They Do a Hundred Calories in About 9 3/5

EAT a box of little raisins when you feel hungry, lazy, tired or faint.

In about 9 3/5 seconds a hundred calories or more of energizing nutriment will put you on your toes again.

For Little Sun-Maids are 75% fruit sugar in practically predigested form—levulose, the scientists call it.

And levulose is real body fuel.

Needing practically no digestion, it gets to work and revives you *quick*.

Full of energy and iron—both good and good *for* you. Just try a box.

Little Sun-Maids

"Between-Meal" Raisins

5c Everywhere

Had *Your* Iron Today?

Surnames and Their Origin

APPLEBY

Racial Origin—English.
Source—A locality.

Appleby is one of those family names which is a straight development from the name of a place, and, of course, in the first instance its use as a surname was to indicate that the person bearing it had come from that locality, or was in some way connected with it.

Appleby is the name of a town in England. Hence, barring possible usage on the part of a feudal overlord to denote suzerainty, it was the sort of name that was adopted by persons who had left that town and settled in other parts, for it would have been no distinction to speak of a man as John of Appleby when he was surrounded by Rogers, Wills, Hamos, Jameses and Roberts, all also of Appleby.

Some etymologists derived the place name of Appleby from Anglo-Saxon sources, holding that it is a sombination of the words "apple" and "by," the latter meaning "town." As a matter of fact, however, the town was in existence before Anglo-Saxon times, and was known to the Romans as "Aballaba," which probably was the Latin version of a British name.

CURTIN

Variations—Curtain, MacCurtin, MacCurtain, Jordan, Jourdan.
Racial Origin—Irish.
Source—A given name.

At the outset it should be explained that the forms Jordan and Jourdan, when they really are developments of the names in this group, represent merely arbitrary changes on the part of the bearers from an Irish name to an English name that happened to sound a bit like it. Such changes were frequently made as a result of English laws promulgated in Ireland at various times prohibiting the use of native nomenclature.

There are two Gaelic spellings of the name from which this group of anglicized forms has developed. They are "O'Cuarthain" and "O'Cruitin," though the more ancient designation of the clan was "Clann Cruitin."

The clan name was derived from the given name of the chieftain who founded it, one "Cruitin File" or Cruitin the Poet." As neary as can be judged from available records, which are certain as to genealogy, but a bit vague as to dates, this chieftain lived about 1100 or 1200 A.D. The clan he founded is an offshoot of the O'Conors of Corcomroe.

A Labrador Pet.

Of my Labrador pets none, writes Capt. George Cartwright in the entry in his Labrador Journal for August 14, 1779, was so attractive as a deer that had been captured when very young.

I took a walk round the island, but saw nothing. I was attended by my young deer. which is now perfectly tame, and I shall now make some remarks on those animals. Notwithstanding reindeer are naturally very wild and timorous, yet no creature is so soon so effectually tamed if taken young; but what they may be when caught afterwards I cannot tell. They not only grow very bold, but also show great affection for such men and dogs as they take a liking to and have a great spite against those who affront them.

This deer of mine has had its full liberty ever since the fourth day after it was caught (except a few nights confinement to the crib, lest the dogs should kill it when we were all asleep) but since that it has constantly lain out. It is not in the least alarmed at any noise, not even at the report of a gun fired close to it; but it is much terrified if any dog runs after or even near it, and any running of the people instantly affrights it; but the moment all is quiet, it is so too. It will often go up to a dog and smell to him; it is well acquainted with all of mine and will lie down by the fire amongst them.

I believe they scarce ever sleep, for as much as I have watched this I never could observe, that it was asleep, or kept its eyes closed more than two seconds at a time, and if I moved ever so little, it would start up When I have lain down on the bed, at a time when it was lying on the floor, it would start up every five or six minutes and come to see that I was not gone; and having licked my face or sucked my neck handkerchief a little, it would quietly lie down again. When at any time it lost me it would run about grunting like a hog, and never rest until it had found me, when it would run up to me in full speed. Sometimes I have diverted myself with stooping and running both after and from it, which pleased it much; and it would do the same and frisk about in the same manner as I have seen the wild calves one among another; and I have likewise observed that when it is frightened it erects its single, which at all other times hangs down.

The halo had its origin about two thousand years ago. To guard against the possibility of rain staining the marble faces of their gods the Greeks used to protect them with a large metal plate placed over the top of the head. These were mistaken by painters in later years for emblems of divinity. Accordingly, our Christian saints are pictured with the ring which we call a halo.

MONEY ORDERS.

When ordering goods by mail send a Dominion Express Money Order.

Five chapels in London are now used as factories.

Minard's Liniment for Garget in Cows.

A Four-Mile Laugh.

How they laughed, those miners, when poor Mr. Basuto carried the drill for the first time! The story, as Mr. Burke Burnett tells it in the Wide World Magazine, is perhaps as amusing a one as has ever come from the diamond fields of South Africa. While we are laughing at the drill carrier, however, we should not forget his courage and persistence.

A Kimberley diamond mine, writes Mr. Burnett, was being worked in terraces, so that everyone in the mine had a good view of all the workings. One of a gang of raw Basutos who had just arrived was given a twenty-foot drill and told to go to the top of an incline in the centre of the mine and wait there until his boss came.

The native started off proudly, carrying the drill on his shoulder as if it were an assagai. Halfway up the incline the drill came into contact with a live wire some twelve feet from the ground. Mr. Basuto of course got a shock that sent him flying, and the drill was knocked out of his hand. I never in my life saw a more startled native. When he picked himself up he stood looking at the drill; then he walked all round it and glanced over the side of the incline to see if the fellow who had hit him were hiding there. Finally he came slowly back toward the drill and regarded it suspiciously as it lay on the ground. By that time virtually everyone in the mine was watching him.

Gaining courage, the native crept up to the drill and, putting out his hand, touched it lightly. Finding that it did not bite him or kick him, he picked it up and, glancing round again, put it on his shoulder. He had taken only one or two steps, however, when the drill again touched the electric wire. Down went the implement for the second time, and round spun Mr. Basuto. All work had ceased, and the whole mine was waiting to see what he would do next.

The native stared at the drill as if he expected to see it get up and attack him; then, crouching low, he crept to the side of the incline to make sure once again that no one was hiding there. Returning he picked up a good-sized rock as a weapon and approached the drill on tiptoe. He stubbed it with his foot; he rolled it over two or three times; then he stooped, glanced round and began slowly to pick it up. Finally he got it on his shoulder and, still looking suspiciously about him, started upward again.

Everyone was now holding his breath. There was not a sound in the whole mine. The native took one step forward and then, presumably to catch the fellow who had been hitting the drill, jumped suddenly round. As he turned the drill touched the wire again! Mr. Basuto must have got an extra dose of current that time, for the drill flew over the side of the incline and the unfortunate native was knocked flat on his back.

Until then he had not spoken a word, but the howls and yells that he uttered as he sprang to his feet and rushed headlong down the incline would have done credit to an imp. And the roar of laughter that went up from the mine a second or two later was heard in the centre of the town, four miles away!

The Power of Love.

Some time ago, a treveler in Central America became interested in a young negro and brought him North. After transplanting him, the negro's photograph was taken. It showed a very crude, rough individual, but apparently of great physical strength. Every thirty days, for six months thereafter, the man had his negro protege photographed, and at the end of that time placed the photographs side by side to note the change which a new, encouraging, stimulating environment was working in him.

The improvement was, indeed, marvelous. One could see how, from month to month, kindness was registering its softening, refining, spiritualizing effects in the facial expression of the rough, coarse negro. At the end of the six months, one who did not see the whole series would scarcely recognize the face in the last photograph as one and the same as that in the first. As a matter of fact, it was not the same. Love and kindness, the opening up of the mind by education and training, had developed the man's soul and transformed his face into a new one.

That is always love's way. Nothing else has such power to lift the life and beautify the personality as love.

SAVED BABY'S LIFE

Mrs. Alfred Tranchemontagne, St. Michel des Saints, Que., writes:—"Baby's Own Tablets are an excellent medicine. They saved my baby's life and I can highly recommend them to all mothers." Mrs. Tranchemontagne's experience is that of thousands of other mothers who have tested the worth of Baby's Own Tablets. The Tablets are a sure and safe medicine for little ones and never fail to regulate the bowels and stomach, thus relieving all the minor ills from which children suffer. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Wealth brings power, but what most people need is more control.

For mining coal or quarrying rock without blasting an Englishman has invented hydraulically operated telescoping rams to be inserted into the material to be removed,

Names You Know.

If you look through a directory you will find a most amazing number of family names which are identical with those of familiar objects, elements, seasons, animals, and implements, and others which, though the spelling is slightly changed, are substantially like them.

March and May represent the months. Day is quite a common name, and one also finds Weeks, though not Week. Morrow, too, appears.

Dew, Frost, Snow, Cloud are all family names, as well as Storm, Gale and Rane.

The cardinal points of the compass—East, West, North, South—are all represented; Moon, too, and Starr, though not Sun.

Many of the common colors furnish names. There are Black, White, Green, Brown, Gray, Pink, and Scarlett.

A very considerable number of names arise from the animal world. Examples are Bullock, Bull, Lamb, Kidd, Colt, Badger, Hogge, Hare and Wolfe. You notice that in several of these the old spelling are preserved.

Birds give us Wrenn, Heron, Crane, Crowe and Lark. Bird itself is also a not uncommon name.

From plant life we gather such names as Rose, Flower, Berry, Cotton, Rice, Oates, Bean, as well as Almond, Oakes, Ashe, and Pine. We also have parts of plants, such as Root, Branch and Twigge.

Haddock, Roach, Bass, and Crabbe come evidently from the fish creation; and Church, Temple, Tower and Abbey are from familiar buildings.

Parts of buildings are represented by Wall, Post, Hall, Lock, Bolt and several others.

Many names are the same as those of household implements. We may quote Shears, Scales, Bell, Broome, Mallet and Sickles.

Natural features of the landscape provide Hill, Pond, Field, Marsh, Glenn, Dale, Brook, Rivers, Banks, Meadows, Moore, Cliffe, Ridge and others too numerous to mention.

Countries provide England, English, Britain, Ireland, Welsh (for Welch), Norman, French, and many others.

But the list is practically endless.

THE WAY TO BE WELL

Good Health Maintained Through Rich, Red Blood.

There are many men and women who, every few weeks, have spells of weakness, during which time they are little better than invalids; yet at other times they feel very well. Why does their health fluctuate so?

In the case of men worry and overstrained nerves are usually responsible for this state of unfitness and inability to face the anxieties of daily life.

As for women, her back aches, she is dizzy with sick headaches, and often has stabbing pains in the side. The only real health is all-the-year-round health; and the secret of it is good, red blood and plenty of it. One way to keep the blood in good condition is to take Dr. Williams' Pink Pills. There is scarcely a nook or corner in Canada where someone will not be found who will tell you the benefit they have had through the use of these pills. And the reason is that through the improved condition of the blood they strengthen and tone up the nerves of worried, enfeebled men and women, and at the same time have given new vigor to pale, delicate girls and thin weedy boys. The value of these pills in all run down conditions is shown by the statement of Mrs. Lawrence Brown, Walton, N.S., who says:—"When I began taking Dr. Williams' Pink Pills I was in a weak, bloodless and nervous condition, suffering from all the depressing symptoms that accompany this run down state of health. I had taken much medicine but it did not do me any good, and as I had a family of small children, I was much discouraged. Then reading about Dr. Williams' Pink Pills I decided to try them, and I can honestly say that I feel these pills have saved me from prolonged misery. My health is now good, and we now keep the pills in the house for use as a family medicine."

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.

Where Women Mustn't Whistle.

Numbers of things are taboo among Cornish fisher folk. No woman is allowed to whistle or bad luck will surely follow.

Taking a pasty to sea is another invitation to disaster, while bread must be carried on board either in slices or as a whole loaf. A half-loaf of bread in a fishing boat signifies that only half the usual catch of fish will be taken.

Animals are regarded with particular disfavor, and dogs and cats must not be mentioned when the nets are out.

Pilchards have been scarce in St. Ives Bay since the railway was built along its shores, and fishermen believe that the engine whistle frightens the fish away.

St. Ives people declare that fish are very "knowing." When dog-fish were doing damage to the nets some fishermen caught one, flogged it, and let it go again to tell its fellows what would happen if they did not clear out of the neighborhood.

Minard's Liniment for Distemper.

ONTARIO MAN SAYS IT KEPT HIM ON JOB

"If I had not got Tanlac when I did I am sure I would have had to give up work," says John Atkinson, of May Avenue, Mount Hamilton, Ont., Chedoke Post Office, in relating his experience with the medicine.

"My kidneys had bothered me for four years and I was seldom free from backache or rheumatic pains in my right arm and shoulder. I was in such a bad fix when I started taking Tanlac that I could hardly go. My back and shoulders hurt so bad it was all I could do to get out of bed in the mornings. I would come home from work so tired I dreaded to move after I got settled down.

"Before I got Tanlac I was thoroughly discouraged, for I had tried most every medicine and kept getting worse. But, in about two weeks after I started on this medicine I felt better and after the second bottle I picked up rapidly. It wasn't long until Tanlac had me in shape to where I could do a hard day's work and then come home and mix concrete and work about the house until dark. I have not had a sign of my old troubles since I took Tanlac. It gave me a better appetite and made me feel better all over. I don't seem to tire any more and can work hard all day and still feel fine. Tonlac is certainly great."

Tanlac is sold by all good druggists.

The Choir Invisible.

Oh, may I join the choir invisible!
Of those immortal dead who live again
In minds made better by their presence live
In pulses stirred to generosity.
In deeds of daring rectitude, in scorn
Of miserable aims that end with self,
In thoughts sublime that pierce the night like stars,
And with their mild persistence urge man's search
To vaster issues.

So to live is heaven:
To make undying music in the world,
Breathing as beauteous order that controls
With growing sway the growing life of man.
So we inherit that sweet purity
For which we struggled, failed and agonized
With widening retrospect that bred despair.
Rebellious flesh that would not be subdued,
A vicious parent shaming still its child.
Poor, anxious penitence is quick dissolved;
Its discords, quenched by meeting harmonies,
Die in the large and charitable air;
And all our rarer, better, truer self,
That sobbed religiously in yearning song,
That watched to ease the burden of the world.
Laboriously tracing what must be,
And what may yet be better—saw within
A worthier image for the sanctuary
And shaped it forth before the multitude.
Divinely human raising worshp so
To higher reverence more fixed with love—
That better self shall live till human Time
Shall fold its eyelids, and the human sky
Be gathered like a scroll within the tomb
Unread forever.

This is life to come
Which martyred men have made more glorious
For us who strive to follow. May I reach
That purest heaven, be to other souls
The cup of strength in some great agony,
Enkindle generous ardor, feed pure love
Beget the smiles that have no cruelty
Be the sweet presence of a good diffused,
And in diffusion ever more intense!
So shall I join the choir invisible,
Whose music is the gladness of the world.

—George Elliott.

For Sore Throat, Cold in the Chest, Etc.

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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.

Girl Who Smells Colors.

Remarkable gifts are possessed by an English blind and deaf girl who, in spite of her afflictions, can detect sounds and distinguish colors.

She can listen to a conversation by resting her fingers on the speaker's throat, head, or chest. She can even "hear" by holding a billiard cue one end of which is placed against the person talking. These feats are made possible by the fact that she has learned to translate the vibrations caused by speech into words and sentences.

By placing her fingers in the receiver she can conduct a telephone conversation without difficulty.

Her sense of smell has been developed to an extraordinary degree. She tells the colors of objects by smelling them, and in the same manner she can describe the dresses her fellow-students are wearing.

She can "read" books in big type and distinguish the value of notes by running her fingers over them.

PETRIE'S MACHINERY TORONTO

BABY DISFIGURED WITH ECZEMA

In Blisters. Itched and Burned. Cuticura Heals.

"My nephew's face and hands were badly disfigured with eczema.

He was only three weeks old when it broke out in blisters, and the skin was sore and red. It caused itching, burning and loss of sleep, and the child was so worrisome. He could rest neither day nor night.

"I was advised to use Cuticura Soap and Ointment and after using three cakes of Soap and three boxes of Ointment he was entirely healed." (Signed) Miss Mary Worr, Youngs Cove, New Brunswick.

Make Cuticura Soap, Ointment and Talcum your daily toilet preparations.

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.

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