NERVOUS EXHAUSTION

The Only Sure Relief is to Enrich and Build Up the Blood.

Nervous exhaustion is the cause of headaches and dizziness, and it is due, almost always, to conditions of impoverished blood. Tablets and powders for headaches should never be taken; they cannot possibly reach the root of the trouble, and are often most harmful. All that is needed to bring relief is a tonic that will enrich and purify the blood, and the very best tonic for this purpose is Dr. Williams' Pink Pills. These pills have a direct action on the blood, and in this way the headaches, dizziness and other bad symptoms rapidly disappear. Mr. Mark F. Taylor, Granby, Que., tells what this medicine did for him. He says:—"I had severe headaches which would be accompanied by vomiting spells. These would last for two or three days at a time. I would take one of these spells every three or four weeks, and it is almost impossible to describe the misery they caused me. I tried a number of medicines without getting relief, until one day my mother brought me six boxes of Dr. Williams' Pink Pills. When they were used I was feeling much better, and I got a further supply, and under the continued treatment every symptom of the trouble disappeared. I cannot speak too highly of this medicine for it certainly has done wonders 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.

Run on Lower Flange.

An electrically driven hoist with a capacity of a ton has been combined with a trolley conveyor that can be run on the lower ange of a standard I-beam.

Container for Match Boxes.

Two rubber vacuum cups hold a new container for match boxes on any smooth surface.

Minard's Liniment for Neuralgia.

Popularity is more often a reward for not displeasing people than for pleasing them.

Now, a Word of Magic.

There is such a thing as a statement containing more poetry than truth. "Turn back the universe and give me yesterday," "sings well" and "listens well," but it's unhealthy just the same. "Taking a trip on Memory's ship" is all right—just occasionally, but it can become a mental and spiritual dope. The slaves of this habit are totally unfit for the realities of to-day.

To a healthy mind, all pleasure is contagious. We have all enjoyed hearing old people talk of bygone days, but frankly, didn't your pleasure arise from the fact that it gave them pleasure to live those days over again? This sort of thing is a bit akin to the truth that "all the world loves a lover." For old people to live in the past is not only natural, but becoming and lovable. But as long as "To-day" brings to you duties and tasks and burdens, can you successfully perform those tasks and duties, and lift those burdens if your strength is sapped by an over-indulgence in the dope of retrospection?

Enter into to-day as ardently and enthusiastically as if there had never been a yesterday, and never would be a to-morrow. Instead of waiting ten years, and looking back upon it as one of "the good old days," which you may vainly wish to recall, squeeze from it now the goodly share of wholesome joy and serenity it surely holds.

Instead of sentimentally looking back on past days as "the good old days," why not sensibly and optimistically and practically view each new day, right while you are living it, as "a good old day?" And most important of all, make to-day "a good old day" for everybody with whom you come in contact. To-day ought to be the best old day of all the "good old days." Why? Because if we have lived truly and earnestly we have just a little more experience and wisdom to put into to-day.

To Remove Wall Paper.

Heat a gallon of water, and add to it a heaping tablespoonful of salt-petre. Apply this to the wall with a brush, keeping the water hot all the time. After a few applications the paper will pull off easily.

Translations of the Bible, or portions of it, are published by the British and Foreign Bible Society in 550 different languages.

Progressing

Mother—"Mary, don't you think you are getting too old to play with the boys?"

Mary—"No, mother; the older I get the better I like them."

GUARD THE BABY AGAINST COLDS

To guard the bab against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy and good-natured. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A New Year Thought.

At long last we shall find them, if we
set ourselves to look,
The answers to the problems in old
Time's big puzzle-book!
The why and how and wherefore of
the ups and downs we meet;
The meaning of the corners and the
turnings in Life's Street!

At long last we shall learn them—all
the lessons of the way.
At long last we shall sing them—all
the carols of the day.
We may not find it quickly, but at
long last if we're true—
We'll dig it out and finish it—that
work we're meant to do!

At long last we shall get there—to the
top of Hill Success;
We mustn't tire of climbing, we must
onward, upward press!
And when the mists have broken, we
shall view with clearer sight
The reason for the failures which have
helped us gain the height.

—Lillian Gard.

The Pleasure of Music.

Beauty in all its glory can be brought to the hearts of children through music.

The joy received from hearing beautiful melodies preserves that idealism, which is one of the most precious possessions of childhood. When such music is heard it reaches their consciousness through rhythm, melody and harmony, through form and style, through the warmth of stringed instruments or the rich tones of a French horn, but it all affords a pleasure which finds echo within and is an influence for good.

The world can not live without music. It is uplifting and makes one think of the better things of life. When we realize how vital a factor music is in the life of each individual we will also realize how important it is to hear good music.

Taking interest for money lent to Hebrews was expressly forbidden by the Mosaic Law.

CAN SWING PICK LIKE HE USED TO

Miner Thanks Tanlac For Putting Him Back On Job After Illness Forced Him to Quit.

"When Tanlac helped my little grand-daughter so wonderfully I thought maybe the medicine would help me too, and since I've taken it I am feeling fine," said John Jones, 19 Sterling St., London Ontario.

"I came here a year or so ago from Calgary, where I was a miner, but had to quit on account of asthma," he continued. "I was badly run down, and then I got a touch of pneumonia that knocked me out completely. I couldn't get my strength back, had no appetite, was unable to work and didn't know what it was to get a good night's sleep.

"By the time I took three bottles of Tanlac I was eating just anything, sleeping like a log and I have been on the job ever since. My asthma doesn't bother me so much now, and it's a race between me and my little grand-daughter at meal time, for we both have splendid appetites.'

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

PUT STOMACH IN ORDER AT ONCE

"Pape's Diapepsin" for Gas, Indigestion or Sour Stomach

Instantly! Stomach corrected! You never feel the slightest distress from indigestion or a sour, acid, gassy stomach, after you eat a tablet of "Pape's Diapepsin." The moment it reaches the stomach all sourness, flatulence, heartburn, gases, palpitation and pain disappear. Druggists guarantee each package to correct digestion at once. End your stomach trouble for few cents.

A Quick Relief for Headache

A headache is frequently caused by badly digested food; the gases and acids resulting therefrom are absorbed by the blood which in turn irritates the nerves and causes painful symptoms called headache, neuralgia, rheumatism, etc. 15 to 30 drops of Mother Seigel's Syrup will correct faulty digestion and afford relief. 8

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.

Faster Than the Fastest.

Orchestra Drummer—"I'm the fastest man in the world."

Violinist—"How's that?"

O. D.—"Time flies, doesn't it?"

V.—"So they say."

O. D.—"Well, I beat time."

MONEY ORDERS.

It is always safe to send a Dominion Express Money Order. Five dollars costs three cents.

Death and Life.

I do not know what may befall to-morrow,
What stores of blessing, or what
weight of sorrow;
But this I know, whatever may befall,
Whatever Life may be, Death ends it
all.

But stay! Does Death end all we
know of living?
Though it may end the tears and woe
and the forgiving,
Is it not rather, O my Soul, the door
To Life Eternal, life for evermore?

No sneering doubts shall quell my
heart's believing,
Though hell and furies ply their arts
deceiving;
The icy stream may o'er my body roll,
But Death can never rob me of my
Soul.

Quite Untrue.

The village postman, being an inveterate gossip, could never resist reading the postcards entrusted to him to deliver, and then communicating the news thus gained to others.

The doctor was much bothered by this, and one day, in writing to a friend who lived quite close, he added: "I would tell you more, only I know the postman will read it."

He then posted the card in the letter-box, whence it was collected, and taken to the post-office, and sent out for delivery.

The postman stamped up to the house with the card and knocked at the door.

To the surprise of the good lady who opened the door, the postman handed her a postcard, and exclaimed angrily: "He's a liar! I don't read 'em!"

ISSUE No. 4—'22.

"Cascarets" 10c

Best Bowel Laxative When Bilious, Constipated

To clean out your bowels without cramping or overacting, take Cascarets. Sick headache, biliousness, gases, indigestion, sour, upset stomach, and all such distress gone by morning. Nicest physics on earth for grown-ups and children. 10c a box. Taste like candy.

New Socket Wrench.

Weighing only 1½ pounds, a socket wrench that has been designed for a certain type of automobile fits nuts of eleven sizes.

PETRIE'S MACHINERY TORONTO

Pain?

For immediate relief rub the affected part with Minard's Liniment. It penetrates faster and further than any other, soothing and stopping pain. Two generations have crowned it King of Pain.

Minard's Liniment

The Family Medicine Chest.

SEVERE ITCHING BURNING PIMPLES

Over Face and Neck. Face Disfigured. Cuticura Heals.

"My trouble began with a rash which later turned to pimples. The pimples were quite large and of a reddish color, and were scattered all over my face, neck and forehead. The itching and burning were so severe that I could not help scratching. My face was disfigured for about a year.

"The trouble lasted about a year before I began using Cuticura Soap and Ointment. They afforded relief within two weeks, and at the end of six weeks I was healed." (Signed) Clarence J. Burnell, 474 Tyler St., Pittsfield, Mass., Jan. 4, 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.

AGENTS WANTED.

WANTED—RELIABLE AGENTS—On commission, for nursery firm with 26 years' experience; free equipment; weekly pay. Welland Nursery Co., Welland, Ont.

THE SCARE BURGLARS ALARM—New invention. A sure scare. No office, store, cellar, or any place of value should be without them. Can be attached to any window or door, $2.00. Agents wanted. Ben Johnson, Box 1878, Welland, Ont.

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.

WANTED—EXPERIENCED KNITTERS wanted to operate Cotton's patent machines making shirts, drawers and combinations. Apply, stating experience, to C. Turnbull Co., Ltd., Galt, Ont.

NURSES.

NIAGARA FALLS MEMORIAL Hospital Training School for Nurses (Registered) offers a three (3) year course to students; affiliating with the Children's Hospital, Buffalo, N.Y., eight-hour duty; requirements: one year of High School or its equivalent. Further information upon request to Memorial Hospital, Niagara Falls, New York, Superintendent of Nurses.

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.

One of the first lessons in life is to learn how to obtain victory out of defeat.

Minard's Liniment for Rheumatism.

Rugby football celebrates its centenary this year.

MRS. MISENER'S ACHES AND PAINS

Vanished After Using Lydia E. Pinkham's Vegetable Compound

"Branchton, Ont.—"When I wrote to you for help my action was mostly prompted by curiosity. I wondered if I, too, would benefit by your medicine. It was the most profitable action I have ever taken, I heartily assure you, for through its results I am relieved of most of my sufferings. I have taken six boxes of Lydia E. Pinkham's Vegetable Compound Tablets and a bottle of Lydia E. Pinkham's Blood Medicine, and I can honestly say I have never been so well before. I had suffered from pains and other troubles since I was fifteen years old, and during the 'Great War' period I worked on munitions for two years, and, in the heavy lifting which my work called for, I strained myself, causing pelvic inflammation from which I have suffered untold agony, and I often had to give up and go to bed. I had doctored for several years without getting permanent relief, when I started to take your medicines."—Mrs. Goldwin Misener, Branchton, Ont.

Write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments of Women." C

Rheumatism?-*banish pain!*

Apply Sloan's. Restore healthy circulation of blood through congested tissues. Since congestion causes the pain *-almost instant relief!*

Sloan's Liniment *-kills pain!*

Made in Canada

For rheumatism, bruises, strains, chest colds

Surnames and Their Origin

BAGLEY

Variation—Bagly.
Racial Origin—English.
Source—A locality.

This is one of those family names which might well have sprung up independently in many sections of England throughout the period in which the majority of family names were formed—that is to say, between the eleventh and the fourteenth centuries. And all of the available indications in the form of historical records of counties, townships and villages go to show that it did.

The "Bagley" was the kind of local geographical name which might have sprung up almost anywhere in the country.

As a geographical term it was simply the combination of two ancient Anglo-Saxon words, "boelge" and "leagh." The former is the word which in the course of time has developed into our modern verb "bulge," meaning to swell. The latter is found principally in geographical names, in the terminations, "ley," "lea" and "leigh," and it meant either meadow, or untilled land. The "boelge," "leagh" or "bagley," therefore, simply referred to some local piece of rising or swelling ground that was untilled. Any one living on such ground was likely to be distinguished in the speech of his community by reference to it.

RAMSEY

Racial Origin—English.
Source—A locality.

Ramsey is one of those English names which are distinctly Anglo-Saxon, in distinction from those which are Norman-French. Still it does not follow that all who bore it in the first place were Saxons. A name of this sort gives little or no clue to the race of those who first used it, because it was a place name before it became a family name, and the Normans, when they spread their sway over England, saw no reason for renaming the locality.

Like all family names derived from place names, its first general use was to indicate the place from which a given person or family had come, thus distinguishing a man from others, who bore the same given name. Later, these names, for the most part, lost their locality significance and became the hereditary names of families. Only in a minority of cases do such names indicate that the original bearers were "of" a certain locality in the sense that they were the rulers of it.

As a place name, Ramsey is a combination of the Saxon "ey," which meant "isle" or "island" and either "ram," or else the word "reoma." The last named meant the "edge" or "border" and was the ancient form of our modern word "rim."

Is Your Family United at Mealtime?

YOU say "No" to the children when tea or coffee is being passed; but while explaining that little folks should not risk health, do you drink tea or coffee yourself?

Your health is valuable, too—and *their* need for a hot drink with breakfast may be as great as yours.

There's complete satisfaction in Postum, and safety alike for young and old. Postum is made from clean, hard wheat and is free from any element of harm. It has a pleasing aroma, delightful flavor—and thousands who have wisely stopped tea and coffee are finding satisfaction, comfort and better health, in wholesome Instant Postum.

At your Grocer's 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 Co., 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

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."