'A MOTHER'S HEALTH NEEDS GREAT CARE

Care of Home and Children Often Causes a Breakdown.

The woman at home, deep in household duties and the cares of motherhood, needs occasional help to keep her in good health. The demands upon a mother's health are many and severe. Her own health trials and her children's welfare exact heavy tolls, while hurried meals, broken rest and much indoor living tend to weaken her constitution. No wonder that the woman at home is often indisposed through weakness, headaches, backaches and nervousness. Too many women have grown to accept these visitations as a part of the lot of motherhood. But many and varied as her health troubles are, the cause is simple and relief at hand. When well, it is the woman's good blood that keeps her well; when ill she must make her blood rich to renew her health. The nursing mother more than any other woman in the world needs rich blood and plenty of it. There is one way to get this good blood so necessary to perfect health, and that is through the use of Dr. Williams' Pink Pills. Mrs. W. T. Riley, R.R. No. 1, Apple Hill, Ont., has proved the great value of Dr. Williams' Pink Pills to mothers, and tells her story as follows:—"Two years ago, after the birth of my boy, I became very weak and run down. Gradually I lost weight and energy until I was unable to do my housework. I could not sleep, my nerves would twitch and jump so that I arose in the morning with heavy aching limbs and head. Indigestion helped to make the misery worse, and my heart would palpitate terribly. I doctored steadily for a year without getting better, but just dragged along feeling that I would never be well again. But one lucky day, on the advice of a friend, I began treatment with Dr. Williams' Pink Pills. I have taken only six boxes, but I wish you could see the difference. I am now able to do my work, go about and enjoy myself. I feel so entirely like a new woman that I advise every weak or ailing woman to try Dr. Williams' Pink Pills and I know they will get beneficial results."

If you are ailing, easily tired or depressed, it is a duty you owe yourself and your family to give Dr. Williams' Pink Pills a fair trial. What this medicine has done for others it will surely do for you. 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.

To My Mother.

Deal gently with her, Time; these many years
Of life have brought more smiles with them than tears,
Lay not thy hand too harshly on her now,
But trace decline so slowly on her brow
That like a sunset of the northern clime,
Where twilight lingers in the summer time,
And fades at last into the silent night
Ere one may note the passing of the light,
So may she pass— since 'tis our common lot—
As one who, resting, sleeps and knows it not.

—John Allen Wyeth.

A crowd of a million persons standing in comfort would cover seventy acres.

Londoners have lost the knack of laughing, according to a German business man who has been in the metropolis for the first time since 1914.

TOO EASY

"It's altogether too easy to get a divorce."

"Well, maybe if it wasn't so easy to get something to get a divorce from it wouldn't be so easy."

Three Wishes.

If a fairy came to me
With the gift of wishes three,
First, I'd have a house (quite small!)
With roses on the southern wall,
Four red chimneys, leaded lights,
And shutters for the winter nights.

Then, I'd have a garden, too,
Where the old-world flowers grew;
Lavender in misty beds,
Flaming scarlet poppy heads,
Fruit for jam, a kitchen plot,
Wallflower and forget-me-not.

Last, a white fence and a gate
Where the One Beloved could wait,
Watching the long road for me,
Looking outward tenderly.
—And it's a pity, so I say,
That fairy folk have passed away!

—V. Arlett.

Neither Seen Nor Heard.

A small girl was at her first grown-up dinner party, and, being wedged in a corner of the table, she was quite overlooked.

She suffered in silence for some time, until at last, during a lull in the conversation, a pathetic little voice piped up: "Does anyone want a clean plate?"

Secret.

I know a thing that no one knows
Save only one and I,
So frail it is, a thread seems strong,
So great, it mocks the sky.

I dare not tell it if I would,
And would not if I dared.
It is so shining even gold
Is only dull compared.

But he must tell it—I must wait,
As modest maidens do.
My little heart, will he be glad
To find I know it too?

—Helen Frazee-Bower.

WINTER HARD ON BABY

The winter season is a hard one on the baby. He is more or less confined to stuffy, badly ventilated rooms. It is so often stormy that the mother does not get him out in the fresh air as often as she should. He catches colds which rack his little system; his stomach and bowels get out of order and he becomes peevish and cross. To guard against this the mother should keep a box of Baby's Own Tablets in the house. They regulate the stomach and bowels, and break up colds. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Something Worth While.

Guest (inspecting pictures))—"Ah! an old master, I think?"

Mrs. Newrich—"Y-yes; but the frame is new."

MONEY ORDERS.

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

Music can lull to slumber any form of disease curable by science, according to a professor at Cincinnati University.

Minard's Liniment for sale everywhere

Ten years is the average life of an oyster.

Surnames and Their Origin

EBERLEY

Variations—Eberly, Eberle.
Racial Origin—Welsh or Cornish, German, possibly Scottish, English.
Source—A locality, a given name, a characteristic.

Here is a family name with several possible sources, which certainly may be assumed to have developed from more than one of them.

Unfortunately it is unusually difficult to get track of it in the Middle Ages, but from known data, considered in the light of linguistic development, the following explanations present themselves.

As a German family name it may be considered the development of a nickname indicating a personal characteristic, from "eber," a "board," and meaning "boarlike," figuratively "fierce" or "bold." Or it may have come from the given name indicating this characteristic.

As Welsh or Cornish British it would be the development of "aberlee", indicating a marshy place where two or three streams come together.

The Gaelic equivalent for this would be "eabar," and the name, developing in the section where highlands and lowlands of Scotland fuse, might be due to unconscious redundancy. Those speaking English coming across the locality known as "Eabar" might conceivably add their own descriptive word "lea" to it, not knowing that the meaning of the two words were virtually the same.

As an English family name it may be a development of a Saxon given name of a similar meaning to the German.

SOUTHWELL.

Racial Origin—English.
Source—A place name.

This should not be a difficult name to analyze, for it naturally splits itself into the two words "south" and "well." It would therefore seem to be an obvious example of that class of family name which originated in a place name and which was used to indicate the place of residence of its first bearers, or to distinguish them by reference to the place from which they had come.

And that classification is correct. In many cases there is no doubt that it indicated a place of residence near the south well of this, that or the other community.

But there is also another explanation of the existence of the name. There is in Nottinghamshire a place called Southwell, and it is logical to believe that in many cases the family name simply indicated an original residence in this community.

This place name, however, is not exactly what it seems. The "well" in this case, historians believe, is not the word with which we are familiar today, and which also was in common use throughout England in the Middle Ages. There was another word "well," less frequently used, but none the less quite common in many sections of the country, which indicated a plain, or open field. And it is believed that the meaning of this place name was "south plain."

Get your vitamins *naturally*

Vitamin and mineral elements are part of the splendid nutriment which Nature stores in the field grains for nourishing and vitalizing the human body.

Grape-Nuts, made from wheat and malted barley, has for over twenty five years supplied vitamin and other elements necessary for perfect nutrition.

There's a crispness and flavor that delight the taste—and there's natural health-building goodness that makes Grape-Nuts with cream or milk a complete food—and wonderfully delicious!

Grape-Nuts is truly economical because a small quantity provides unusual nourishment.

Grape-Nuts FOR HEALTH *"There's a Reason"*

Sold by grocers everywhere!
Made by Canadian Postum Cereal Company, Limited
45 Front Street, E., Toronto
Factory: Windsor, Ontario

MAN OF LETTERS THANKS TANLAC

Canadian Writer Declares He Never Saw Its Equal for Building One Up.

"Tanlac is a faithful old friend that never fails me," declared James A. Brain, 671 Gerrard St. E., Toronto, Ont., recently. Mr. Brain is one of Toronto's best known citizens, and in addition to being a successful business man, has written many poems and songs that have gained wide popularity.

"I've been taking an occasional treatment of Tanlac for four years, and it keeps me in fine condition. Why, right now, I feel like I could hold ground in a foot race with any man my age in Canada.

"Before taking Tanlac, I was all rundown, had little appetite, and was suffering from indigestion. I wasn't sleeping well and was often so weak and nervous I couldn't attend to business.

"Well, sir, all these ailments disappeared with my first treatment of Tanlac, and to this good day I've been eating, sleeping and feeling fine. In all my seventy years, I've never seen the equal of Tanlac, and I just wouldn't be without it."

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

ITCHY PIMPLES ALL OVER FACE

And Shoulders. Burned Badly. Cuticura Heals.

"My trouble started with pimples breaking out all over my face and shoulders. The pimples were large and red and festered, and itched and burned so badly that I could not sleep. They were very sore and my clothing aggravated them.

"I read an advertisement for Cuticura Soap and Ointment and sent for a free sample which helped me. I purchased more, and after using four cakes of Cuticura Soap and three boxes of Cuticura Ointment I was healed." (Signed) William C. Steen, 39 Peabody St., Buffalo, N. Y.

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.

IF STOMACH IS TROUBLING YOU

Instantly! End Indigestion or Stomach Misery with "Pape's Diapepsin"

As soon as you eat a tablet or two of "Pape's Diapepsin" your indigestion is gone! Heavy pain, heartburn, flatulence, gases, palpitation, or any misery from a sour, acid stomach ends. Correct your stomach and digestion for a few cents. Each package guaranteed by druggist.

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.

Opened Solomon's Pools.

In its solution of the vexed problem of a water supply in Jerusalem the Department of Public Works in Palestine has contrived to combine utility with romance, writes the Jerusalem correspondent of "The London Morning Post." In the days of the Roman occupation, when the population of the Holy Land was no smaller, apparently, than now, Jerusalem was well supplied with water. It has occurred to the department to make use of the Roman reservoirs and aqueducts, of which the ruins can still be seen.

Thus the Pools of Solomon, so called from being near the Gardens of Solomon, and of second century date, three large reservoirs, with a total capacity of 40,500,000 gallons, situated some eight miles from the capital, are again, after centuries of disuse, supplying Jerusalem with water. Some difficulty was found in repairing leaks, but two of the pools have already been sufficiently cleared out and restored to fulfill their original purpose.

The department has even found it possible to use the surface aqueduct and tunnels, which the Romans made, so as to secure connection between the pools and their main source of supply, a spring rising in a cavern named Bir Darash. This was effected after the removal of much silt and stones. So history is repeating itself at Jerusalem.

Petroleum in Spain.

The Spanish Government will drill two 2,000-metre wells in a search for petroleum in provinces where it is believed to exist.

When a dog barks at night in Japan the owner is arrested and sentenced to work for a fixed time for the neighbors whose slumber may have been disturbed.

ISSUE No. 10—'23.

CORNS

Lift Off with Fingers

Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly!

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the callouses, without soreness or irritation.

PETRIE'S MACHINERY TORONTO

Doctors

Endorse Minard's Liniment and prescribe it in their practice. prescribe it in their practise. Write for testimony of medical men.

Minard's Liniment

The Family Medicine Chest

Sloan's

Sure relief *from rheumatic pain!*

Whether you have suffered for years or are experiencing rheumatic pain for the first time—Sloan's Liniment will bring you quick, sure relief.

Apply Sloan's to those stiff, sore joints.

Its tingling, penetrating warmth brings comfort immediately. Before you realize it the pain has disappeared.

Sloan's Liniment will make you realize how unnecessary it is to suffer from rheumatic pain today. The most stubborn and chronic cases yield to Sloan's.

Made in Canada

Sloan's Liniment-*kills pain!*

For rheumatism, bruises, strains, chest colds

Classified Advertisements.

PURE WOOL BATTS, BEAUTIFULLY carded and fluffy. Entirely free from oil or grease. Large sample, enough for comforter, one dollar. Woollen Mills, Georgetown, Ontario.

SALESMEN WANTED.

HUBAM CLOVER.

HUBAM CLOVER, THE GREAT annual. Write for interesting information. D. Fraser, R.R. 3, Ridgetown, Ontario.

True Education.

No person can be called educated who will not do effectively something that he does not wish to do at the time when it ought to be done.—Nicholas Murray Butler.

Minard's Liniment used by Physicians.

Dust from volcanic eruptions has been known to travel 500 miles through the air.

"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.

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.

BACK ACHED TERRIBLY

Mrs. McMahon Tells How She Found Relief by Taking Lydia E. Pinkham's Vegetable Compound

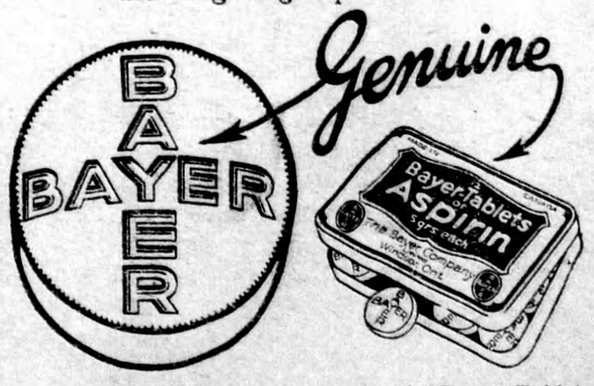
Chatham, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for a run-down condition after the birth of my baby boy. I had terrible pains and backache, and was tired and weak, not fit to do my work and care for my three little children. One day I received your little book and read it, and gave up taking the medicine I had and began taking the Vegetable Compound. I feel much better now and am not ashamed to tell what it has done for me. I recommend it to any woman I think feels as I do." —Mrs. J. R. McMahon, 153 Harvey St., Chatham, Ont.

Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has for nearly fifty years been restoring sick, ailing women to health and strength. It relieves the troubles which cause such symptoms as backache, painful periods, irregularities, tired, worn-out feelings and nervousness. This is shown again and again by such letters as Mrs. McMahon writes, as well as by one woman telling another. These women know, and are willing to tell others, what it did for them; therefore, it is surely worth your trial.

Women who suffer should write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women." G

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."