A POPULAR TONIC

One That Enriches the Blood and Strengthens the Nerves.

Proper food, fresh air and a good tonic will keep most people in good health. Hurried meals, indoor confinement in badly ventilated rooms and lack of exercise causes anaemia. In this condition Dr. Williams' Pink Pills are a popular tonic. They contain no habit forming drugs, and always have a beneficial effect through enriching the blood and strengthening the nerves. For growing girls, who become thin and pale, for pale, tired women and for old people who fail in strength, Dr. Williams' Pink Pills are an ideal tonic. Their benefit in anaemic conditions is shown by the case of Miss Lucy A. Steeves, Hillsboro, N.B., who says: "Last spring I was in poor health, and completely run down. I had severe headaches, the least exertion would cause my heart to palpitate violently, my appetite was poor, and at times I had fainting spells. This went on for some months, and although I was taking medicine, I seemed to be growing weaker, and the least exertion would leave me worn out. Then on the advice of a friend, I changed the treatment to Dr. Williams' Pink Pills, and I have great cause to be thankful that I did so, as they have made a wonderful improvement in my condition. I can now work without fatigue, go upstairs without becoming breathless, and have gained in weight. I think these pills are an ideal medicine in cases like mine."

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.

The Job Lot.

The Sunday-school teacher was talking to her class about Solomon and his wisdom.

"When the Queen of Sheba came and laid jewels and fine raiment before Solomon, what did he say?" she asked, presently.

One small girl, who evidently had experience in such matters, replied promptly " "Ow much d'yer want for the lot?" "

Minard's Liniment Lumberman's Friend

Distances.

A star leans its cheek to the pine on the hill,
Bubbles of moonlight silver and spill.

And the wind runs by on her little light feet,
Bending the golden heads of the wheat.

I look at the star and I think of you—
And are you under the same moon too?

Is the wind that ruffles the tall wheat there
Running her fingers through your hair?

Surely my love can go as far
As the cold, white moon or a blinking star!

And yet with the night so still and near
The miles seem longer and longer, dear.

And, groping for you, my love can find
But a tangled star in the hair of the wind.

Flies' Funny Feet.

Have you ever wondered how it is that a fly can alight on a ceiling and walk upside down just as easily as we walk on the ground?

Some books say that the fly is provided with small sharp hooks which are able to hold on to the slight roughnesses of the ceiling's surface; others state that each foot has a hollow pad which acts like a schoolboy's leather "sucker." Neither of these explanations is correct.

Examine a fly's foot through a magnifying glass and you will find that it is covered with fine hairs. At the end of the foot you will see amidst the mass of hairs two little pads shaped like tiny pears. At first these were thought to be suckers, but we know now that they act in quite a different way.

Each of the pads contains a supply of a sticky substance; when a fly alights on the ceiling every one of his twelve pads—he has a pair on each of his six legs—excretes a tiny drop of glue, which holds the unmerous hairs that fringe each foot. The fly thus glues his feet to the ceiling, or to any smooth substance on which he walks.

An ore deposit discovered in Sweden is about 90 per cent. pure copper.

A Just Judge.

In the early mining days of British Columbia the administration of the law, though crude, had its good points. The trials were short and to the point. There were none of the "law's delays," for generally, being a miner himself, the judge did not like any too well to leave his gold sluice and sit in court. The crown officer appointed the justices of the peace; and in more than one camp the "boys" asked that the office be given to some man whom they counted on to provide not only justice but some entertainment. So the trials were often amusing as well as short.

In Cariboo a miner whom we shall call Smith was appointed justice of the peace who, whatever his failings, had wit and a sure sense of right and wrong. One day a drunken Siwash named Yakum rode his cayuse wildly up and down the street, shouting at the top of his lungs. After a lively fight the men succeeded in locking him up in jail. The next morning the policeman told Judge Smith that he held the Siwash for further orders.

Now the worthy justice of the peace, who had also been drinking, was in no condition to hold court. "Send him home," he said thickly, "and tell him to come back to-morrow."

"Why, judge," objected the policeman, "he lives four miles out of town."

"Don't matter; tell him to return for trial to-morrow."

The next day the Siwash reported, but the judge had not recovered and repeated his order. On the third morning the court opened, and the judge heard the charge. With an air of dignity he gave his decision:

"Yakum, you have broben the law of the land and offended against the laws of Her Majesty the Queen and got disgracefully drunk. But I think you are punished enough, walkin' in two days to get tried. I discharge you."

Then, to the astonishment of everyone, he exclaimed sternly, "Now, then, Richard Smith, stand up." He rose. "Here you are," he went on, addressing himself, "an officer of the law sworn to keep the majesty of the law of Her Majesty the Queen. Here you get drunk and disgrace your high office. You're a fine bird of a J.P. I fine you five dollars and costs, seven dollars and fifty cents in all." Turning, he paid over the seven dollars and fifty cents to the clerk, resumed his seat, and said: "The fine is paid; the court's adjourned."

With huge enjoyment and, let us hope, some admiration, the clerk wrote the whole proceedings into the records.

Surnames and Their Origin

GORMAN

Variations—O'Gorman, MacGorman.
Racial Origin—Irish.
Source—A given name.

"M'Gomain" is the Gaelic form of this family name. the Anglicized development of which vary from the original principally by the elimination of the "i" and in most cases the dropping of the "Mac" or the "O."

The given name from which the family name was formed, at first as a clan name, was "Gorman," exactly the same as the form of the family name most frequently met with to-day. The ending "main" instead of "man" in the Gaelic clan name is merely inflection. The possessive case of the given name, of course, had to be used in connection with the prefix "Mac" ("son of"). The given name had a meaning of "illustrious."

One of the most powerful clans of ancient Ireland, from both the influential and numerical point of view, was that of the "O'Connors," and a great many of the Irish clans formed at a later period were branches of the O'Connors. The MacGormains were one of these. It was formed, apparently, about 650 A.D., and its founder was a direct descendant of "Cathair Mor," an O'Connor who was King of Leinster and the 109th monarch of all Ireland in 119 A.D.

The MacGormains themselves, however, became a very powerful clan throughout the Middle Ages.

POWERS

Variations—Porson.
Racial Origin—Welsh.
Source—A given name.

No. The first bearers of this family name were not necessarily powerful men. The name is a Welsh one., and has no connection with our English word "power."

"Powyr" was a given name of rather widespread popularity among the Welsh of the Middle Ages, having been the name of a famous chieftain, a descendant of the "Leod," who was the father of the leader "Mandebrog" of Welsh tradition, and the "Mandebratius" of the Romans' British history.

The endings of both forms, Powers and Porson, indicate English influence, and more than likely developed, for the most part, in England at first, where the natural procedure was to refer to the son by the name of his father with the suffix "son" added. It is to be noted that in the case porson, where the pronunciation was not difficult, that the ending has been preserved. But "Powyrson" is a little clumsy, and where "Powyr" was not elided to "Por," all but the "s" of the "son" has been dropped from the ending of the family name at some period after it ceased to be truly descriptive and settled down into a sort of "tag" for the family with the original meaning overlooked.

In some instances, too, the name undoubtedly came into being in Wales at a later period when English customs and speech became more general there.

Do you know what constitutes a strong constitution?

To have sound, healthy nerves, completely under control, digestive organs that are capable of absorbing a hearty meal, means you have a strong constitution! Your general attitude is one of optimism and energy.

But an irritable disposition, frequent attacks of indigestion, and a languid depression, indicate your system is not in correct working order.

Probably you are not eating the proper food. Probably the nutritious elements are not being supplied to your system in the proper way.

Grape-Nuts is the wholesome, delicious cereal that promotes normal digestion, absorption and elimination, whereby nourishment is accomplished without auto-intoxication. A mixture of energy-giving wheat and malted barley comprise the chief elements of Grape-Nuts. A dish at breakfast or lunch is an excellent, wholesome rule to follow.

You can order Grape-Nuts at any and every hotel, restaurant, and lunch room; on dining cars, on lake boats and steamers; in every good grocery, large and small, in every city, town or village in Canada.

Grape-Nuts—the Body Builder
"There's a Reason"

Christ Didn't See the Leper.

Christ believed that every man was a God in the making. That was the secret of His healing. He didn't see the leper; He saw the perfect man, the God-made man who was intended to be happy and successful, the man who came on earth with a mission. If He had seen the leper, visualized him in his horrible symptoms, had seen the flesh falling off his bones, his fingers and toes becoming unjointed, He could never have healed him. He did not see the outer man: He looked beyond that to the reality of him, the wonderful man God had made.

The greatest mental healers could do no healing if they closed their eyes and visualized their patient's illness, the cymptoms of some horrible disease. How could they cure a cancer by visualizing the awful physical octopus spreading its poison tentacles to every part of the body, and gripping the very vitals of life? It would be impossible. No, the healers do not see cancer, or tuberculosis, or any other disease in the sufferer. They see the perfect man, God's child, perfect and immortal. They know that health is the everlasting fact, and that disease is only an appearance.

Making Violins Talk.

To be able to play on a violin without strings, the violinist being in a distant room, is one of the marvels of a new discovery by two Danish scientists.

Briefly, the principle discovered is that when an electrical "pressure" is applied between certain substances they will adhere firmly. Thus a current applied in this way to a lithographic stone and a piece of metal will cause one to stick firmly to the other.

Besides this stone, some kinds of slate, lime-stone, flint, agate, skin, and paper show the same results. Effects can be got even with gelatine and bone and animal membranes, but there is no attraction in the case of true insulators.

The violin used is an ordinary instrument with the strings removed. It is clamped high up to a table, and in front of the instrument is placed a rotating cylinder of agate rubbing against a piece of metal, which is the direct player.

The real violinist plays in another room, and the reproduction control is perfect. On this principle the violin can reproduce the human voice.

Not the First Time.

Dora—"Do you know, George proposed to me last night."

Flora—"Yes, doesn't he do it beautifully?"

Hydro-electric plants completed or under construction in France will give that country 1,600,000 horsepower obtained from its waterfalls.

Clean milk, kept in cool, hygienic surroundings, will remain sweet for as long as five days; in exceptionally good conditions, it has been kept good as long as thirty-two days.

WHEN BABY IS ILL

When the baby is ill; when he cries a great deal and no amount of attention or petting makes him happy, Baby's Own Tablets should be given him without delay. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus drive out constipation and indigestion; break up colds and simple fevers and make teething easy. Concerning them Mrs. Desire Theberge, Trois Pistols, Que., writes: "I am well satisfied with my use of Baby's Own Tablets. I have found them of great benefit to my baby when he was suffering from constipation and I can strongly recommend them to other mothers." The Tablets are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Plague of Muskrats.

An American official at Prague reports that muskrats are overrunning Czecho-Slovakia and have become a frightful plague.

Sixteen years ago a sporting nobleman of Bohemia, the Prince of Colleredo Manusfield, while on a shooting trip in Canada became so interested in muskrats as fur-bearing animals that he took four pairs of them back home with him. Knowing no method of breeding them in captivity, he set them at liberty.

To the business of propagation they proceeded to attend with extraordinary celerity. Whereas in Canada the female muskrat rarely produces more than one litter a year, of about six offspring, in Bohemia she gives birth to three or four litter of eight or nine young.

Consequently, the species over there has multiplied at an almost fabulous rate, and the muskrats are doing enormous damage. They honeycomb the banks of canals, raid vegetable patches and fruit orchards, and where maize is grown they cut down the stalks and carry away the ears bodily.

In Czecho-Slovakia the raising of carp and other fishes in fresh-water inclosures is of great importance. Likewise the growing of crayfish for market. Both of these industries have been largely ruined by the muskrats, which eat the fish eggs and gobble up the crayfish.

The muskrat is native exclusively to America. Transplanted to Europe, it seems to have changed its habits altogether, becoming a marauding animal.

One might imagine that its value as a fur-bearing animal would to some extent offset the damage it does, but, sad to say, in Czecho-Slovakia its fur has become less thick, much coarser and of small market worth.

"Writing" by Wireless.

If it had been forecasted a few months ago that the words one writes could at the same moment be read in America as if by someone looking over one's shoulder, in the very shape in which the pen traces them; if it had been said that a diplomatic signature, for example, could be appended to a treaty by wireless, or that a treaty or cheque could be signed three thousand miles away, the reply would have been that one spoke of a fairy tale.

Yet all this is possible now, says an English writer. The future opened by the triumph of a French idea is unbounded. Not only will there be no impossibility as to the transmission of judicial documents, autographs, manuscripts ,designs, and works of art, but the very authenticity of the message acquires fresh guarantees by their autographed transmission.

Speed of transmission, too, should be increased, for while currents in the earth or atmospheric conditions may render Morse signals illegible and necessitate re-transmission, that is not the case with the new type of messages.

Interfering currents can only render the letters a little irregular without altering their form.

The inventor of the new wireless is M. Belin.

Chopped Dollars.

A "chop," in China, is a trademark. It represents incidentally a guarantee of value, which may be greater or less in proportion to the commercial standing of the firm whose chop it is. The silver dollar in that country is chopped by each firm or money-shop through whose hands it passes. A clean, unchopped dollar is looked upon askance. The chop affixed may be merely an ink stamp, or it may be put on with a sharp die, defacing the coin. Thus a silver dollar, after being in circulation for a while, becomes unrecognizable. A properly guaranteed coin assumes a cup shape, and not infrequently with a hole through the middle. The Chinese silversmith exacts a percentage from the dollars that pass through his hands by scooping out some of the silver.

MONEY ORDERS.

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

On Weeding.

Who kneels to weed his garden kneels in prayer,
Though only God in daffodils be there.
—Richard Kirk.

First Pipe Organ.

The first mention of the pipe organ in history is in connection with Solomon's Temple, where there was an organ with ten pipes.

BITS OF HUMOR FROM HERE & THERE

She Thought So.

Mr. Softee—"This is my photograph, with my two French poodles. You recognize me?"

"Mrs. Cane—"I think so. You are the one with the hat on, are you not?"

Here's a Cool One.

"Chilton is having the interior of his new house decorated with a rather ornate frieze."

"That's appropriate; he made his money in the ice business, you know."

The Bond of Friendship.

Pat met Casey the other day and asked: "What's the row between you and Garryowen? Have ye quarrelled?"

"Sure, no," was the reply. "That's the insurance of our friendship."

"And wot do yer mean by that, Casey?"

"Why, Garry an' I are that devoted to each other that we hate to quarrel, so we don't speak to each other at all for fear we'll break the friendship."

Grease and Greece.

As the steamer was moving out of the harbor at Athens a well dressed lady approached the captain and pointed to the distant hills.

"Could you tell me what is that white stuff over there?" she asked.

"That is snow, madam," replied the captain.

"Well, I thought so myself," agreed the lady, "but a gentleman just now informed me that it was Greece!"

5,000-Year-Old Trees.

No form of life is as long-lived as the tree. Tradition says that the cedars of Lebannon were planted at the creation of the world, and that they will endure until the last day.

Of the three or four hundred cedars now standing in the grove at Lebanon, only fifteen are of very great age. Presumably all are descendants of earlier tries in the same grove.

Professor A. Henry, of the Royal College of Sciences, Dublin, estimates that these cedars live from 2,300 to 2,500 years, and possibly longer, for they may be of slower growth than cedars in other countries.

A still greater antiquity is claimed for the Sequoia pigantica, or "Big Tree," of California, which attains a height of 400 ft., and a girth of 90 ft. at the base. Sections of comparatively youthful specimens which have been cut down show lives of 1,400 years, and it is estimated that the full span of the sequoia's life is possibly 5,000 years—a span which covers the whole of the recorded history of man.

Rural Route No. 1, Mascouche, Que.
The Minard's Liniment People.

Sirs—I feel that I should be doing a wrong if I neglected to write you. I have had four tumors growing on my head for years. I had them cut off by a surgeon about fifteen years ago but they grew again till about three months ago I had one as large and shaped like a lady's thimble, on the very place where my hair should be parted, and it was getting so embarrassing in public that it was a constant worry to me. About three months ago I got a bottle of your liniment for another purpose and saw on the label good for tumors. Well I tried it and kept it for exactly two months, with the result that it has entirely removed all trace of the tumor, and were it not that they had been cut fifteen years ago, no mark would be seen. I have not been asked for this testimonial and you can use it as you see fit.

(Signed) FRED C. ROBINSON.

P.S.—I am a farmer and intend using **Minard's Liniment** on a mare for a strained tendon, and am hoping for some results. FRED C. R.

American's Pioneer Dog Remedies
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DOG DISEASES
and How to Feed
Mailed Free to any Address by the Author.
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ASPIRIN
Only "Bayer" is Genuine
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Warning! Unless you see the name "Bayer" on package or on tablets you are not getting Aspirin at all. Take Aspirin only as told in the Bayer package for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Then you will be following the directions and dosage worked out by physicians during twenty-one years and proved safe by millions. Handy tin boxes of twelve Bayer Tablets of Aspirin 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.

FOREMAN WHITE IS BACK ON JOB

FEELS LIKE ENTIRELY DIFFERENT PERSON.

Had Suffered Complete Breakdown—Tanlac Restored Health, He Says.

"I want to give a little history of my case just to let the public know what Tanlac has really done for me," said Edward White, 27 Caroline St., South Hamilton, Ont., a foreman for the Dominion Steel Company.

"Several years ago I suffered a complete breakdown and it was only when I got Tanlac that I recovered my health. We were making engines and were anxious to turn out as many as possible, so lots of time I worked night and day.

"Well, this finally got the best of me and I just had to go to bed and stay there for a number of days. This left me in such a bad condition that I had no appetite at all and was so weak that when I walked around I would just stagger. I tried treatments and all kinds of medicine, but failed to get any better and I began to think nothing would help me.

"However, Tanlac has built me up so in every way until I feel like an entirely different person now. My appetite is fine and I eat hearty at every meal. Why, I've gained eleven pounds in weight and am back on the job every night working as good as ever."

Tanlac is sold by leading druggists everywhere. Adv.

A chair has been patented with a back that can be adjusted to several angles or converted into a typewriter table, while the seat contains a shoe polishing outfit.

The first aerial time-table, consisting of nearly 100 pages, has appeared in Germany.

Ask for Minard's and take no other.

A new case for a much used key is made of gold and can be worn as a watch charm.

Classified Advertisements.

REPRESENTATIVES WANTED TO sell Dresswell Hand Tailored Clothes for Men. Big profits. No investment. State experience and send references with application. North American Tailors, Ltd., 366 Adelaide St. W., Toronto, Ont.

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

CUTICURA
PREVENTS FALLING HAIR
If your scalp is irritated, and your hair dry and falling out in handfuls, try this treatment: Touch spots of dandruff and itching with Cuticura Ointment and follow with hot shampoo of Cuticura Soap. Absolutely nothing better.
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.

ABLE TO DO HER WORK

After Long Suffering Mrs. Peasey Restored to Health by Lydia E. Pinkham's Vegetable Compound

Toronto, Ont.—"I suffered with irregular periods, was weak and run down, could not eat and had headaches. The worst symptoms were dragging down pains, so bad I sometimes thought I would go crazy and I seemed to be smothering. I was in this condition for two or three years and could not seem to work. I tried all kinds of medicines and had been treated by physicians but received no benefit. I found one of your booklets and felt inclined to try Lydia E. Pinkham's Vegetable Compound. I received the best results from it and now I keep house and go out to work and am like a new woman. I have recommended your Vegetable Compound to my friends and if these facts will help some poor woman use them as you please."—Mrs. J. F. Peasey, 387 King St., Toronto, Ontario.

If you are one of these women do not suffer for four or five years as Mrs. Peasey did, but profit by her experience and be restored to health.

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