WOMEN AND GIRLS WANT ROSY CHEEKS

They Can be Had by Keeping the Blood Rich and Pure.

Every woman—every girl—wants rosy cheeks. They mean not only beauty, but good health. When a woman's blood is scanty or anaemic her color fades, she looks debilitated, is short of breath, and her heart palpitates after slight exertion. Sometimes this trouble is accompanied by severe headaches, or pains in the back or sides. This condition is entirely due to weak, watery blood, and can only be cured by making the blood rich, red and pure. For this purpose try Dr. Williams' Pink Pills, which act directly upon the blood, and in this way bring new health and strength to weak, ailing people. Mrs. Isaac W. Howell, Petitcodiac, N.B., tells of what Dr. Williams' Pink Pills did for her as follows:—"For some time I had not been feeling well. I had been gradually growing weaker, and found it constantly growing harder to do my housework. I was very pale and had frequent headaches. I consulted a doctor and took his medicine for some time, but it did me no good. I found myself growing weaker, and taking faint and dizzy spells. A friend advised me to try Dr. Williams' Pink Pills, and although I had nearly lost faith in all medicine, I got a supply and began their use. After a time I found they were helping me, and I gladly continued taking them, and ultimately found that the troubles that had afflicted me had vanished. I am giving this statement in the hope that my experience will be of benefit to others."

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.

Culinary Curios.

Visiting a Chinese restaurant recently, the writer had a dish made of chicken stewed with sweet almonds. And, curious as it sounds, the mixture was a very good one.

Has it ever occurred to you how peculiar are the mixtures of food which we find on our plates every day of our lives?

Who, for instance, was the first person to eat currant jelly with roast mutton? No one knows, and on the face of it, it seems absurd to eat jam with meat, yet no person can assert that the result is not excellent.

Apple sauce with pork is more natural, for the acidity of the apple corrects the extreme richness of the pork. In Europe you will find stewed apricots served with pork and stewed prunes with veal. Although both these combinations may seem startling, there is no doubt about their being good.

In Canada cranberry jelly goes with roast turkey, and here again the result is all that can be desired.

A real Indian curry, which we practically never see in this country, is made with fruit as well as onions, mixed with meat. Try a curry made with apples and currants, and you will be delighted with the combination.

A roast goose is a poor thing without a stuffing of sage and onions, but the name of the talented inventor of this combination is lost to history.

Have you ever tried cheese with cold apple pie? This is a Yorkshire dish, which deserves to be more popular than it is.

We all eat cucumber with cold salmon, but how many are aware that fennel sauce adds greatly to the excellence of hot boiled salmon,

Every country has its own peculiar mixtures of savouries and sweets, and many of them are most delicious.

Marshal Foch, during his recent visit to the United Stated, travelled 13,000 miles, and made 164 speeches to 10,000,000 citizens.

Lord Bryce's Hobbies.

Among the prized trophies of the late Viscount Bryce were fishing rods, alpenstocks and academic gowns.

Lord Bryce was always fond of angling. He never attained such fame in this pursuit, of course, as Lord Grey, but he was a keen fisherman nevertheless, and had a valuable collection of fishing rods.

Whenever Bryce saw a river he fished in it, whether it was the Neva at Petrograd, the Seine in Paris, the Manzares in Madrid, the Humber in Toronto or the Potomac in Washington.

Next in line to his fishing rods was his equipment for mountain climbing. It is this hobby of Lord Bryce that made him a popular hero in the Rocky Mountain district, and especially in the city of Calgary. For two years Bryce was president of the Alpine Club, the ancestor of the Alpine Club of Canada.

As for university gowns, Lord Bryce had an unequalled collection. He held degrees, actual and honorary, from colleges and academies all over the world. From Oxford he had gowns of Trinity and Oriel; gowns, too, from Heidelburg, Turin, Brussels, Nayles, Petrograd, Stockholm, Toronto (Trinity College), Rome, Glasgow, Michigan, Edinburgh, Budapest, Harvard, Jena, Princeton, Leipzig, Buenos Aires, Adelaide, Brisbane.

These gowns and hoods were of every color and shape. The weight of them, if worn all together, would have borne any man to the ground, and the colors rivaled those of the spectroscope.

WINTER WEATHER HARD ON LITTLE ONES

Our Canadian winters are exceedingly hard on the health of little ones. The weather is often so severe that the mother cannot take the little ones out for an airing. The consequence is that baby is confined to overheated, badly ventilated rooms; takes cold and becomes cross and peevish. Baby's Own Tablets should be given to keep the little ones healthy. They are a mild laxative which regulate the stomach and bowels and thus prevent colds. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Why Clocks on Socks.

What we describe to-day as a "clock" on a sock or stocking is nothing more than a piece of embroidery, which appears to have been placed in position in order to make the ankle of the wearer look more slender. Originally it was designed to cover a natural defect in the weave.

In the days before the invention of the present type of machinery, which works automatically and turns out a completed stocking every few seconds, hosiery was woven in two separate pieces. When completed, the sock or stocking was joined together on either side of the ankle, a process which naturally left an unsightly seam.

In order to conceal this, a decorative piece of embroidery was placed over the seams. The operation, on account of the stitch used, was referred to as the "clocking" on the stocking. The necessity for an ornament of this kind has long since passed, but the "clocks" remain as a reminder of an old custom.

Smallest X-Ray Machine.

The smallest practical X-ray machine has been invented for physicians and dentists, weighing but twenty pounds.

Domestic articles which have the appearance of polished steel and yet need no cleaning are being made by a new Sheffield process.

Surnames and Their Origin

MacLAREN

Variation—MacLaurin.
Racial Origin—Scottish.
Source—A given name.

Here is another Scottish family name derived from a given name which the progenitors of its bearers brought to Scotland from Ireland in the ancient days when the Dalriadic Gaels crossed over and by conquest and settlement won the dominance of the Highlands.

The MacLaren's, or MacLarens are traditionally descended from "Loarn" or "Laurin," who was the son of Erc, one of the Dalriadic chieftains who settled in Argyle in the sixth century. This "Loarn" is the same chief who is said to have given the district of Lorn its name.

The clan, for the MacLarens once constituted one of the leading clans in the Highlands, was for a long time a big factor in Scottish history. As early as the reign of King Kenneth MacAlpin it appears to have acquired considerable territories in Strathearn and Balquhidder. In 1138 they played a prominent part in the Battle of the Standard, under the leadership of "Malise," the Earl of Strathearn.

But the clan was reduced from the status of proprietorship over its land in 1138, when the earldom of Strathearn became the property of the Scottish crown, though they retained a status as perpetual tenants.

But its fortunes received a setback from which they have never recovered in 1745, when it took part in the uprising which attempted to put the Stuart line, in the person of "Bonnie Prince Charlie," back on the throne of England and Scotland.

GRANT

Variation—Grand.
Racial Origin—Scottish; also Anglo-Norman.
Source—A locality; also a characteristic.

The most obvious explanation of the name of Grant is that it is a variation of Grand or "le Grand," originating as a sobriquet denoting superiority or seniority in Norman-French days, and later becoming a family name in the natural growth of such nicknames.

More often, however, it is traceable to a Highland Scottish source as the name of one of the clans which developed from the ancient Clan Aplin, of which group the MacGregors were the leaders.

The name of the Clan Grant is Gaelic, not Norman, and as sometimes has happened with the Scottish Gaelic names, but virtually never with the Irish, it is derived from the name of a place. This place was an extensive moorland near Strathspey known as "Griantach" or "Sliabh-Griannais."

The clan itself traces back in its chieftainship to Gregor Mor MacGregor, who, it is claimed, settled in that section about the twelfth century.

Gauge Needs No Packing.

A Swedish inventor has patented in seventeen countries a faucet which requires no packing, accurate grinding of the fitting surface of the value preventing leakage.

Largest Camera.

The largest camera in the world has been bulit by United States geological survey experts, weighing 3½ tons and making photographs a yard square.

RHEUMATIC ACHES QUICKLY RELIEVED

THE racking, agonizing rheumatic ache is quickly relieved by an application of Sloan's Liniment.

For forty years, folks all over the world have found Sloan's to be the natural enemy of pains and aches.

It penetrates without rubbing.

You can just tell by its healthy, stimulating odor that it is going to do you good.

Keep Sloan's handy for neuralgia, sciatica, lame back, stiff joints, sore muscles, strains and sprains.

At all druggists—35c, 70c, $1.40.

Made in Canada.

Sloan's Liniment Pain's enemy

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

RHEUMATISM

Lumbago, Neuralgia, or any other pain, apply Minard's Liniment to the aching spot and get quick relief. Minard's is the remedy your grandmother used. There is nothing to equal it.

FOR SALE EVERYWHERE.

Undeniable.

A certain little boy was always worrying his mother with questions, a habit little boys seem to possess in a marked degree.

One day he wanted to know why men were bald.

"Because," said his mother patiently, "they have so much work to do that their brains get tired, and they lose their hair."

,'Oh," said the young hopeful; "then I know why women don't wear whiskers!"

"Why, dear?" asked mother.

" 'Cos they have so much work of the jaw," was the illuminating reply.

Mother, Quick! Give California Fig Syrup For Child's Bowels

Even a sick child loves the "fruity" taste of "California Fig Syrup." If the little tongue is coated, or if your child is listless, cross, feverish, full of cold, or has colic, a teaspoonful will never fail to open the bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste from the tender, little bowels and gives you 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.

Phosphates in Nauru.

According to an official estimate the island of Nauru in the South Pacific contains phosphate reserves sufficient to meet the demands of the world for 200 years.

MONEY ORDERS.

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

Topsy's Flock.

Topsy, a half-grown shepherd dog, has a flock of her own. It is an unusual flock, too, for every one of the members of it has, not wool, but feathers! The mother of the flock is a Plymouth Rock hen, but Topsy is the shepherd. Whenever the chicks scatter she will run round them and gradually bring them nearer the clucking mother.

One day some of them had wandered off, and Topsy, much distressed, was making every effort to round them up, when a passer-by who thought she was going to hurt them struck her with a folded paper. At once the dog set up an agonized barking, and finally her mistress hurried out to explain. Left alone again, the little dog brought the chicks into close formation and delivered them to the hen in a fairly compact group.

Topsy was never trained to do that sort of thing and has never been with older shepherd dogs. Apparently "blood will tell."

Making Bad Worse.

Thomas Fiddle was a very learned young man. At school he shone like all the stars and planets lumped together. A sixty candle-power lamp wasn't in it beside the burning flame of his genius.

But his friends were frightfully disappointed when he refused to accept the degree of Doctor of Divinity.

One of them tackled him on the subject.

"Ah, well," replied the genius, "it's bad enough to be named Fiddle, without being Fiddle, D.D.

The child of a father over fifty years of age has ten times as good a chance of becoming eminent as he would if his father were a younger man.

ISSUE No. 6—'21.

Classified Advertisements.

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

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.

Best Map of Moon.

After taking more than 8,000 photographs in 16 years a French astronomer has prepared what is believed to be the most complete map of the moon ever made.

Minard's Liniment for Distemper.

In Denmark we have a fine demonstration of how common folks may become highly enthusiastic for the arts of peace.

THIN, FLAT HAIR GROWS LONG, THICK AND ABUNDANT

"Danderine" costs only 35 cents a bottle. One application ends all dandruff, stops itching and falling hair, and, in a few moments, you have doubled the beauty of your hair. It will appear a mass, so soft, lustrous, and easy to do up. But what will please you most will be after a few weeks use, when you see new hair—fine and downy at first—yes—but really new hair growing all over the scalp. "Danderine" is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. This delightful, stimulating tonic helps thin, lifeless, faded hair to grow long, thick, heavy and luxuriant.

CUTICURA FOR HAIR AND SKIN

For promoting and maintaining beauty of skin and hair Cuticura Soap and Ointment are unexcelled. Cuticura Talcum is an ideal powder, refreshing and cooling to most delicate skins.

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.

COARSE SALT LAND SALT

Bulk Carlots

TORONTO SALT WORKS

C. J. CLIFF - TORONTO

MISS RAY ELATED OVER FINE RESULT

MONTREAL GIRL SAYS EVERY ONE OF HER TROUBLES HAVE DISAPPEARED.

Nerves Steady, Eats Anything and Sleeps Like a Log Since Taking Tanlac.

"It was certainly a happy surprise to me when I saw Tanlac was restoring my health," said Miss Yvonne Ray, 3 Hotel de Villex St., Montreal.

"For a year and a half before I got Tanlac my health was simply awful. I slept so fitfully I gained no real rest and I woke up mornings feeling all tired out. My nervous system just collapsed and I would jump at any little noise. I frequently turned so dizzy and sick I could hardly stand the smell of food cooking. My condition seemed to get worse constantly and I worried all the time.

"Well, the first thing Tanlac did for me was to give me a splendid appetite. Then all my troubles gradually disappeared, my nerves got better and I could enjoy a good night's sleep. My whole system is now in excellent condition and I'm enjoying the best of health. Tanlac is certainly a wonderful medicine."

Tanlac is sold by all good druggists. —Advt.

Everybody in the world depends upon somebody else.

Minard's Liniment for Garget in Cows.

It takes a vigorous and highly moral people to make a great nation.

WOMAN TOO WEAK TO WALK

Now Works Nine Hours a Day.—Lydia E. Pinkham's Vegetable Compound Restored Her Strength

Union Village, Vt.—"I was weak and nervous and all run-down. I could not walk across the floor without resting and I had been that way for weeks. I saw your advertisement in the paper and after taking one bottle of Lydia E. Pinkham's Vegetable Compound I felt the good it was doing me and I took seven more in all. Before I finished I was able to work nine hours a day in a steam laundry. I cannot say too much in favor of your medicine. I trust all sick and suffering women will take it. It has been two years since I took it and I am strong and well." —Mrs. L. A. Guimann, Union Village, Vermont.

This is only one of such letters we are continually publishing showing what Lydia E. Pinkham has done for women, and whether you work or not Mrs. Guimann's letter should interest you.

Many women get into a weak, nervous run down condition because of ailments they often have. Such women should take Lydia E. Pinkham's Vegetable Compound at the first sign of trouble. Good health is necessary and this splendid medicine will help you to keep it.

CASCARETS 10¢

For Constipated Bowels—Bilious Liver

The nicest cathartic-laxative to physic your bowels when you have

Headache	Biliousness
Colds	Indigestion
Dizziness	Sour Stomach

is candy-like Cascarets. One or two to-night will empty your bowels completely by morning and you will feel splendid. "They work while you sleep." Cascarets never stir you up or gripe like salts, Pills, Calomel, or Oil, and they cost only ten cents a box. Children love Cascarets too.

Save the bird in hand—
The others may be hard to catch

With enough money, enough time and enough luck, a man may get back the health he has lost—or part of it.

It takes patience, too.

And then there may be no success, or only a little.

It's better to save what you have than hunt for what you've lost—as the most successful health-restorers will tell you.

Much of the loss of health is due to faulty, careless diet. Wrong meals at all times and right meals at wrong times load the long-suffering digestive organs with elements of destruction, or starve the tissues and glands of needed elements.

Grape-Nuts is a delicious cereal food which has the qualities of scientific nutrition. It supplies the full richness of those splendid food grains, wheat and malted barley, together with the vital mineral elements, so often lacking from foods. Served with cream or good milk, Grape-Nuts gives full nourishment without over-loading the stomach.

A splendid thought for breakfast or lunch, for those who would keep health—

Grape Nuts—the Body Builder

"There's a Reason"

Made by Canadian Postum Cereal Company, Limited, Windsor, Ontario

Genuine

BAYER

ASPIRIN

WARNING! Say "Bayer" when you buy Aspirin. Unless you see the name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances?

Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

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