IN THE SHADOW OF POOR HEALTH

In This Condition Relief Comes Through Dr. Williams' Pink Pills

When the shadow of poor health falls upon you; when hope fades and life itself seems scarcely worth living, then is the time you should remember that thousands just as hopeless as you feel, have been restored to the sunshine of health through the use of Dr. Williams' Pink Pills. The rich red blood which these pills actually make, strengthens the whole system. The nerves are strengthened, headaches vanish, the appetite improves, and once again there is joy in life. Among the thousands benefited by the use of this medicine is Mrs. Jos. Robinson, Shawa, who says:—"Some time ago I was in an anaemic condition and so weak I would faint away at times. I had no appetite, could not do my housework; in fact life seemed scarcely worth living. I was exceedingly ill and tried doctor's medicine with good result. Then one day I saw Dr. Williams' Pink Pills recommended for a similar condition, and I got a supply. I continued taking the pills until I had used about a dozen boxes, and they have made me a well woman. I can now do a good day's work about the house, have no more fainting spells and can go about more actively than I did before. I believe these pills just the thing for pale, weak girls and women, and if given a fair trial will do for them what they have done for me."

You can get these pills through 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.

Nutcracker is Powerful and Easily Controlled.

Perfect control of the power exerted on a nut in cracking the shell is possible with the use of a nutcracker. The appliance has a solid felt-lined base and a ratchet, or gear, arrangement operated by a long handle, that gives the user ample leverage in breaking the hardest shells without scattering them in all directions, or smashing the kernels into little bits.

Tortoises and turtles have no teeth.

Old Theories That Have Been Killed by Modern Thought.

Ignorance often develops into a belief, and belief in turn becomes a custom. One of the best examples of this is the placing of the engagement-ring on the third finger.

This is the result of an old belief, still widely taken for fact, that there is a nerve in the third finger in direct communication with the heart. Tihs gave rise to the idea of placing the ring on the third finger.

Of course, there is not a shred of truth in this belief. The third finger is no different from any of the others; but, all the same, it has developed into a custom.

Another equally curious belief is that, should a person cut himself in the space between the first finger and thumb, he is more than likely to get yock-jaw. It is a belief absolutely without foundation, except, perhaps, that a wound in that part of the hand, owing to its free movement, takes a long time to heal, and is therefore more likely to get dirt into it, which might cause lock-jaw.

A common belief exists that our bodies undergo complete change once in seven years. As to why seven years nobody knows, but many people have that firm conviction.

Actually the human body is undergoing change the whole time. In moving an eyelid, even, some of the tissue or muscle is literally being burnt up, and is renewed from the blood. The very process of seeing or thinking destroys some of the brain. A boxer will lose as much as nine pounds in weight in a single fight, which means that that much muscle has been decomposed.

In this way it will be seen, that different peoples bodies are completely renewed in different periods of time, those in hot countries, or leading a strenuous life, being completely renewed in the shortest time.

Ask for Minard's and take no other.

What We Call Dust.

Dust is made up of particles of unburned carbon from smoke, fragments of wool, cotton and hair, living organisms and finely-divided mineral matter. All are constantly being cast into the air and they slip through cracks of houses and settle. After billions of particles have fallen we say the floor is dusty.

Everybody expects courtesy but not so many are willing to give it.

A Belated Discovery.

Mrs. Garker came home from a call one day in such a disturbed condition that it was evident that tears were not far in the background. She lost no time in beginning her explanation.

"Edward," she said to her husband, "I am so mortified. I don't know what to do!"

"What's the matter, Jane?"

"I've just been calling on Mrs. Peters. You know her husband, Marshall?"

"Yes."

"Well, I just learned to-day that 'Marshall' is not his title at all. Marshall is his first name."

"Why, certainly. I've always known that. What is there mortifying about it?"

"Nothing," said Mrs. Garker, with a groan, "only I've been calling him 'Marshal' every time I've met him for months and months!"

CHILDHOOD AILMENTS

The ailments of childhood—constipation, indigestion, colic, colds, etc.—can be quickly banished through the use of Baby's Own Tablets. They are a mild but thorough laxative which instantly regulate the bowels and sweeten the stomach. They are guaranteed to contain no harmful drugs and can be given to the youngest baby with perfect safety. Concerning them Mrs. Alcide Lepage, Ste. Beatrix, Que., writes:—"Baby's Own Tablets were of great help to my baby. They regulated her bowels and stomach and made her plump and well." The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Should the Accompanist Not Share Honors With the Singer?

Why is it that an accompanist doesn't share equal honors with a singer? We go to a concert and applaud loudly the singing of some soloist, but the poor pianist who often gets the lion's share of the work goes unnoticed. It isn't fair, is it?

It doesn't take any great stretch of the imagination to see that a song wihout an accompaniment is practically useless. Indeed, oftentimes it is the accompaniment which make a song Picture, if you can, anyone attempting to sing Tennyson's "Crossing the Bar" without the piano or organ accompanying the soloist. And yet when the soloist finishes, the applause and cheering is directed toward the singer, seldom toward the accompanist. Sometimes an accompanist is not even mentioned in a concert notice. He is taken for granted.

Some few years ago a young lady and gentleman sought to draw attention to this anomaly by giving a "Song and Accompaniment" recital in London, England. The young man who did the accompanying, chose the songs and played the whole program of about twenty numbers by heart—a feat of memory that surely is not common—and yet not a single critic (and there were many present) noticed it or thought it worth recording.

This aricle is not written to disparage the work of the singer. Rather is it a plea for a higher appreciation of the art of accompanying. And goodness knows, with a dearth of accompanists as there is to-day, we need to encourage the art in every possible way. Give a thought to the accompanist!

We Get You, Willie.

"Now, Willie," said the teacher of the juvenile history class, "you remember who won the Battle of Waterloo?"

"It was the Juke of Wellington."

"Yes, and who came to his assistance and helped him to win it?"

"A feler named Upgardson Atom."

Needed, an Interpreter.

All that I wanted, writes a contributor to the Youth's Companion, was a spool of white thread. So, although it was my first morning in old Oxford, I set forth on my quest. A person should have no difficulty in a place where his own language is spoken. Certainly not!

Nearing the business district, I stopped a bright-faced boy and asked him where I would find the nearest dry-goods store.

"Dry-goods store? Store, ma'am? What now would you wish to store?"

"Shop, I mean," I said, correcting my mistake hastily. "Dry-goods shop."

"Dry goods? What would dry-goods be, ma'am?"

"Why, cloth, of course, and things of that kind. Goods, you know."

"Oh, cloth! You would be wanting a draper's shop Turn to your right at yon corner, and there'll be a draper's."

Thanking him, I went on and entered the draper's shop, which at first glance appeared for all the world like a dry-goods store. I asked for a spool of white thread.

"Thread? Very sorry, ma'am, but this is a draper's, and thread can be had only at a haberhasher's."

"But isn't a haberdasher a person who deals in men's furnishings?"

"Not in the least, madam. It is a shop of pins, needles, buttons, thread and the like. There is on a bit of a way on."

I found the haberdasher's shop, which was merely a notion store. Sure of my ground at last, I asked a rosy English girl for a spool of white thread. She fetched a ladder and climbed to the highest shelf, where after some rummaging she found a ball of cord!

'Oh, no," I protested; "I wanted thread."

"Certainly, ma'am; this is thread"

"Help!" I almost cried. Then I patiently explained: "What I want is—is something with which to mend, to sew a shirt waist."

"Shirt waist? Shirt waist?" The girl pondered.

I pointed desperately to the shirt waist that I was wearing

"Oh, blouse!" she cried. "Perhaps what you wish is a reel of cotton."

Thereupon she produced, joy be, my coveted spool of thread!

MONEY ORDERS.

Send a Dominion Express Money Order. They are payable everywhere.

The Place of Music in Our Civilization.

It has been said by a great musician that the music of the brass band is the most perfect expression of a nation's feelings, of its joys and sorrows, its hopes and aspirations. To no other appeal will the masses of people, men, women and children, rise so quickly. The music of the brass band fires ambition in the laggard. Many a soldier was inspired to bravery in battle by its music. It gives them an indefinite sense of exhilaration, it makes their hearts beat faster, it smoothes the discords of nature into harmony, it arouses the finest enthusiasm and it puts bravery in the heart that is timid.

Music is a great force in civilization. Every period of intellectual activity, social or political, reacted upon music. To illustrate, we need but refer to the formal character of the music of the period preceding the French revolution and the freedom and vigor imparted by the spirit of Romanticism which followed in the wake of that great political movement, a difference strikingly illustrated in the music of Haydn and Beethoven, Clementi and Schumann. The science of music had a high place in Chinese philosophy, the sages alone comprehended the canons, and the mandarins were considered superior in point of musical knowledge. Interesting dates are given showing how early the Chinese had developed a science of music. In 2277 B.C., for example, there were 22 writers on the dance and music, 23 on ancient music, and 25 on the construction of the scales. These facts imply many years of previous development before the time when works treating of the science of music would be prepared.

Gum of Sudan.

From far off Sudan comes one of our most useful commodities. The adhesive gum that sticks our stamps to our letters and which is used for so many other purposes, can be traced from our desk straight back to the bank of the crocodile infested Nile, with its overhanging palm trees and its myriad hordes of chattering monkeys. Big tawny camels and brown-gray donkeys heavy laden with gum from Kordofan, make their way to Durim, above Khartum, where it is unloaded by half-naked natives. The precious cargo is then placed upon various kinds of crafts for shipment to Omdurman. From this city it is sped by rail to uses which the natives never heard of.

Huge Steel Making Plant in India.

Plans are already well under way for the erection of a large-capacity iron and steel works and rolling mill in India. The plans call for the use of the most modern improvements and labor-saving devices. Iron ore of high quality, suitable fluxes, and excellent cooking coal occur close together, and in large quantities. This condition, in connection with the low-priced labor available in India, should contribute to the production of steel at a remarkably low figure.

ISSUE No. 38—'22.

Rheumatism And Dyspepsia Are Soon Ended

Victims of stomach trouble and rheumatism often find that when their stomach is set in order, the rheumatism disappears. Thousands of people everywhere have testified that Tanlac has freed them of both troubles simultaneously. T. G. Maitland, 147 Adelaide St., London, Ont., says:

"My digestion got so bad I would bloat all up and I suffered from constipation and biliousness, splitting headaches and dizzy spells. I had rheumatism in my joints and often just ached all over. I never have an ache or pain of any kind since taking Tanlac and never felt better in my life."

Badly digested food fills the whole system with poisons. Rheumatism and many other complaints not generally recognized as having their origin in the stomach quickly respond to the right treatment. Get a bottle of Tanlac to-day at any good druggist. Advt.

The Poor Boy's Keys.

A Canadian youth who has learned the alphabet has the key to the treasure-houses of the earth, good books, and what a treasure that is. The youth who can read needs no outside help, either to make himself a highly educated man or a successful man.

Health and the alphabet are all that a youth needs in this country, in order to make himself felt in the world.

The Milan Cathedral is decorated with over 2,000 statues rising hundreds of feet above the streets.

Rural Route No. 1, Mascouche, Quebec.
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.

COARSE SALT
LAND SALT
Bulk Carlots
TORONTO SALT WORKS
C. J. CLIFF - TORONTO

ECZEMA ON FACE ITCHED TERRIBLY

In Pimples For About A Year. Hardly Slept. Cuticura Heals.

"I was troubled with eczema for about a year. It broke out in pimples on my face and in a few days would blister. At night I hardly slept a wink on account of the terrible itching, and when I scratched my face it would burn. I was disfigured terribly.

"I saw an advertisement for Cuticura Soap and Ointment and sent for a free sample. I bought more, and after using two cakes of Soap and one box of Ointment I was healed." (Signed) Mrs. David Betz, 4159 Fox St., Denver, Colo.

Rely on Cuticura Soap, Ointment and Talcum to care for your skin.

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 WITH Good Education to Train as Nurses, Wellandra Hospital, St. Catharines, Ont.

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.

FOR SALE.

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

There are few occupations quite so futile as comparing the past with the present—to the disadvantage of either.—Sir Philip Burne-Jones, The Famous Painter.

Minard's Liniment for Distemper.

Ceylon has always been the chief locality for pearl fishing.

Pike are said to reach an age of 250 years, by some authorities.

American'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.

PETRIE'S MACHINERY TORONTO

HER AILMENTS ALL GONE NOW

Mrs. Sherman Helped by Lydia E. Pinkham's Vegetable Compound

Lake, Michigan.—"About one year ago I suffered with irregularities and a weakness and at times was obliged to stay off my feet. I doctored with our family physician and he finally said he could not understand my case, so I decided to try Lydia E. Pinkham's Vegetable Compound. After I had taken the first bottle I could see that I was getting better. I took several bottles of the Vegetable Compound and used Lydia E. Pinkham's Sanative Wash and I am entirely cured of my ailments. You may publish this letter if you wish."—Mrs. MARY SHERMAN, Route 2, Lake, Mich.

There is one fact women should consider and that is this. Women suffer from irregularities and various forms of weakness. They try this and that doctor, as well as different medicines. Finally they take Lydia E. Pinkham's Compound, and Mrs. Sherman's experience is simply another case showing the merit of this well-known medicine.

If your family physician fails to help you and the same old troubles persist, why isn't it reasonable to try Lydia E. Pinkham's Vegetable Compound?

Surnames and Their Origin

FOX

Variations—Sinnock, Sinnoch, Sceny, Reynard, Reynardson.
Racial Origin—Irish.
Source—A nickname.

It is not the same family name as Fox which comes from the Anglo-Saxon source in the given name of "Fox" or "Fulque."

Though they may not look it, Fox, Sinnoch, Seeny, Reynard and Raynardson are all really variations of the same name, some of them being Anglicized variations of the Irish pronunciation of the name, and some of them being Anglicized variations of the meaning.

It came about this way. There are two noteworthy figures in Irish history who were founders of clans or septs from which many bearing the foregoing names take their ancestry. One of these was "Flann," the 169th monarch of Ireland, 876 A.D., who was known as "the Fox." The other was a certain "Teige," who lived about 100 years later, also known as "the Fox"—"Teige an Sionnach." From these two surnames came the family or clan names "MacSionnaighe." According to sound it has become Anglicized to the forms Sinnoch and Sinnock. According to meaning it has become Fox, Reynard and Reynardson.

MAY

Variations—Maye, Meith.
Racial Origin—Irish.
Source—A sobriquet.

If your name is May, and you are fat, it is quite appropriate in the historical sense, for if your name traces back to Ireland it is likely that you inherit a tendency toward corpulency.

The Gaelic form of this family name, which is quite old, is "O'Mheith." It had, of course, gradually become a family name in our modern sense, through many centuries of use as a clan name. It is a name which dates back considerably farther than the oldest of the English family names, or those of any other country in fact.

As nearly as can be estimated from the ancient Irish records, the Clan O'Mheith came into being about 350 A. D., in the days when the Irish were still pagan, and the power of their empire was felt in raids and invasions clear down into Italy.

The clan was founded by a chieftain named "Muireadach," known as "Muireadach Meith" ("the Fat").

Life Partners

THE union of Nature, the Farmer and Science is a partnership for life.

In your golden sheaves of living wheat—and in your waving, shimmering fields of barley—Nature stores the vital elements of human power and energy, which Science converts into Grape-Nuts—the famous body-building food.

Grape-Nuts with milk or cream is a *complete* food, containing all the nutritive and mineral elements required for making rich, red blood, and building sturdy body tissue, sound bone structure and strong, healthy nerve cells.

Easily digested and perfectly assimilated, because partially pre-digested by 20 hours' baking.

Sold by Grocers Everywhere

"There's a Reason"

for Grape-Nuts

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

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."