GUARD YOUR HEALTH

You Can Do This by Keeping the Blood Rich and Red.

It is useless to tell a hard working woman to take life easily and not to worry. Every woman at the head of a home; every girl in offices, shops and factories is subjected to more or less worry. These worries cannot be avoided. But it is the duty of every woman and every girl to save her strength as much as possible, and to build up her system to meet unusual demands. Her future health depends upon it. To guard against a breakdown the blood must be kept rich, red and pure. To keep the blood in this condition Dr. Williams' Pink Pills will be found most useful. They strengthen the nerves, restore the appetite and bring the glow of health to pallid cheeks, and renewed energy to listless people. Women cannot always rest when they should, but they can keep up their strength through the occasional use of Dr. Williams' Pink Pills. This is shown by the case of Mrs. Minnie Swick, residing near Simcoe, Ont., who says: "A few years ago I was in a deplorable state of health. My blood was weak and watery and the circulation poor. My appetite was poor and what food I did take distressed me. I was not able to do my housework, and often my nights were sleepless, and headache and backache added to my misery. I was finally persuaded to drop other medicines and take Dr. Williams' Pink Pills. This I did, and after taking the pills for a couple of months I could do my housework with ease, eat well, slept well and had gained in weight. From my own experience I cannot praise these pills too highly."

You can get Dr. Williams' Pink Pills from 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.

Cure for Leprosy.

News that many lepers, cured by chaulmoogra oil, have been liberated from the colony of sufferers on Molokai (Hawaiian Islands) and returned to the companionship of healty fellow-beings, excites much sympathetic interest.

It has not been explained, however, that these persons, supposed to be recovered from the dread malady, have been set free only on parole and with the understanding that they are to remain under observation. So far, 8 per cent. of them have relapsed, with recurrence of symptoms, and have been sent back to Molokai for further treatment.

The conclusion of the U.S. Public Health Service, which has had charge of the experiments, is that chaulmoogra oil cannot be relied upon as a "cure" for leprosy. An "ethyl ester" derived from it is now used, by hypodermic injection, and has proved much more efficient than the oil itself. With young people, or persons in whom the disease has not progressed far, the treatment seems, at least in many cases, to promise final cure. Leprosy is undoubtedly of Oriental origin, and many references to it are made in ancient literature. In earlier times the afflicted were required by law, when they appeared on the streets, to ring a bell and cry "Unclean! Unclean!" This, of course, because the disease was supposed to be contagious.

Recent investigations have proved that it is both contagious and infectious. It readily spreads wherever the sufferers are not isolated. During the last few years it has spread alarmingly in Cuba, and in Columbia its ravages are a cause of increasing anxiety. The malady is attributable to a bacterial germ, Bacillus leprae, which has been isolated and satisfactorily identified by scientists.

Never use water which has been standing overnight in the teakettle. In the morning fill it with fresh water, boil and use at once.

WINTER HARD ON BABY

The winter season is a hard one on the baby. He is more or less confined to stuffy, badly ventilated rooms. It is so often stormy that the mother does not get him out in the fresh air as often as she should. He catches colds which rack his little system; his stomach and bowels get out of order and he becomes peevish and cross. To guard against this the mother should keep a box of Baby's Own Tablets in the house. They regulate the stomach and bowels, and break up colds. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Way of Life.

To swing along and sing along
And keep the vision clear,
How many in the moving throng
Can come so very near
The measure of that mighty love
Which makes the way of life
A blessed way, a happy way,
A betterment of strife?

Mother! Move Child's Bowels With California Fig Syrup

Hurry mother! Even a sick child loves the "fruity" taste of "California Fig Syrup" and it never fails to open the bowels. A teaspoonful to-day may prevent a sick child to-morrow. If constipated, bilious, feverish, fretful, has cold, colic, or if stomach is sour, tongue coated, breath bad, remember a good cleansing of the little bowels is often all that is necessary.

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.

She'd Learned.

The puppy had been punished and was sulking in a corner. To him came the small daughter of the house to administer, not comfort, but advice.

"You may just as well be good first as last, Spot," she administered. "Everybody that belongs to mother has got to mind. I've been through it all and I know."

After the Honeymoon.

"Well, well," he exclaimed, as he tackled her first meat pie, "where did you get this "

"I made that out of Mrs. Shorter's co'okery book," replied the young wife. 'It's a——"

"Ah!" he broke in. "This leathery part is the binding, I suppose?"

Scientific Proof.

One day a teacher was having a first grade class in physiology. She asked them if they knew that there was a burning fire in the body all the time. One little girl spoke up and said:

'Yes'm; when it is a cold day, I can see the smoke."

Good Verse.

A young fellow, who is given to versifying, recently asked his fiance:

"Dearie, did you like the poem I sent you? Did it seem too sweetly tender?"

"Oh," she said, "it was lovely. I got $3.50 for it at the church fair."

In the Dark.

Professor—"Every day we breathe oxygen. Now, Wilkie, what do we breathe at night?"

Willie—"Nitrogen."

Surnames and Their Origin

HAMMOND

Variations—Hammonds, FitzHamond, Hampson, Amundsen.
Racial Origin—Norman French, also Scandinavian.
Source—A given name.

Here is another group of family names which traces back to the ancient Teutonic given name of "Amal" or "Amala," though it should be remembered that the groupings in this article, the one that preceded it and the one which is to follow, are more or less arbitrary, and for convenience of discussion, rather than as evidence of rigid courses of development.

As stated in the previous article, the Normans brought the name into England as "Hamo" and "Hamon." It was not long, however, before the given name began to develop new forms, such as "Hamond" and "Hammond," the latter quickly becoming more widespread. In many cases the patronymic, or family name, was formed by the prefixing of the Norman "Fitz," meaning "son of." In others, the surname was formed by the addition of the ending "son." But "Hammondson" was a little too clumsy for the average British tongue, and so did not endure long, being shortened variously to Hammond and Hammonds. In more modern times there has been a very general tendency to add a final "s" to such names, so that the name of Hammonds is sometimes still another lengthening from the form of Hammond.

But the given name often developed the diminutive forms, in Norman fashion, of "Hamonet" and "Hamolet" or "Hamelot." 'Hamonet" quickly became "Hamnet," producing the surname "Hamnetson" or "Hamneson," which has finally been twisted into the modern Hampson. Hamnet has also given us Hammet. "Hamelot" seems to have stopped at giving us Shakespeare's "Hamlet."

The family name of Amundsen, or, as we sometimes see it, Amondson and Amondsen, is nearly always traceable to a development of the Scandinavian form of this ancient given name.

PAYNE

Variation—Paine.
Racial Origin—Norman French.
Source—A given name.

These family names are really the same word as our modern words pagan and peasant, and their evolution has been a peculiar and interesting one.

At a period before the Norman invasion of England the root word had the same meaning as our modern peasant; that is, countrymen as opposed to townsman. This was in the days when the early Normans first were introduced to Christianity. It happened among them as among many other nationalities, that Christianity made more rapid progress in the towns and more congested centres of population than it did in the outlying districts, a phenomenon undoubtedly largely due to problems of travel and communication.

But gradually the word pagan, denoting a countryman, came to denote, as well, one who refused to accept Christianity, and in the defiant stand of those who resisted the new religion was accepted as a term of honor to such an extent that they began to give it to their children as a given name. In the end, of course, Christianity triumphed, but the given name survived and rmaind popular, probably as the result of holy lives led by some of the converts of that name. At any rate, the Normans brought the name to England in the forms "Pagan," "Payn" and "Pain," and there it became a family name in the normal course.

WARNING! Always say "Bayer" when you buy Aspirin.

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 and dose worked out by physicians during 22 years and proved safe by millions for

Colds Headache Neuralgia Rheumatism
Toothache Neuritis Lumbago Pain! Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—All druggists.

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."

TORONTO WOMAN GAINED 35 POUNDS

ONLY WEIGHED NINETY POUNDS WHEN SHE BEGAN TAKING TANLAC.

Was So Weak and Ill from Stomach Trouble Life Was a Burden.

"Tanlac has built me up from a mere frame weighing only ninety pounds to a strong woman weighing one hundred and twenty-five pounds, and my gratitude is unbounded," said Mrs. Lydia Pickup, 12 Ramsay Lane, Toronto, Ont.

"My stomach troubled me so much during the past three years that my life was a perfect burden. My appetite was gone entirely, gas would form and nearly set me wild with pain in the pit of my stomach. The gas nearly smothered me and my heart acted so queerly that it alarmed me. I could get scarcely any sleep and was tired and dull and worn out all the time. I often turned so dizzy I could hardly stand up, and at times my head hurt like it would burst open. I lost weight until my clothes were entirely too large and I was so weak I could hardly move.

"One day I saw a statement about Tanlac and I determined to try it. I have now taken ten bottles in all and my appetite has come back, I eat anything I want and as much as I want at every meal without pain or any uncomfortable feeling afterwards. I do not have headaches or dizzy spells any more, I sleep soundly every night and get up feeling fine and strong in the morning."

Tanlac is sold by all good druggists. —Advt.

Instruments That Measure Earthquakes.

If an earthquake takes place at the other side of the world, it writes its own record on the delicate instruments kept in the observatories in Britain, says a London magazine.

Next morning you will see in the papers that our instruments have recorded an earthquake of great violence which took place in South America. It may be days before news comes through by telegraph from the scene of the upheaval to confirm the instrument's message.

The seismograph, as the earthquake recorder is called, consists of a revolving drum and a tiny mirror. The latter is balanced so delicately that the slightest tremor of the earth's crust will set it dancing. The drum, which is turned by clockwork, is covered with a roll of sensitized photographic paper. The mirror focuses a little point of light, reflected from a brilliant lamp, on to the paper.

So long as nothing is happening the mirror remains at rest, and as the drum revolves a perfectly straight line is traced on the paper by the point of light. But as soon as a shock occurs the mirror is agitated and the line becomes a zigzag.

A stone thrown into a pond sets up ripples which reach the edge. An earthquake produces the same result, except that the ripples are formed in the earth's hard but slightly elastic crust.

Fortunately, serious earthquakes are rare, but hundreds of small shocks take place every day, and seismographs of the most delicate type record them all.

Every broken promise left behind becomes a broken bridge ahead.

What you can do to-morrow will depend on what you have done to-day.

Minard's Liniment for Garget in Cows

Her Martial Creed.

Mrs. Worth had just learned that her colored workwoman, Aunt Dinah, had at the age of seventy married for the fourth time.

"Why, Aunt Dinah," she exclaimed, "you surely haven't married again!"

"Yassum, honey, I has," was Aunt Dinah's smiling reply. "Jes' as af'en as de Lawd takes 'em, so will I."

MONEY ORDERS.

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

"Daddy sent me over to see if he could borrow one of Mr. Smith's hoes." "Goodness me! Tell him he has them both on."

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

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.

MINARD'S "KING OF PAIN" LINIMENT

Blistered Feet, Sore Feet, Tired Feet, Burning and Aching Feet.
After a hard day's work or a long tramp and your feet are completely used up, bathe them in hot water, then rub them well with MINARD'S LINIMENT. It will relieve you and you will never be without a bottle.

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)

If Headachy, Bilious or Stomach is Bad, Take "Cascarets"

Get a 10-cent box now.

Furred Tongue, Bad Colds, Indigestion, Sallow Skin and miserable Headaches come from a torpid liver and clogged bowels, which cause your stomach to become filled with undigested food, which sours and ferments like garbage in a barrel. That's the first step to untold misery—indigestion, foul gases, bad breath, yellow skin, everything that is sickening. A Cascaret to-night will give your constipated bowels a thorough cleansing and straighten you out by morning. They work while you sleep. Millions of men and women take a Cascaret now and then to keep their stomach, liver and bowels regulated, and never know a miserable moment. Don't forget the children—their little insides need a good, gentle cleansing, too.

Classified Advertisements.

CANADIAN MATRIMONIAL PAPER. 25c. No other fee. A. McCreery, Chatham, Ont.

MYERS' WHITE ROCKS. PULLETS, $3 to $5. Cockerels, $5. A. H. Myers', Box 482, Stratford, Ont.

AGENTS WANTED

LIVE AGENTS WANTED FOR quick selling household necessities. Repeat orders assured. Write for particulars for sole agency in your town to Patricia Products, 868 Broadview Ave., 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.

Most persons are not frugal of their time. They use it in a most wasteful manner.

Minard's Liniment for Distemper.

For Fifty Years

Mother Seigel's Syrup has been the world's remedy for indigestion, and it is still the best and cheapest of stomach and liver tonics. The medicinal extracts of varied roots, barks and leaves restore the natural efficiency of the digestive organs and it has banished numberless cases of pain after eating, headaches, flatulence, acidity, biliousness and constipation. Sold in 50c. and $1.00 bottles at drug stores. 9-921

DANDERINE

Stops Hair Coming Out; Thickens, Beautifies.

35-cents buys a bottle of "Danderine" at any drug store. After one application you can not find a particle of dandruff or a falling hair. Besides, every hair shows new life, vigor, brightness, more color and abundance.

TROUBLED WITH ITCHY ECZEMA

In Rash On Face And Limbs. Cuticura Heals.

"I had been troubled with eczema on my face which took the form of a rash. Later it broke out on my limbs and they itched very much, causing me to scratch them until they were bleeding. The rash would often keep me awake at night.

"I tried some remedies, which failed, and then thought I would try Cuticura Soap and Ointment. It was not long till the rash began to disappear, and I used three cakes of Soap and four boxes of Ointment, which healed me." (Signed) W. M. Hymers, Paris, Ont., Sept. 12, 1919.

Cuticura Soap to cleanse, Cuticura Ointment to soothe and heal.

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

One third of your life is allotted to sleep. Do you get your share?

The most important period in the process of applying nutrition to the repair of the body is while you are asleep. For the most favorable transformation of digested food into nerve and cell tissue, so doctors tell us, sleep is absolutely essential.

Is it any wonder that those who suffer from lack of proper sleep are weak, pale and lacking in energy or ambition?

One of the causes of insomnia is nerve-irritation from tea and coffee drinking. Tea and coffee both contain caffeine, which has a tendency to cause undue stimulation. The irritating effect of caffeine often results in insomnia, depression, and a weakened nervous system.

You can easily overcome these troubles by drinking Postum instead of tea or coffee. Postum is a delicious, satisfying cereal beverage, and it is absolutely free from caffeine, or any other harmful substance.

Ask your grocer for Postum. Drink this delicious, refreshing beverage for ten days. Then see if you do not feel better and more clear headed, and if you do not sleep better at night—as so many other people have proved for themselves.

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.

Postum *for* Health
"There's a Reason"

Made by Canadian Postum Cereal Co., Limited, Windsor, Ont.

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