HOW TO BEST TREAT STOMACH TROUBLE

A Tonic Medicine is Needed to Strengthen the Stomach.

The old-fashioned methods of treating stomach diseases are being discarded. The trouble with the old-fashioned methods was that when the treatment was stopped the trouble returned, often in an aggravated form.

The modern method of treating indigestion and other forms of stomach trouble is to tone up the stomach and glands to their normal work. The recovery of the appetite, the disappearance of pain after eating, the absence of gas, are steps on the road to health that those who have tried the tonic treatment remember distinctly. Dr. Williams' Pink Pills are a tonic which through their action on the blood are helpful in building up the digestive organs, and therefore the best remedy for simple or chronic cases of stomach trouble. The success of the treatment is shown by cases like that of Mrs. Joseph Leclere, Wellington, P.E.I., who says:—"I have been a great sufferer from indigestion and stomach trouble, and nothing that I took for it did me any good until I began Dr. Williams' Pink Pills. I was so bad that I did not want to eat, and when I did take food it lay like a weight on my stomach, often causing me much pain and misery. I saw in an advertisement what Dr. Williams Pink Pills had done in a similar case and began taking them, with the result that after taking the pills for five or six weeks, I am feeling better than I have done for years. I hope my experience will help other similar sufferers."

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

A New Name.

Bobby and his little sister were travelling by train with their mother.

"Oh, see the lake!" proclaimed the sister.

Presently they passed a river.

"Another lake!" proclaimed the sister.

Bobby knew it wasn't a lake, but he couldn't think what it was called.

" 'Tain't a lake," he contradicted. "It's a—a keep-on-going!"

Those Vain Regrets Sap Mental Energy.

Do not allow your mind to be too much occupied with regrets. It is a waste of time and mental energy and accomplishes nothing. If you have made some mistake or met with disappointment and there is nothing you can do to rectify the matter, it is best to forget it as soon as possible and turn your thoughts toward the future. Regrets belong to the past and the past we cannot change. Let us review it only for the happiness which it contained and for the good we were able to accomplish, or let us recall the mistakes for the valuable lessons which they may teach us for future use. All we have left is the remainder of our lives and it is in the power of each of us to mold his own somewhat as he will. He cannot accomplish this, however, without the full assistance of his mind and that he cannot have if his thoughts are turned in sorrow on the past. We are all too apt to say that we cannot help worrying or cannot escape from our regrets. We can if we will, but we can only free our minds from dismal thoughts by replacing them with hopeful ones. However bad things may seem, refuse to accept the idea that your life is ruined.

Concentrate on making the utmost of the balance of your days. You will find that by turning your thoughts ahead your mental atmosphere will gradually become hopeful and cheerful.

When fortune deals you a hand filled with regrets, throw it in the discard and call for a new deal.

The Disappointed Soldier.

A young Irish soldier was wounded by a shell in Flanders, and they carried him unconscious to a wrecked village. When he came to he lay in a ruined house. The walls of the house were partly gone, the roof had fallen in and debris from bursting bombs was falling everywhere.

"Where am I?" said the wounded Irish soldier.

An orderly, to cheer him up, answered:

"You're back in Ireland, mate."

The soldier looked around at the ruin and desolation encompassing him.

"Faith thin," he said, "I've missed it all. Tell me, boy, how long have they had Home Rule?"

If you find a forest fire, try to put it out; if you cannot put it out, notify the nearest forest ranger.

Little Orphant Annie.

Little Orphant Annie's come to our
house to stay,
An' wash the cups and saucers up an'
brush the crumbs away,
An' shoo the chickens off the perch,
an' dust the hearth, an' sweep,
An' make the fire, an' bake the bread,
an' earn her board an' keep;
An' all us other children, when the
supper things is done,
We set around the kitchen fire an' has
the mostest fun
A-listening to the witch tales 'at Annie tells about,
An' the Gobble-uns 'at gits you
Ef you don't watch out.

Onc't there was a little boy wouldn't
say his pray'rs—
An' when he went to bed at night,
away up stairs,
His mamy heard him holler, an' his
daddy heard him bawl,
An' when they turned the kivvers
down he wasn't there at all!
An' they seeked him in the rafter room
an' cubby hole an' press,
An' seeked him up the chimbly flue,
an' ever'where, I guess;
But all they ever found was just his
pants and roundabout!
An' the Gobble-uns 'll git you
Ef you don't watch out!

An' one time a little girl 'ud allus
laugh an' grin,
An' make fun of ever' one, an' all her
blood an' kin
An' onc't when they was "company,"
an' old folks was there,
She mocked em an' shocked 'em, an'
said she didn't care!
An' jist as she kicked her heels an'
turned to run an' hide,
They was two great big Black Things
a-standin' by her side,
An' they snatched her through the
ceilin' 'fore she knowed what
she's about!
An' the Gobble-uns'll git you
Ef you don't watch out!

An' little Orphant Annie says, when
the blaze is blue,
An' the lamp wick sputters, an' the
wind goes woo-oo!
An' you hear the crickets quit, an' the
moon is gray,
An' the lightnin' bugs in dew is all
squenched away—
You better mind yer parents, an' yer
teachers fond and dear,
An' churish them 'at loves you, an' dry
the orphant's tear,
An' help the pore an' needy ones 'at
clusters all about,
Er the Gobble-uns 'll get you
Ef you don't watch out!

Large Motor Lifeboat Has Cabin Accommodations.

There is now building in England a motor lifeboat that will go far toward robbing shipwrecks of much of their terror. The new boat is 60 ft. long with 15-ft. beam, and has a displacement of 40 tons; it will be driven by two 75 hp. motors housed in separate water-tight compartments. There will be two cabins for passengers with accommodations for 50, while the total capacity of the boat will be more than 150. One unusual piece of equipment will be a life-saving net to be stretched across the boat, amidships of it, so that passengers may jump into it from vessels.

Expenses Deducted.

John Henry was about as careful of a quarter as a man could be. He married a widow worth $20,000. Shortly after the ceremony an old friend met him.

"Allow me," he said, "to congratulate you. I believe your wedding was a clear $20,000 to you."

"No," replied John Henry, "not quite so much."

"Indeed, I thought it was every penny of it."

"Oh, no," said the benedict, "I had to pay $16 for the ring."

New Receiving Aerial on Telegraph Poles.

Ordinary telegraph poles support an antenna stretching cross-country for eight miles, that is now being used for the reception of transatlantic wireless messages from England, France, Germany, and Norway, at the receiving station of the Radio Corporation of America at Chatham, Cape Cod, Mass. Running less than 30 ft. from the ground, this antenna is a decided departure from the old type strung between towering pylons commonly used for intercepting wireless messages coming from long distances. In one respect particularly is the new antenna an advancement over the old. The wires can be used for receiving an unlimited number of messages at the same time, provided a separate receiving set is employed for each message. Fifteen messages have been received simultaneously on this type of aerial without interference. Four receiving sets at the station are constantly taking messages over this single antenna to-day. The results have led to discontinuance of high aerials at the station.

The wires are strung on glass insulators on the arms of the telegraph poles in precisely the same way that telephone and telegraph lines are put up. There are two arms on each pole, and a wire running on either side of each arm. The wires are paired and joined outside the receiving station, those on the same side of the pole forming a pair.

The paired wires act in the same way as would a single wire except that they double the signal strength of the incoming messages.

WORDS OF PRAISE FOR BABY'S OWN TABLETS

No medicine receives such great praise from thankful mothers as do Baby's Own Tablets. Once a mother has used them for her little ones she will use nothing else. The Tablets are a mild but thorough laxative. They regulate the bowels and stomach; drive out constipation and indigestion; relieve colds and simple fevers; promote healthful sleep and make teething easy. Concerning them Mrs. Omer LeBleu, Maddington Falls, Que., writes:—"I am well satisfied with Baby's Own Tablets and will always use them for my little ones." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Spraying-Machine Strainer Prevents Clogging.

Spraying solutions for whitewashing, tree spraying, water-color painting, etc., invariably contain certain gritty ingredients which tend to clog the nozzle of the apparatus used. To alleviate this nuisance, a non-clogging machine has been perfected which has a self-cleaning strainer, fitted snugly over the end of the suction pipe. On the outside of the strainer is an agitator, or scraper, that moves up and down with the action of the pump handle, thoroughly cleaning the strainer with every stroke.

Minard's Liniment Relieves Neuralgia

The Blot on the Letter.

The first thing that you noticed on drawing the white sheet from the envelope was a spot of ink. The pen had caught in the paper and made a bad blot. The letter began, "You must pardon the blot; I am sorry for it, but this is the only sheet of paper I have here, and I shall have to send it anyway."

The paper was heavy and rich-looking; the penmanship was beautiful; the sentiment of the letter was most cordial, and the information it contained was pleasant and interesting—but the blot! It was the first thing you saw on opening the letter and the last thing you saw on putting it back into the envelope.

In the circumstances there was no harm in sending the letter, but what if it had been a letter written, not with ink, but with the spirit of the living God? What if it had been written, not on a tablet of paper, but on the tablet of the heart? For God says that his children are the epistles of Christ to the world.

What then, of the blot on the epistle of life that Christ has written in our lives for the world of men to read? It is true of us, as it is true of the letter, that the blot, if there is a blot, shows above everything else on the page. The life may be as nearly perfect as possible; it may have many touches of beauty and many Christian qualities; it may be most attractive in various ways—but the blot! An unkind word, a selfish act, an unfair attitude, a questionable transaction, and the world will stop and stare at the blot while the beautiful letter of a Christian life, the epistle of Christ to men, is left unread.

What a precious thing is a letter from a friend! It is almost the friend himself. And yet how easily it is spoiled! What a precious thing is a Chrstian life! It is almost the same as Christ himself. And yet how easily it is spoiled! One false move, and the blot is made, and the page of life is marred.

Unskilled fools quarrel with their tools.

The oldest authentic accounts of ships date back to 3,000 B.C.

ISSUE No. 26—'22.

FRIENDS TELL LAHUE HOW FINE HE IS LOOKING

Electrician Had Stomach Trouble So Bad He Could Not Eat Enough to Work Regularly—Tanlac Restores Him.

"I am one man who will go out of my way to recommend Tanlac," declared James Lahue, 22 Monet St., Montreal, Quebec, electrician for the Montreal Light, Heat and Power Co.

"I don't believe indigestion can get much worse than I had it. I had such awful attacks I had to take to my bed and I was forced to lose considerable time from my work. The gas on my stomach was awful, and I reached the point where I was almost afraid to eat and was losing weight right along.

"But things took a turn for the better before I finished my first bottle of Tanlac and in a month's time I was feeling like a different person. I have been built up in every way and my friends all tell me I am the very picture of health."

Tanlac is sold by all good druggists. Advt.

The Age of Chivalry.

Little Tommy and his younger sister were going to bed together without a light. They had just reached the bottom of the stairs when Tommy, looking into the darkness and feeling a little nervous, turned round and asked:

"Ma, is it polite for a gentleman to go before a lady when they have to walk in single file?"

"No, my son," replied the mother. "The lady should always take the lead."

"I thought so," said Tommy, delightedly. "Go ahead, Susie."

MONEY ORDERS.

Remit by Dominion Express Money Order. If lost or stolen you get your money back.

Complimentary.

"Good heavens! You are the dirtiest, worst looking man I have ever seen!"

"Thankee, lady; but I can't live on compliments."

Minard's Liniment for sale everywhere

The habit of carrying "strike anywhere" matches loose in the pocket results in many serious fires. In taking something out of the pocket a match drops out on the floor of barn or other place, is stepped on and results in a fire.—Deputy Fire Marshal Lewis, Ontario.

Miss M. Bayington Tells How Cuticura Healed Her Scalp

"I was troubled with a scalp trouble for several weeks. It broke out in pimples and my hair fell out. My head itched and burned a great deal. I tried different remedies without success. I saw Cuticura Soap and Ointment advertised and sent for a free sample which helped me. I purchased more, and after using one cake of Cuticura Soap and one box of Cuticura Ointment I was completely healed." (Signed) Miss Marian Bayington, Prentiss, Maine, Feb. 27, 1921.

Keep your skin clear by using Cuticura Soap and Ointment for every-day toilet purposes and Cuticura Talcum to powder and perfume. Bathe with Cuticura Soap and hot water. Before bathing, touch pimples and itching, if any, with Cuticura Ointment. Dry and dust lightly with Cuticura Talcum, a powder of fascinating fragrance.

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

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

NURSES WANTED BY CLASS "A" accredited hospital giving three-year course; uniforms furnished; also liberal allowance. For information, write I. E. Greenwood, Supt., Garfield Park Hospital, Chicago, Ill.

WEEKLY NEWSPAPER WANTED.

WE HAVE A CASH PURCHASER for a weekly newspaper in Ontario. Price must be attractive. Send full information to Wilson Publishing Co., Ltd., 73 Adelaide St. W., Toronto.

BELTING FOR SALE

THREASHIRE BELTS AND SUCTION hose, new and used, shipped subject to approval at lowest prices in Canada. York Belting Co., 115 York St., Toronto, Ont.

Humboldt tells us that a follower of Cortez planted the first wheat in America. He found three kernels of wheat in his supply of rice. These he carefully planted. From that little beginning has come the great wheat production of our continent.

O. McPherson,
Furniture Dealer, Undertaker,
Armstrong, B.C.
Minard's Liniment Co., Ltd.
Yarmouth, N.S.:

Dear Sirs,—Since the start of baseball season we have been hindered with sore muscles, sprained ankles, etc., but just as soon as we started using Minard's Liniment our troubles ended. Every baseball player should keep a bottle of your liniment handy.

Yours truly,
W. E. McPherson,
Secretary of Armstrong High School Baseball Team.

COARSE SALT
LAND SALT
Bulk Carlots
TORONTO SALT WORKS
C. 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.

BEFORE BABY COMES

Watchful Care Necessary

Lydia E. Pinkham's Vegetable Compound is a splendid medicine and should be taken by the expectant mother. It will assist her in keeping well and strong. This is very necessary, not only for her own comfort but for the future as well.

Read the experience of Mrs. Barton of New Brunswick, and please bear in mind that every letter published recommending Lydia E. Pinkham's Vegetable Compound is genuine and unsolicited. It is the expression of gratitude from women who have been helped.

Cumberland Bay, N. B.—"I was troubled with weak feelings, headache, all the time, a cough, fainting spells and pains in my back and side. I could not do a single bit of work and had to be helped out to the hammock where I lay in the fresh air from morning until night and I had to be carried up and down stairs. After other medicines had failed a friend advised me to take Lydia E. Pinkham's Vegetable Compound as she said it was excellent for anyone in the family way. Before the first bottle was taken I could walk alone and as I kept on with it I got stronger, until I was able to do all my work. My baby is now six weeks old and is a big fat healthy fellow. I am sure Lydia E. Pinkham's Vegetable Compound has done wonders for me and I recommend it."—Mrs. Murray J. Barton, R. R. No. 1, Cumberland Bay, N. B.

Surnames and Their Origin

HAYNES.

Variations—Haines, Hane, Heine.

Racial Origin—English, Norman, also German.

Source—A locality, also a given name.

There are really two names here, confused into one in many instances through the course of centuries. That is to say, any one of the foregoing variations may have been derived from either one of two sources. If you bear this name and want to be sure which source it comes from in your case, your only resource is to trace it back genealogically until you come to the parting of the ways.

The given-name origin from which it may come is plainly indicated in the form Heine. It is, of course, Heinrich, or Henry.

In most cases, however, you will find that the name traces back to the medieval city of Toiene, in Normandy, or to the locality of the same name in Devon. That the name in most instances comes from the place name is shown clearly by the number of times which it is met in the old records with the "de" prefixed. This word, as in modern French, had the meaning of "of," with something of "from" in it also.

KEEFE.

Variations—Keeffe, O'Keeffe, Keefer, Kiefer.

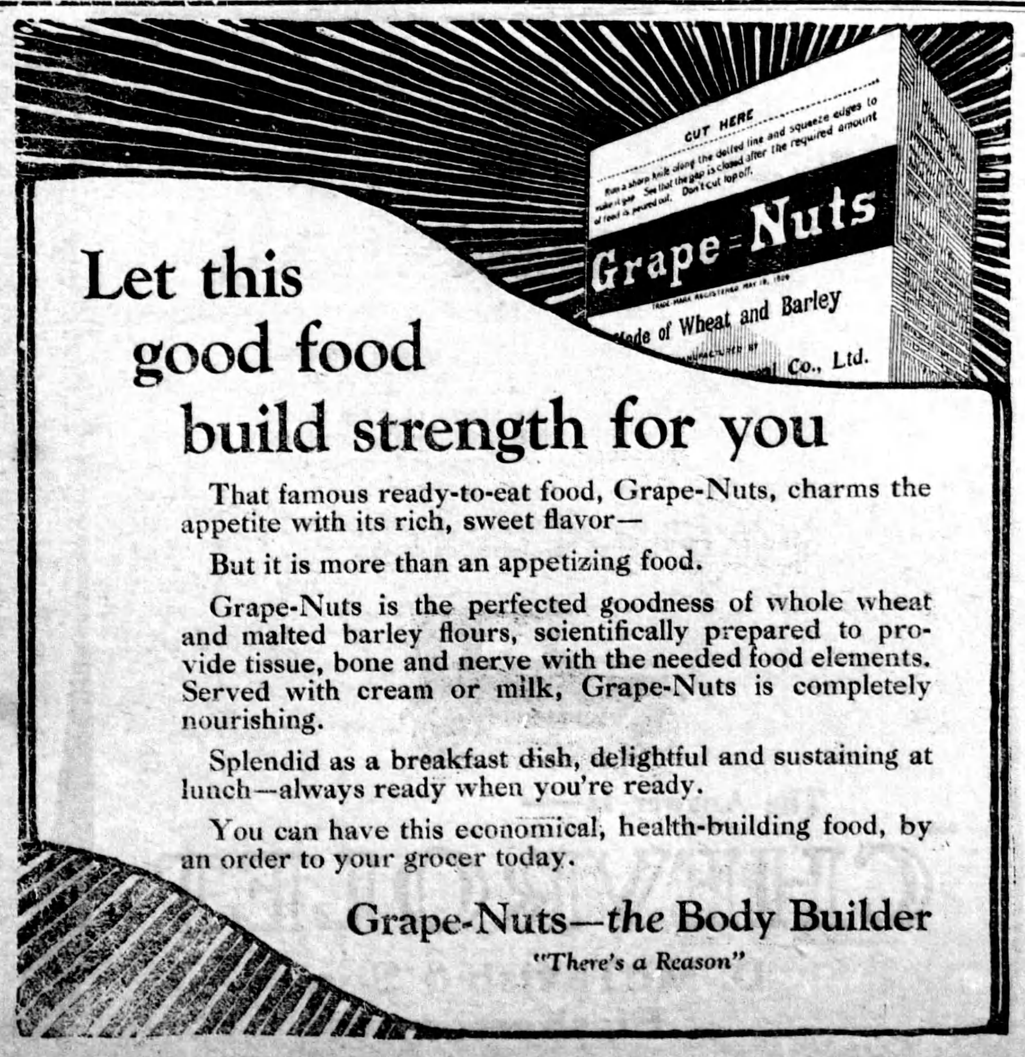
Source—A given name.

Here is an Irish Family name more ancient than the vast bulk of English hereditary surnames. It dates, as nearly as can be estimated, from about 950 A.D.

The forms Keefer and Kiefer sometimes represent Anglicized variations of this Irish name, but often are developments from Teutonic sources.

'Caomh" is the given name from which the name of O'Keefe is derived. In the Gaelic the clan or family name is spelled either "O'Caoimhe" or "O'Cefada," the former being the more generally accepted. And, strange as it may seem to one unfamiliar with the Irish tongue, the pronunciation of "O'Caoimhe" is very close to that of O'Keeffe, the three vowels "aoi" having a single sound and the aspirated "m" being pronounced virtually like an "f." It is different, but no more strange, when you stop to think of it, than some of the pronunciations of "ough" found in English.

The founder of this clan was a descendant, through twelve generations, from Aeneas, the first Christian King of Munster.



Let this good food build strength for you

That famous ready-to-eat food, Grape-Nuts, charms the appetite with its rich, sweet flavor—

But it is more than an appetizing food.

Grape-Nuts is the perfected goodness of whole wheat and malted barley flours, scientifically prepared to provide tissue, bone and nerve with the needed food elements. Served with cream or milk, Grape-Nuts is completely nourishing.

Splendid as a breakfast dish, delightful and sustaining at lunch—always ready when you're ready.

You can have this economical, health-building food, by an order to your grocer today.

Grape-Nuts—*the* Body Builder

"There's a Reason"

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."