UNSIGHTLY PIMPLES AND FACE ERUPTIONS

In the Spring Most People Need a Tonic Medicine.

One of the surest signs that the blood is out of order is the pimples, unsightly eruptions and eczema that come frequently with the change from winter to spring. These prove that the long indoor life of winter has had its effect upon the blood, and that a tonic medicine is needed to put it right. Indeed, there are few people who do not need a tonic at this season. Bad blood does not merely show itself in disfiguring eruptions. To this same condition is due attacks of rheumatism and lumbago; the sharp stabbing pains of sciatica and neuralgia; poor appetite and a desire to avoid exertion. You cannot get rid of these troubles by the use of purgative medicines—you need a tonic, and a tonic only, and among all medicines there is none can equal Dr. Williams' Pink Pills for their tonic, blood-improving, nerve-restoring powers. Every dose of this medicine helps make new, rich blood which drives out impurities, stimulates every organ and brings a feeling of new health and energy to weak, tired, ailing men, women and children. If you are out of sorts give this medicine a trial and see how quickly it will restore the appetite, revive drooping spirits and fill your veins with new, health-giving blood.

You can get these 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.

A Nasty One.

Young Papley the minor poet)—"I usually carry a notebook to jot down my ideas, but I forgot it to-day."

She—"Would a visiting card be too large?"

Perpetual pushing and assurance will put a difficulty out of countenance and make a seeming impossibility give way.—Jeremy Collier.

Minard's Liniment for sale everywhere

Irish Free State Stamps.

The Irish Free State has already begun to issue postage stamps, although its existence is only provisional. So anxious was the Dublin Cabinet to see itself in print that, with the permission of the British postoffice, it began the issuance of Free State stamps within a few weeks after the conclusion of the Anglo-Irish treaty. So far the Irish stamps consist merely of a Gaelic superscription on the current issues of Great Britain, but a distinctive Irish issue is promised soon and designs for the different values are already being considered by the Free State Postmaster General.

The first Irish stamps were put on sale at the Dublin postoffice on February 17. There are fifteen varieties, running from half-penny to the 10-shilling. The inscription in Gaelic is "Rialtas Sealadach nah Eireann," or, in plain English, "Irish Provisional Government," and the date 1922 is surcharged at the bottom of the stamps.

The Irish postmaster obliges stamp collectors by having established at Dublin a philatelic department, where collectors may obtain all the Irish issues they can afford to buy.

All that is known definitely of the forthcoming distinctive issue of Irish stamps is that they will bear the Gaelic inscription "Saorstat nah Eireann," which means "The Irish Free State."

Carrying It Too Far.

"Now, Robert, tell me what an engineer is," said the teacher.

"He is a man that works an engine," replied Robert.

"Correct," said the teacher. "Now William, can you tell me what a pioneer is?"

"Yes, sir," answered William, "he's a man that works a piano."

MONEY ORDERS.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

Wisdom never opens her doors to those who are not willing to pay the price of admission. There are no bargains at her counters, no short cuts to her goal. "Pay the price or leave the goods," is her motto.

BABY'S OWN TABLETS ALWAYS IN THE HOME

Once a mother has used Baby's Own Tablets for her little ones she always keeps a supply on hand, for the first trial convinces her there is nothing to equal them in keeping children well. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach, thus driving out constipation and indigestion, colds and simple fevers and making teething easier. Concerning them, Mrs. Saluste Pelletier, St. Dumas, Que., writes:—"I have used Baby's Own Tablets for the past ten years and am never without them in the house. They have always given the greatest satisfaction and I can gladly recommend them to all mothers of little ones." The Tablets are sold by medicine dealers or direct by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

To Him Who Plants a Tree.

Perhaps our God has somewhere made
a thing
More beautiful to see
Than a majestic tree;
But if He has, I think it grows
In heaven, by the stream that flows
Where whiter souls than ours do sing.

Who plants a tree, he is akin to God,
In this impatient age
Where quick returns engage
The fevered service of the crowd.
In reverent wisdom he is bowed
And hides his purpose in the clod.

The blessed man that plants a long-lived tree
That shall grow nobly on
When he is dead and gone,
He seems to me to love his kind
With true sincerity of mind,
He seems to love his fellow yet to be.

Above his grave the suns shall flush
and fade,
The seasons come and go
And storms shall drive and blow;
But sun and rain that from his tomb
Efface his name, renew the bloom
And glory of the monument he made.

Minard's Liniment Relieves Neuralgia

Most Northerly Smelter in Canada.

At Anyox, British Columbia, on Observation Inlet, the Granby Consolidated Mining and Smelting Co. is planning the early construction of a storage dam on Falls Creek, a tributary of the inlet, to supplement its present water and power supply. This company has a large copper mining and refining plant located at this point, probably the farthest north of any important development in Canada, and employing at present 930 hands. It has an output of two and one-half million pounds of copper monthly, practically all of which is exported. The company has already developed 10,800 horse-power on Falls Creek, and the new dam, to cost approximately $350,000, will considerably augment this.

Something Unusual.

Hostess—"Well Tommie when you get home you can tell your mother for me that you are the best behaved boy at table I ever met."

Tommie—"Thank you, ma'am, but I'd rather not."

Hostess—"Rather not! And why, pray?"

Tommie—"She'd think I was ill, ma'am, and send for the doctor."

Lead pencils had not changed in design for a hundred years.

Some stars are so remote that it takes 40,000 years for their light to reach this earth.

The Birth of the Daffodil.

The slender fingers of the rain
Reached down through mass and
mold
And woke the bulb asleep within
Its rough brown blanket's fold;
The sun came out and warmed the
sprout,
That like a finger white
Was groping in the clouds of earth
To find the kindly light.

The south wind blew across the fields,
A troubadour of spring,
And piped a little tune that set
The branches whispering.
It ruffled loose the tissue sheath
That held the bud until
Arrayed, behold! in cloth of gold,
Appeared the daffodil.

—Minna Irving.

"Take Your Seats for Cairo."

"Cairo in the rear; Calcutta forward."

This sort of cry now may soon become familiar to travellers by air, for a new kind of aerial trailer has been invented by Mr. Fokker, who designed the aeroplane which bears his name.

His invention renders possible an aerial train, sections of which may be slipped and can glide to earth with safety at any suitable place on the route of the journey.

There will be no need for the whole aeroplane train to land at each air station on a long trip, and considerable time may be saved in this way.

Experiments are being carried out to demonstrate the possibility of aeroplanes picking up packages from the ground when in full flight. The tests have been made with tins of petrol. A kind of grappling-hook, with an automatic spring attachment at the end, has been used, and the fuel has been lifted from the ground to the machine without accident.

It is believed that bales of merchandise could be treated in the same way.

TELLS DYSPEPTICS WHAT TO EAT

Avoid Indigestion, Sour Acid Stomach, Heartburn, Gas On Stomach, Etc.

Indigestion and practically all forms of stomach trouble, say medical authorities, are due nine times out of ten to an excess of hydrochloric acid in the stomach. Chronic "acid stomach" is exceedingly dangerous and sufferers should do either one of two things.

Either they can go on a limited and often disagreeable diet, avoiding foods that disagree with them, that irritate the stomach and lead to excess acid secretion or they can eat as they please in reason and make it a practice to counteract the effect of the harmful acid and prevent the formation of gas, sourness or premature fermentation by the use of a little Bisurated Magnesia at their meals.

There is probably no better, safer or more reliable stomach antiacid than Bisurated Magnesia and it is widely used for this purpose. It has no direct action on the stomach and is not a digestent. But a teaspoonful of the powder or a couple of five grain tablets taken in a little water with the food will neutralize the excess acidity which may be present and prevent its further formation. This removes the whole cause of the trouble and the meal digests naturally and healthfully without need of pepsin pills or artificial digestents.

Get a few ounces of Bisurated Magnesia from any reliable druggist. Ask for either powder or tablets. It never comes as a liquid, milk or citrate and in the bisurated form is not a laxative. Try this plan and eat what you want at your next meal and see if this isn't the best advice you ever had on "what to eat."

Cooking Meals by Sun's Heat.

You have only to put your hand on a stone on a bright sunny day to realize how much heat there is in the sun's rays. Collect these rays by means of a lens, focus them to a point on a piece of paper, and it is not long before a hole is burned.

If we could collect and use this heat we should have a vast source of power that would cost nothing.

Dr. C. G. Abbot, a British scientist who has been experimenting in this direction for some time, uses a series of mirrors which are so curved that they focus the sun's rays like lenses. A clockwork mechanism turns them so that they follow the sun as it moves across the sky.

The hot rays are directed on to a boiler coated with dull black paint, this color being used because it soaks in heat. The boiler is filled not with water, but with oil, which can absorb a far greater amount of heat and retain it for a longer time.

Last summer Dr. Abbot did the whole of his cooking by solar heat. Pipes from a boiler allowed the hot oil to circulate around ovens and so long did the oil retain its heat that he was able to cook an evening meal even if the afternoon had been cloudy.

The solar oven is only a beginning. If we can cook food in this way we can use the heat to do the thousand and one things that are now done by us with coal and other fuels.

Winter Fishing.

Lake Winnipeg is expected to produce upward of 1,500,000 pounds of whitefish this season, in addition to a large catch of pickerel, jackfish and tulibee. The coarser fish are exceptionally plentiful this season. Lakes Manitoba and St. Martin are also being extensively fished.

ISSUE No. 16—'22.

AFTER EFFECT WAS WORSE THAN FLU

TORONTO WOMAN SAYS SHE WAS LEFT ALMOST HELPLESS.

Digestion Ruined and Nerves Shattered She Could Find No Relief. Tanlac Again Proves Merit.

"I have all the faith in the world in Tanlac for it has certainly been a joy and blessing to me," declared Mrs. Robert Dawson, 571 Church St., Toronto, Ont.

"The flu a year ago is what broke my health down," she stated. "I had pneumonia following the flu and was down in bed seven weeks and was left almost a wreck. For some time I was unable to get around as I was so weak I was almost helpless. My appetite was gone, my nerves were almost shattered and my whole system seemed to be disordered. I suffered from headaches and dizzy spells, couldn't sleep well and just seemed to be troubled in one way and another all the time.

"But I'm so glad I gave Tanlac a trial for it was just the thing I needed. My appetite returned and my nerves quieted down and by the time I finished my sixth bottle I was in just splendid health. Tanlac is a grand medicine. It certainly proved to be a 'friend in need' in my case."

Tanlac is sold by all good druggists.

—Advt.

FOR the prevention of pains after eating, flatulence, headaches, biliousness, constipation and other disagreeable forms of INDIGESTION no remedy is so justly famed as Mother Seigel's Syrup, the stomach and liver tonic with 50 years' reputation.

MOTHER SEIGEL'S SYRUP

Yarmouth, N.S., March 24, 1921.

Mr. Joseph LeBlanc, Secretary of the Athletic Association, who were the Champions for 1920 of the South Shore League and Western Nova Scotia Base Ball, states that during the summer the boys used MINARD'S LINIMENT with very beneficial results, for sore muscles, bruises and sprains. It is considered by the players the best white liniment on the market. Every team should be supplied with this celebrated remedy.

[Signed] JOSEPH L. LeBLANC,
Sec'y Y. A. A.

CUTICURA HEALS SCALES ON HEAD

Also Eruptions on Face. Very Disfiguring.

"My trouble began with small patches of scales upon my scalp which spread and covered the top of my head. My hair became dry and lifeless and fell out. Soon the trouble appeared in circles on my face. The eruptions on my face were very disfiguring.

"A friend advised Cuticura Soap and Ointment. I sent for a free sample which helped me, so I bought more, and after using one box of Ointment, together with the Soap, I was healed." (Signed) George Brett, Jr., Pullman, Wash.

Give Cuticura Soap, Ointment and Talcum the care of your skin.

Sample Each Free by Mail. Address: "Cuticura, Dept. 34 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.

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.

IS THERE A VULCANIZER IN YOUR town? You can earn $15.00 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.

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

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

ACHES AND PAINS—SLOAN'S GETS 'EM!

AVOID the misery of racking pain. Have a bottle of Sloan's Liniment handy and apply when you first feel the ache or pain.

It quickly eases the pain and sends a feeling of warmth through the aching part. Sloan's Liniment penetrates without rubbing.

Fine, too, for rheumatism, neuralgia, sciatica, sprains and strains, stiff joints, lame back and sore muscles.

For forty years pain's enemy. Ask your neighbor.

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

Sloan's Liniment (Pain's enemy)

YOUNG MOTHER NOW STRONG

Her Mother's Faith in Lydia E. Pinkham's Vegetable Compound Led Her To Try It

Kenosha, Wisconsin.—"I cannot say enough in praise of Lydia E. Pinkham's Vegetable Compound. My mother had great faith in it as she had taken so much of it and when I had trouble after my baby was born she gave it to me. It helped me so much more than anything else had done that I advise all women with female trouble to give it a fair trial and I am sure they will feel as I do about it.—Mrs. Fred. P. Hansen, 562 Symmonds St., Kenosha, Wisconsin.

A medicine that has been in use nearly fifty years and that receives the praise and commendation of mothers and grandmothers is worth your consideration.

If you are suffering from troubles that sometimes follow child-birth bear in mind that Lydia E. Pinkham's Vegetable Compound is a woman's medicine. It is especially adapted to correct such troubles.

The letters we publish ought to convince you; ask some of your women friends or neighbors — they know its worth. You will, too, if you give it a fair trial.

Surnames and Their Origin

HENNESSY

Variation—MacHennessy.
Racial Origin—Irish.
Source—Given name.

The name of Hennessy doesn't look as though it came from the same source as Maginnis, or MacCainsh, or Angus—but it does.

Among the Gaels of Ireland, and those who at an early period crossed over to Scotland and settled among the Highlands, the given name of "Aongus" (from "aon," excellent, and "gus," strength) was a popular one, and as a result it has given rise to several clan names and a still greater number of family names in both countries.

In Scotland there was the "Clann Aonghais" (MacInnes), which name will be discussed in a later article. In Ireland there were the "MacAonghuis" (Maginnis), whose name already has been explained, and also the "MacAongusa" (MacHennessy), a branch of the Clan Colgan.

It is from the last named, of course, that the name Hennessy has been derived.

As you might guess from the foregoing information there has been a great deal of confusion in Anglicizing the various forms of these clan names, which, in the Gaelic, are separate and distinct in spelling, though they are all derived from the same given name (from a different chieftain in each instance) and though there is little variation in their Gaelic pronunciation.

FORBES

Variation—Fordyce.
Racial Origin—Scottish.
Source—A locality.

Forbes is the name of one of the Highland clans of Scotland. But though the name of a "John de Forbes" as chief of the clan appears in a charter of as early a date as 1236, the name is Gaelic, and not Norman. The Norman form appears in that record, apparently, as the result of the rather powerful Norman influences which were developing in those days in the court of the Scottish king.

It is another one of those Highland names which are derived not from the given name of an early chieftain, but from the territory held by the clan. The Gaelic style of the clan name is "Na Foirbeisich," the second word of the combination being considerably closer to the pronunciation Forbes than might be imagined by one not familiar with the Gaelic spelling.

That the clan name was not MacAlaster is apparently but an accident of fate, for the chieftain credited with founding the clan was named Alexander. His period is given as between 1180 and 1222 A.D., and according to Scottish historians was the son of "Ochonacher," an Irish chieftain who crossed over and settled in the Highlands.

The Boy Who Started to Town With a Hundred Dollars

The advice they gave him for getting on in the world was simple and familiar enough: "Keep what you have, and build on it. Be careful what you do and it will grow into more."

It's a safe rule—with money or health, but a good many overlook the rule with health, until they have lost what they had. Then it's hard to get a new supply.

Postum is a splendid help in saving health from the very common losses through the drug elements of tea and coffee—whose effects on the nervous system any doctor can tell you.

Thousands of people who think it wise to be as careful of their health as they are of their dollars are users of Postum. They find this famous cereal beverage a delightful drink with any meal, and it's free from any disturbing element.

You can begin with Postum today, with an order to your grocer. The road to health is a good road for anybody to follow. "Save what you have, and build on it," is sound policy for everybody.

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. Sold by all grocers.

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."