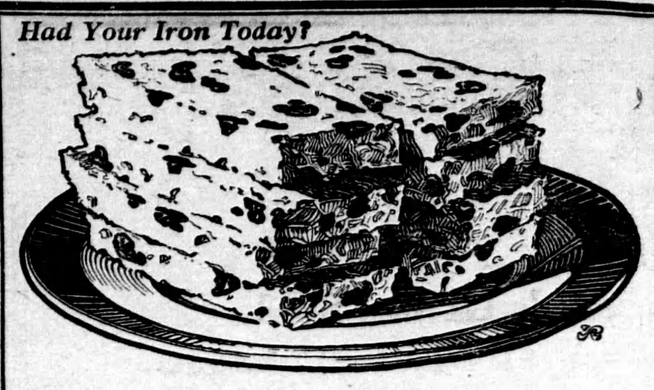
Had Your Iron Today?



Let's Have Raisin Bread Tonight

HOW long since you've had delicious raisin bread—since you've tasted that incomparable flavor?

Serve a loaf tonight. No need to bake it.

Just telephone your grocer or a bakery. Say you want "full-fruited bread — generously filled with luscious, seeded, Sun-Maid Raisins."

The flavor of these raisins permeates the loaf. A cake-like daintiness makes every slice a treat.

Serve it plain at dinner or as a tasty, fruited breakfast toast.

Make delicious bread pudding with left-over slices.

Use it all. You need not waste a crumb.

Raisin bread is luscious, energizing, iron-food. So it's both good and good for you.

Serve it at least twice a week. Start this good habit in your home today.

But don't take any but a real, *full-fruited genuine* raisin bread.

Your dealer will supply it if you insist.

Blue Package

Sun-Maid *Seeded* Raisins

Make delicious bread, pies, puddings, cakes, etc. Ask your grocer for them. Send for free book of tested recipes.

Sun-Maid Raisin Growers
Membership 13,000
Dept. N-43-3, Fresno, Calif.

Surnames and Their Origin

COSTELLO
Racial Origin—Norman-French.
Source—A given name.

Here is a family name that is likely to puzzle you. Forgetting any particular knowledge you may have of it, it looks more as though it might be Italian than anything else. But all those of this name that you have ever met have probably been Irish. As a matter of fact, the name itself is Norman French.

But though the name and the original blood of the Costellos was Norman, they really have more right to call themselves Irish than any one in Canada, except the Indian, has to call himself a Canadian. For the Costellos began to be Irish long before any Caucasians, except perhaps certain Norsemen, began to be Canadians.

The Costello clan in Ireland became a fixture there in the early days of the Anglo-Norman invasion. It derived its name from one Costello Fitz-Gilbert, who was the son of Gilbert de Angule, one of the first of the invaders. As was the case with many of these Norman chieftains, they gathered around them, when they settled in either Ireland or Scotland, many native followers together with those of their own race and, falling into the Gaelic custom, gradually evolved their own clans, adopting the Gaelic language and the Gaelic system of names. Thus, those who would otherwise have been known (under the Norman system) as "Fitz-Costello," became instead "O'Costello" and finally just Costello. But it has been so long since the eleventh and twelfth centuries that it is a safe bet that but little of the original Norman blood remains in the veins of the average person bearing this name to-day.

FRANCOMB.
Variations—Francom, Frankham.
Racial Origin—Anglo-Norman.
Source—Descriptive.

Here is a group of family names the meaning and origin of which you will find it difficult to guess, for in each one of the three cases the present spelling of the ending is misleading.

It is not an uncommon thing for names of Anglo-Norman origin to change in this fashion, and the reason lies in the peculiar mixture of the old Anglo-Saxon tongue and the French of the Normans and from which modern English is the outgrowth. It must be remembered that the mixture occurred in a peculiar way. The Normans, for a couple of centuries after the conquest, spoke nothing but French and their tongue was but slightly changed by the influence of the Anglo-Saxon. Then came a period when, as a result of political separation from Normandy, the Normans began to adopt the English, which, in radically changed form, finally again became the dominating element of speech. It was natural that when this final stage was reached the meanings of the Norman names were quickly forgotten and there was a tendency to spell them as they were pronounced at the time.

In the Middle Ages the "middle class," lying between the nobility and their vassals in the social and political scale, were known as "freemen," and Freeman has come down to us as a family name. The Norman equivalent to this word was "franc-homme," or as it was spelled at various times, "franchome," fraunch-humme" and "fraunchome." It came to be pronounced, after it had become a surname, "francom," whence the spellings Francomb and Frankhom have developed.

Do "Box Numbers" Baffle You?

While the system of "box numbers" addresses used by advertisers in newspapers has been in operation for a good many years, there are some people who do not know what a "box number" really means.

The "box number" came into being as a result of the great increase in the use of newspapers as a medium of advertising. It helped to save confusion and labor.

A person who advertises in a newspaper may not wish to disclose his address. In such cases, when he inserts the advertisement he informs the clerk at the counter that he desires a "box number." The clerk gives him a receipt on which is a number. It is this number that appears in the advertisement; for instance, "Apply Box No.——."

When the advertiser calls for replies, he presents his receipt, and the replies are handed to him. Perhaps the origin of the term "box number" may have something to do with the fact that usually the replies are kept in boxes, being docketed in pigeon-holes.

Some newspapers—trade journals in particular—allow readers to send money in payment of goods advertised. This "deposit" is kept by the newspaper until the buyer receives the goods, when it is sent on to the seller.

By this means the buyer is assured of fair play, for if the advertiser fails to carry out his part of the bargain, the buyer's deposit is returned.

Seeing the King.

For mine eyes have seen the King,
the Lord of hosts.—Isaiah vi: 5.
Unclean lips; yea, all uncleanness,
I can nothing righteous bring;
Woe is me, undone, unholy—
For mine eyes have seen the King.

But the coal from off the altar—
Purged and cleansed; oh, wondrous thing!
Here am I, send me—what glory!
Lo, mine eyes have seen the King!

—Edith L. Mapes.

Dust Explosions

The recent explosion of a bin of oatmeal in some London works is said to have been due to an admixture of dust and air. It is a curious and unpleasant fact that such a mixture is extremely explosive, and that some of the most terrible accidents in industrial history have been caused by dust floating in dry air.

Coal dust is specially dangerous, and it is in order to guard against dust explosions in mines that all dry mines have, by law, to be regularly watered.

The dreadful diaster at the Tradeston flour mills at Glasgow was caused by a spark igniting the fine flour dust with which the air was filled, and resulted in the loss of twelve lives. The mill itself was a roaring furnace inside five minutes.

The worst explosion of the kind on record was that which destroyed the Washburn corn mills in Minneapolis, reputed to be the largest in the world. The result was a loss of eighteen lives and a million dollars worth of property.

In the year 1908 Paris was shaken by a most tremendous explosion, caused by the blowing up of the great Say sugar refinery, near the Orleans Station. It is believed that a spark from a dynamo ignited the finely powdered sugar floating in the air. Forty-two workpeople were injured, and the damage was $90,000.

In the early days of the last century, all such explosions were attributed to escapes of gas, or to lightning flashes; yet as early as 1815 Sir Humphry Davy seems to have had a suspicion of the real reason, and to have made some investigations.

Later, the Royal Commission of 1891 went into the matter more closely, and their investigations proved that explosions in coal-mines, even when not caused by dust, were often aggravated by dust floating in the air.

It is not really difficult to understand the why and wherefore of such explosions. To light a fire, you first chop up wood into small sticks or shavings, and the smaller these are the more readily they burn. The reason is that the act of combustion is merely the combination of the carbon of the wood with the oxygen of the air.

Naturally, therefore, when a particle of dust is floating in the air, with oxygen all around it, there only needs the requisite degree of heat for that particle to burst into fierce flame, which of course is instantly communicated to all the other atoms of dust in succession.

PALE, WEAK GIRLS AND DELICATE WOMEN

Can Find New Health by Enriching Their Blood Supply.

Nature intended every girl and every woman to be happy, active and healthy. Yet too many of them find their lives saddened by suffering—nearly always because their blood is to blame. All those unhappy girls and women with colorless cheeks, dull skins, and sunken lustreless eyes, are in this condition because they have not enough red blood in their veins to keep them well and in the charm of health. They suffer from depressing weariness and periodical headaches. Dark lines from under their eyes, their heart palpitates violently after the slightest exertion, and they are often attacked with fainting spells. These are only a few of the miseries of bloodlessness. When the blood becomes thin and watery it can be enriched through the use of Dr. Williams' Pink Pills and the troubles that come from poor blood disappear. In almost every neighborhood you will find some formerly ailing woman, or pale breathless girl who has a good word to say for this medicine. Among them there is Miss Laura Monaghan, Campbellton, P.E.I., who says:—"Before using Dr. Williams' Pink Pills I was in a badly run down condition. I was pale, thin and scarcely able to go about. The least exertion made my heart palpitate so violently that I actually was afraid one of those spells might carry me off. Often my nights were sleepless, and as the treatment I was taking did not help me I was almost in despair. Finally a friend advised the use of Dr. Williams' Pink Pills, and in the course of a few weeks after beginning this treatment there was a decided improvement in my condition. I continued using the pills, and am now enjoying good health. I am glad to give you my experience in the hope that some other sufferer may find the way to better health."

These pills are sold by all medicine dealers or may be had by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Wild Animal Sanctuary.

At Yorkton, Sask., J. A. M. Patrick, K.C., has established at his own expense, and as a means of affording him pleasure, a sanctuary for wild animals. He has succeeded in obtaining a number of specimens of our rapidly disappearing wild life, among them being antelope and white-tailed deer. He has recently purchased four pure white deer from Grand Rapids, Mich. These deer are exceedingly rare, only seventeen being known to be in existence on the continent. Mr. Patrick is having the usual difficulties in protecting his sanctuary, but is continuing the good work.

Minard's Liniment Relieves Neuralgia

The "Silent Nine."

A silent aeroplane engine has at last been invented, says a London newspaper.

In a recent test the deafening roar of the engine and exhaust was completely eliminated when fitted with the "Silent Nine," as the new invention is called.

Passengers will now be able to converse with ease while in the air, and not be forced to shout at the top of their voices.

The "Silent Nine" is very simple in construction and in principle. It consists of an expansion chamber fitted to the end of a long exhaust pipe, and arranged in such a way thae the gases from the engine are cooled immediately they leave the red-hot exhaust hole. This is the secret of engine silence.

The inventor is Major Grant, the superintendent of the Croydon aerodrome depot.

One "Silent Nine" can be sold at a profit for less than $50, and already there is a great demand for it.

In Canada's Favor.

The exchange of immigration and trade between Canada and New South Wales during the fiscal year 1920-21 shows that both were considerably in favor of Canada. Imports of Canadian produce, according to the New South Wales Statistical Bulletin for December last, amounted to $11,045,630, while exports to Canada were valued at $626,210. During the first nine months of last year 1,398 emigrants left New South Wales for Canada, while but 871 arrived from Canada.

CHILDHOOD INDIGESTION

Nothing is more common in childhood than indigestion. Nothing is more dangerous to proper growth, more weakening to the constitution or more likely to pave the way to dangerous disease. Fully nine-tenths of all the minor ills of childhood have their root in indigestion. There is no medicine for little ones to equal Baby's Own Tablets in relieving this trouble. They have proved of benefit in thousands of homes. Concerning them Mrs. Jos. Lunette, Immaculate Conception, Que., writes: "My baby was a great sufferer from indigestion, but the Tablets soon set her right and now I would not be without them." Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Real "Boat Trains."

When men are up against a difficulty they are not satisfied until they have got over it. The result of one of these difficulties in overcoming Nature has taken the form of the strangest railway in the world.

The question that had worried the engineers for a long time was how to improve the transport of goods through the vast Belgian Congo to the coast.

Great tracts of this country are swamps, intersected by ridges of steep cliffs. In consequence, river transport is the only practical way by which goods can be carried to the sea.

But the number of waterfalls, rapids, and shallows have made this a tedious business, as the cargoes have to be unloaded many times on one journey, and carried down the bank for some distance to the next boat.

However, as the result of experiments in Belgium, it is hoped this difficulty will be overcome. The invention consists of twin boats bracketed side by side, with a space of three feet or so between the two hulls.

Along navigable water this double boat travels in the normal way, propelled by a screw at the stern of each hull. But over all rapids and shallow parts a single railway line has been constructed, supported on trestles, the rail rising up from the water-level at each end of the unnavigable section.

Guided in by two guard rails, the boat floats up over the end of the rail; then the wheels between the two hulls engage with the line. The driving power from the engines is switched off from the screws, and drives the wheels in contact with the rail. The boat runs forward on the line, and slowly lifts clear of the water. In this way the boat travels by rail over the rapids, the hulls hanging one on either side, and so preserving the balance.

In this ingenious way the boat, in making its non-stop run to the sea can rise out of the water and pass over a steep waterfall, or skim just above the surface of shallows. At a narrow gorge the boat can avoid it altogether by leaving the river and cutting across land on its single rail, rattling along a cleared pathway through the jungle like a New York overhead railway.

Mrs. Newlywed (on her first day's shopping): "I want two pieces of steak and—and about half a pint of gravy."

He who plants a tree lightens the burdens of his fellow-men. He who plants a tree erects to himself a living monument and makes bold an attempt to leave the world more beautiful than he found it.

MONEY ORDERS.
Send a Dominion Express Money Order. Five Dollars costs three cents.

The roses of pleasure seldom last long enough to adorn the brow of him who plucks them.—Hannah More.

ISSUE No. 22—'22.

SAYS RHEUMATISM IS ENTIRELY GONE

MRS. CHAPLEAU COULD GET ABOUT ONLY BY PAINFUL EFFORT.

Three Years of Suffering Ended and Stomach Trouble Also Overcome.

"It used to be the most painful effort for me to move about the house, but since taking Tanlac I am so well and strong my housework is like a pastime," said Mrs. S. Chapleau, 325 Mount Royal East, Montreal. "For three years I suffered constantly from rheumatism. My appetite was also very poor and what little I ate caused me no end of trouble from indigestion. I became so thin and weak I almost lost all hope. My nerves and kidneys bothered me a great deal and I always had a pain across the back that kept me miserable.

"Tanlac helped me just like it had been made especially for my case. My food now all agrees with me and my nerves and kidneys never bother me any more. I owe my good health entirely to Tanlac."

Tanlac is sold by all good druggists. Advt.

Overworking the Brain.

Don't be afraid of overworking the brain; you can't do it. You can't think too much.

"The more the mind does," says a prominent medical authority, "the more it can do."

Another well-known doctor said recently:

"In all my practice as a physician dealing with nervous and mental diseases, I can say without hesitation that I have not met a single case of nervous or mental trouble caused by too much thinking or overstudy. What produces mental trouble is worry, emotional excitement, or lack of interest in one's work."

So there is no need to be afraid. The more you think, study, or plan, the better it is for you, because you are training your mental powers. You cannot overwork the brain as long as you keep it healthy with outdoor exercise whenever possible. Then it will recuperate of its own account.

It is worry that destroys the brain—worry, fear, bad feelings, and mental idleness.

England has the world's smallest railway, a four horsepower gasoline motor drawing a twelve passenger car over a track having a gauge of fifteen inches.

Minard's Liniment for sale everywhere

It is estimated that 105 million matches are used every day in Canada, or twelve to each person.

TROUBLED WITH ECZEMA 2 YEARS

On Face and Arms. Lost Sleep. Cuticura Heals.

"I was troubled for about two years with eczema. It broke out on my face and arms in pimples and itched and burned so badly that I lost much sleep on account of it. My face and arms were covered with pimples, and I was ashamed to appear out of the house.

"I began using Cuticura Soap and Ointment and immediately found relief, and after using one cake of Soap and one box of Ointment I was healed." (Signed) Miss Helen Mark, 4259 Maryland St., San Diego, Calif., April 18, 1921.

Use Cuticura Soap, Ointment and Talcum exclusively for every-day 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

NURSES WANTED.

NURSES WANTED FOR TRAINING School in charge of graduate of Johns Hopkins Hospital. Apply Superintendent, Homewood Sanitarium, Guelph.

WANTED—PROBATIONEERS—Amasa Wood Hospital, St. Thomas; 3 years' general training, with remuneration. Apply Superintendent.

AGENTS WANTED.

AGENTS, PARTICULARS, TEN winners and samples, Wonder Knife Sharpener 25 cents. Agency Sales Company, 159 Church, 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.

One O' the Sights.

A man was visiting Ireland for the first time.

In Dublin, one warm afternoon, he suddenly put his handkerchief over his nose and said, in a choked voice: "What the deuce is that?"

"That?" said his Irish guide. "Why, that's the River Liffey. Didn't ye know, man, that the smell o' the Liffey was one o' the sights o' Dublin?"

Fish that flush crimson with excitement when given food are found in India.

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

The publisher of the best Farmer's paper in the Maritime Provinces in writing to us states:

"I would say that I do not know of a medicine that has stood the test of time like MINARD'S LINIMENT. It has been an unfailing remedy in our household ever since I can remember, and has outlived dozens of would-be competitors and imitators."

WHAT IS A LETTER

Many Times It's a Guide to Health as is This One

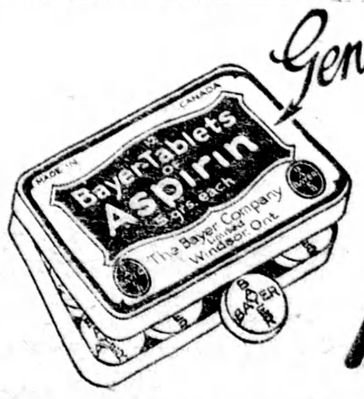
Women—Read It

Marmion, Ontario.—"Before using Lydia E. Pinkham's Vegetable Compound I was a total wreck. I had terrible pains in my sides and was not regular. Finally I got so weak I could not go up stairs without stopping to rest half-way up. I saw your medicine advertised in the newspapers and gave it a trial. I took four bottles of the Vegetable Compound and was restored to health. I am married, am the mother of two children and do all my housework, milk eight cows and do a hired man's work and enjoy the best of health. I also found the Vegetable Compound a great help for my weak back before my babies were born. I recommend it to all my friends."—MRS. HENRY JANKE, Marmion, Ontario.

Letters which you read in the newspapers recommending Lydia E. Pinkham's Vegetable Compound are genuine expressions from women who have been helped by this splendid medicine. They are anxious for other women, who may be suffering as they did, to know of the great merit of this medicine. Each one, with her reputation, stands behind it, to point out to sick women the way to health.

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

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. 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."