WHY BACKS ACHE

The Kidneys Seldom to Blame—The Trouble Due to Blood Impurities.

There is more nonsense talked about backache than any other trouble. Some people have been frightened into the belief that every backache means deadly kidney trouble. As a matter of medical fact not one backache in twenty has anything to do with the kidneys. Most backaches come from sheer weakness and kidney drugs can't help that. You need something to improve your blood and build you up, and that is exactly what Dr. Williams' Pink Pills will do. Some backaches are really muscular rheumatism; some are the symptoms of such ailments as influenza, indigestion, constipation and liver troubles. In women most backaches come from any weakness or irregularity of the blood supply. To get rid of the trouble take a tonic like Dr. Williams' Pink Pills to enrich the blood and bring strength to aching backs and weak nerves. Mr. W. Prince, Lovering, Ont., tells what these pills did for him. He says:—"Periodically I suffered for about five years with backache. If I caught cold it seemed to settle in my back, which pained me so badly that I could hardly turn over in bed. These attacks would last for a week or ten days. I tried many remedies but they did not drive away the trouble. About two years ago, while suffering from one of these attacks, a friend advised me to try Dr. Williams' Pink Pills. I followed his advice with the best of results, as I have had no attack of the trouble since, and I feel sure that I am permanently relieved."

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

Silk furnishes the longest continuous fibre known. One cocoon has been known to yield nearly three-fourths of a mile.

Minard's Liniment for Rheumatism.

Doing His Part.

"The papers say there would be no panics if people only had confidence in the banks."

"Well, I'm not worrying—confidence is the only thing I ever had in a bank."

Just So.

When everything goes crooked,
And inclined to rile,
Don't kick, nor fuss, nor fidget,
Just —you—smile!

It's hard to learn the lesson,
But learn it if you'd win;
When people tease and pester,
Just—You—grin.

When someone tries to do you
By taking more than half,
Be patient, firm and pleasant;
Just—you—laugh!

But if you find you're stuffy,
(Sometimes, of course, you will)
And cannot smile nor grin nor laugh,
Just—keep—still!

Balfour's Modest Caddie.

Lord Balfour was once playing golf on a strange course and had with him a diminutive caddie who was very free with his advice as to distances, what clubs to use, and so forth. The statesman played the round with much success, and when he had holed his last shot the little man turned to him admiringly and, gazing at his tall frame, said, "Eh, mon, if I had your legs, and ye had ma intellect, what a pair we'd make!"

Curious Camphor Ceremonies

One of the most important industries of Borneo is camphor gathering, and many weird religious rites are connected with it.

Camphor is obtained from the wood and leaves of the camphor tree, and the variety grown in Bornea is particularly valuable. The industry is entirely in the hands of natives, for Europeans confine their activities to rubber.

The camphor is found on certain trees, either in little crystals like sugar, or in masses. These large pieces are not unlike the human forearm in shape and size.

Before the natives set out to gather the camphor their villages are uncannily silent. The men who are to reap the harvest avoid oil of any kind, and when they set out take neither pins nor mirrors with them.

While they are away from home they may eat only certain foods, and each man must consume a small portion of earth to ensure good luck. The gatherers speak in certain set phrases, which form what is known as the holy comphor language.

HEALTHY CHILDREN ALWAYS SLEEP WELL

The healthy child sleeps well and during its waking hours is never cross but always happy and laughing. It is only the sickly child that is cross and peevish. Mothers, if your children do not sleep well; if they are cross and cry a great deal, give them Baby's Own Tablets and they will soon be well and happy again. The Tablets are a mild but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation, colic and indigestion and promote healthful sleep. They are absolutely guaranteed free from opiates and may be given to the new-born babe with perfect safety. They are sold by medicine dealers, or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Poison-Gas for Pests.

Poison-gas, the greatest horror of modern warfare, has been put to many excellent uses in time of peace.

It has been employed with the greatest success to get rid of both rats and mice. A heavy gas is used which trickles down the holes like water through a pipe.

A lighter form of gas is turned on to flies when they seek their winter quarters in the cracks of ceilings and walls of warm rooms. The majority of flies die when winter comes in, but numbers of them manage to exist through the cold weather, and it is they who produce the following summer's myriads of winged pests. If we could destroy all the winter sleepers by means of gas, there would soon be very few flies in the whole country.

A third use for gas was found during the summer, when whole tracts of fruit trees were being devoured by swarms of caterpillars.

Aeroplanes flying low above the tree-tops sprayed heavy gas upon them and the caterpillars dropped dead in thousands.

Supplied with every conceivable means of gratification, a human being soon exhausts the pleasure of having things, but given right avenues to employ his energies, he never exhausts the pleasure of doing things. . . We fondly imagine that it is better to have things than do them—an error carried to its natural height when acting under this mistake we seek to avoid work and look down upon the worker. —Charlotte Perkins Gilman.

PALMER HAS NOW DISCARDED CANE

Can Get Around Like a Young Man Since Taking Tanlac, Says Hansel Citizen.

"You don't often see a man as spry as I am at seventy-two," declared Thomas Palmer, Sr., well-known retired farmer of Hansel, Ont., while on a visit in London, Ont.

"At the time I got Tanlac I could hardly walk at all, and hadn't been down town without my walking stick since last September. But last Thursday I went down town twice without it and got about as good as many a younger man. I suffered terribly with constipation the last ten years, had no appetite and was bothered a great deal with my kidneys. Sometimes every joint in my body ached. I was badly run down and seldom got a night's sleep.

"If I had Tanlac last spring it would have saved me money, for I took medicine two years without any relief to speak of. But Tanlac and the Tanlac Pills have put me in fine shape, and I stand ready to praise it to the limit."

Tanlac is for sale by all good druggists. Over 35 million bottles sold.

Earache?

Hot Minard's Liniment on cotton wool brings quick relief for Minard's is King of Pain.

Minard's Liniment

The Family Medicine Chest.

For the Kidneys

Kidney troubles are frequently caused by badly digested food which overtaxes these organs to eliminate the irritant acids formed. Help your stomach to properly digest the food by taking 15 to 30 drops of Extract of Roots, sold as Mother Seigel's Curative Syrup, and your kidney disorder will promptly disappear. Get the genuine. 50c. and $1.00 bottles. 7

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

Caprice.

She is sitting in a corner
With a book,
Quaint as elder blossoms bending
To the brook;

So petite and so alluring
In her nook—
Could I pierce that veil of silence
With a look?

Probably, but if she felt it
And forsook
Pleasant peace for love's adventure—
Can she cook?

—Helen Frazee-Bower.

MONEY ORDERS.

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

Meteors That Gave Us Life?

Were the first germs of life brought to the earth by meteors?

This interesting theory has been suggested by two French scientists. It was believed that no life could survive in the intense cold of space, which is probably nearly five hundred degrees below zero. But it is thought now that under these conditions certain low forms of life might exist. They would not be killed but merely suspended. Experiments have shown that some seeds survive in a temperature of four hundred and twenty degrees below zero.

Germs of life have, it is claimed, been found in a number of meteorites which have at various times fallen to the earth. These germs have been restored to life in the laboratory of MM. Galippe and Souffland, the two scients mentioned above. Certain forms of animal and vegetable life, together with traces of water and oxygen, have also been discovered in meteors.

Meteors, or shooting stars, are generally believed to be parts of planets that have become detached, and science believes that life in some form exists on other heavenly bodies. Therefore, there seems to be no reason why germs cannot be transferred from one planet to another if they can survive the cold and the action of the light rays found in space.

No Slums in Nature.

It has been found that the millions of strange fish and other live things which inhabit the bed of the ocean live an existence of great orderliness. There is no confusion and no undue overcrowding. In fact, there are no slums in Nature, although in the deepest parts of the ocean it is a world of eternal night, the darkness not even relieved by the fitful gleams of phosphorescent light.

ISSUE No. 3—'23.

"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.

Pigs that are washed put on a fifth more flesh than those that are left dirty.

Minard's Liniment for Neuralgia.

In the end, the things that count are the things you can't count.

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.

PETRIE'S MACHINERY TORONTO

Let Cuticura Keep Your Skin Fresh and Young

Daily use of the Soap keeps the skin smooth and clear, while touches of the Ointment now and then prevent little skin troubles becoming serious. Cuticura Talcum is ideal for powdering.

Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without mug.

Classified Advertisements

AUTO SCHOOL

EDUCATIONAL.

MASTER THE TYPEWRITER BY mail. The touch typeing system taught in six lessons—only $15.00. Why pay more? Typewriting School, 716 Baltimore Bldg., Chicago.

HELP WANTED—FEMALE.

HELP WANTED. WE REQUIRE parties to knit men's wool socks for us at home, either with machine or by hand. Send stamp and addressed envelope for information. The Canadian Wholesale Distributing Co., Dept. 6, Orillia, Ont.

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.

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.

MRS. BUDGE SO WEAK COULD HARDLY STAND

Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health

River Desert, Que.—"I used to have a severe pain in my side. I would be unable to walk fast and could not stand for any length of time to do my ironing or washing, but I would have to lie down to get relief from the pain. I had this for about two years, then a friend told me to try Lydia E. Pinkham's Vegetable Compound as she had had good results. I certainly got good results from it, too, as the last time I had a sore side was last May and I have not had it since. I am also glad of having good nursing for my baby, and I think it is your medicine that helped me in this way."—Mrs. L. V. BUDGE, River Desert, Quebec.

If you are suffering from the tortures of a displacement, irregularities, backache, headaches, nervousness, or a pain in the side, you should lose no time in trying Lydia E. Pinkham's Vegetable Compound.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write for it to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario. This book contains valuable information that every woman should know.

Bruised?-*ease the pain!*

Apply Sloan's to sore spot. It increases circulation scatters congestion. This reduces swelling and inflammation *-the pain disappears!*

Sloan's Liniment *-kills pain!*

Made in Canada

For rheumatism, bruises, strains, chest colds

Surnames and Their Origin

ELPHINSTONE

Racial Origin—Scottish.
Source—A locality.

A great many Scottish family names are of Gaelic origin, particularly those which have come out of the Highlands, where the blood is virtually all Gaelic.

All Scots, however, are not Gaels. The majority of Lowlanders and the populations of the southern and eastern sections of Scotland are principally Teutonic in blood and show to-day as great a proportion of true Anglo-Saxon blood as to be found in any part of England except the Yorkshire section (in the North). What we know to-day as the Scottish dialect is not English spoken with a Gaelic accent, but a tongue directly descended from the Anglo-Saxon speech of the medieval Lowlanders and Yorkshiremen, and less influenced by the French of the Normans than is modern English. The Highlander, except as he may pick up this dialect from the Lowlander, will speak English with an accent often indistinguishable to the ordinary person from an Irish "brogue."

Elphinstone is a place name of Scottish Anglo-Saxon origin, being compounded of "elfenne" or "ealfenne" (ellin or fairy) and "stan" (stone). It is the name of a barony, so called from the nature of the peculiar flinty stones there, supposed in Anglo-Saxon mythology to have been arrow tips shot by the fairy folk.

As a family name, of course, it indicated originally that the bearers of it had come from that place.

HATCH

Variations—Hatcher, Hatchman.
Racial Origin—English.
Source—A locality.

The noun "hatch," when it does not refer to the number of birds hatched at a setting, is described to-day as a narrow line in engraving, or drawing, a door with an opening over it, a half-door, a door or opening by which descent is made from one deck of a ship to another. A weier is often referred to as a hatch.

If the word had had these exact meanings in the medieval ages it is not likely that there would be so many people to-day bearing the family name of Hatch; at least, the name would not have developed exactly along the lines it has.

Refer to two of the present-day definitions, a line in a drawing, or a half-door. These meanings are closest to and logical developments from the medieval meaning, which was nothing more or less than a single bar across a woodland pathway as a sort of gate, under or over which a man might pass, but the larger animals could not. It was, in fact, a half-door or half-gate. Naturally such hatches were local landmarks and a person whose house was near one of them might most naturally be referred to in many cases as "John atte Hatch," "John Hatcher" or "John Hatchman."

A wholesome drink for cold weather

A PIPING hot cup of Instant Postum meets the cold weather need for a comforting hot drink with no disagreeable after-effects.

Both tea and coffee contain Caffeine, a drug, which often causes headache, nervousness and loss of sleep.

Instant Postum is a pure and wholesome beverage made from roasted wheat. It contains no Caffeine, nor any other harmful ingredient whatsoever.

Young and old alike can safely enjoy the delicious, full-bodied flavor and the healthful comfort of Instant Postum, at any time during the day or night.

Just try it for awhile this winter, instead of tea or coffee, and notice the improvement in your health.

Sold by Grocer's Everywhere in Sealed, Air-tight tins.

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

Instant Postum FOR HEALTH

"There's a Reason"

Canadian Postum Cereal Company, Limited
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

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."