STERN REMINDERS OF RHEUMATISM

The Trouble Must be Treated Through the Blood.

Every rheumatic sufferer should realize that rheumatism is rooted in the blood and that to get rid of it it must be treated through the blood. The old belief that rheumatism was caused by cold, damp weather, is now exploded. Such weather conditions may start the pains, but it is not the cause. Liniments and outward applications may give temporary relief, but that is all they can do because they do not reach its sources in the blood. The sufferer from rheumatism who experiments with outward applications is only wasting time and money in depending upon such treatment; the trouble still remains, and it is all the time becoming more firmly rooted. Treat this disease through the blood and you will soon find relief. Dr. Williams' Pink Pills act directly on impure weak blood; they purify and strengthen it, and so act on the cause of the rheumatism. Mr. P. J. MacPherson, R.R. No. 5, Cardigan, P.E.I., says: "About three years ago I was attacked with rheumatism. I began taking Dr. Williams' Pink Pills and soon the trouble disappeared and I am in better health than before. I also know of an old lady acquaintance who was badly crippled with rheumatism in her arms and legs, and who suffered very much. She, too, took Dr. Williams' Pink Pills and is now able to do her housework. I tell you this in the hope it may be of benefit to some other sufferer."

You can procure Dr. Williams' Pink Pills through any dealer in medicine or they will be sent you by mail at 50 cents a box or six boxes for $2.50 by writing direct to The Dr. Williams' Medicine Co., Brockville, Ont.

The men who try to do something and fail, are infinitely better than those who try to do nothing and succeed.—Lloyd Jones.

British Leaders Appeal for League.

A public letter signed by Premier Lloyd George, Herbert Asquith, Lord Grey, Lord Robert Cecil, John Robert Clynes and Sir Hubert Gough, representing nearly all political factions, makes a stirring appeal for funds to carry on the work of the League of Nations Union, says a London despatch. It says that without considerable donations the league must curtail many of its activities. The appeal is for a million pounds, or "just the cost for maintaining one capital ship for a year."

The letter goes on to say that "if the world will but rally to the League of Nations a substantial reduction in armaments will be possible. We shall save the million pounds many times over in taxation, to say nothing of what we will gain in security and happiness."

Substitute for Tea.

The active principle of tea is "theine."

That of coffee is caffeine. But caffeine and theine are exactly the same thing.

This agreeably stimulating alkaloid is found in other plants one of which grow wild and plentifully in the South Atlantic States, where it is called "yaupon," or sometimes "Christmasberry tree."

The Indians brewed a beverage from the leaves of the yaupon long before the first white man landed on this continent; and during the Civil War it was used as a substitute for tea by people in the South.

The U.S. Government Plant Bureau is experimenting with it, in the belief that the leaves, when properly cured after the manner of tea, will furnish a palatable cup at a much less cost.

In the Island of Rhodes honey is still a factor in the marriage rites. After the wedding the husband dips his finger in honey and traces a cross over the doorway of his home before the bride enters. Meanwhile the spectators cry out to the bride, "Be always good and sweet as is this honey."

Minard's Liniment for Distemper.

WOULD NOT BE WITHOUT BABY'S OWN TABLETS

Once a mother has used Baby's Own Tablets for her little ones she would not be without them. The Tablets are a perfect home remedy. They regulate the bowels and stomach; drive out constipation and indigestion; break up colds and simple fever and make baby healthy and happy. Concerning them, Mrs. Noble A Pye, Ecum Secum, N.S., writes:—"I have found Baby's Own Tablets of great benefit for my children and I would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Railroad Safety Device.

The chief mechanical engineer of an English railroad has recently perfected and put into operation a device which serves the double purpose of providing railway carriages with a buffing appliance and an interlocking arrangement which will maintain the alignment of a train and prevent the telescoping of the carriages. The buffers are designed with working and reserve stroke springs of five tons and fifteen tons each, giving an ordinary resistance of twenty tons per buffer. Should the impact be still greater, the bolts which resist the springs are designed to break away at about fifty tons pressure per buffer and the corrugated fenders to become engaged. These fenders are designed not only to prevent vehicles mounting each other, but also to preserve the alignment and absorb the shock.

His Hearing Restored.

The invisible ear drum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York City. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or by perforated, or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth Avenue, New York City, will be given a prompt reply. advt.

A Clock for Aircraft.

The Air Service of the U.S. War Department has developed a new and peculiar kind of clock, to be carried on airplanes. It is "built like a watch," having a watch movement, and is wound by electricity, being connected with a small storage batttery.

Hitherto it has been found difficult to get a clock to do satisfactory work on a plane. The vibration made the timepiece unreliable, and its accuracy was further affected by changes of temperature with altitude.

The new clock, thanks to certain "compensation" arrangements, keeps good time at any temperature from 90 below zero to 150 above, and vibration does not bother it. Tests made by the Bureau of Standards have given it a full indorsement.

A Fool There Was and—

He struck a match to see if the gasoline tank was empty. It wasn't.

He patted a strange dog on the head to see if the critter was affectionate. It wasn't.

He tried to see if he could beat a train to the crossing. He couldn't.

He touched a wire to see if it was charged. It was.

He took a drink of bootleg liquor to see if it had any wood alcohol in it. It did.

(Loud shouting and great acclaim by chorus of undertakers).

"Eve, Oh!"

The temper of the teacher who was presiding over the drowsy class was approaching the end of its tether. The youngsters were so exasperatingly cheeky that their instructress trembled with righteous anger.

The lesson was about the history of machines. They had touched upon Edison and his voice-reproducer. The boys, however, despite the lesson's interesting theme, were lethargic and lazy.

"Now, then," the teacher asked, impatiently, "from what was the first talking machine made?"

The class pricked up its ears. Here was a chance to shine. For two seconds forty minds sought for something brainy. Then a shuffling of feet at the back, and a voice: "Please, miss, a rib!"

If the Cap Fits.

"I never go to church," said the millionaire. "I guess you've noticed that, bishop?"

"Yes, I have noticed it," replied the bishop, gravely.

"I suppose you wonder why I never go to church, don't you?" the millionaire pursued. "Well, I'll tell you why. There are so many hypocrites there."

"Oh, don't let that keep you away," retorted the bishop, with a smile. "There is always room for one more."

Wonderful!

Mrs Casey—"Birds are intelligent; ye can teach 'em anything. My sister has one as lives in a clock, and when it's toime to tell the toime it comes out and says 'Cuckoo!' as many toimes as the toime is."

Mrs. Brannigan—"How wonderful!"

Mrs. Casey—"It is, indade. And the most wonderful part of it all is, it's only a wooden bird."

BITS OF HUMOR FROM HERE & THERE

Long Spaces.

"What do you work at, my poor man?"

"At intervals, lady."

Something Missing.

She—"You are a perfect dear!"

He—"Not perfect darling—you have my heart!"

The River's Bed.

X—"They tell me the river is very low."

Y—"Yes, it's so low it's confined to its bed."

Looks Like It.

Jimmie—"Father, what is an excavation?"

Father—"An excavation is a place from which dirt has been taken."

"Is baby's face one, father?"

Force of Habit.

"I wish," said the editor's wife, that you were not so absent-minded."

"What's wrong now, my dear?"

"Why, when our hostess asked you if you would have some more pudding you replied that owing to the tremendous pressure on your space you were compelled to decline."

A Reason.

Elsie, aged four, refused to talk back when her brother teased her. Her mother said: "It was very nice of you not to answer back, as you sometimes do."

"Course, I'se nice," said Elsie. "And, anyway, I had my mouth full of pins and couldn't."

His Ideas.

Youth—"I sent you some suggestions telling you how to make your paper more interesting. Have you carried out any of my ideas?"

Editor—"Did you meet the office-boy with the waste paper basket, as you came upstairs?"

Youth—"Yes, I did."

Editor—"Well, he was carrying out your ideas."

MONEY ORDERS.

Send a Dominion Express Money Order. Five Dollars costs three cents.

Ventilation in Mines.

By an English invention ventilation in mines is measured by the changes in resistance of an electrically heated fire over which the air passes.

The happy man has a double chance of being good, and the same rule applies to children.

"Cascarets" To-Night For Liver, Bowels

You're bilious! You are headachy, constipated, your eyes burn, skin is yellow; your stomach is sour, gassy, upset. No wonder you feel miserable. You need a thorough physic with "Cascarets" to-night to cleanse the stomach of sour, fermenting food and foul gasses; take the excess bile from the liver and carry out of the system all the constipated poison in the bowels. Get a 10-cent box now and let "Cascarets" straighten you out by morning.

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.

Try a Bottle To-day

DR. MINARD, Inventor of the Celebrated MINARD'S LINIMENT

Mrs. Rose M. Brown Gained 20 Pounds In Four Weeks Time

Declares It's Simply Astonishing To See The Wonderful Benefits She Has Derived From Tanlac — Says Terrible Headaches Have Disappeared.

MRS. ROSE M. BROWN

"It sounds unreasonable, but I have actually gained 20 pounds in less than a month's time by taking Tanlac, and the wonderful benefit I have derived from the use of this medicine is simply astonishing," said Mrs. Rose M. Brown, 111 Third Street, Manchester, N.H.

"Why, I am so happy to be relieved of my troubles I can really never praise this medicine enough. Up to the time I began taking Tanlac, I suffered for something over two years with a very bad form of stomach trouble.

"My appetite was so poor I could scarcely eat a thing. My stomach would be so badly bloated with gas sometimes I was almost afraid to go to bed for fear I would actually smother. I felt tired and worn out most of the time and became terribly discouraged over my condition. I often had such violent headaches I was unable to be out of bed for two or three days at a stretch.

"Four bottles of Tanlac completely restored my health and anyone can see at a glance the wonderful change that has taken place in my condition. I have a splendid appetite now and the stomach trouble has entirely disappeared. I can eat just anything I want without ever feeling a sign of indigestion. The best of all, I am never bothered any more with headaches and this was the greatest relief of all. I want to tell everybody what this medicine has done for me."

Tanlac is sold by leading druggists everywhere. Adv.

Misunderstood.

When quite a small boy, a famous composer was invited to play at a big social function. He selected a piece which contained several long and impressive rests.

During one of these rests an old lady in the company leaned forward, patted him on the shoulder, and said: "Play us something you know, dear!"

Minard's Liniment for Garget in Cows.

Tennis, badminton, and rowing are claimed as the best athletic exercises for girls.

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

Fulness After Eating

If you have fulness after meals, a bad taste in your mouth in the morning, fur on the tongue, flatulence after meals and no appetite, take Mother Seigel's Syrup. It will clean your tongue, renew your appetite, give you relish for food and the power to digest it thoroughly and easily. Sold in 50c. and $1.00 bottles at drug stores. 4-921

USE SLOAN'S TO WARD OFF PAIN

LITTLE aches grow into big pains unless warded off by an application of Sloan's. Rheumatism, neuralgia, stiff joints, lame back won't fight long against Sloan's Liniment.

For more than forty years Sloan's Liniment has helped thousands, the world over. You won't be an exception. It certainly does produce results.

It penetrates without rubbing. Keep this old family friend *always handy* for instant use. Ask your neighbor.

At all druggists—35c, 70c, $1.40.
Made in Canada.

Sloan's Liniment (Pain's enemy)

Missing a Call.

Many a man is out in the back yard bemoaning his luck when fortune knocks at the front door.

If our bodies were empty of air the pressure of the atmosphere surrounding us would crush us to pulp.

Classified Advertisements.

LADIES WANTED—TO DO PLAIN and light sewing at home, whole or spare time; good pay; work sent any distance; charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

PLAYER PIANO FOR SALE.

BELL PLAYER PIANO IN GOOD condition, with a large number of music rolls, for sale at a bargain. L. Costello, 73 West Adelaide Street, Toronto.

BELTING FOR SALE

ALL KINDS OF NEW AND USED belting, pulleys, saws, cable, hose, packing, etc., shipped subject to approval at lowest prices in Canada. YORK BELTING CO., 115 YORK, STREET, TORONTO.

Mother! Clean Child's Bowels With California Fig Syrup

Even a sick child loves the "fruity" taste of "California Fig Syrup." If little tongue is coated, or if your child is listless, cross, feverish, full of cold, or has colic, give a teaspoonful to cleanse the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste out of the bowels, and you have a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful to-day saves a sick child tomorrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

HAS NO PAIN NOW

What Lydia E. Pinkham's Vegetable Compound Did for Mrs. Baker and Mrs. Kiever.

Vancouver, B.C.—"I am pleased to say that Lydia E. Pinkham's Vegetable Compound has done me a lot of good. I can now walk about without the aid of a support and feel real strong again. A nurse advised me to take the Vegetable Compound and it is certainly helping me. It seems like Heaven to be relieved after months of pain."—MRS. H. W. BAKER, 3874 10th Ave. West, Vancouver, B.C.

Albert Co., N. B.—"I have taken Lydia E. Pinkham's medicines and they have done me a lot of good. Since then I have been able to do my housework and I have a lot of work to do as we live on a farm. Seeing your advertisement in the papers was what made me think of writing to you. I hope this may help some one else."—MRS. WM. B. KEIVER, Upper New Horton, Albert Co., N.B.

The reason women write such letters to the Lydia E. Pinkham Medicine Co. and tell their friends how they are helped is that Lydia E. Pinkham's Vegetable Compound has brought health and happiness into their lives. Freed from their illness they want to pass the good news along to other suffering women that they also may be relieved.

If there are any complications you do not understand write to Lydia E. Pinkham Medicine Co., Lynn, Mass.

Surnames and Their Origin

FREEMONT

Racial Origin—Norman-French.
Source—A locality.

There are two versions as to what the real meaning of the name of Freemont is, but virtually all authorities are agreed that the family name, as such, is but an English development of the place name of Framont in France.

Whether this place was named "franc-mont" ("free-mount") is a matter that is open to debate with the chances somewhat in favor of the former argument as fitting in better with what is known of the motives and habits of early European populations in the development of their place names.

In any event the name was brought to England in the Norman invasion and settlement in that country.

This period of English history was responsible for the development of many family names. The Norman Army was gathered together from all parts of Northern France, with the result that in such a gathering of individauls from different communities surnames referring to the place from which the individual had come naturally proved the easiest method of distinguishing him from other men of the same given name.

DENNISON

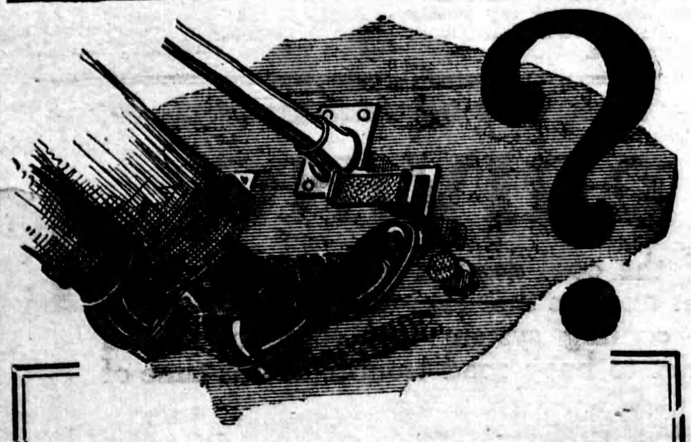
Variations—Dennisson, Dennis, Denis, Denison.
Racial Origin—English.
Source—A given name.

There is really little about this family name that requires explanation, except, perhaps, the given name from which it is derived, that of Denis or Dennis.

One of the Latin, and more anciently Greek, names for the god of wise was "Dionysius," and the Romans carried it as a given name into the Celtic provinces of North-western Europe, which they conquered. It became a Christian name, and even when the Roman Empire fell before the conquests of the Teutonic tribes it survived, to appear in changed form in the new languages which sprang up in what is now France through the combination of the original Celtic with the Roman and finally the Teutonic blood.

The change was great. It had simply become shortened to Denis. It was taken to England by the Normans. The form Dennis is a later English development.

The family name, of course, was originally a surname denoting the parentage of the persons who bore it, and as there were many by the name of Denis in English, the surname "Dennisson" naturally sprang up in unrelated cases.



Are you stepping on the brake or the accelerator?

The food you eat does make a difference.

Heavy, starchy foods often do slow down body and mind—often steal the energy that belongs to the day's work. Grape-Nuts is a go-ahead food. It contains the perfected nourishment of Nature's best grains. It includes all those elements needed to nourish body and brain. It is easy to digest. It gives energy without taking energy.

How about your breakfast or lunch—does it give, or take?

Grape-Nuts is sweet, crisp, delightful to the taste, and is an ideal source of power for a busy and difficult day.

"There's a Reason" for GRAPE-NUTS

BAYER Aspirin

Nothing Else is Aspirin—say "Bayer"

Warning! Unless you see name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances?

Accept only an unbroken "Bayer" package which contains directions worked out by physicians during 21 years and proved safe by millions for Colds, Headache, Earache, Toothache, Neuralgia, Rheumatism, Neuritis, Lumbago, and Pain. Made in Canada.

All druggists sell Bayer Tablets of Aspirin in handy tin boxes of 12 tablets, and in bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

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