there, all on the job, who regards his work as his best friend, and flings his life into it.

The man who looks after the man at the other end of the bargain, who demonstrates that honesty is the best policy.

The man who dares to undertake the thing he longs to do, who believes in himself and in the message he has been sent here to deliver.

Those who take no stock in "luck" as a factor in their success, but push ahead and do the best they can under all circumstances.

The man who cultivates tact, courtesy, courage, self-confidence, will power, optimism, health and good will to all men.


Minard's Liniment Lumberman's Friend


### The Wonders of China.

The dikes of China have a total bulk beyond that of the combined railroad embankments of the entire world.

The total length of China's canals would be sufficient to cross Canada forty times from north to south.

The number of boats in China exceeds the number of boats in all the rest of the world.

There is coal enough in the province of Shansi, in north China, to supply the world for 2,000 years, and vast iron deposits close by.

The Yang-tse-Kiang River pours, when high, a million and a half tons of water a minute into the Yellow Sea.

The great cause of the famines east of Pekin and north of the delta of the Yellow River is a westerly gale that may blow night and day for four whole months without ceasing.

The fertility of China is due to the loess constituting the soil of the Great Plain from Pekin to the Yang-tse-Kiang basin. This loess is a yellow soil. Loess has self-sufficiency of fertility beyond any other known soil.

The loess can be powdered in the hands, but is firm enough for entire communities to carve out apartments in which they live comfortably. Cliffs of loess occur.

A single mile of loess soil in Shantung province wil support 3,072 people, 256 donkeys, 256 cattle and 512 pigs—an average of twelve individuals, one donkey, one cow and two pigs all on a single farm of two and a half acres.

### Ralph Waldo Emerson Said

Whenever you are sincerely pleased, you are nourished.

All healthy things are sweet-tempered.

Genius works in sport.

The best part of health is a fine disposition—it is more essential than talent, even in works of talent.

It is fine souls that serve us, not what we call fine society.

Mankind divides itself into two classes—benefactors and malefactors. The second is vast, the first a handful.

The frost that kills the harvest of a year saves the harvest of a century, by destroying the weevil or the locust.

We acquire strength from the forces we overcome.

## Surnames and Their Origin

**O'SHAUGHNESSY**

Variations—O'Shaghnassy, O'Shaunessy.
Racial Origin—Irish.
Source—A given name.

Like virtually all of the Irish family names, the first use of this name as a surname was to designate a clan. The Gaelic form of the name is "O'Seachnasaigh."

And what is the proper pronunciation of this? Well, it's difficult for an English-speaking tongue to get it absolutely, but "O'shaw-nesch," with the accent on the "shaw" and the final syllable a rather vague one, somewhat between the sound of "seh" and "say." An "s" before an "e" or "i" in Gaelic takes the sound of "sh."

The "O'Seachnasaigh" became a clan about the year 1100 A.D., becoming known by that name as the followers of a chieftain of the O'Connor line named "Seachnasach."

The O'Connors of Ireland held a position in the ancient history of that land not dissimilar to that of the Clan Aplin in Scotland. So many of its divisions became full-fledged clans themselves. Thus, as many of the Scottish clans trace back to the Clan Alpin, so in Ireland there were many closely associated with the O'Connors, including the O'Dowds, the O'Colmans, the O'Cahills, the O'Rowans, the O'Scanlons, and the Irish Forbes, not to be confounded with the Scottish clan of that name. The stronghold of the O'Shaughnessys was "Cineol Aodha," now spelled Kinelee, in County Galway.

**CULLEN**

Variations—O'Cullen, Cullin, O'Cullin.
Racial Origin—Irish.
Source—A given name.

"O'Cullin" is the Gaelic form of the clan name from which the Anglicized family names of Cullen, O'Cullen, Cullin and O'Cullin have been developed.

The founder of the clan, a chieftain by the name of "Cullin," was a great-grandson of "Core," a contemporary of St. Patrick. Hence it will be seen that this family or clan name is of great antiquity, much older than the bulk of the family names of England, Scotland and the Continent.

Indeed, the ancient Irish records give this chieftain "Core" the credit of being the ancestor of the Scottish Stewart clan, and hence of the Stewart line of English monarchs.

According to the fragmentary histories this "Core" fled to Scotland in his youth, where he married a daughter of the Pietish king. One of his sons, "Main Leamhna," remained in that country and founded the line of the "Mor Mhair Leamhna," the "mormaors" or the "Great Stewards" of Lenox. Core returned to Ireland, but was never converted to Christianity, though he was appointed to a committee of scholars, including the High Monarch, the saint himself and a number of bishops, to codify and classify the historical records of the High Kingdom of Ireland.


*First on the Appetite List*

ONCE the crispness and charm of Grape-Nuts have been tested by the family, there's one item that stands prominently out in the marketing list thereafter.

That's Grape-Nuts.

The twenty hours of continuous baking have produced, from the natural richness of wheat and malted barley, a food that is uniquely sweet with sugar developed from the grains themselves, and whose crispness and flavor make a delightful appeal to every member of the family.

And Grape-Nuts is soundly nourishing—a great builder of health and strength.

Served with cream or milk, as a cereal for breakfast or lunch, or made into a pudding for dinner.

See that your marketing list includes this delicious, economical food, today. All grocers.

"There's a Reason" *for* Grape-Nuts


### Here and There in Canada.

A plant has been secured at St. Thomas, Ont., by the Orange Crush Company. They will commence operations this month, manufacturing orange crush, lime crush and lemon crush from pure concentrated juices and oils. The plant has an estimated capacity of 24,000 bottles a day. This plant is one of a string which will be operated in Ontario by the Orange Crush Bottlers, Limited, organized under a provincial charter, with a capital of $2,000,000.

Increased production from No. 1 colliery is expected by the Dominion Coal Company as a result of the opening of a new shaft known as No. 26, which will tap the famous Phalen seam nearer to its working parts, greatly reducing the haul to the surface, says a despatch from Blace Bay, N.S. The new mine will be in operation early this fall.

The two shipments of Canadian chilled beef which recently left the port of Montreal for England with the idea of trying out the British market, are now reported from the other side to have met with a splendid reception, the meat being found to be in excellent condition and of first-class quality. A considerable trade was done in this business prior to 1914, but during the war only frozen meat was carried by the British Government, and the success with which this renewal shipment was met augurs well for future trade.

A farm, comprising 1,120 acres, growing crops and machinery, situated in the Gull Lake district, Saskatchewan, sold recently for the sum of $84,000. It was a typical example of agricultural progress in prairie districts. Since the district was settled the gospel of mixed farming, scientific dairying and pure bred stock raising has been preached, and has made the district a leading one in Saskatchewan.

Canada's wheat crop this year is estimated at 288,493,000 bushels, based on conditions of July 31, against 263,189,300 bushels last year, according to the Dominion Bureau of Statistics. Other estimates are: oats, 457,544,000 bushels; barley, 58,027,000 bushels: rye, 11,707,100 bushels; flax seed, 6,930,000 bushels and potatoes 99,937,000 bushels.

The sum of $50,000 has been advanced by the Dominion Government for the completion of the Banff-Windermere road. This means that work will be rushed so long as weather permits, and that by the end of the year 23 miles will have been completed, leaving twenty miles to be finished in 1922.

About five hundred carloads of graded potatoes will be sent to outside markets from Edmonton and surrounding country this season. The potatoe crop for the entire province of Alberta is expected to be the largest of any province in the Dominion this year in proportion to acreage planted, which is estimated at about 43,900 acres.

Four tons of raw furs with an approximate value of $350,000, have reached the Edmonton headquarters of the Northern Trading Company. The furs constitute last season's catch of that company's posts in the far north and are one of the largest shipments to reach Edmonton for some considerable time. Trappers report that the fur outlook is very promising and that business at the posts has doubled during the past twelve months.

Plans are under way by the Quebec Division of the Manufacturers' Associatin for a "Made-in-Canada" campaign, to be conducted at the sixty local fall fairs, and the four provincial fairs during this autumn. A member of the staff of the provisional division will visit the fairs, distributing "Made-in-Canada" cards, with literature showing the advantages of buying Canadian-made goods and furnishing employment for Canadians.

### Your Tell-Tale Thumb.

The shape of a person's hand is an index to his character.

What men are so fond of calling a "useful" girl—one who is capable in the domestic sphere—often has by no means a pretty hand. It is broad in the paelm, with strong heavy fingers and a thick-set thumb.

On the other hand, the girl whose hands are pretty, with delicate tapering fingers and narrow palm, is apt to be the kind who does not make a suitable wife for the average young man.

The girl with plump, dimpled hands has a warm and affectionate disposition, but is not always capable.

A man's hand may betray him, especially if he has a thumb that is flat on the palm side. This denotes fickleness. The man with a broad hand and thick, short fingers is persistent and practical, while men with long fingers are declared to be unreliable.

### Mooring Mast for Dirigibles.

The mooring mast for dirigible balloons removes the chief expense of operating them. Instead of the two or three hundred men heretofore needed to handle an airship ten are required with the aid of the mast, which is a web-steel structure perhaps a hundred feet high. As the airship approaches the mast it pays out a steel cable, which when it touches the ground is connected with another cable that runs through the mooring apparatus at the top of the mast and to a winch operated by motor. When the connection has been made the airship is slowly drawn to the mast, where the steel nose of the craft is fitted into the mooring apparatus and locked. A swivel arrangement allows the airship to roll and swing with the wind.


## PAINFUL NEURALGIA TORTURING SCIATICA

### Both Come From the Same Cause—Thin, Watery Blood.

Most people think of neuralgia as a pain in the head or face, but neuralgia may effect any nerve in the body. Different names are given to it when it affects certain nerves. Thus neuralgia of the sciatic nerve is called sciatica, but the character of the pain and the nature of the disease are the same. The pain in neuralgia is caused by starved nerves. The blood which carries nourishment to the nerves has become thin and impure and no longer does so, and the pain you feel is the cry of the nerves for their natural food. You may ease the pains of neuralgia with hot applications, but real relief from the trouble comes by enriching and purifying the blood. For this purpose Dr. Williams' Pink Pills are strongly recommended. These pills make new, rich blood and thus act as a most effective nerve tonic. If you are suffering from this most dreaded of troubles, or any form of nerve trouble, give these pills a fair trial, and note the ease and comfort that follows their use.

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.


### Laughter.

Nothing there is more varied or apart
Than diff'rent people's laughter; some young girl's
That like a rippling silver streamlet purls;
A hypocrite's that makes one writhe and start,
So plainly it reveals a crooked heart:
A lover's, breaking on a whispered word;
A young wife's, lyric as a mating bird;
An actor's, subtle with consummate art.

The bubbling mirth of some gay tempered child,
That finds the world constructed for his play:
The nervous giggle of a spinster, gray
With wondering how others Love beguiled,
And saddest, covering a mother's fears,
The little smile that is near kin to tears.

### Have You Two Friends?

Some fifteen or more years ago, when a kid at college, I heard a very poor speaker make what I considered a very, very poor remark that I have never forgotten. Said this dub of a speaker: "If you reach the age of forty and have as many as three friends on whom you can really bank, you will be lucky men."

Three! Why, suffering cats! There was Harry, Bill, Jack, Charlie, Tom, George and dozens of others we thought of in a flash, without even entering the realm of the uttermost sex.

Well, the contributor of this space-filler has not yet reached the prescribed two score years, but he is about ready to say that he'll have to step pretty lively or he'll be at least two short of the alloted three when forty rolls around. And he is not sure that he is fair in making this statement, for the one he can bank on is not a man.

Take an inventory of your real friends. Not those who call you by your first name and fuss over you when you do them favors, pay their bills, or give them business, or contribute to their pleasure, but folks who come up to the definition of old Theophrastus: True friends visit us in prosperity only when invited; but in adversity they come without invitation.—New Success.

### Keep Vimy Ridge Pact.

Three modern musketeers on Sept. 1st kept a pact made on Vimy Ridge on Christmas Eve of 1916, says a Winnipeg despatch.

That night, in a little hut back of the front line, an artilleryman, a bombardier and signaler inscribed on the back of a photograph of one's father the following pledge

"We solemnly pledge on our word of honor to meet at Winnipeg on September 1, 1921 if alive, to renew acquaintances."

A few days later the comrades, in Paris—F. L. Yeomans, of Belleville, Ont.: J. J. Crilly, of Saskatoon, and G. H. Sealy, of British Columbia—were separated. In the next few weeks all were wounded and Yeomans passed fourteen months in a German prison camp.

Scarcely a letter had the comrades exchanged since the war ended, but bright and early on the morning of Sept. 1, 1921, they all showed up in Winnipeg to attend a baseball game and theatre party and to dine at the expense of Crilly. For Crilly had agreed to foot the bills if the war did not end within a year.

**MONEY ORDERS.**

A Dominion Express Money Order for five dollars costs three cents.

The population of the world is about 1,650,000,000. It has been estimated that the earth can maintain a population of 6,000,000,000, a total which will be reached in the year 2100 at the present rate of increase.

## BITS OF HUMOR FROM HERE & THERE

**His Greatest Ambition.**

"Johnnie," said the teacher, "what is your greatest ambition?"

Johnnie considered briefly.

"I think," he said, "it is to wash mother's ears."

**Couldn't Face Her.**

Doctor—"Tell your wife not to worry about her deafness, as it is merely an indication of advancing years."

Mr. Meekman — "Er — would you mind telling her yourself, doctor?"

**His Exact Words.**

Office Boy—"The editor says he's much obliged to you for allowing him to see your drawings, but much regrets he is unable to use them."

Artist (eagerly)—"Did he say that?"

Office Boy (truthfully)—"Well, not exactly. He said, 'Take 'em away, Pimple; they make me ill.' "

**Reality for a Cheese.**

Little Freddy came home one night with his clothes full of holes.

"What in the world has happened to you?" cried his mother.

"Oh, we've just been planin' grocery store and everybody was something," replied Freddy. "And I was the cheese."

**No Need for Thanks.**

Henry had always been kept up to the scratch in the matter of grace at meals, and no exception was made when he was taken to a restaurant for tea one afternoon.

After they had been served, Henry's mother said: "Now say grace, Henry."

Henry looked up in surprise.

"But," he objected, "we're paying for this, aren't we?"

**His Contribution.**

A clergyman was making the rounds of a certain industrial town on behalf of a deserving charity, when he encountered an over thrifty merchant, upon whom all the clergyman's eloquence was wasted at first.

"I believe this is a deserving charity," admitted the merchant. "It deserves to succeed, but I can't afford to give anything. However, you have my good will."

"Thank you, sir!" said the clergyman. "If that is all you feel you are able to give, just sign your name here, and write 'good will' after it, and then the town people will know what your gift is."

The paper was signed, but the merchant put something more than "good will" against his name.

You cannot divorce the two great Commandments. Forgetting God is the straight way towards forgetting your neighbor. And ignoring the needs and the rights of your neighbor is an easy way of forgetting God.


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.

WANTED—YOUNG LADIES OF good education to train as nurses. Apply Wellandra Hospital, St. Catharines, Ont.

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.

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

ASPIRIN

"Bayer" is only Genuine

BAYER

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.



## DRUG CLERK PUTS TANLAC TO TEST

### PUT ME IN SPLENDID HEALTH, HE SAYS.

### Feels It His Duty To Tell Others How It Has Helped Him.

"Tanlac has been of such benefit to me that I feel it my duty to make the facts known to everybody," said Herbert H. Knapton, well-known drug clerk, 15 Epworth Ave., London, Ont.

"As the result of an accident about three years ago I was laid up for seven weeks and got into a very run-down condition. My stomach was so upset that I had to go on a special diet because of indigestion and was also troubled with constipation. I had so much neuralgic pain in my shoulder that I could get no rest at night without taking sedatives to induce sleep.

"I must confess that I did not think Tanlac could help me, but a friend of mine was so benefited by it that I gave it a trial. I was both surprised and gratified by the result.

"It quickly gave me an excellent appetite and so improved my digestion that I could eat whatever I pleased without suffering any bad after effects and it also relieved my constipation.

"I haven't an ache or a pain in my body now and ever since I finished the third bottle of Tanlac I have enjoyed splendid health. I've been praising and recommending it ever since."

Tanlac is sold by leading druggists everywhere. Adv.


### The Flanders Poppy.

The Flanders poppy, Which became so well known through Colonel McCrae's poem, "In Flanders Fields," has been declared to be an undesirable immigrant to Canada. Beautiful the flower undoubtedly is, and for many Canadians so full of sacred associations that we should be glad to see it growing everywhere here. But investigation has shown it to be an objectionable weed, difficult or impossible to control, since it sows itself persistently, and is therefore likely, if introduced here, to become as objectionable as the daisy, the hawkweed or the thistle.


Ask for Minard's and take no other.


"Die when I may, I want it said of me by those who knew me best that I always plucked a thistle and planted a flower where I thought a flower would grow."—Abraham Lincoln.


## ITCHING BURNING ECZEMA ON FACE

### In Blisters. Was Disfigured. Cuticura Healed.

"Eczema started on my face around my chin. It came out in blisters and the itching and burning were very disagreeable. Sleep was out of the question and my face was disfigured so I wore a veil.

"I was treated and used different remedies but nothing would do any good. I procured a cake of Cuticura Soap and a box of Cuticura Ointment which soon healed me." (Signed) Miss Carrie H. Frisbie, Gray, Dry Mills, Me.

Try to prevent further trouble by using Cuticura for all toilet purposes.

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.

## LIFE WAS A MISERY TO HER

### Says this Woman Until Relieved by Lydia E. Pinkham's Vegetable Compound.

Owen Sound, Ont.—"I suffered for ten years with female organic trouble, neuralgia and indigestion, and was weak and had such bad pains I could hardly walk or stand up at times. When I would sweep I would have to go and lie down. I could not sleep at night, and would wander around the house half the time. I tried everything but nothing did me any good, and the last doctor I had told me he never expected me to be on my feet again or able to do a day's work. One day one of your little books was left at my door and my husband said I should try a bottle of Lydia E. Pinkham's Vegetable Compound. I thank God I did, for it relieved me, and I am now well and strong. I think there is no remedy like the Vegetable Compound for anyone who has my troubles, and have recommended it to my neighbors. You can publish my letter for the benefit of those I can't reach."—Mrs. Henry A. Mitchell, 1767 7th Ave., East, Owen Sound, Ont.

If you have any symptom about which you would like to know write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for helpful advice given free of charge.



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