WORRIED WOMEN NEED RICH BLOOD

If the Blood is Not Kept Pure Health Will Break Down.

It is useless to tell a hard working woman to take life easily and not to worry. To do so is to ask the almost impossible. But, at the same time, it is the duty of every woman to save her strength to meet any unusual demands. It is a duty she owes herself and family, for her future health may depend upon it.

To guard against a complete breakdown in health the blood must be kept rich, red and pure. No other medicine does this so well as Dr. Williams' Pink Pills. This medicine strengthens the nerves, restores the appetite and keeps every organ healthily toned up. Women cannot always rest when they should, but they can keep their strength by the occasional use of Dr. Williams' Pink Pills. Among those who have found benefit from this medicine is Mrs. Cora Conrad, Broad Cove, N.S., who says: "My system was very much run down, and my blood poor and watery. I suffered a great deal from headaches and dizziness; my appetite was poor, and I tired easily. I decided to try Dr. Williams' Pink Pills and have every reason to be glad that I did so. Soon I felt better, and under the continued use of the pills the headaches and dizziness were gone, and my blood seemed in a better condition than before. For this reason I recommend Dr. Williams' Pink Pills."

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

Sticks.

The Boy—"Sis, why can't Mr. Cuthbert spell his own name?"

Sister — "I don't know, Tommy. Why?"

The Boy—"Because he comes to C U, and there he sticks."

Minard's Liniment for sale everywhere

Carry yourself with a self-confident air, and you will not only inspire others with a belief in your strength, but you will come to believe in it yourself.

On the Seaboard.

The surf is pounding on a white beach
leagues away,
A ridge of snow that rides and rides
Upon the shoreward moving tides
That roll from half across the world
beyond the gray.

A distant surging steamer trails her
smoke clouds far
Faint stain upon the misty rim
A craft outbound for province dim,
Or silver bay beneath the burning
tropic star.

Untiring seagulls dip and wheel in
graceful arc,
White wings above the foam and
spray
That swing across the seaboard day,
Until from main mysterious comes the
edging dark.

—Thomas J. Murray.

Weighing Liners.

When you are told that the largest ship in the world has a tonnage of 56,551, you realize that these figures mean something enormous, but do not know how they are discovered or what they really convey.

Tonnage is of two kinds—the gross register and the displacement. The first means the cubic capacity of the whole of the interior of the ship's hull, added to that of all erections on desk, but not including the space occupied by machinery. This is calculated in units of 100 cubic feet. Thus the gross register of the White Star liner Majestic is 5,655,100 cubic feet.

The displacement of a vessel is the actual weight, which is discovered by measuring the amount of water that its hull displaces. The hull under the water is measured, and the amount of water which would occupy its place is calculated in cubic feet. The result is divided by thirty-five—or, in the case of a ship measured in fresh water, by thirty-six. Thus the tonnage displaced is discovered.

This method was introduced by Archimedes, the Greek scientist, who found that the amount of water displaced by a floating object is equal to its weight.

Electric Flatiron is Made in Complete Sections.

Feeling that there was a demand for an electric iron that could be varied in weight, an inventor has developed one made in sections, each of which is a complete unit with heating element, sole and pressure plates, and terminal pirs.

A NEW CHAMPLAIN MONUMENT

Which is to be erected at Orillia, Ontario. It is the work of Vernon March, an Englishman. The monument measures twelve feet, and the pedestal, which is eighteen feet, will give it a total height of thirty feet.

Never Look Back.

One of the last messages that Cardinal Gibbons left for young people was the excellent bit of advice "never look back." He said that, no matter what their age, when men begin to look backward they are getting old. He never allowed himself to look back; he was always to the last, looking forward, to something better than had ever come to him in the past.

Any one who forms the habit of looking back, of living in the past, regretting that he had done this or hadn't done that, will never accomplish much in the present; and his future will be like his present.

Another bit of advice from Cardinal Gibbons to young men was: "Expect great things of yourself."

What we expect is what comes to us, if we expect it with enough intensity, and struggle intelligently enough and persistently enough to realize the thing we want.

When you expect great things of yourself you prepare for great things; you have faith that they are coming to you, and you get ready for them. There is a mental law at work that draws to you the thing you expect and work for. If you don't expect anything unusual, anything but the ordinary experiences of ordinary mortals, you will get nothing extraordinary, nothing unusual, nothing great; for always the thing you expect, the thing you hold in mind is what will come to you whether you like it or not.—Success.

A Marital Obligation.

"I must say these biscuits are fine!" exclaimed the young husband.

"However could you say those were fine biscuits?" whispered his mother as the fair bride went to get more from the kitchen.

"I didn't say they were fine, mother," replied the young man; "I merely said I must say so."

SUMMER COMPLAINTS KILL LITTLE ONES

At the first sign of illness during the hot weather give the little ones Baby's Own Tablets or in a few hours he may be beyond aid. These Tablets will prevent summer complaints if given occasionally to the well child and will promptly relieve these troubles if they come on suddenly. Baby's Own Tablets should always be kept in every home where there are young children. There is no other medicine as good and the mother has the guarantee of a government analyst that they are absolutely safe. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Loyal to Dad.

Little John was sent alone to the barber shop for a haircut.

The barber, in his joking way, inquired what kind of a haircut he wished, and then pointed to the man in the chair. "Do you want one like this man is getting?"

"No sir," the little fellow returned after he had looked at the man. "If you have to cut it like somebody's just cut it like my dad's, with a little hole in the middle."

MONEY ORDERS.

Pay your out-of-town accounts by Dominion Express Money Order. Five Dollars costs three cents.

The Substitute.

Knicker—'What has succeeded the old fashioned family album?"

Bocker—"Passports, thumb prints and motorists' cards."

Minard's Liniment Relieves Neuralgia

Settlers Thronging to British Columbia.

The plow has become the rival of the buzz-saw in British Columbia. Time was a few years ago when lumbering overshadowed all other industries in the province. The prosperity of the province depends largely upon it.

It is still a basic industry. The sawmill has decimated the once magnificent forests of the United States. The vast virgin woods of British Columbia offer the lumberman the most profitable field on the American continent.

By wrecking the industry in Russia, the greatest lumbering nation in the Eastern Hemisphere, the war gave renewed importance to the Pacific slope of Canada. Not in history has there been such a demand for lumber as arose for home building in devastated Europe after the war. In the years following the armistice the export lumber trade of the province has broken all records.

But this is also a record era for settlement. For the first time the influx of homeseekers into British Columbia has rivaled that of the prairie provinces. The farmer has followed the lumberjacks. Where forests stood are golden grain fields.

How agriculture has gained on lumbering is shown by recent statistics of the British Columbia Manufacturers Association. According to these figures the volume of business of basic industries in the province last year was: Lumber, $64,970,000; agriculture, $60,065,000; mining, $23,066,641; fishing, $22,329,000; other industries, $58,000,000.

Caricature is one of the oldest forms of art.

ISSUE No. 36—'22.

Two in Family Are Restored By Tanlac

One of the outstanding features of Tanlac is that very often several members of the same family are restored to health by it. Thousands of such cases are on record and it is now the family medicine in countless homes throughout the U. S., Canada, Mexico and Cuba. Mrs. Bert Hewer, 193 East Ave., North Hamilton, Ont., says:

"My health was so broken down that I was unable to do my housework, but Tanlac built me up wonderfully and I now feel fine. My son and daughter also took Tanlac with good results. We call it our family medicine."

There is not a single portion of the body that is not benefited by the helpful action of Tanlac. By enabling the stomach and other vital organs to perform their functions properly, the whole system is nourished, purified and strengthened. Get a bottle to-day at any good druggist.

Why Black for Mourning?

The custom of wearing black as a sign of mourning originated with Anne, the wife of Charles VIII., of France, who, at the death of her husband, surrounded her coat-of-arms with black, and wore black in token of her widowhood. This was then in direct opposition to the usual custom, which was to wear white as the symbol of mourning. The royal fashion was adopted, and has ever since remained.

What One of the Best Known Travellers in Canada Says.

"Now I am going to give you an unsolicited testimonial as they say in the patent medicine advertising. Heretofore I have had a profound contempt for patent medicines, particularly so-called liniments. Perhaps this is due to the reason that I have been blessed with a sturdy constitution and have never been ill a day in my life. One day last fall after a hard day's tramp in the slush of Montreal, I developed a severe pain in my legs and of course like a man who has never had anything wrong with him physically, I complained rather boisterously. The good little wife says: "I will rub them with some liniment I have." "Go ahead," I said, just to humor her. "Well, in she comes with a bottle of **Minard's Liniment** and gets busy. Believe me the pain disappeared a few minutes after, and you can tell the world I said so."

(Signed) FRANK E. JOHNS, Montreal.

PETRIE'S MACHINERY TORONTO

CUTICURA HEALS SCALP TROUBLE

On Child. Broke Out In Pimples, Head Scaly. Used To Itch.

"When my little girl was two years old she had a severe case of scalp trouble which broke out on her head in pimples. When the pimples came off her head was scaly and used to itch so that she was always scratching.

"I tried all kinds of remedies but in vain. I sent for a free sample of Cuticura Soap and Ointment which helped her. I bought more and after two weeks she was completely healed." (Signed) Mrs. Lillian Fortier, 104 Unit St., Providence, R. I., Feb. 11, 1921.

Cuticura Soap, Ointment and Talcum are all you need for every-day toilet and nursery purposes.

Sample Each Free by Mail Address: "Cuticura, Dept. 26, Malden, Mass." Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Soap shaves without mug.

Classified Advertisements

WANTED—YOUNG LADIES WITH Good Education to Train as Nurses, Wellandra Hospital, St. Catharines, Ont.

LADIES—DO YOUR OWN HEMSTITCHING and picoting; attachment fits any machine, $2.50; buttonhole, $8; duty free; agents wanted. E. STEPHENSON, 22 Quincy Street, Chicago.

AGENTS WANTED.

WHOLE OR PART TIME TO SELL our complete line of electric fixtures and appliances from our catalogue. Liberal commission. W. P. Earle Electric Supply Co., 1284 St. Clair Ave., Toronto.

SEASON OF 1922 OFFERS AN EXCEPTIONAL opportunity to earn from ten to fifty dollars weekly with our line of personal greeting cards; there will be a big demand this year; whole or spare time may be devoted to the work; samples free; write for full details. Carlton Publishing Co., Dept. W.P., 326 Spadina Ave., Toronto.

FOR SALE.

YARN—WONDERFUL VALUES AND Colors, samples free—Georgetown Woollen Mills, Ont.

HENS WANTED ALIVE 23 CENTS a pound. Albert Lewis, 666 Dundas West, Toronto, Ont.

ONE HUNDRED ACRE FARM ON Huron Road (Provincial Highway) near Clinton; two spring wells, splendid buildings, good orchard and fences. For terms and further particulars apply to: G. A. P. Brickenden & Co., Barristers, &c., London Loan Bldg., London, Ont.

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

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

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.

WONDERFUL THE WAY IT HELPED HER

So Writes Mrs. Lemery of Brockville, Ontario, Regarding Lydia E. Pinkham's Vegetable Compound

Brockville, Ontario.—"I took Lydia E. Pinkham's Vegetable Compound for weakness and female disorders. I was so weak at times that I could not stand up. I had been this way for nearly three years and the different medicines I had taken had not done me any good. I found one of your little books in my door one day and thought I would give it a trial. I am now on my fifth bottle and it is wonderful the way it has helped me. I am feeling much better, have no weak spells and can do all my work now. I am recommending your Vegetable Compound to all I know and you can use my testimonial to help other women."—Mrs. Casey Lemery, 176 Abbott St., Brockville, Ontario.

Lydia E. Pinkham's Vegetable Compound is a medicine for women's ailments and has a record of nearly fifty years behind it.

Surnames and Their Origin

HEBER

Racial Origin—English.
Source—A place name.

Though one of the first Milesian Kings of Ireland, back some 1,700 years or so B.C., was named Heber, it would be drawing a very long bow to attempt to connect the modern family name of Heber with this ancient Gaelic chieftain.

As a matter of fact, our family name of Heber is not of Gaelic origin at all, but is the development of an Anglo-Saxon place name.

Up in the north of England is a place called Haybergh, which to-day, if we were naming it, we might call "Hedgeton," for the two names are synonymous.

And like other place names, it was often used in the Middle Ages as a personal surname, indicating that a person had come from that place. In some twelfth century records there is an entry of the name of one "Ernulphus de Haybergh," and from that time on the name is clearly traceable in its various changed forms. From "Haybergh" it became "Heibire" (the "gh" having been silent), then "Heiber" and finally "Heber."

KINNAIRD

Variations—Kinnard, Kinaird.
Racial Origin—Scottish.
Source—A place name.

Here is one of those family names which is Scottish in origin, but the bearers of which are not necessarily originally of Scottish blood, or at least not necessarily of Gaelic blood.

Kinnaird, you see, was a place name in the middle ages. It was a barony established by one Radulphus Rufus (Radulphus the Red), a Norman chieftain who got a grant to the territory from King William the Lion.

Historically, of course, the family name is best known as the surname of the family, which this Radulphus founded.

But it does not follow by any means that all or even a majority of the people who to-day bear this surname are descendants of this name Radulphus or any branch of his family.

It was most natural, of course, for members of the nobility to take as their family name the names of the territories over which they held sway. But commoners as well took the names of places from which they had come, or with which they were in any special way connected.

The right breakfast makes the day's work easy

HEAVY, starchy foods slow down both body and mind. Grape-Nuts speeds them up for the day's work.

This wholesome, healthful cereal food is made from prime wheat and malted barley, baked for 20 hours to insure easy digestion and perfect assimilation.

All the nutritive and mineral elements of the grains, which Nature needs to feed the tissues, glands, bone and blood, are retained in Grape-Nuts.

Weight for weight, there is more actual nourishment in Grape-Nuts than in roast beef. A Dominion Government analysis shows that Grape-Nuts contains 1799 calories to the pound, whereas a rib roast of beef as purchased (with its 20% of refuse) is known to contain but 1110 calories to the pound.

Delicious Grape-Nuts is most economical, too, affording more breakfasts in less bulk than any other cereal food.

Sold by grocers everywhere

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 Genuine

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."