CRIPPLING PAINS OF RHEUMATISM

Cannot be Banished by Liniments—Is Reached Through the Blood.

Thousands of men and women suffer severely from rheumatism. Crippling pains in the muscles and joints make every movement a torture. Many people think rheumatism is due to cold or wet weather and they try to banish it by rubbing the painful parts with liniment. This is a great mistake; the rheumatic poison is in the blood and liniment and rubbing cannot do more than give temporary relief. If you are a victim of rheumatism or lumbago the way to rid yourself of it is by making the blood rich and pure, for only in this way can the rheumatic poison be driven from the system. To enrich and purify the blood, Dr. Williams' Pink Pills should be taken. They act directly on the blood, making it rich and red, and in this way the trouble disappears. Thousands of people have proved this, among them Mrs. H. King, Croydon, Ont., who says:—"I was attacked with rheumatism in my right arm and shoulder. It pained me so that I could not raise the arm to comb my hair or feed myself. I commenced taking Dr. Williams' Pink Pills and after taking three boxes I seemed all right again. About six months later, however, the trouble came on again, this time in my left arm. Again I took Dr. Williams' Pink Pills with the same beneficial results, and since then I have had no return of the trouble. Now I recommend Dr. Williams' Pink Pills whenever I get a chance."

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.

Two Faced Shades.

Window shades have been patented that appear to be lace curtains from the inside of a room and ordinary shades from the outside.

Minard's Liniment for Distemper.

Lake Louise, Alberta.

The monarchs of the East their jewels stock
In hidden rock-walled rooms, save on those days
Of ceremonial high when, flashing rays
Refulgent, these their brilliant splendor pour
Upon a moment's pageant. By the shore
Thy mountain guardians stand, and, while they praise
Themselves in thy pure turquoise mirror, gaze
In awe and con thy matchless beauties o'er.

When joyfully thy mother glacier owns,
While dancing shadows swiftly chase those hues
Prismatic that her snowy wonders fuse
In thee to make an eye-entrancing sight,
Then softly o'er thine iridescent tones
A feathery mist falls veil-like from the height.

—Jennie Stork Hill.

Why Bread Has a Crust.

Why does a loaf of bread have a crust?

When a mass of dough is baked in the over the water in it turns to steam at 212 degrees Fahrenheit. After this it cannot get any hotter, but the outside of the loaf is not limited by the presence of water, and both the pan and the air in the oven get much hotter.

This converts the starch in the outer layer of dough into sugar, part of which is burnt to caramel. The latter gives the outside of the loaf its crust, and makes it quite different in appearance and flavor from the crumb inside.

Not So Stingy.

Jamie was begging his father for a second helping of jam.

"When I was a boy," said his parent, "my father only allowed me to have one helping."

Jamie was silent for a minute, and then asked: "Aren't you glad you live with us now, daddy?"

MONEY ORDERS.

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

The real Empire builders of Canada's colonial period were not the statesmen, the men of wealth, the great planters, but the unknown pioneers who fought single-handed and at once both the primeval wilderness and the lurking savage. The hand, crooked to the plough-handle, was shaped to the trigger.

Raining.

This rain, which wavers to and fro
In soft and dull and silent flow,
Fringes the world with distant gray
And steals the autumn't glow away.
This sombre, still and constant rain,
Weaving its fine web on the pane,
Constrains my heart, that else would roam
To keep the cozy airs of home.

The world this morn was over fair,
My soul was lured to wander there;
The glory of the autumn called
From my small cabin sombre-walled,
But now the woodlands, wet and cold,
Shiver in coats of tarnished gold;
And the chill showers, kindly sent,
Have made my soul with home content.

—Edward F. Garesche.

THE FALL WEATHER HARD ON LITTLE ONES

Canadian fall weather is extremely hard on little ones. One day it is warm and bright and the next wet and cold. These sudden changes bring on colds, cramps and colic, and unless baby's little stomach is kept right the result may be serious. There is nothing to equal Baby's Own Tablets in keeping the little ones well. They sweeten the stomach, regulate the bowels, break up colds and make baby thrive. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The History of a Familiar Song.

The words of the song "Annie Laurie," which has touched the hearts of millions of people, were written by William Douglas and tell the story of his love for the beautiful daughter of Sir Robert Laurie, first baronet of Maxwelton. Its history dates back to the end of the seventeenth century. Douglas, so tradition says, wrote and sung the song when he was a soldier in Flanders. He is touchingly pictured as resting on the breast of a fellow soldier when dying from a bullet wound. He holds aloft a lock of Annie Laurie's hair and repeats the words:

"And for bonnie Annie Laurie
I'd lay me doon and dee."

Whether this is truth or fancy, at any rate William Douglas's granddaughter, who was consulted on the family history, says that her Grandfather Douglas was certainly in love with Annie Laurie, "but," she added, "he did not get her after all."

The original song contained but two verses. A third equally charming was added by an unknown hand. The music as we know it to-day was composed by Alice Anne Spottiswoode, who in 1836 became Lady John Scott. It is modern in comparison with the words, but the flavor of its melody is old-fashioned and sweet.

The ancestral home of Annie Laurie, who later married a certain Mr. Ferguson, still sits high above the braes of Maxwelton. Above the entrance door of the tower is the quaint old "marriage stone" of Anne's father and mother, with the initials, date and the family coat of arms. William Douglas often gazen on this inscription and hoped to see his own and Annie's there, but fate decreed otherwise.

The biggest things in life depend on the smallest things.

Moulding Says It Is His Family Medicine

"Tanlac has done my wife and myself so much good that we have made it our family medicine," says Frederick Moulding, 2513 17th St., Southwest Calgary, Alberta.

"As for myself, I had been feeling just about half sick for some time. My appetite was very poor, nothing tasted right, and what I did eat seemed to do me little good. I never felt hungry and my energy and strength were slipping right away from me.

"Two or three years ago my wife was troubled somewhat the same way. She had no appetite, was all run down and very nervous. After taking a few bottles of Tanlac she was so improved that all the neighbors spoke about it.

"Knowing what Tanlac did for her, I took it myself and it has helped me just like it did her. I now eat three rousing meals a day and relish every bite, and have an appetite that never fails me. That tired feeling is gone and my old time strength and energy have come back to me. My wife and myself both think Tanlac is great."

Tanlac is sold by all good druggists. Advt.

The End.

When all is over,
And all the tired hearts of earth
Follow the beckoning hands of earth
Waving out of the cool darkness,
When all is over. . . . .
Beauty alone shall roam beneath the sky
And not the huge and prowling dinosaurs.
There shall be wild, strange music forevermore
And sails of woven moonlight blowing by
Along a misty twilight,
And there shall pour
Down through blue space a golden rain of stars. . . .

—Oscar Williams.

"Cascarets" 10c

For Sluggish Liver or Constipated Bowels

Clean your bowels! Feel fine!

When you feel sick, dizzy, upset, when your head is dull or aching, or your stomach is sour or gassy, just take one or two Cascarets to relieve constipation. No griping—nicest laxative-cathartic on earth for grown-ups and children. 10c a box. Taste like candy.

Taking Ways.

Father's umbrella was not to be found anywhere. So he asked the members of his family if they had seen it.

"I think Mr. Benson took it last night," said Johnny.

"What makes you think that, my son?"

"'Cause when I was in the hall last night I heard his say to sister: 'Well, I'll have to steal one.'"

Minard's Liniment Co., Limited.

Sirs,—I have used your Minard's Liniment for the past 25 years and whilst I have occasionally used other liniments I can safely say that I have never used any to equal yours.

If rubbed between the hands and inhaled frequently, it will never fail to relieve cold in the head in 24 hours. It is also the best for bruises, sprains, etc.

Yours truly,

Dartmouth. J. G. Leslie.

Pat's Safety Sprint.

Pat and Mike were working on the line. A freight train appeared unexpectedly round a curve.

Mike jumped from the track, but Pat dropped his shovel and took to his heels in front of the train.

The engine-driver whistled, but Pat kept running, and finally rolled off the rails just as the train was about to run him down.

"Why didn't ye git off the track, ye fool?" demanded Mike.

"Well, ye see," panted Pat, "it was better runnin' on the track."

A New Use for Poplar.

A method has been discovered by the Forest Products Laboratories of Canada, whereby Canadian poplar can be used in the manufacture of cigar boxes instead of the cedrela from Cuba, which generally cover up imported havanas, and has been regarded as the sign manual of a good cigar. Several Canadian cigar manufacturers have already started making boxes from poplar.

Man sometimes learns more by failure than by success, and it is better to aim high and fail than to succeed in paltry scheming.

The whitest teeth in the world are said to be found among the men working on sugar plantations, who are always chewing sugar-cane.

Wood is heavier than water. It is the air trapped in the many cells that makes it appear lighter. When wood has been in water for some time this air escapes, the wood is waterlogged, and will not float.

ISSUE No. 44—'22.

MOTHER!

Move Child's Bowels with "California Fig Syrup"

Even a sick child loves the "fruity" taste of "California Fig Syrup." If the little tongue is coated, or if your child is listless, cross, feverish, full of cold, or has colic, a teaspoonful will never fail to open the bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste from the tender little bowels and gives you a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful to-day saves a sick child tomorrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

In spite of all differences in rank and education, one honest man is very like another.

Minard's Liniment for Garget in Cows.

Those who are well-to-do have been hard to do.

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.

HARD PIMPLES ALL OVER FACE
Itched and Burned. Lost Sleep. Cuticura Heals.

"I had pimples and blackheads all over my face. The pimples were hard and quite large, and the itching and burning were so severe that I could not help scratching them. I was very restless and lost many nights' sleep

"I tried different remedies without success. Seeing an advertisement for Cuticura Soap and Ointment I sent for a free sample which I used with success. I purchased more and after using three cakes of Soap and two boxes of Ointment I was healed." (Signed) Miss Sadie Dolce, 363 Admiral St., Providence, R. I., Aug. 11, 1921.

Use Cuticura for all toilet purposes.

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

FOR SALE.

100-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.

RIDOUT & MAYBEE, KENT BLDG., Yonge Street, Toronto, Registered Patent Attorneys. Send for free booklet.

BELTING FOR SALE

BELTING OF ALL KINDS, NEW OR used, pulleys, saws, cable, hose, etc., shipped subject to approval at lowest prices in Canada. York Belting Co., 115 York St., Toronto.

Iron Soft as Lead.

The action of sea water on cast iron cannon raised in Europe after an immersion of 133 years had made them almost as soft as lead.

Relieves Dyspepsia

M. D. advises: "Persons who suffer from severe indigestion and constipation should take after each meal and at bedtime, fifteen to thirty drops of the Extract of Roots known to the Drug Trade as "Mother Seigel's Curative Syrup." Get the Genuine. 50c. and $1.00 bottles.

STOMACH MISERY, GAS, INDIGESTION

"Pape's Diapepsin" Corrects Sour, Upset Stomachs at Once

"Pape's Diapepsin" is the quickest, surest relief for indigestion, gases, flatulence, heartburn, sourness, fermentation or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages.

WOMAN TAKES EVERY CHANCE

To Recommend Lydia E. Pinkham's Vegetable Compound, for It Helped Her So Much

Fredericton, N. B.—"I was weak and had some troubles women often have, and usually I was unfit for my work. I saw your advertisements and decided to try Lydia E. Pinkham's Vegetable Compound. I am very much pleased with the result and recommend your Vegetable Compound whenever I have a chance. You may use this letter for the benefit of others."—Mrs. Wandless, 360 Church St., Fredericton, N. B.

Mrs. Wandless, like many, many other women who have found relief by taking Lydia E. Pinkham's Vegetable Compound, is anxious to let other women know of this splendid medicine. So by word of mouth and by letter, one woman to another, its virtues are made known.

Women suffering from female ailments, indicated by such symptoms as backache, nervous troubles, hot flashes, pain in the side and a general run-down condition of the whole system, should take Lydia E. Pinkham's Vegetable Compound.

For nearly fifty years it has been helping women. Let it help you.

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

Surnames and Their Origin

GILLEN

Variations—Gillon, Gillinan, Gillion, Glennon, Gillfinan.
Racial Origin—Irish.
Source—A given name.

The names in this group also are often found with the prefix "Mac," which, as has been pointed out in previous articles, is the Irish and Scottish equivalent of the English termination "son" and the German "sohn," the Norman-French prefix "Fitz," and the Russian and Polish terminations such as "witz," "ski," "ska," etc.

The old Gaelic form of the name is "MacGiolla-Finnein" or "MacGiollafinnein," the pronunciation of which was much more simple than would seem. "MacGillinan" comes pretty close to the way it would come off the Gaelic-speaking tongue. The clan name comes from the given name of "Giollafinnean" (meaning "follower of the shield").

The clan was founded by a chieftain of this name, as nearly as can be estimated, a few decades before the close of the tenth century. This chief was the last prince of Tirconnel to come of the O'Mulroy line, and was a direct descendant of one "Anmire," the 138th High King of all Ireland, who reigned, according to history, in the year 563 A.D., about the time when the Anglo-Saxons were consolidating the fruits of their victories in the invasion of England.

LOMBARD

Variations—Lombert, Lumbard.
Racial Origin—English.
Source—A given name, or a nationality.

There are two sources to which the family names in this group may be traced.

One of them, the more obvious, is the old province of Lombardy, between which and England there was close commercial intercourse in the Middle Ages. And in a very great number of cases you will find that the original form of the surname was "Le Lombard," indicating that the bearer, a merchant or craftsman, had come from that part of the world.

In some instances there is no doubt that this family name is but a confused form of the name of Lambert, but not always.

There was a true source of the family name in the old Teutonic given name which among the Anglo-Saxons took the form of "Lunbeohrt" and later, in Anglo-Norman times, "Lumpert." A Danish form was "Lombart," while the Flemings of the Middle Ages spelled it "Lombaert." The name, philologists tell us, was a combination of the words for "poor" and "bright."

There is no doubt that the family name was developed in other countries than England. There are records of it among the lists of Huegenot immigrants.

For health's sake

avoid the use of mealtime beverages which cause disturbance to nerves and digestion, often resulting in sleeplessness, headache and serious organic troubles.

When tea or coffee disagrees, try Instant Postum, the healthful, wholesome drink of tried and proven merit; no caffeine, no tannin, no harmful ingredient whatsoever.

Fragrant—delicious—satisfying.

At your Grocer's in sealed, air-tight tins.

A generous sample tin of Instant Postum sent, postpaid, for 4c in stamps. Write:

Instant Postum
"There's a Reason"

Canadian Postum Cereal Co., Ltd., 45 Front St., E., Toronto. Factory: Windsor, Ontario.

ASPIRIN

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

Genuine

BAYER

Bayer-Tablets of Aspirin

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."