INFLUENZA LEAVES THE BLOOD THIN

To Restore Full Health Tonic Treatment is Recommended.

Probably the most treacherous trouble that afflicts the people of Canada during the winter months is influenza or la grippe, as it is often called. The disease is treacherous, because often after the characteristic symptoms of the trouble have disappeared it leaves behind it a weakened and debilitated constitution which makes the victim an easy prey to other troubles. All this is due to the fact that the attack of influenza has left the blood abnormally weak and thin. Weak blood means impaired digestion, a feeling of tiredness after slight exertion, and often a nervous breakdown. This condition will continue until the blood is restored to a rich, red, disease resisting condition. For the purpose of enriching and stimulating the blood no other medicine equals Dr. Williams' Pink Pills. These pills act directly upon the blood, and through the blood upon the nerves and in this way act as a restorative to the whole system. Thousands throughout Canada have proved the value of Dr. Williams' Pink Pills in cases of this kind, among them is Miss Ida M. Fraser, R.R. No. 2, Thessalon, Ont., who says: "I passed through a severe attack of influenza which left me pale, thin and weak. Indeed, I was so weak I could scarcely stand upon my feet. The medicine I was taking in the hope of bringing back my health did not help me, and I was greatly discouraged. Finally I decided to try Dr. Williams' Pink Pills, and from the time I had taken the first box my health began to improve. I used six boxes altogether, and found as a result that I was again strong and healthy, and I think that in cases of this kind they are worth their weight in gold."

If you have passed through an attack of influenza, your speediest way to regain full strength is through the fair use of Dr. Williams' Pink Pills. You can get these pills through any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Shrine.

No sanctuary can compare
With an orchard that I know,
When April slips into its aisles
And swinging censers blow—

When, 'neath its wondrous traceries,
The choristers that sing
Are robins, at their matins or
Their vespers, in the Spring.

A deep sky stains its windows blue,
And the nunlike breezes pass,
Embroidering bright petals on
Its altar-cloth—the grass.

No guide is needed but the heart,
For every passer there
May pause and see its loveliness
And offer up a prayer.

Each one can say his vespers well
In that old orchard close,
When the Sun sends dying blessings down
Its deep aisles, as he goes—

And through those aisles an acolyte
Comes stealing from afar—
It is the Dusk, and in the East
He lights the Evening Star!

—Virginia Jeffrey Morgan.

Curious Storage of Hay.

There is practiced in Kashmir, India, a novel method of putting fodder up for winter use. The country lies in a valley among the Himalayas. The chief industry of the people consists of raising fine wool and in making this into fabrics which have carried the name of the country all over the world.

A curious custom in some places is that of hanging quantities of hay up among the branches of trees. Why this is done is more than the stranger can guess and he is much puzzled until some native informs him that in winter the snow lies five and six yards in depth and that the supplies of hay, which as he now looks at them seem only as if intended for giraffes, are then easily reached by the flocks of sheep which abound there.

Cornmeal in Soap.

Cornmeal is a leading ingredient of a recently patented soap that removes stains from textiles as well as being valuable for personal use.

Minard's Liniment used by Physicians.

Sunlight and Colors.

Everyone knows the danger of mistakes in attempting to select colored articles in artificial light. Only the white light of the sun, containing all the elements of color known to us, can be trusted in such cases to reveal the actual hues possessed by the objects under examination.

Starting with the fact that in a photographic dark room filled with ruby colored light, bright scarlet cloth appears white, it was shown that when no white light whatever is admitted to a dark room the power of the eye to distinguish colors is temporarily lost and all objects appear of various shades of white and black.

By mingling blue or green with red light the colors of objects can be made to undergo remarkable changes. The quantity of light alone also affects the appearance of a color, particularly certain tints of blue and violet, for which reason, even in the absence of artificial lights, a person purchasing colored goods in a dark store must carry them to the door or window, where a strong illumination can be obtained, in order to make certain of the precise shade.

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.

Hiram Explains.

Hank—"I don't understand them thermometers."

Hiram—"It's simple enough. You see, when it gets durn cold the mercury sorter huddles together down in the bottom, so's to keep warm."

MONEY ORDERS.

Remit by Dominion Express Money Order. If lost or stolen you get your money back.

Literal Interpretation.

Teacher—"In this verse, what is meant by the line, 'The shades of night were falling fast?' "

Bobby—"It means that someone was pulling down the window blinds."

Chimney of Glass.

A French gunpowder plant blows the fumes from its gun cotton factory through a chimney lined with glass, which resists the chemical action perfectly.

Dynamite is made by mixing nitroglycerine with sawdust.

LOST HOPE, SAYS MRS. WATERMAN

Declares Tanlac Restored Her Fully When Almost a Nervous Wreck—Gains 14 Pounds.

"Tanlac restored my health so completely three years ago that I haven't had to take a single dose of medicine since," says Mrs. Cora Waterman, 145 Monroe St., Toronto, Ont.

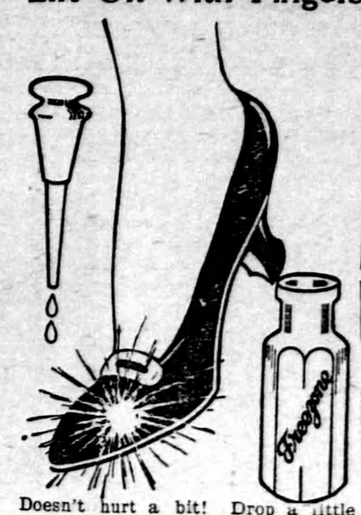
"I don't believe there was a worse case than mine in Ontario. I had been suffering for about three years and was practically a nervous and physical wreck. I could eat scarcely a thing, sleep was almost impossible, and rheumatism in my hands, wrists and arms almost drove me distracted. I spent every cent I could lay my hands on for medicine, and had about lost hope of ever being well again.

"But Tanlac ended my suffering and saved me a great many dollars. I regained fourteen pounds, too, which I still retain, and I feel as strong and healthy now as when a school girl. I have been praising the Tanlac treatment three years now, and want to send out this message to help others."

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

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 calluses, without soreness or irritation.

Classified Advertisements.

ONE HUNDRED DIFFERENT stamps for the names of two collectors and 2c postage. Lists Free. Toledo Stamp Company, Toledo, Ohio.

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

HUBAM CLOVER.

HUBAM CLOVER, THE GREAT annual. Write for interesting information. D. Fraser, R.R. 2, Ilderton, Ontario.

FEMALE HELP WANTED.

LADIES, DO YOUR OWN HEMstitching and picoting. Attachments fit any machine. Sent collect $2.50. Agents wanted. Colorado Attachment Co., Box 2210, Denver, Colo.

Lord Lascelles is an enthusiastic collector of old glass.

Jockeys

Poultry and Dog Fanciers, animal trainers and breeders find daily use for Minard's Liniment as a preventive and remedy. Write for signed evidence of experienced men.

Minard's Liniment

The Animal's Friend

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.

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.

Constipation Banished

A druggist says: "For nearly thirty years I have recommended the Extract of Roots, known as Mother Seigel's Curative Syrup, for arresting and permanently relieving constipation and indigestion. It is an old reliable remedy that never fails to do the work." 30 drops thrice daily. Get the Genuine. 50c. and $1.00 bottles.

For Lasting Fragrance Use Cuticura Talcum

There is nothing better than Cuticura Talcum for powdering and perfuming the skin. It appeals to the most fastidious because of its fine, smooth texture and delicate fragrance.

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.

"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.

Look to Your Eyes

Beautiful eyes, like fine teeth, are the result of constant care. The daily use of Murine makes eyes clear and radiant. Enjoyable. Harmless. Sold and recommended by all druggists

MURINE FOR YOUR EYES

Holds Cake of Soap.

Set into the face of a new bath brush are movable jaws which will hold a cake of soap of any size.

Minard's Liniment for sale everywhere

Hungry Pike.

The pike is the hungriest and the fiercest of fish. Fish, flesh and fowl seem alike acceptable to its palate, and it does not disdain mineral products; rings, spoons and other similar articles have been frequently taken from its maw.

Four English boys went to bathe in Inglemere Pond, near Ascot, in England. One of them, who shall be called Tommy, walked into the water to about the depth of four feet, when he spread out his hands and tried to swim.

At that instant a large fish came up and took the whole hand into its mouth, but finding itself unable to swallow it relinquished its hold, and the boy, turning round, prepared for a hasty retreat. His companions, who saw the fish, scrambled out of the pond as fast as possible.

Tommy had scarcely turned around before the fish came up behind, and, seizing his other hand crosswise, inflicted some very deep wounds on the back of it. The lad raised his free hand, which was still bleeding, and struck the great fish a hard blow on the head, when it disappeared. The other boys took him to a surgeon, who dressed seven wounds in one hand, and so great was the pain the next day that the lad fainted twice. The little finger was bitter through the nail and it was more than six weeks before it was well.

An ordinary thimble will hold 100,000 of the smallest screws used in watches.

The world is full of babbling and words, and I never saw a man that doth not rather speak more than he he ought, than less.—Montaigne.

ISSUE No. 11—'22.

Chest Cold? — try this method

That chest cold can be broken up—no matter how stubborn and deep-seated it may seem!

Apply Sloan's Liniment to chest and neck tonight.

Its tingling, glowing warmth goes to the root of trouble. It breaks up the congested, inflamed condition.

Relief quickly follows.

Get a bottle of Sloan's today. All druggists carry it. Its effectiveness will surprise you. *Made in Canada*

Sloan's Liniment-kills pain!

For rheumatism, bruises, strains, chest colds

MOTHER OF TWIN BOYS

Tells How Lydia E. Pinkham's Vegetable Compound Relieved Her of Inflammation and Great Weakness

West St. John, N. B.—"I was in a general run-down condition following the birth of my twin boys. I had a great deal of inflammation, with pains and weakness. Finally my doctor recommended Lydia E. Pinkham's Vegetable Compound. He said that your medicine would be the only thing to build me up. I am sure he is right, for I am feeling much better and am gaining in weight, having gone down to ninety-three pounds. I was in bed for over a month, but am up again now. I have recommended the Vegetable Compound to my friends and give you permission to use my letter."—Mrs. Elmer A. Ritchie, 82 Rodney St., West St. John, N. B.

There are many women who find their household duties almost unbearable owing to some weakness or derangement. The trouble may be slight, yet cause such annoying symptoms as dragging pains, weakness and a run-down feeling.

Lydia E. Pinkham's Vegetable Compound is a splendid medicine for such conditions. It has in many cases relieved those symptoms by removing the cause of them. Mrs. Ritchie's experience is but one of many.

You might be interested in reading Mrs. Pinkham's Private Text-Book upon the "Ailments of Women." You can get a copy free by writing the Lydia E. Pinkham Medicine Co., Cobourg, Ontario. C

Surnames and Their Origin

NORTON

Racial Origin—English.
Source—A locality.

If your name is Norton, and you wish to know its very first origin (for being one of those names derived from a locality it necessarily had an origin as a place name as well as a family name) you can pretty nearly figure it out for yourself, with little more than a very general knowledge of history.

Its meaning, of course, is quite clear: "north-town." The ending reveals it as of Anglo-Saxon origin, hence the probabilities are that the name existed before the Norman invasion. But, it may be objected, are not place names coined to-day with the ending "ton?" True, but hardly in Norman times. The place names coined by the Normans do not end in "ton," and the ending did not come into use by the Anglo-Normans (except as they adopted names already extant) until their French had become fused with Saxon to make English. If the place name were coined in very modern times we would have no family name from it. If it were formed following the fusion of tongues, the period in which a family name might develop from it was comparatively short. But if formed in Anglo-Saxon times it would have been there always as the basis for a family name.

Consider it from another angle. The town of Norton actually is in Yorkshire, a section which was distinctly north to the Anglo-Saxons, but which would have been considered south by the Scots. In the time of the Normans or later, however, it would have hardly been considered so exceptionally far north as to warrant the name of "north-town" being distinctive. Though one could not say so certainly, it looks as though the place had been settled prior to the Norman conquest.

NEVILLE.

Variation—Nevil, Neuville.
Racial Origin — Anglo-Norman and French.
Source—A locality.

One of the premier things about family names is the manner in which many of them develop in one country, and under the influence of one language, from place names in other countries and languages.

Feudal units, while still existent and strong, were being subordinated to national authority in the persons of kings. The migratory invasions of Western Europe were over; populations were settling down; peaceful arts and the middle classes were rising; commerce was increasing; merchants were traveling from one country to another, often settling down in other lands, and skilled workers were being sought from one country by another. Comunication between France and England was rather close.

The name of Nevil, or Neville, was, of course, French in its real origin. It meant "the new city," and it was the name given to a town in Poton. "Neuve Ville" was the French of it. There is no telling, in the individual case, whether it was brought into England as a family name (in the Norman form of "de Neuville") at the time of William the Conqueror, or later. In some cases it is known to trace back to individuals who did cross to England with the conqueror.

But in any event, once in England, the succeeding centuries and the tendencies of the English speech which developed from the mixture of Norman French and Anglo-Saxon changed it into Neville and Nevil, the prefixed "de" being dropped in the course of time.

There's Solid Comfort in Healthy Nerves

WHEN you envy the calm and serene person who always looks so comfortable, just remember that his condition is the result of healthy nerves and sound, refreshing sleep.

If you are nervous and irritable—if you cannot sleep at night—avoid the use of tea and coffee, which many people cannot drink without serious harm to their nerves, and consequent interference with health and comfort.

Drink, instead, delicious Instant Postum—the wholesome, healthful table beverage that safely charms and satisfies.

At your grocer's in sealed, air-tight tins

Instant Postum FOR HEALTH

"There's a Reason"

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

Canadian Postum Cereal Co., Limited, 45 Front St., E., Toronto. Factory: Windsor, Ont.

ASPIRIN

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

BAYER

OK

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."