GROWING BOYS AND GIRLS

Need Rich, Red Blood to Keep Up Health and Strength.

It is a mistake to think that anaemia is only a girl's complaint. Girls probably show the effect of weak, watery blood more plainly than boys. But many boys in their teens grow thin and weedy, showing that they have not enough blood, or that it is thin and watery. Let the boy in this condition catch cold and he will lose his strength and his health becomes precarious. To overcome this trouble give both your weak boys and girls Dr. Williams' Pink Pills and see how soon good appetite returns and the weak boy or languid girl becomes full of activity and high spirits. Mrs. P. Garvey, R.R. No. 5, Mono Mills, Ont., tells what this medicine did for her young son. She says:—"Three years ago, my little boy, who was then 11 years old, was very pale and weak, he would take fainting spells and complained of a pain about his heart. One day a lady friend who noticed his run-down condition told me her daughter had been in a similar state and found new health through Dr. Williams' Pink Pills. I therefore got a supply for my boy, and by the time the first box was used his appetite seemed better, and by the time he had taken half a dozen boxes everyone was surprised at the change in his condition, he was such a fine, healthy looking boy. He had grown tall and stout, with no signs of his former run-down condition. I believe Dr. Williams' Pink Pills are unexcelled for anyone weak and run down."

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

An English tank barge for transporting oil is steered by electricity and can be controlled from a vessel towing it.

Minard's Liniment for sale everywhere

The Only Way is Through.

The only way out of a job Bill knew
Was through!
He never once thought of going around
Or tunneling under it, into the ground,
Or turning back—none of these would do.
"The only way out of a job is through"
Said Bill; and—well, he proved that he knew.

"Let's build a derrick and go overhead,"
One said.
"The job is wrongly shoved on us;
It rightly belongs to the other cuss.
Let's slide right by and leave it flat."
But Bill with a grin said "None of that!
It isn't my job by rights, 'tis true.
But the surest way out of a job is through"—
Whatever they put on Bill, he'd do.

Bill learned a lot that none other knew,
Going through.
Jobs hunted Bill up and got in his way
Till it even affected the poor boy's pay!
And the others said: "Just watch that duck—
Some stupid fellows have all the luck!"
But luck had never a thing to do
With Bill's success, for the head guys knew
Bill's only way out of a stunt was through.

Now they call him "Boss," those others do;
And you
If you for your motto will take old Bill's
And use your several brains and wills
And look less oft at the office clock
Will soon have boosted your personal stock
Till the "luck" of Bill may be your "luck" too.
Remember his came because he knew
"The best way out of a task is through."

—Strickland Gillilan.

Considerate.

"Would you mind driving a little slower, old man?"

"Not getting scared, are you,"

"Oh, no, nothing like that, but I'd hate to take any unfair advantage of my life insurance company."

The Optimistic Time of Life.

Youth is always optimistic. It is always picturing the Promised Land ahead. Nature is a great diplomat. She knows she must hold up great inducements to youth in order to hold him to his task, to keep him from getting discouraged, giving up and turning back, to keep him going on. For example, the youth in school cannot see the use of all the things he has learned. Much of it seems dry, dreary drudgery to him. A similar thing is true of many things he has to perform. He says "what's the use of all this?" and but for this wonderful promise ahead of him, the bulletin boards advertising the great shows, the circuses that are coming, the youth could not be held to his task. He would give up.

What marvelous pictures of a home of his own Nature throws up on the youth's screen lest he forget and become selfish, living only for himself, saving only to gratify his own desires. But this fascinating home picture makes him reconciled to stick and dig and save.—Success.

CHOLERA INFANTUM

Cholera infantum is one of the fatal ailments of childhood. It is a trouble that comes on suddealy, especially during the summer months, and unless prompt action is taken the little one may soon be beyond aid. Baby's Own Tablets are an ideal medicine in warding off this trouble. The regulate the bowels and sweeten the stomach and thus prevent the dreaded summer complaints. They are an absolute safe medicine, being guaranteed to contain neither opiates nor narcotics or other harmful drugs. They cannot possibly do harm—they always do good. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Trysting Place.

When the day lowers and I can feel
My self-control grow weak,
A little closet hid away
I seek.

And if shut and bolt the door
On those I love,
'Tis only I may be alone
With One above.

A little while with Him, and lo!
The tangle's straight.
Surely that little door for me
Is Heaven's gate!

A little gate of heaven, I'm sure
That door must be,
For when I open it again
Heaven goes with me!

R. W. T.

Sentence Sermons.

A mule can not pull while he is kicking and he can not kick while he is pulling. Neither can you.

God will not look you over for diplomas and medals but for scars.

Some folks make their joys mere incidents and their sorrows great events.

What we are not up on we are generally down on.

The only motto some people seem to have is "If something ain't wrong, 'taint right."

If some sermons were as broad as they are long we would all be better off.

You can't own any more than you are worth.

Some people grow with responsibility; others swell.

Some people are absolutely punctual in being late.

The more we possss the more we are possessed by our possessions.

H. M. Stansifer.

Few things are more foolish than hating.

When Clouds "Speak."

Anyone who has observed a clear sky being quickly obscured by clouds must have wondered how such a state of affairs came about.

The water-vapor that is evaporated into the atmosphere manifests itself in many other forms than rain. All the clouds are due to it, for they are nothing but aggregations of excessively minute drops of water or crystals of ice, that have condensed out of the air because the latter has become too cool to retain them in the form of water-vapor.

The forms of clouds are endless and ever-changing, but there are certain characteristics which allow them to be grouped roughly into several classes. There are the thin feathery lines and bands commonly called "mares tails," floating nearly five miles high.

Somewhat lower are the "speckled," "mackerel," and "dappled" cloud effects.

Lower still, about a mile high, we see great rolling masses of clouds—the ordinary domed "woolpack" clouds of the summer sky. They are the dark clouds with the silver lining. The "woolpack" cloud is due to moisture carried upwards by ascending air-currents which have been warmed by contact with the ground. Here we have also the heavy grey ragged pall—the raincloud.

The gigantic "thundercloud" may sometimes grow until it becomes three miles deep from summit to base! It is simply a dense rain-cloud, which is the source of heavy summer showers. Often it is accompanied by storms of thunder and lightning. The latter is caused by the discharge of the electricity that has accumulated upon the raindrops in the cloud, the former being the audible effect of the discharge.

Light travels about a million times faster than sound, and therefore we see the lightning before we hear the thunder; both are, of course, actually simultaneous.

Hurricanes to Order.

Have you ever wondered how the varieties of weather—rain, fog, and wind—that one sees on the movie screen are produced? If artists and photographers waited for real weather such as they required to occur, a lot of valuable time would be wasted.

The simplest solution is to make your own weather, so that you can turn on just the type you want.

Three appliances are used. The first is the rain-maker, which looks like a lightly-made fire-engine. It is provided with a lattice-work tower on the top of which stands an operator who, by opening or closing taps, can produce either fine or heavy rain.

The rain is directed towards the air current made by the wind machine, and by varying the strength of the "wind," the "rain" can be made to fall gently or in wild driving squalls.

The wind-maker is nothing more than an engine with a large propeller mounted on a motor-lorry. By regulating the speed you can have a gentle breeze that will just ruffle the heroine's curls, or a hurricane which tears leaves and branches off the trees and buffets the players as severely as a real storm.

The fog machine, also mounted on a lorry, contains a number of metal nozzles with regulating valves. Through them a harmless white gas is liberated insuch quantities as may be necessary.

MONEY ORDERS.

The safe way to send money by mail is by Dominion Express Money Order.

Our Inheritance.

"I myself am good fortune," said Walt. Whitman. Why shouldn't we all say the same? Why shouldn't we be and have good fortune when we are the children, the heirs of the Creator of the universe? Why shouldn't we hold up our heads? Why shouldn't we be independent; why shouldn't the heirs to such a stupendous inheritance think well of themselves?

The heir of an earthly monarch holds up his head; thinks he is somebody; feels proud of his inheritance. But think of what the humblest human being has inherited in comparison—all of the good things of the universe! He has not only inherited the earth, but he has inherited the heavens, the sun, the moon, the stars. He has inherited the principles of love, of truth, of beauty, of sublimity, of power—everything that is worth while, everything that is good for him. We are all blessed with this great inheritance.—O. S. Marden.

Fresh Water Spring in Ocean.

A fresh water spring which comes from the bed of the sea with sufficient force to be distinguishable from the salt water which surrounds it is one of the curiosities which may be witnessed at this time of the year off Elbury Cove, Torbay, England.

The real source of the phenomenon has never been located but it is surmised that the accumulated rainfall somewhere in shore creates pressure sufficiently strong to force an outlet on the ocean floor one hundred yards from shore.

The difference in color is marked enough so that the fresh water can be told from the salt from the beach and yachts have been able to refill their water casks from the supply of fresh water which is absolutely untainted.

Plane Truth.

Mose—"Dis here flying business am a mighty ole venture."

Rastus—"How come you say dat?"

Mose—"Didn't de parson say dat Ecau sold his 'heirship' to Jacob?"

ISSUE No. 30—'22.

MUNN AND WIFE NOW ENJOYING BEST OF HEALTH

Toronto Couple, After Putting Tanlac to the Test, Declare it Restored Them Both to Splendid Condition.

"My wife and I put Tanlac to the test and we both think it is a wonderful medicine," said Edward Munn, of 123 Rose Ave., Toronto, Ont.

"For three years I was in a general run-down condition from stomach trouble and indigestion. The little I ate would cause gas to form so badly I was miserable most of the time. I was troubled continually with constipation and frequent dizzy spells made me feel like I would fall if I stooped over. I was always having headaches and towards the last I got so weak I was fagged out all the time.

"I hadn't gotten far on Tanlac before I knew I was getting better and now I feel fine in every way. My wife was badly run down, too; and Tanlac was just as effective in her case. We are now enjoying excellent health and are glad to recommend Tanlac for it certainly does the work."

Tanlac is sold by all good druggists. Advt.

A Difficult Task.

A couple of elderly merchants, in the course of an altercation touching some business matter, so far forgot their dignity as to threaten each other with bodily violence, the first declaring his intention to pull the other's ears.

The threatened one was so indignant that he confided in a third merchant, to whom he repeated the threat, adding:

"If he tries it, he will have his hands full."

And he wondered why his friend smiled.

Tripoli has no rivers and rain seldom falls.

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.

CUTICURA HEALS LARGE ERUPTIONS

On Face. Sore and Disfiguring. In Blotches and Burned.

"Small pimple-like eruptions came first on my face. They were sore and disfiguring, and were also large and red. They festered and came to a head, and they were in blotches and burned.

"I had these on my face for about a month before I used Cuticura Soap and Ointment. I could feel the pimples getting better after a few days' treatment, and I used one cake of Cuticura Soap and one box of Cuticura Ointment when I was healed." (Signed) Miss Florence Thayer, Wright, Quebec.

Cuticura Soap, Ointment and Talcum promote and maintain skin purity, skin comfort and skin health often when all else fails.

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

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.

Ventilation.

A room cannot be properly ventilated without a certain amount of draft. If you have sufficient clothing to keep you warm and comfortable you can have opposite windows open without danger of catching cold.

Minard's Liniment Relieves Neuralgia

Following His Lead.

"Hello, Harris, back form Paris?"

"Yes—that is to say, back from Paree."

"Ah, And how is Mrs. Harree?"

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

PETRIE'S MACHINERY TORONTO

OF INTEREST TO WOMEN

Nurse Recommended Use of Lydia E. Pinkham's Vegetable Compound

Bothwell, Ontario.—"I was weak and run down, had no appetite and was nervous. The nurse who took care of me told me to try Lydia E. Pinkham's Vegetable Compound, and now I am getting strong. I recommend your medicine to my friends, and you may use my testimonial."—Mrs. D. Maxwell, R. R. No. 2, Bothwell, Ontario.

The reason why Lydia E. Pinkham's Vegetable Compound is so successful in overcoming woman's ills is because it contains the tonic, strengthening properties of good old-fashioned roots and herbs, which act on the female organism. Women from all parts of the country are continually testifying to its strengthening, beneficial influence, and as it contains no narcotics nor harmful drugs it is a safe medicine for women.

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

Surnames and Their Origin

SWINBURN.

Racial Origin—English.
Source—A given name.

This is an English family name widely known, but one which might well give you something to puzzle over in its origin, or at least in one of its origins, for it has two.

As you might see, if you went carefully over a map of Northern England, there is a locality in Northumberland which bears this name, and undoubtedly in many instances the family name came into being in the form "de Swinburn," indicating that the bearer had come from this place.

The other origin is only revealed upon more painstaking research.

It lies in a Norse given name of which we of to-day might well be pardoned for not knowing—the name of 'Sveinbjorn," the meaning of which was "young bear" or "boy-bear."

In the north of England, as well as along the west coast of Scotland, the Norse influence was at one time very strong. In fact, numerous expeditions of the Vikings left settlers in many localities, thereby bringing as much influence upon the nomenclature of England and Scotland as did the Danes.

The given name of "Sveinbjorn" would naturally, within a few generations, be softened into an Anglo-Saxon form, and then, following the period of Norman dominance, come to the surface finally as Swinburn.

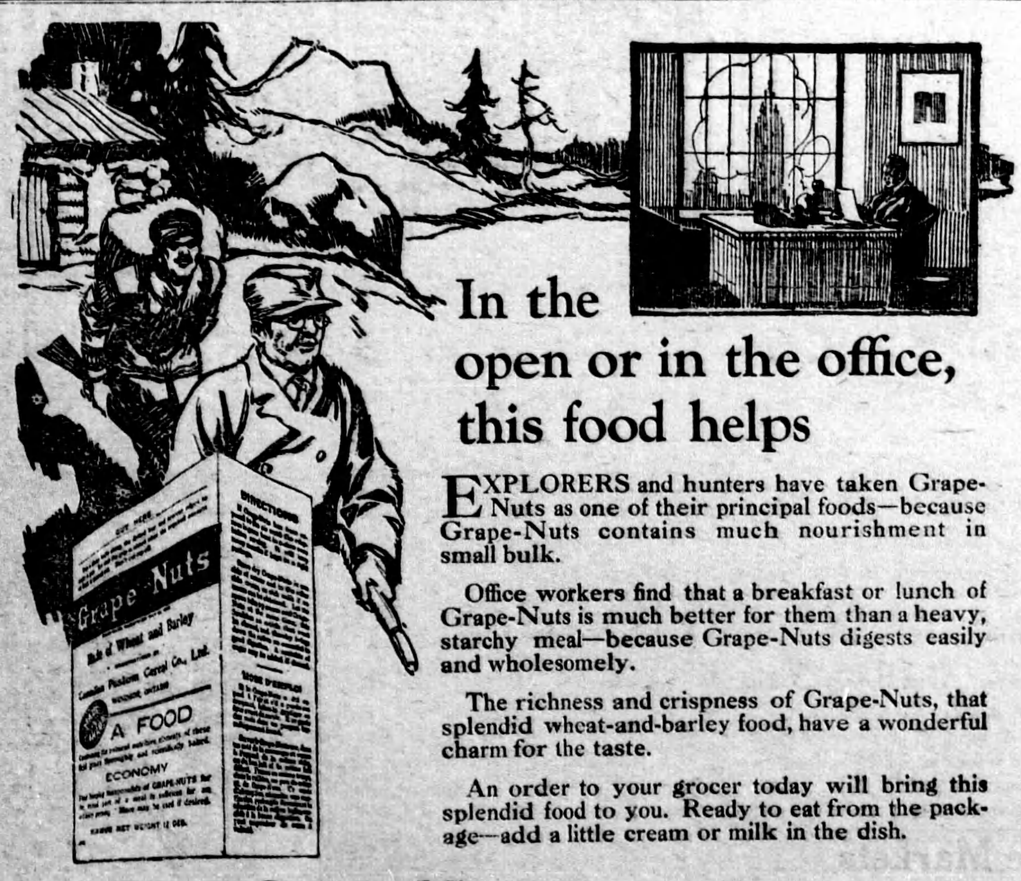
DABNEY

Variation—Abney.
Racial Origin—French and Norman-French.
Source—A locality.

There is something English-sounding about both of these family names. But you can't always go by the sound of a name, nor yet by its spelling. And many names originating outside the English tongue when transferred into it so change in their spelling as to be unrecognizable unless you trace them back to their sources.

In France, in the department of Berry, there is a city called Aubigny. It is the name of this city from which these family names come. Unless you search the records in the individual cases there is no way of telling just when the name came into the Eiglish from the French. With the foregoing spellings it seems fairly reasonable to suppose that they did so some time ago, for in later years the tendency has been to preserve French spelling rather more than has been the case here. In some cases the name may have come over in Norman times. In others it may have been brought into England by Huguenot refugees.

Originally, "D'Aubigny," it is quite clear that the name indicated the bearer has come from that place. In some instances the prefixed "d" was incorporated in the name, giving the form Dabney. In others it was dropped, making the name Abney. The former is more common than the latter.



In the open or in the office, this food helps

EXPLORERS and hunters have taken Grape-Nuts as one of their principal foods—because Grape-Nuts contains much nourishment in small bulk.

Office workers find that a breakfast or lunch of Grape-Nuts is much better for them than a heavy, starchy meal—because Grape-Nuts digests easily and wholesomely.

The richness and crispness of Grape-Nuts, that splendid wheat-and-barley food, have a wonderful charm for the taste.

An order to your grocer today will bring this splendid food to you. Ready to eat from the package—add a little cream or milk in the dish.

Grape-Nuts THE BODY BUILDER
"There's a Reason"
Made by Canadian Postum Cereal Co., Ltd., Windsor, Ontario

ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all

BAYER

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."