SPEAKS HIGHLY OF BABY'S OWN TABLETS

Once a mother has used Baby's Own Tablets for her little ones she is always pleased to speak highly of them to other mothers. She knows the good they have done her children and realizes that her experience should be of benefit to others. Concerning the Tablets Mrs. Fred Murphy, Charlottetown, P.E.I., writes: "I have used Baby's Own Tablets for the past eight months for my baby. I cannot speak too highly of them for they have been of great assistance to me in my first experience of motherhood." Baby's Own Tablets are a mild but thorough laxative which are absolutely harmless and may be given to even the newborn babe with perfect safety. They are sold by medicine dealers or direct at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

China's New Alphabet.

The new phonetic alphabet for China has proved a success. In 1912 the National Educational Conference recommended a Chinese alphabet of thirty-nine characters, of which there were twenty-four so-called initials, three medials and twelve finals. By 1915 schools to teach the phonetic symbols had been established as an experiment; lately all the normal schools have given special courses in the subject, and this year all the provinces are learning the new system and putting it into use.

20,000 Oranges on Tree.

A single orange tree of average size will bear 20,000 oranges.

Words of Wisdom.

The bigger the bubble, the louder the bang.

Concentration should be a part of the curriculum of every college.

The finest people in the world are those we know least about.

Be sure your bravery is not mere foolishness.

Man is like a fountain pen; useful as long as there is something in him.

If we always said what we meant, we wouldn't say anything.

Put yourself on a paying business basis.

If you've just got over some sickness, give the details to the squirrels in the woods and get it off your chest.

If your feet are not strong enough to carry you—ride.

Wishes wear out with your clothes.

Fame oftimes goes shabby.

The greatest faith is faith in yourself.

Feed your body, your soul will thrive on it.

Study character—your own first.

Before reforming the community, reform yourself.

Don't bury yourself before you are dead.

Lock yourself up when you swear, you won't be interrupted.

If you let the little things worry you, what are you going to do with the big things?

Tell your friend you haven't got it—you'll be doing him a good turn.

Put your troubles on the dumb waiter.

You can't win unless you take a chance.

Worry is a cloud that darkens your day; a bright thought is the sunshine that drives it away.

Melons were first found in Asia.

A WOMAN'S HEALTH NEEDS GREAT CARE

When the Blood Becomes Watery a Breakdown Follows.

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

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

The Set of the Sail.

Bob was in one of his periodical fits of depression. The world had been running smoothly for some time, but now the pendulum was swinging the other way, and he did not like it.

"Everything seems to be against me these days, Uncle Jim," he grumbled. "Nothing goes my way any more. I'm going to quit—that's all. What headway can a fellow make when everything in the world is against him-Bound to be a failure."

"Humph," said Uncle Jim meditatively. "I didn't know that you and Napoleon had so much in common, Bob. He felt that way, too, when he was about seventeen. But what puzzles me is whether you and he are alike in one other point. I must really look that up and see whether he too was such a different person on sea and on land."

Bob looked puzzled. "Different on sea and on land? How? What's the joke, Uncle Jim?"

"No joke. Just plain facts. As Shakespeare remarks, you

"suffer a sea change
Into something rich and strange.

"I've been at the shore with you three summers, and I've been out in your little sailboat more times than I can count, but never once have I heard you say you couldn't get anywhere because the wind or the tide was against you. As I remember, you used to go to Pine Cove pretty often last summer when the wind was dead wrong."

There was a twinkle in Uncle Jim's eyes, for the visits to Pine Cove had been a family joke. There had been a very pretty reason for those visits. But Bob loftily ignored everything except the subject in hand.

"A good sailor doesn't have to sail with the wind or the tide," he explained. "If a man knows how to set his sail right he can take advantage of the wind, whichever way it blows from. You know that as well as I do, Uncle Jim."

"And then you say you aren't different on sea and on land," said Uncle Jim thoughtfully. "Well, I was going to read you a lecture on the uses of adversity, but I don't need to. You've put it into—shall I say a sea shell? If you know how to set your sail, you can take advantage of any wind and go where you please. Well, now you go right out and apply that idea on dry land, and see if you don't make port with a good cargo."

Bob nodded, and a dawning smile came over his face. "Master Robert Sheffield," he said, "seventeen years out from Babyhood, bound for Success and the Future. Aye, aye, sir!"

The Mighty Universe.

Would you like to know how large the stellar universe is? In the opinion of astronomers it is one million light years in diameter, and, since light travels 186,000 miles in a second, that means that it is about 5,869,713,600,000,000,000—almost six quintillion—miles from one side of the universe to the other. More than a million solar systems the size of our own could be placed end to end without bridging the space. How many such systems the universe could contain we refuse to calculate.

Elephants have been known to live 200 years.

BITS OF HUMOR FROM HERE & THERE

His Bookmark.

"How far have you studied, Johnny?" inquired the teacher.

"Just as far as the book is dirty, ma'am."

All for Nothing.

Mother—"I've tried so hard to make you a good child, Margaret, and yet in spite of all my efforts you are still rude and naughty."

Margaret (deeply moved)—"What a failure you are, mother!"

Skeptical Tommy.

"But, Tommy," said his mother, "didn't your conscience tell you that you were doing wrong?"

"Yes," replied Tommy: "but I don't believe everything I hear."

The Age of Worry.

There is a time in the life of every girl when—but this illustrates it.

"How old is Gladys now?" Mrs. Davis asked of Gladys' grandmother.

"Gladys is just at the age where her mother is afraid she will get married and Gladys is afraid she will not."

He Knew.

The tramp shambled after the smartly-dressed man carrying a prosperous-looking bag.

"Give us a couple of coppers, guv'nor!" he pleaded. "Just somethin' to get some bread. Think wot it is ter be friendless, despised, 'ated by all—"

"Shut up, you fool!" said the man with the bag. "I'm an income tax collector!"

He Could See.

"No! You cannot expect the jury to believe that," said the lawyer. "Do you really mean to say that although the night was pitch dark, and you were at the end of the train, you saw deceased fall from the other? Now tell me, how far do you really think you can see at night?"

"Oh, about a million miles, I reckon," retorted the witness. "I can see the moon—how far's that?"

Trying to Oblige.

Mother was teaching five-year-old Bobby geography. She had come to the Sahara Desert. "Now, say it—Sahara," she prompted him.

"Hara," replied Bobby.

"No, not Hara—Sahara, don't you see?" said mother patiently. "Now say it."

Again Bobby replied, "Hara."

That kept up for some time until finally Bobby, worn out, exclaimed, "Well, mother, didn't I say Hara?"

Grace's Grammar.

Grace met her uncle in the street one day. He asked her whether she was going out with a picnic party from the school.

"No," replied Grace, "I ain't going."

"My dear," said her uncle, "you must not say, 'I ain't going.' You must say, 'I am not going.' " And he proceeded to give her a little lesson in grammar: "You are not going. He is not going. We are not going. They are not going. Now, can you say all that?"

"Course I can," responded Grace, Cheerily. "There ain't nobody going."

A Real Sky-Scraper.

The conversation had changed from one thing to another, finishing up with high buildings.

The American thought he had them all beaten when he said there was a building in New York so high that it took a person at least twenty-four hours to get to the top.

"Sure," said Pat, "there's a little building I was working on some time ago in good ould Dublin, when one Saturday morning about 11 o'clock I dropped my hammer from the top, and sure and begorro, when I went to work on Monday morning the thing hit me on the top of the head."

Making Matters Worse.

"I can't keep visitors from coming up," said the office-boy, dejectedly. "When I say you're out they won't believe me. They all say they must see you."

"Well, put them off somehow," said the editor, with a worried look. "Whatever they say just tell them, 'That's what they all say.' Be firm. See?"

That afternoon a lady called. She had hard features and an acid expression, and she demanded to see the editor at once.

"Impossible," said William.

"But I'm his wife," persisted the lady.

"That's what they all say," said the boy.

MONEY ORDERS.

It is always safe to send a Dominion Express Money Order. Five dollars costs three cents.

High Intensity of Light.

High intensity of light is provided by a new arc lamp for motion picture projectors that has its positive carbon in a horizontal position with its crater end pointing at the lens.

Old Theatres in London.

London still contains two buildings that witnessed the performance of Shakespeare's plays during Shakespeare's life—the Middle Temple Hall and the hall of Gray's Inn.

Ask for Minard's and take no other.

Tanlac Accomplishes Remarkable Results In Geo. H. Nickel's Case

Prominent Wisconsin Man Says Tanlac Promptly Relieved Him of Bad Case of Stomach Trouble of Six Months' Standing—Gains 27 Pounds and Feels Fine As A Fiddle.

GEORGE H. NICKELS

It is an unquestionable fact that Tanlac is now being more widely endorsed by well known men and women than any other medicine on the American market. One of the latest to testify is George H. Nickels, well known lecturer, residing at 227 Wells St., Milwaukee, Wisconsin.

"Tanlac has not only completely restored my health, but I have actually gained 27 pounds in weight," said Mr. Nickels in referring to the remarkable benefits he had derived from the medicine.

"For something over six months, my stomach was very badly disordered. I suffered terribly from Indigestion and Dyspepsia. At times I would be in great distress and I would invariably experience an uncomfortable bloated feeling for hours after eating. I had no appetite scarcely and the little I ate would often make me deathly sick. My head ached until I felt like it would burst and I was so nervous I trembled like a leaf. When I got up in the mornings, I was so weak and dizzy, I couldn't trust myself to walk around and I just hurt all over.

"Tanlac has brought about a wonderful change in my condition for I am now enjoying the very best of health. My appetite is splendid. I relish my meals. Everything agrees with me perfectly. The nervousness, headaches and dizzy spells are all gone and I never have an ache or pain. I am only too glad to tell others about the wonderful good Tanlac has done. It has no equal."

Tanlac is sold by leading druggists everywhere. Adv.

Surnames and Their Origin

SHAW

Racial Origin—Scottish.
Source—A given name.

Shaw does not look like a Highland or Gaelic family name. Not many people realize that it is, for, strangely enough, it is not met with at any comparatively modern date with the prefix of either 'Mac" or "O' ."

It is the name born originally by a certain sept of the Clan MacKintosh, which later divided into two septs, the first or senior line eventually losing ownership of the lands originally occupied by the organization.

The Highland records show that the sixth chief of the Clan Mackintosh was named Angus. He had a son named John, whose son was Gilchrist, who in turn had a son named Shaw, who was surnamed "Corr Fiachlach," and this chieftain was the founder of the sept line of Shaws, having acquired the lands about "Loch-an-eillan" just prior to 1400 A.D.

For several centuries the castle of Loch-an-eillan was the stronghold of his descendants and the branch of the Clan MacKintosh which they led.

LEEDER

Variations — Leader, Leders, Loder, Lederer.
Racial Origin—English.
Source—An occupation.

You need more than three guesses to pick the occupation from which this group of family names has been developed. The reason is that the meaning of the word itself has changed since the medieval period in which it became a surname.

It's not exactly a piece of practical knowledge to know that originally the words "lead" and "load" had very similar meanings. We use the verb "lead" to-day in the sense of "showing the way." But in medieval times its most usual meaning was that of pulling or carrying a load; as often carrying as pulling.

So, if you bear any of the family names in this group you may be reasonably sure that in the dim distant past one or more of your ancestors filled a position in the economic life of the community as a bearer of burdens, a teamster and drayman of to-day. He may have been either a bearer of loads himself, or an employer of such men, and more than likely specialized in the serice of some particular mercantile trade.

CHICHESTER

Racial Origin—English.
Source—A locality.

The use of Chichester as a family name is a matter easily and obviously explained. In its first use as such it was descriptive of the locality in which the individual lived. There is a place of this name in England, and naturally persons migrating from Chichester to other sections came to be known in their new neighborhoods as "John of Chichester" or "Robert of Chichester," as the case might be.

Then, in the course of time, neighbors would come to regard the name as merely distinguishing the individual, and its meaning as indicating the place from which he had come several years before would not be foremost in their minds. Hence the "of," or its equivalent in the Norman tongue, would be dropped, and the individual or his sons would bear as their surname simply Chichester.

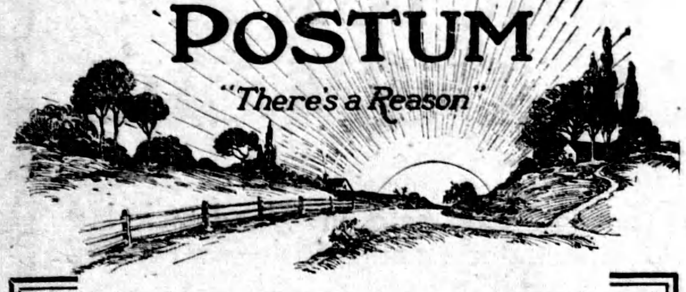
The place name, however, is a combination of the Saxon given name of "Cissa," and the Latin word "castrum," which means "camp" or "military station." The Romans, in the period before the Saxon invasion, built their camps in England, as they did elsewhere, as virtual fortresses. They were structures which lasted, and which remained in existence long after the Romans had withdrawn.

"Cissa" was the son of "Aella," who founded the kingdom of the South Saxons.

Health First

POSTUM

"There's a Reason"



This is the start of a better day

There's satisfying comfort and cheer in a breakfast cup of Postum, and there's no disturbing element to irritate nerves or digestion and leave mental energy lagging before the day is done.

Thousands of former tea and coffee users have found that Postum meets every demand for a delicious table beverage, and brings steadier nerves, clearer mind—better health.

As many cups as you like with any meal—no after-regrets.

Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes.

"There's a Reason" for Postum

Sold by all grocers

Changed.

When I was nine
I was content
If my father gave
Me a copper cent.

Now I have a nine
Year youngster who
Thinks nothing less
Than a dime will do.

A cherry tree, at Sittingbourne, Kent, which still bears fruit, was planted in the reign of Henry VIII.

A Health Saving REMINDER:

Don't wait until you get sick—USE

MINARD'S "KING OF PAIN" LINIMENT

COARSE SALT
LAND SALT
Bulk Carlots
TORONTO SALT WORKS
C. J. CLIFF - TORONTO

SLOAN'S RELIEVES NEURALGIC ACHES

FOR forty years Sloan's Liniment has been the quickest relief for neuralgia, sciatica and rheumatism, tired muscles, lame backs, sprains and strains, aches and pains.

Keep Sloan's *handy* and apply freely, *without rubbing*, at the first twinge.

It eases and brings comfort surely and readily. You'll find it clean and non-skin-staining.

Sloan's Liniment is pain's enemy. Ask your neighbor.

At all druggists—35c, 70c, $1.40.

Made in Canada.

Sloan's Liniment (Pain's enemy)

ASPIRIN

"Bayer" is only Genuine

BAYER OK

Warning! It's criminal to take a chance on any substitute for genuine "Bayer Tablets of Aspirin," prescribed by physicians for twenty-one years and proved safe by millions. Unless you see the name "Bayer" on package or on tablets you are not getting Aspirin at all. In every Bayer package are directions for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Druggists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada), of Bayer Manufacture of Monoaceticacidester of Salicylicacid.

The Best Servants.

I keep six honest serving men,
(They taught me all I know.)
Their names are What and Why and When,
And How and Where and Who.

Minard's Liniment Lumberman's Friend

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.

PREVENT Skin Troubles by Daily Use of Cuticura

Make Cuticura Soap and Ointment your every-day toilet preparations. Bathe with the Soap and hot water on rising and retiring, using plenty of Soap, best applied with the hands. Smear any signs of pimples, redness or roughness with the Ointment and let it remain five minutes before bathing. Finally dust on a few grains of the exquisitely perfumed Cuticura Talcum, it takes the place of other perfumes for the skin.

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.

YOUNG WOMEN AVOID PAIN

This One Tells How She Was Benefited by Taking Lydia E. Pinkham's Vegetable Compound.

Regina, Sask.—"For two years I suffered from periodic pains and nausea so I was unable to get around. My mother had me take Lydia E. Pinkham's Vegetable Compound, and I am much better and able to go about all the time, which I could not do before. I recommend Vegetable Compound to my friends if I know they suffer the same way, and you may publish my letter if it will help any one, as I hope it will."—Miss Z. G. BLACKWELL, 2073 Osler Place, Regina, Sask.

If every girl who suffers as Miss Blackwell did, or from irregularities, painful periods, backache, sideache, dragging down pains, inflammation or ulceration would only give this famous root and herb remedy a trial they would soon find relief from such suffering.

It hardly seems possible that there is a woman in this country who will continue to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial after all the evidence that is continually being published, proving beyond contradiction that this grand old medicine has relieved more suffering among women than any other medicine in the world.

For special advice women are asked to write the Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of forty years experience is at your service.

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