NEW STRENGTH FOR WEAK STOMACHS

Indigestion Disappears When the Blood Supply is Enriched.

The urgent need of all who suffer from indigestion, and who find the stomach unable to perform its usual function, is a tonic to enrich the blood. Pain and distress after eating is the way the stomach shows that it is too weak to perform the work of digesting the food taken. In this condition some people foolishly resort to purgatives, but these only further aggravate the trouble.

New strength is given weak stomachs by Dr. Williams' Pink Pills because these pills enrich and purify the blood supply. This is the natural process of giving strength and tone to the stomach, and it accounts for the speedy relief in stomach disorders that follows the use of Dr. Williams' Pink Pills. The appetite revives, food can be taken without discomfort and the burden and pains of indigestion are dispelled. Mr. William Johnson, a prominent business man of Lequille, N.S., bears testimony to the value of these pills in cases of this kind. He says: "I was attacked with indigestion accompanied by severe cramps in the stomach. I was prescribed for by the family doctor, but got very little benefit. Then I tried some of the advertised remedies but with no better result. Indeed my condition was growing worse. Then I read of the case of a man who praised Dr. Williams' Pink Pills whose condition was similar to my own, and I decided to try this medicine. The result, I think, was amazing, as the use of six boxes restored me to my former good health. I can therefore warmly recommend the use of this medicine for stomach troubles."

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.

Doing the Things I Want to Do.

School's let out, an' I'm goin' away,
Over to grandpa's farm to-day.
Mother an' dad I'll miss, I know—
Just can't stay; I've got to go.
Nothin' to do the whole day through,
'Ceptin' the things I want to do.

I'll be terribly busy, though,
Always a-movin', on the go;
Feedin' chickens; milkin' the cows;
Stuffin' the hay up in the mows,
Nothin' to do the whole day through,
'Ceptin' the things I want to do.

None of it's work; it's fun if you
Do the things that you want to do.
Pickin' and choosin' here an' there,
Findin' some fun 'most everywhere.
Nothin' to do the whole day through,
'Ceptin the things you want to do.

Wonder why all the folks I see
Don't have fun the same as me.
Seems as though they go it blind,
Takin' anything they find,
Workin' at the whole day through,
Things that they don't want to do.

Betcher life! when I've growed tall,
Work an' me won't hitch at all,
'Cause I'll look around a bit,
Huntin' for the place I fit.
Then I'll spend my whole life through
Doin' the things that I want to do.

Never Again.

"Scientific management is here to stay. Those who oppose it are as shiftless as the old earl. The old earl, before going to his bath to dress for dinner one evening, for some reason counted his money, six five-pound notes, and laid them on his dressing-table as usual. On returning from his bath he again counted his money, and one of the five-pound notes was missing. He looked ruefully at his valet busily fastening pearl studs in his evening shirt. 'Humph,' said the old earl, 'a loss of five pounds, I never counted my money before and I never will again. It doesn't pay.'"

The roof of the Crystal Palace, London, contains fourteen acres of glass.

HEALTHY CHILDREN ALWAYS SLEEP WELL

The healthy child sleeps well and during its waking hours is never cross but always happy and laughing. It is only the sickly child that is cross and peevish. Mothers, if your children do not sleep well; if they are cross and cry a great deal, give them Baby's Own Tablets and they will soon be well and happy again. The Tablets are a mild but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation, colic and indigestion and promote healthful sleep. They are absolutely guaranteed free from opiates and may be given to the new-born babe with perfect safety. They are sold by medicine dealers, or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Dreams That Spell Danger.

The state of our health is revealed in our sleep to a much greater extent than we might imagine.

For instance, those who have what are known as "soft dreams," which consist of endless views of long stretches of country moving slowly past, are usually found to be subject to headaches and violent neuralgia.

Frightful dreams foretell a sudden rush of blood to the head, while dreams about blood point to inflammation in some part of the body. In this connection a person may suffer from nothing more serious that a festered finger, and yet the spectacle of blood will form part of his dream.

Dreams about rain or water are often signs of irritation of the mucous membrane, and the dreamer should not be surprised to wake up with a sore throat.

Should you dream of people several times their normal size, it is an infallible sign that the liver is affected; while it has been noticed that when the dreams are of pain in any particular part of the body there is something wrong with that part.

Numerous forms of fever are announced by dreams of an uncommonly terrifying character; while in cases of severe neuralgia and rheumatic affections, disturbed dreams are occasionally found to be forerunners of an attack.

Indigestion gives rise to very morbid dreams, into which weeping, sorrow, deaths, funerals, suffocation, and strange animals enter.

All these things are due to the curious effect which the mind has over the body during periods of sleep, for dreaming is a very natural thing, and those who never dream at all are said to be mentally afflicted.

How Big is a Bean?

Tommy is fond of squeezing tooth paste out of his shiny new tube.

"Don't take too much this time, dear," his mother said to him one morning when he was cleaning his teeth.

"How much may I have?" asked Tommy.

"Well, I should think a little bit, perhaps as big as a bean."

Tommy gave a great pinch, and out shot the paste.

"Oh, oh!" exclaimed his mother. "Not at all, Tommy. Didn't I say as big as a bean?"

"Yes," replied Tommy. "This is a string bean."

Fitting up the Majestic, the world's largest liner, was a costly proceeding, the stores including 16,000 cups, 30,000 plates, 2,400 teapots and 8,000 tumblers.

By a curious "freak" of Nature, insects which are the most beautiful when fully developed, are often the most repulsive in the grub stage.

Plant That Explodes.

It is well known that you cannot grow the same crop in a field year after year. If you do so, the yield grows less and less, and the plants become feeble. Plants discovered this fact thousands of years before human beings existed, and they set out to devise ways of ensuring that their seeds always fell upon fresh ground.

Some, like the thistle and the dandelion, developed seeds provided with balloons of down, by means of which they are carried for miles. The sycamore and the lime grow little parachutes, which send their seeds twisting through the air for long distances.

The burrs resolved to make use of animals to do the work for them. They grow rows of tiny hooks designed to catch in the coats of animals, which carry them away and then rub them off against bushes. The poppy perfected an efficient form of sprinkler. When the dry heads are shaken by the wind, seeds are shot out in all directions.

The tropical sand-box tree was the first inventor of explosives. Its seed-pods are filled with gas, which expands until such a pressure is reached that the sheath bursts with a noise like a revolver shot, and the seeds are distributed over a considerable area.

Can You Make a Speech?

There are few more useful accomplishments than the ability to make a good speech, and a little knowledge will save you a great deal of discomfort when the time comes for you to "say a few words."

Try and forget that you are making a speech. Talk in a quiet and natural manner, as if you were conversing with a friend. Restrain your emotions; beginners should avoid gestures altogether. Keep your hands still. The expression of a speaker's face is important. Practise in front of a mirror.

Say what you have to say in as few words as possible. Never speak about a subject which you do not thoroughly understand. Whenever possible, prepare your speech beforehand; but do not attempt to learn it off by heart. If you know what you want to say, the words will come to you without any trouble when the time comes.

Practise voice-control by reading aloud, taking care to pronounce each word clearly and distinctly. The more the human voice is used the more it will improve. If you want to be heard properly, speak down; do not pitch your voice as if you were talking to somebody at the end of the room.

The motto of all public speakers, writes "A Former Sufferer," in "How to Make a Speech," should be: Say the right thing in the right way.

His Hearing Restored.

The invisible eardrum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York city. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or by perforated or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth Ave., New York city, will be given prompt reply. advt.

Knowledge.

If I knew you and you knew me,
'Tis seldom we would disagree;
But, never having yet clasped hands,
Both often fail to understand
That each intends to do what's right
And treat each other "honor bright."
How little to complain there'd be,
If I knew you and you knew me.

Minard's Liniment for sale everywhere

My Work.

I can do something others cannot do—
Let me find that, and do that one thing well.
I've failed at many things I've tried, 'tis true,
Have come to grief more oft than I can tell.
Yet am I not prepared to own defeat
And say there's naught at which I may excell.
I hope and trust; and hope and faith are sweet!
Some day I'll find MY work—and do it well!

—Stickland Gillilan.

Weak in Arithmetic.

This is a true story: An office-boy in a big business house approached one of the clerks and, with great solemnity, asked him to divide 180 by ten.

"Eighteen, of course!" was the immediate reply.

The boy looked thoughtful.

"Are you sure?" he demanded.

The clerk thought there was a catch somewhere, but was assured that the boy was in earnest.

"I've worked it out, and it comes to seventeen and ten over," said he, and it took a lot of explaining to satisfy him.

Forest Fires and Furs.

The question of forest fires has just been approached from a new angle. The trapper is the latest individual to add his testimony to the damage forest fires do to the great fur industry. The fact is forest fires injure every Canadian interest and benefit not one. Such being the case, and as 90 per cent. of all forest fires are started by human agency, is it not foolish and criminal that we allow fires to ravage our forests?

ISSUE No. 25—'22

LIVED ON LIQUIDS FOR MANY MONTHS

MONETTE'S STOMACH TROUBLE NOW OVERCOME, HE MAKES STATEMENT.

Declares Tanlac Completely Overcame His Trouble After Everything Else Failed.

"It was a lucky day when I bought Tanlac for it has made a new man of me," said Arthur Monette, 165A St. Elizabeth, Montreal. "My appetite was so bad I never knew what it was to be the least bit hungry. Even what little I did force down soured and bloated me so badly I had terrible smothering sensations and awful pains. For months I was unable to eat any solid food and I got in a terribly run-down condition. I became so nervous I would wake up all during the night, and got little sound sleep. I was constantly looking for something to bring me relief, but nothing seemed to reach my case until I ran across Tanlac.

"Six bottles of Tanlac completely overcome my trouble. I now eat just anything and never have an ache or pain or a sign of stomach trouble. I can't recommend Tanlac too highly."

Tanlac is sold by all good druggists. Advt.

The Curse of Selfishness.

Selfishness is one of the most destructive of human attributes. There is hardly a crime or meanness that has not its root in selfishness, in the desire to get something for oneself; and one of the great temptations of wealth is to develop selfishness an utter disregard for others. Their rights, their interests, their needs, their sorrows, their sufferings, make no appeal to, have no place whatever in, the mind of the selfish man or woman.

No human being has a right to a career which will satisfy only himself, which has no results to the race. Whatever he is, whatever he has acquired, is due not alone to his own efforts, but in large part to the society in which he lives and to the accomplishments of men in all preceding ages. No man can live to himself alone, and each one of us owes a debt to the world which it is our first duty to pay, in service of some kind for the common good.

Selfishness and avarice have no part in the Creator's plan. We were put here to do team work; we were planned for it, and if we do anything else, if we do that which does not result in some way to the well-being of the race, we are violating the very principle of our being.

Get away from yourself; interest yourself in others; love them, help them, or you will become as cold, barren and heartless as an icicle.

MONEY ORDERS.

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

You can not lift up the people upon whom you look down.

Jellyfish float about in the water, but cannot direct their course. Thus they are at the mercy of whatever current takes them.

Rural Route No. 1, Mascouche, Que.
The Minard's Liniment People,

Sirs,—I feel that I should be doing a wrong if I neglected to write you. I have had four tumors growing on my head for years. I had them cut off by a surgeon about fifteen years ago but they grew again till about three months ago I had one as large and shaped like a lady's thimble, on the very place where my hair should be parted, and it was getting so embarrassing in public that it was a constant worry to me. About three months ago I got a bottle of your liniment for another purpose and saw on the label good for tumors. Well I tried it and kept it for exactly two months, with the result that it has entirely removed all trace of the tumor, and were it not that they had been cut fifteen years ago, no mark would be seen. I have not been asked for this testimonial and you can use it as you see fit.

(Signed) FRED C. ROBINSON.

P.S.—I am a farmer and intend using **Minard's Liniment** on a mare for a strained tendon, and am hoping for some results. FRED C. R.

Classified Advertisements

WANTED—YOUNG LADIES OF good education to train as nurses. Apply Wellandra Hospital, St. Catharines, 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.

Once in a long time you find enough relative on speaking terms to hold a family reunion.

Minard's Liniment Relieves Neuralgia

The man who keeps his word does not make glib promises.

COARSE SALT
LAND SALT
Bulk Carlots
TORONTO SALT WORKS
G. J. CLIFF - 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.
129 West 24th Street
New York, U.S.A.

Baby Wants Cuticura It Keeps His Skin Soft Smooth and Clear

Baby's tender skin requires mild, soothing properties such as are found in the Cuticura Soap, Ointment and Talcum. The Soap is so sweet, pure and cleansing and the Ointment so soothing and healing, especially when baby's skin is irritated. Cuticura Talcum is also ideal for baby.

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.

NEARLY CRAZY WITH PAINS IN BACK

Read How Lydia E. Pinkham's Vegetable Compound Helped Mrs. Beecroft

Hamilton, Ontario.—"I have suffered for three years from a female trouble and consequent weakness, pain and irregularity which kept me in bed four or five days each month. I nearly went crazy with pains in my back, and for about a week at a time I could not do my work. I saw Lydia E. Pinkham's Vegetable Compound advertised in the 'Hamilton Spectator' and I took it. Now I have no pain and am quite regular unless I overwork or stay on my feet from early morning until late at night. I keep house and do all my own work without any trouble. I have recommended the Vegetable Compound to several friends."—MRS. EMILY BEECROFT, 16 Douglas St., Hamilton, Ontario.

For nearly fifty years women have been telling how Lydia E. Pinkham's Vegetable Compound has restored their health when suffering with female ills. This accounts for the enormous demand for it from coast to coast.

If you are troubled with any ailment peculiar to women why don't you try Lydia E. Pinkham's Vegetable Compound? It has helped others, let it help you.

Surnames and Their Origin

SCARLETT

Racial Origin — English-French-German.
Source—A locality or a given name.

The history of this family name is a bit complex and in some respects obscure.

In some instances it is true that the name may be founded upon the same word, but search through the old records fails to disclose that this is the principal source of it.

On the other hand there is every evidence that the name came into England at the time of the Norman invasion and perhaps again at later periods as a surname indicating that the bearer had come from a place in Normandy called Escarla.

The natural tendency of the English tongue would be to drop this initial "E," just as it was the tendency of the French to prefix an "e" to words beginning in "s."

Again, there is another line of development indicated, involving three languages, German, French and English. Under this explanation the name would virtually be the same as that of Charles. This given name, of Teutonic origin, came to be spelled with a "Ch" instead of a "K" in France. In some cases, being taken back into Germany, an "S" was prefixed to maintain the soft pronunciation, and it became "Scharlo." If taken into English at a still later date, probably already developed into a surname it would rather easily have become "Scarlo" and then "Scarlett" through similarity in sound to "scarlet."

MILTON

Racial Origin—English.
Source—A locality.

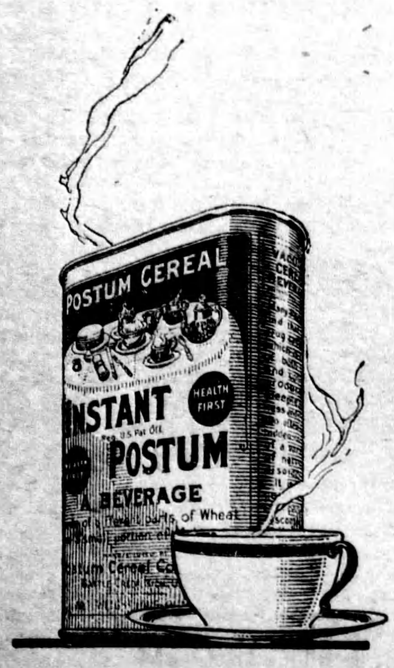
There is little doubt about the nationality of this family name. So frequently does it appear in lists of names from medieval English times and from localities in which English people have settled.

It is one of the most frequently occurring of English family names, ranking next only to such names as Smith, Jones and the more popular of the names made up by the addition of "son" to a given name.

The family name of Milton, of course, comes from a place name. But in the individual case you'll find it just about hopeless to guess where the original bearers came from. There is a town named Milton in Dorset. There is one in Devon. There are Miltons in Fife and Hants, in Kent and Northants, in Oxford, Westmoreland, Yorkshire and in many other sections of England. Some of these towns, of course, do not date back to medieval times, and the mills referred to in the naming of them are sometimes really factories. But the mills which gave the medieval towns their names, of course were grain mills.

Considering the number of towns which were called Milton, it is no wonder that the family name is found so often to-day and that people of this name are not necessarily even remotely related to one another, though they go as far back as twenty generations ago.

Let the Children share this mealtime beverage



NO NEED to warn the little folks away from the table beverage when Postum is served; every reason to invite every member of the family to join in the enjoyment of this wholesome, satisfying drink.

Postum is made from Nature's best wheat, and contains nothing to harm nerves or digestion.

You'll greatly relish its full-bodied flavor and aroma.

An economical mealtime drink—the large size tin of Instant Postum will serve from 90 to 100 cups.

Made in the cup, in a moment.

Instant Postum for Health
"There's a Reason"

Made by Canadian Postum Cereal Co., Ltd.
Windsor, Ontario

Genuine

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."