TRYING TO RUB OUT YOUR RHEUMATISM

It Can't be Done—The Trouble Must be Treated Through the Blood.

The pain of rheumatism is something you cannot rub out. Every sufferer from rheumatism has been advised to rub this liniment or that on the affected part, but after all the rubbing the pain remained. Rubbing did not cure it and can't cure it.

Thin blood and rheumatism come together and if they are properly treated they will go together. Rheumatism is in the blood—in poor watery blood. Sometimes cold, damp weather starts the aches and pains, but it is the condition of the blood that is at fault, and only by correcting this, and making the blood rich and red can the rheumatic poison be driven out. This is what is done in the treatment of rheumatism with Dr. Williams' Pink Pills. Acute and muscular rheumatism show improvement as the thin blood is built up, and when the blood has been restored to its normal condition the trouble vanishes. This is proved by the experience of Mr. John A. O'Neill, Port Hood, N.S., who says: "I was a periodical sufferer from rheumatism for years. I tried many remedies, but with indifferent results, and I had about concluded that the trouble was too firmly rooted in my system to be got rid of. While I was suffering from an attack a friend advised me to give Dr. Williams' Pink Pills a trial. I first got three boxes and by the time I had taken them I felt much better. Then I got three more boxes, and when I had taken them not only was the rheumatism gone, but I was feeling better in every way. If you suffer from rheumatism I strongly advise a trial of Dr. Williams' Pink Pills.

These Pills are sold by all medicine dealers or will be sent by mail, post paid, at 50c a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Natural Mistake.

"William," said a teacher to one of her pupils, "I am surprised that you do not know the date of Columbus' discovery of America. It's actually printed at the head of the chapter."

"I am sorry, miss," said William, "but I thought it was his telephone number."

One on the Prisoner.

The prisoner was being cross-examined for the prosecution, when the judge interrupted.

"You say that you dined at the Hotel Metro. What did you partake of?"

The prisoner turned to reply.

"Beef steak, my lord," he said.

The judge looked stern.

"On your oath?" he said.

"No, my lord," he said, "on a plate."

In a Difficulty.

Mike had saved up a little money, and when Pat came over a few years later the two brothers went into the coal business.

One day Mike bought a roll-top desk, and when it arrived he said to Pat:

"The one desk will do for the two of us. And here are two keys, one for you, Pat, and one for me."

Pat accepted the key, but seemed to be studying the desk.

"That's all right, Mike," he said, "but where is my keyhole?"

Wisps of Wisdom.

To go forward is important. To go straight is more important.

Don't sit down and take what comes. Go after what you want.

All you've got to do it to want a thing, want it hard, and it's as good as yours.

Health is the foundation both of judgment and industry, and therefore of success.

The man who knows enough to keep his mouth shut generally draws healthful breath as well as a good salary.

Business is Business.

A train in the Western States of America was held up by bandits, who ordered the passengers to give up all their money.

One of the passengers was a Jew from New York, and when his turn came, he reluctantly drew three hundred dollars from his pocket, and, taking six, put them in his pocket.

"What do you mean by that?" asked the bandit.

"Surely," answered the Jew, "you don't mind me taking a 2 per cent. discount on a cash transaction?"

The Belle of the Family.

"Yes," said the old man to his visitor. "I am proud of my girls and would like to see them comfortably married, and as I have made a little money they will not go penniless to their husbands.

"There is Mary, twenty-five years old, and a really good girl. I shall give her $1,000 when she marries. Then comes Bet, who won't see thirty-five again. I shall give her $3,000, and the man who takes Eliza, who is forty, will have $5,000 with her."

The young man reflected a moment and then asked, "You haven't one about fifty, have you?"

LIKE NEW PERSON FROM HEAD TO FOOT

MISS ST. JEAN WISHES EVERY SICK PERSON KNEW THE WONDERS OF TANLAC

Suffered So After Every Meal She Thought She Had Heart Trouble.

"I just can't begin to express the gratitude and joy I feel over my restoration to health and I just wish every sick person in this world knew what I know about Tanlac," said Miss Irene St. Jean, 298 Maison Neuve, Montreal, Que.

"For one whole year I didn't know what it was to eat anything without suffering the greatest distress afterwards. At times my heart palpitated so that I would go almost distracted. I thought I had heart trouble, but I know now that indigestion and nothing else was responsible.

"It is simply wonderful the way this grand Tanlac overcame all my troubles. I just feel like a new person in every way. I have a splendid appetite, my digestion is perfect, I have a calm and restful sleep at night and wake up in the morning feeling bright and cheerful."

Tanlac is sold by all good druggists. —Advt.

CHILDHOOD CONSTIPATION

Constipation—that disordered state of the digestive tract which is nearly always caused by improper feeding—can be readily regulated by the use of Baby's Own Tablets. These Tablets are a mild but thorough laxative. They are easy to take and are absolutely free from injurious drugs. Concerning them Mrs. Joseph Dion, Ste. Perpetue, Que., writes:—"I have nothing but praise for Baby's Own Tablets. When my baby was three months old he was terribly constipated but the Tablets soon set him right and now at the age of fifteen months he is a big healthy boy and this good health I attribute entirely to the use of the Tablets." They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Home and Love.

Because I like to sit at home
And hear the robins call and sing,
Or breathe the sweet the breezes bring

I've grown to pity those who roam
And have no spot however prest,
Where he can whisper, "Here I rest."

Because I like to hear the tone
That says I love you, needs no phrase
No spoken word, to cheer and praise
I pity those with none their own
Their very own to understand
The language of the eye and hand.

Because life has so much unrest,
Because for each the strife and stress,
God sends the humble home to bless,
And loving hearts, His best bequest
Not gold nor pleasure, pomp nor gain,
But Love that makes Life not in vain.

"Yes, I've got a comfortable, well-painted set of buildings," said the old citizen complacently, "and the best part of it is that there ain't an hour's work in the whole job; just spare minutes."

The word "honeymoon" originated from Germany, where it was the custom to drink mead—a sweet liquid made from honey—for thirty days after the wedding, "moon," of course, meaning "month."

Surnames and Their Origin

CAPPER

Variations—Capman, Kapman, Chapler.
Racial Origin—English.
Source—An occupation.

From this listing of variations, racial origin and source you can form a pretty good guess as to how these family names originated.

The first bearers of these surnames, you say, must have been makers of caps or, at least, dealers in them, and their surnames were at first descriptive of their occupations, later losing their meaning as descriptive of the bearer's trade and becoming identifications of the individuals themselves.

But, you ask in sudden doubt, did the medieval English speak of caps as we do. They wore head coverings, of course. But did they call them caps; Didn't they rather call them hats;

The answer is that the medieval English, and Normans also, did have caps, but they were not the sort of head covering that we designate by that name. They were more like hoods. They came to be known as "raps," but the more usual designation was the Norman-Frensh "chapel," and sometimes "chapelet" (the diminutive form). And it is interesting to note that our modern word "chapel" meant originally a little building that reminded men of the shape of the hood. The word is derived, of course, from the Latin "caput" (head), through the Norman speech.

Following are original forms in which these descriptive surnames are found: "Le Chapeler," "Le Cappierre," Le Capier" and without the "the" as "Capman" and "Kapman."

GORDON

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

The name of Gordon is irrevocably linked with Scotland, for it is the name of one of the Highland clans. But though the majority of the blood in the Clan Gordon may be Gaelic, neither the name itself nor the family which founded and organized the clan were Gaelic.

The name is derived from that of a place in Berwickshire. The founder of the clan was a Norman knight, Adam de Gordon, who settled in the south of Scotland in the twelfth century.

A later chief of the same name was one of the first of the northern barons to join the forces of King Louis IX. of France in his crusade of 1270.

A genius for organization seems to have been one of the chief traits of the medieval Normans, for it was their superior discipline and co-operation that was responsible for their vistories over the Anglo-Saxons. The Normans who founded clans in the Highlands appear to have been no exception. In a few generations the Gordons rose from the position of settlers and overlords of land to leaders of one of the most powerful clans in the Highlands, which was recruited with the native inhabitants of their newly acquired lands as the nucleus.

The Gaelic name of the Clan Gordon is "Na Gordanaich."

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.
129 West 24th Street
New York, U.S.A.

Spanish Flu

Claims Many Victims in Canada and should be Guarded Against.

Minard's Liniment

Is a Great Preventative, being one of the oldest remedies used. Minard's Liniment has relieved thousands of cases of Grippe, Bronchitis, Sore Throat, Asthma and similar diseases. It is an Enemy to Germs. Thousands of bottles being used every day. For sale by all druggists and general dealers.

Minard's Liniment Company, Limited, Yarmouth, N.S.

Mother! Open Child's Bowels With California Fig Syrup

Your little one will love the "fruity" taste of "California Fig Syrup" even if constipated, bilious, irritable, feverish, or full of cold. A teaspoonful never fails to cleanse the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the sour bile, and undigested food 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.

Instalment Plan.

He (time 11.45 p.m.)—"I hope your father doesn't object to my paying you visits?"

She—"No; but I think he would prefer having you pay them in instalments."

MONEY ORDERS.

The safe way to send money by mail is by Dominion Express Money Order.

Colors That Stimulate.

Color schemes for factory workers, with a view to increased production, are among the bright ideas of modern decoration specialists. In one case, at least, the idea has been adopted with the best results.

"We were asked to decorate a factory so that it would produce better workers" explained a member of a firm of expert house decorators.

"The walls were done in daffodil yellow; the corners and the capitals of the pillars being picked out with deep blue. The stimulating atmosphere created by that scheme was remarkable."

Do the colors and designs of our wall coverings really make their "victims" sad, mad, or sublimely happy? Several decorative artists think they may, especially as regards emotional, highly sensitive natures.

Thus, the psycho-craze has penetrated not only the wall-paper and colored wall industry, but also has crept into furnishing and furniture.

To dignity, beauty, and comfort in house decorating modernists have added the mental and moral assets of complete schemes.

For instance, soft, gentle yellows must be the background of a room in which sufferers from neurasthenia are to find calm.

It would be unwise for a wife to enter into a contentious domestic discussion within red walls. Large patches of red in the home are admitted to be an irritant.

Welsh school children during the summer holidays have, in many parts of the Principality, helped to compile records of the districts in which they live.

ISSUE No. 12—"22.

Whenever you hear a man sticking to his own opinions with obstinacy and urging them with vehemence you may safely set him down as stupid.

Minard's Liniment prevents Spanish Flu

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.

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)

SCALE AND RASH ON CHILD'S HEAD

Scalp Sore and Inflamed. Cross and Fretful. Lost Sleep Cuticura Heals.

"From early infancy my little girl had a scale and rash on her head and her scalp was sore and inflamed. She was cross and fretful and suffered loss of sleep Her hair would not grow, and her head was disfigured.

"This trouble lasted for several months and I finally sent for a free sample of Cuticura Soap and Ointment. Then I purchased a cake of Cuticura Soap and a box of Cuticura Ointment and now she is healed." (Signed) Mrs. Lydia E. Kling, 760 Ashland Ave., Ocean Park, Calif.

Use Cuticura for all toilet purposes.

Sample Each Free by Mail. Address: "Lymans, Limited, 344 St. Paul St., W., Montreal." Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Soap shaves without mug.

Classified Advertisements

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

IS THERE A VULCANIZER IN YOUR town? You can earn $25.00 daily. We teach you. Write Chief Instructor, Canada Vulcanizer, London, Ont.

ARTICLES FOR SALE

BEEKEEPERS' SUPPLIES—LANGSTROTH and Jumbo hives and furnishings, honey extractors, pumps, engines and storage tanks; a complete stock of beekeeping requirements; send for our catalogue. Ham Brothers Company, Ltd., Manufacturers, Brantford, 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.

A little fire is quickly trodden out, which, if suffered, rivers cannot quench.

Minard's Liniment for Coughs and Colds

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

"Faddy" Appetites

When the digestive organs are out of order you need the help of Mother Seigel's Syrup. The herbal medicinal extracts of which the Syrup is made restore tone and strength to jaded stomachs, make food yield nourishment and save from the many ills which indigestion brings. Mother Seigel's Syrup is now sold in 50c. and $1.00 bottles at drug stores. 5-921

OF INTEREST TO WOMEN

Nurse Recommended Use of Lydia E. Pinkham's Vegetable Compound

Bothwell, Ontario.—"I was weak and run down, had no appetite and was nervous. The nurse who took care of me told me to try Lydia E. Pinkham's Vegetable Compound, and now I am getting strong. I recommend your medicine to my friends, and you may use my testimonial."—Mrs. D. Maxwell, R. R. No. 2, Bothwell, Ontario.

The reason why Lydia E. Pinkham's Vegetable Compound is so successful in overcoming woman's ills is because it contains the tonic, strengthening properties of good old-fashioned roots and herbs, which act on the female organism. Women from all parts of the country are continually testifying to its strengthening, beneficial influence, and as it contains no narcotics nor harmful drugs it is a safe medicine for women.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Mass.

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.

Wishing for sleep is a poor way to get it

A LITTLE wisdom in the daytime is a better assurance of rest than any amount of anxious wishing when nerves are a-jangle at night.

What you do at noon often has more influence on sleep than what you want and hope for, at midnight.

Tea and coffee's drug element, caffeine, whips up the nerves, and when its use is continued there's usually a penalty which no amount of mental effort can avoid.

The part of wisdom, as so many thousands have found, is to turn away from nerve-stimulation and adopt rich, delicious Postum as the mealtime drink. Postum delights the taste, but brings no disturbance to nerves or digestion. Even the little children can share in the enjoyment of Postum at any meal.

It's better to anticipate warnings than to be driven by them.

It's better to encourage and preserve sound nerves and complete health than to listen to the clock ticks at night and say, "I wish!"

You can get Postum wherever good food or drink is sold and served. An order today may be the beginning, for you, of the great satisfaction and comfort which so many others have found in Postum.

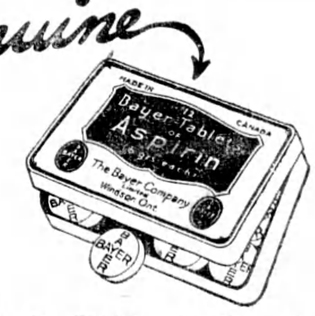
Your grocer has both forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes.

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

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

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."