ACID STOMACH IS SOON OVERCOME

WALTER BRODEUR SAYS HE CAN NOW EAT ANYTHING ON THE TABLE.

Suffered So From Stomach Trouble He Dreaded For Meal-Time to Come.

"For the first time in two years I can eat a hearty meal without fear of distress afterwards and I certainly am strong for Tanlac," said Walter Brodeur, 1472 City Hall Ave., Montreal, Que.

"I had acid stomach of the worst sort and nothing agreed with me. Often for as long as an hour after eating I felt that I was about to choke and would just have to fight to get my breath and I was so worried and nervous that I dreaded for night to come, as it meant hours of rolling and tossing.

"Everything is changed now, however, and I am like a new man, eat what I want, sleep all night long without a break and get up in the morning feeling as fresh and active as a boy."

Tanlac is sold by all good druggists. —Advt.

The most uncommon sense is common sense.

British shipping was first registered in 1660.

MONEY ORDERS.

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

The only civilized state in the world to be ruled absolutely by a woman is Bhopal, the second most important Mahommedan state in India.

Minard's Liniment for Coughs and Colds

INVESTMENT. Good Company. 8% Preferred $100.00 Stock, with Bonus of one Common share. Price $100.00. Particulars from Campbell, 40 Adelaide West, Toronto.

Don't Say It!

The harshest words that one can throw are often these, "I told you so." Nor are you pleased, you must admit, when you're the one they chance to hit.

Some people seem to take delight in anything that smacks of spite—they smile within at other's woes and pelt them with "I told you so's."

Perhaps you try a venture new and somehow fail to see it through; there's always someone standing by, to give the old "I told you" cry.

With heart and soul we all despise the man who ever waxes wise and very spitefully bestows his cynical "I told you so's."

Age Mellows Bells.

The quality of tone in many old European bells could be accounted for only by their age. After careful investigation, an ingenious bell maker determined that with a century of use the bell clapper and the inner surface of the bell became so worn that they fitted exactly and a considerable surface of each came in contact. Accordingly he cast a clapper in a form that gave them a considerable contact surface to begin with. The result was all that he had hoped. A month of lively ringing is still needed to give any given bell a tone of the desired quality, but the economy in time is obvious.

KEEP BABY WELL IN THE SPRING

Mothers who have little ones in the home find the Spring a time of great anxiety. At this season conditions make it necessary to keep the baby indoors. He is often confined to overheated and badly ventilated rooms and catches colds which rack his whole system. To guard against this a box of Baby's Own Tablets should be kept in the house and an occasional dose given the baby to keep his stomach and bowels working regularly. This will prevent colds; constipation or colic, and keep baby well. The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Hemp Hurds for Paper Making.

An interesting investigation recently carried out at the Forest Products Laboratories of the Department of the Interior, Canada, reates to the value of hemp hurds as a paper-making material. Hemp hurds are the waste stalks of hemp from which the fibre has been removed. Considerable quantities of the hurds, at present a mere waste product, are available in Canada. Some attention has been given to this subject in the United States, where experiments have been made in which the soda process was used. The work at the Laboratories, however, has been directed towards the application of the sulphite process, widely used in Canadian pulp mills for the manufacture of chemical woodpulp. The results obtained indicate that while the material lends itself to sulphite cooking the resulting pulp has an extremely short fibre and is somewhat hard to bleach. The yield, howevery is large, and the pulp might advantageously be used as a filler with pulps of longer fibre.

Seventeen Dynasties Instead of Forty-one.

Seventeen sovereign ruling dynasties exist in the world, as against forty-one in 1914. Twenty-four dynasties, of which the most were German, lost their thrones through the war; and the most tragic fate was that of the Romanoff family, of which sixteen members were assassinated during and after the Russian revolution.

Those and other figures, characteristic of change in the world's affairs since the outbreak of the war, appear in this year's Almanac de Gotha, that classic encyclopædia of world royalty. According to this authority the ruling German princes abdicated in 1918 as individuals only. Not one of the Hohenzollerns or other dynasties who ruled over the several parts of Germany abdicated in the name of the entire family.

The only central European State with a sovereign—Liechtenstein—is situated between Austria and Switzerland. It can be traversed in a motor car in twenty minutes.

She Turned Out the King of Sweden.

One day a scholarly looking man, plainly dressed, went into a church in Holland and took a seat near the pulpit. In a few minutes a lady approached the pew, and, seeing a stranger in it, curtly asked him to go out. He took one of the seats reserved for the poor and joined devoutly in the service. When services were over one of the woman's friends asked her if she knew who it was whom she had ordered out of her seat. "No," she replied, "but it was only some pushing stranger, I suppose." "It was King Oscar of Sweden," replied her informant; "he is here visiting the queen." The only point was this: that the woman forgot to carry her "company manners" to church.

Six New Instruments Added to the Violin Family.

It has been said by musicians that the violin family is composed of two pygmies—the violin and the viola—and two giants—the violoncello and the double bass. It is reasonable to suppose that the great gap between these two extremes could be advantageously diminished. It is not surprising then that two well-known French musicians, father and son, have, after years of study and experimentation, created a number of intermediary instruments which have entirely changed the nature of the violin family.

In a mile of railway track there are over 2,000 sleepers.

Surnames and Their Origin

FROBISHER

Variation—Forbisher.
Racial Origin—English.
Source—An occupation.

With the "tip" that the family name of Frobisher or Forbisher is based upon an occupation, can you guess its origin?

Probably not. And the reason is because the word is all but obsolete, and the exact occupation is obsolete also, though there are a great many more or less akin to it in the various industries of modern times.

Occasionally, however, you will run across the word "furbish." Probably a majority of people cannot tell you exactly what it means even though they have heard or more likely, read it. It means to polish. The "furbisher" or "forbisher" of medieval England was a "polisher." And again you have to conjure up a picture of life in the Middle Ages to realize what kept him so busy, what it was that needed so much polishing as to give rise to a regular occupation. To-day he would probaby polish automobiles, or put the fine gloss on combs. In the Middle Ages he was kept busy polishing armor. He did for the iron and steel clothing of the knight, squire and man-at-arms what the little tailor around the corner does for the worsted and serge clothing of the sales manager, bookkeeper and clerk of to-day—for rust was just as active in the Middle Ages as dust is now.

RODGERS

Variation—Rodger, Rogers, Roger.
Racial Origin—English.
Source—A given name.

The family names of Rodgers and Rogers have been formed from a given name, through the regular method of adding the termination "son," which in the course of time has been shortened to a mere "s," and in some cases dropped altogether, thus bringing the family name back to the same form as the given name from which it developed.

The name of Rodger, or Roger, is Teutonic. In one form or other it is to be found among most of the Teutonic races. In the Icelandic, that branch of the Scandinavian tongues which has changed the least of all the Teutonic languages in the course of time, it was "Hrothgeir," being a compound of the words "hroth" and "geir," and having a meaning of "famous spear." Incidentally it is from this same root "geir" that the French word "guerre," meaning "war," as well as the word "war" itself, has been developed.

The old records show that the forms "Rodgar" and "Roger" (the "g" being pronounced hard) were used by the Anglo-Saxons before the Norman invasion. The form "Roger" also was Norman and Flemish. The Danish form was "Roedeger," while farther south on the Continent, under the Latin influence, the given name became "Rogier."

SHE FOUND RELIEF AFTER FIVE YEARS

An Ex-Service Man Tells How His Wife Found New Health.

"I wish to testify," says Mr. R. A. F. Hughes, of Hamilton, Ont., "as to the efficiency of your Dr. Williams' Pink Pills for the following reasons:

"When I returned home in May, 1919, after nearly five years absence on army service, my wife had changed from a healthy, robust woman, to one whose life was a burden and ordinary duties almost impossible. Through war worries, loneliness and other factors contributed through my unavoidable absence, her health had been steadily undergoing what I might describe as an undermining process, for years.

"I was fully aware from her letters that I would not find her the same woman, but, when I reached home, I was terribly shocked to find her in the condition she was in. Her healthy color had changed. She seemed bloodless and her skin was sallow. She was weak and listless, and with difficulty moved about the house. She hardly ever moved out of the house as she became so short of breath and feared she would fall during one of her dizzy spells, which she said were becoming more frequent.

"The day I arrived home I visited our doctor, who is an old friend, and, later through his advice, consulted with another physician of this city. Everything was done that could be done and many medicines were prescribed and faithfully taken. As these were of no avail I trusted that time alone would suffice to build up what had gradually been undone in the course of five years. After twelve months conditions had become worse. Then I decided on change of air, gave up my position in the city and moved to the country. Even this did not do any good. I think it added to her depression.

"One day a friend visited us and as a result of their conversation my wife made up her mind to try Dr. Williams' Pink Pills.

"I had not much faith in what I did, but procured three boxes. This happened nine months ago. I was surprised to hear my wife say, after about the tenth day, 'I believe these pills are doing me good.' A week or so after that I certainly believed they were, for I saw color returning to her cheeks and the sallow, unhealthy color disappearing. The pills were certainly doing what you claim they will do, and of her own free will she continued them for about three months. At the end of this time she seemed quite a different woman. Life was worth living. The listlessness had gone and she could walk up the steep hill, which is half a mile long, leading to our house, without the slightest inconvenience. At this stage she discontinued the pills and she is just as well now as ever she was.

"Now, sir, I want to say I have every faith in Dr. Williams' Pink Pills, as I have had proof, and I believe that what this medicine did for my wife, it can do for others."

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

The Fire-Bug and the East Wind.

"It's time to hit the trail again,"
The careless camper said,
And left his little fire ablaze
Within its leafy bed.

"I'll light another cigarette,"
The idle loafer said,
And chucked his old 'snipe' in the brush,
One end still glowing red.

"Good time to fire my slashing now,"
The thoughtless rancher said,
And touched it off without a thought
Of how far it might spread.

"Millions in lives and timber lost,"
The newspapers next said
What made those fires all start at once
We wondered as we read.

"It wasn't us, it was that wind,"
The fools in chorus said.
So they're alive and loose this year.
—We hope the wind is dead.

—E. T. Allen.

New Forests for Great Britain.

A shipment of seven hundred pounds of Douglas fir seed was recently forwarded from the Dominion Forestry Branch seed-extracting plant at New Westminster, B.C., to Great Britain. This is the final shipment of seed collected in 1921. The total quantity of each kind of seed shipped for the season was: Douglas fir, 4,000 pounds; Sitka spruce, 3,000 pounds; and western hemlock, 100 pounds. As tree seed is very small and light, ranging from an average of forty-three thousand to the pound of Douglas fir to four hundred thousand seeds to the pound of Sitka spruce, it will be seen that many millions of seedlings will be germinated from these shipments for planting in the extensive reforestation scheme which the British Forestry Commission has in hand.

Country life, is more conducive to long life than town life, according to statistics collected by a well-known doctor.

ISSUE No. 15—'22.

Flowers Think.

Luther Burbank says that flowers think; that they have intelligence, and respond to our thought; that they know whether we love them or are indifferent to them.

Some people can raise flowers almost anywhere, even with very little sunshine, while others can do nothing with them under the most favorable conditions. That is because, as Mr. Burbank says, the little mind cells of flowers and plants know who like them and who do not, and respond accordingly. A very intelligent woman I know says that she never could grow flowers, and that they wilt the moment she puts them on her person.

All plant life is sensitive to our thought, to our mental attitude. The farmer who hates farming never has the success with his crops that his neighbors who have growing things have. His mental attitude is not right, and his crops respond to his thought in kind.

Minard's Liniment prevents Spanish Flu

A Youth Preserver.

A noble life aim is more than an ambition preserver; it is also a powerful health and youth preserver. It is a tonic that prevents premature aging. When the faculties are employed in working out a splendid destiny we are happy, contented; the mind is so fully occupied that it cannot rust out or lose its buoyancy. And it is the mind that keeps the body young.

MOTHER SEIGEL'S SYRUP

is excellent for indigestion because it assists stomach and liver to do their work naturally and efficiently. With the organs in perfect working order—indigestion is impossible. Try it today

FOR INDIGESTION

Mother Seigel's Syrup is sold in 50c. and $1.00 bottles.

USE SLOAN'S TO EASE LAME BACKS

YOU can't do your best when your back and every muscle aches with fatigue.

Apply Sloan's Liniment freely, *without rubbing*, and enjoy a penetrative glow of warmth and comfort.

Good for rheumatism, neuralgia, sprains and strains, aches and pains, sciatica, sore muscles, stiff joints and the after effects of weather exposure.

For forty years pain's enemy. Ask your neighbor. *Keep Sloan's handy.*

At all druggists—35c, 70c, $1.40.

Made in Canada.

Sloan's Liniment (Pain's enemy)

Permanent Hair Health Promoted by Cuticura

Frequent shampoos with Cuticura Soap, assisted when necessary by gentle anointings with Cuticura Ointment, afford the purest, sweetest and most economical method of freeing the scalp of itchings and scalings and of establishing a hair-growing condition.

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.

Classified Advertisements

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

WOOL MADE INTO BLANKETS AT reasonable prices. Yarns. Pure wool, chiefly grey seconds, fifty cents per pound. Postage extra. Sweater yarns, six beautiful colors, seventy-five cents. Samples free. Georgetown Woollen Mills, Georgetown, Ontario.

EARN $10.00 TO $50.00 PER DAY vulcanizing. Be independent; we teach you. Write for particulars. Chief Instructor, Canada Vulcanizer, London, Ont.

AUTOMOBILE STOP-LITE saves accidents—Never fails. Price, $6.00. Write Beacon Co., 40 Adelaide W., Toronto. (Agents wanted.)

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.

Besides devouring 116 species of insects, most of them harmful, quail eat sixty species of weed seeds.

King George can trace his descent in a direct line from William the Conqueror.

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.

COARSE SALT LAND SALT

Bulk Carlots

TORONTO SALT WORKS

C. J. CLIFF - TORONTO

For Spanish Influenza

The Liniment That Relieves All Ailments.

MINARD'S "KING OF PAIN" LINIMENT

FARMER'S WIFE REGAINS HEALTH

Gives Credit to Lydia E. Pinkham's Vegetable Compound

Fork River, Manitoba.—"I saw in the newspapers where Lydia E. Pinkham's Vegetable Compound was doing so much good to women, and as I needed something I began to take it. I used to be very sick but I am not now. I live on a farm in the homestead district and we have to do all our own work. I tell all the women I see what Lydia E. Pinkham's Vegetable Compound does for me. I think it saves me from going to a doctor and is the best medicine women can take."—Mrs. Wm. Coutras, Fork River, Manitoba.

Lydia E. Pinkham's Vegetable Compound is a medicine for the ailments peculiar to women. It is prepared from medicinal plants, with care and accuracy. It can be taken by women of any age.

Women make a serious mistake in allowing themselves to become so weak and nervous that it is well-nigh impossible for them to attend to their necessary household duties.

Such symptoms as pains and irregularities, all-gone feelings, backache, headache, hot flashes, nervousness, with a general run-down condition, indicate some form of female trouble.

The Vegetable Compound has brought relief to thousands of women suffering from such ailments. Let it help you.

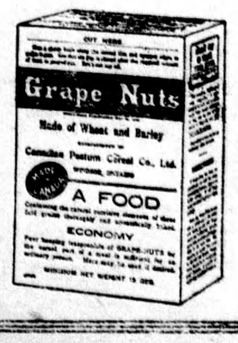
When Will There Be A Disarmament of Dining Tables?

Suppose everybody would recognize the fact that there's no gain but much loss in keeping up hostilities with the stomach!

Suppose the ancient aggravation of improper food on indignant digestive organs should be settled with guarantees of sensible diet and tranquil digestion!

The saving would be beyond all possibility of counting.

Yet millions go on declaring war on the stomach and accepting war in return—loading up on starchy, heavy, unbalanced and highly-seasoned food at breakfast or lunch—and wondering why comfort, happiness and efficiency are out of reach.



Grape-Nuts makes a friend of the taste and an ally of the stomach.

There's a charm and satisfaction to this delicious food which prompts appetite to say, "There's a meal!" and digestion to answer, "Thank goodness, here's peace at last!"

Grape-Nuts is the perfected nutriment of wheat and malted barley—sweet, crisp, and wonderfully nourishing. It digests quickly, and provides the necessary elements, including the vital mineral salts, for body, nerve and brain.

Order Grape-Nuts from your grocer today, and let a delighted taste pass a treaty of peace along to an enthusiastic digestion and assimilation.

Grape-Nuts—the Body Builder

"There's a Reason"

Made by Canadian Postum Cereal Co., Ltd., 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."