SMOKE

in ½lb. tins

and 15¢ pkts.

OLD CHUM

The Tobacco of Quality

Surnames and Their Origin

SPOONER

Racial Origin—English.
Source—An occupation.

Family names, particularly those which are derived from occupations, conceal within themselves many interesting side lights on the habits and customs of an age now dim in history.

It's one of those obvious family names. It comes from the word "spoon" (reference being to the utensil, not the action). If family names were being formed to-day there would be none of this one, for though there are millions more spoons in use to-day than there were in the Middle Ages, where to-day will you find a spoonmaker? Lots of manufacturers make spoons, but we don't call them spoonmakers, because they make knives and forks and soup ladles as well. Lots of workmen may specialize in spoonmaking in the factories of these manufacturers, but each one handles only a special process, one step in the manufacture. Lots of dealers sell spoons, but they sell so many other things as well that we call them hardware dealers or jewelers.

But in the Middle Ages it was different. The very existence of the name Spooner proves it. The "spooner" made spoons and the "cutler" made knives, and neither interfered with the other's trade nor thought of combining the two. And why are there no "Forkers" to-day? Because in the Middle Ages, in England at least, the fork was unknown as a table "tool."

SUTTON

Racial Origin—English.
Source—A locality.

There are not many persons who can guess offhand the original meaning of the family name of Sutton, unless, perhaps, they see it in the company of such names as Easton and Weston.

Yes, that is it, "Southtown" would be the full and modern spelling of the name, which, from being the name of a place, has also become the name of many persons whose ancestors hailed from that place.

There is an erroneous idea, still quite widespread, that names originally bearing a prefixed "de" were by virtue of this "de" indicated as of "noble" origin. Nothing could be further from the truth, even though it is true that most of the ancient noble families bore surnames so prefixed.

The "de" meant to the people of Norman England exactly what it means to the people of France to-day. It meant "of," and nothing more. "William de Sutton" means "William of Sutton." Such surnames were borne by the over-lords of domains. But they were also borne by anybody, even serfs in many instances, who had come from the places mentioned.

Sutton is a town in Devonshire.

BABY'S OWN TABLETS OF GREAT VALUE

Mrs. Hermadis Chagnon, Ste. Theodosie, Que., writes:—"Baby's Own Tablets have been of great value to me in keeping my little one well and I would not be without them." Thousands of other mothers say the same thing. They have learned by actual experience the value of the Tablets in regulating the bowels and stomach; banishing constipation and indigestion, breaking up colds and simple fevers; and keeping the baby free from the many simple ailments of childhood. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Yes, Indeed

Worm—"Hey, Mr. Bug, don't you think I can get a job in the circus as a contortionist?"

MONEY ORDERS.

The safe way to send money by mail is by Dominion Express Money Order.

Consolation.

When the young husband returned from the office he found his wife in tears.

"Oh, John," she sobbed, "I had baked a lovely cake! I put it outside for the frosting to dry—and—and the dog ate it!"

"Well, don't cry about it, sweetheart," replied her husband, patting her flushed cheek; "I know a man who will give us another dog."

In Russia there are estimated to be 1,229 women to every 1,000 men. Germany comes next with 1,100 and Austria 1,069.

Minard's Liniment used by Physicians

Lettuce is Rich in Iron.

To say of a man of unusual strength and vigor that he seems "made of iron" is one of those popular phrases which science has proved to have an almost literal basis of truth. Although the toughest and most enduring individuals have only a few grains of iron in their entire body, those few grains are indispensable to life, and a material reduction in the quantity means immediate loss of strength and the onset of illness.

But people cannot eat iron, and the problem therefore is to get the iron in some form or combination which the body can utilize. Nature has solved the problem by providing vegetables that contain a large enough proportion of iron to be of service.

Lettuce is one of the more important and common of these vegetables, even though it contains only one part of iron in 50,000 of the raw substance, according to analyses recently made by a scientist. This is a much smaller proportion of iron than that existing in the human body, yet lettuce is a valuable source of that necessary element. Doctors and chemists agree that the only practicable way to get iron is to take it as a vegetable or to follow the example of the Eskimo, who can hardly raise greens and so gets it from the blood of seals and walruses. The iron in medicinal preparations is in itself of little use, as it combines with sulphur in the intestines to form indigestible compounds. "Medicinal" iron does have the virtue, however, of sweeping the intestines free of sulphur and thus giving the vegetable iron a chance for ready absorption, as the sulphur will also combine with the iron from lettuce or other plants.

But the way to take iron so that it may get into the red corpuscles of the blood and carry the life-giving oxygen to all the tissues of the body is to eat it in combination with things that grow. One of the handiest things of that sort is lettuce, which, coming early in the spring, brings renewed vigor to the bodies needing more iron in their blood.

Rich Father.

Friend—"Why is it that your son rides to business in a car, and you always go on the bus?"

Old Gentleman—"Well, he has a rich father, and I haven't."

SOUTH AFRICA AS A FRUIT PRODUCER

Recently the Union of South Africa celebrated the shipment of one million cases of fruit to Europe in one season. This is the first time this record has been achieved. The picture shows General Smuts, with some of the members of the Cabinet, examining the millionth case just before it was shipped.

Pat Scored.

An American was boasting to an Irishman about the speed of American trains.

"Why, Pat," said the American, "we run our trains so fast that the telegraph poles look like a continuous fence."

"Do they, now?" said Pat. "Well, sir, I was wan day on a train in Ireland, and as we passed first a field of turnips, then wan of carrots, then wan of cabbage, and then a large pond of water, we were goin' that fast I thought it was broth!"

HOW DELICATE GIRLS ARE MADE STRONG

Rich, Red Blood Needed to Keep Up Their Vitality.

It should be constantly borne in mind that pale, bloodless girls need plenty of nourishment, plenty of sleep and regular out-of-doors exercise. But a lack of appetite and tired aching limbs tend to hinder progress. To save the weak, thin-blooded sufferer, she must have new, rich red blood and nothing meets a case of this kind so well as Dr. Williams' Pink Pills. These pills not only enrich and increase the blood supply, they help the appetite and aid digestion, relieve the weary back and limbs, thus bringing new health and strength and transforming anaemic girls and women into cheerful, happy people. Among the thousands of girls who have obtained new health through the use of Dr. Williams' Pink Pills is Miss Lyla G. Garneau, Freeman, Ont., who says:—"About two years ago I was in a very nervous and run down condition. I could not eat, did not sleep well and was fast becoming an invalid. I was subject to fainting spells which made it very embarrassing to go in company as I never knew when a fainting spell might come on. After several fruitless treatments I was advised to try Dr. Williams' Pink Pills, and by the time two boxes were used I felt an improvement. I kept on taking them, and am now thankful to say that I owe my present health and happiness to this medicine, which I cheerfully recommend to other run-down girls."

If you are weak or ailing, avail yourself at once of the home treatment which Dr. Williams' Pink Pills so easily afford, and you will be among those who rejoice in regained health. These pills are sold by all dealers in medicine, or may be had by mail at 50c a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

Drudge.

He's afield all day
  In wind and sun,
Where tall grass rustles
  And shadows run.

The birds sing for him,
  The flowers smell sweet,
The brown earth crumbles
  Beneath his feet.

What have I to see?
  A stove, a floor,
Two little windows,
  A narrow door—

I want the flowers,
  I want the birds;
The wind would sing me
  Soft little words. . . .

I'm just his woman,
  So I must stay
In a hot kitchen
  Day after day. . . . .

Some days I'm wishing
  Even to be
Only a field mouse
  Just to be free!

—Abigail Cresson.

Well Informed.

Proud Wife (to nervous friend in automobile)—"I feel so safe with George driving, now that he has joined the Red Cross. He is learning first aid, and knows where all the hospitals are."

Minard's Liniment for sale everywhere

The Man at the Helm.

How many landsmen appreciate the hours of ceaseless anxiety experienced by the navigating officers of the White Star liner Pittsburg, which staggered into Halifax with her bridge torn away in a gale? When a ship's compass room is injured it requires all the knowledge and fortitude of which a seaman is capable to steer a ship, with its living freight, to harbor.

Few people realize how a ship is held to her course by that most used and most inaccurate scientific instrument in existence—the mariner's compass.

Its errors are numerous and troublesome. They are only partially understood and partially corrected. They vary with the place the compass occupies in the ship; with her heading at the time of observation; with the direction of her head when being built; with the temporary movement of iron within the ship.

The compass used for laying off courses and taking bearings is called the standard compass. With it are compared all the other compasses in the ship.

There are three north points that the navigator must take into consideration. First, the true north, which is the straight line, the meridian of longitude, joining the poles of the earth. Second, the magnetic north, which is the direction in which the compass needle would point if affected only by variation. Third, the compass north, which is the direction in which the compass needle actually points, affected as it is by the variation of the place and by the local attraction of the ship.

When the navigating officer gives the helmsman a course he first obtains from the chart the magnetic course that he wants. This he corrects for deviation from his standard compass deviation table, and the result is the course by standard compass that he must set.

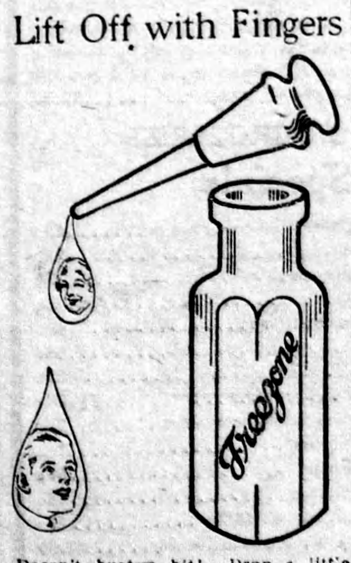
He then goes to the standard compass and gives orders to the helmsman until the ship's head is on that course, when he shouts "Steady!"

The helmsman notes the reading on his steering compass and steers that course until further orders. The ship is then on her course. The officer of the watch compares the two compasses at frequent intervals, and so the voyage goes on.

Is religion narrowing? Well, so is the gun barrel that keeps the projectile in the rifling; so are the railway tracks that keep the express train from the ditch; so is the steering wheel that holds the car in the middle of the road; but they save from wreck and mean achievement.

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 finpers. 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 callusses, without soreness or irritation.

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IS SURPRISED TO FIND SHE IS ALIVE

Mrs. Gorman Says She Didn't Expect to Survive Her Troubles—Praises Tanlac.

"Three years ago, before I got Tanlac, if anyone had told me I would be alive now I couldn't have believed it," said Mrs. Hannah Gorman, 414 Arthur St., Windsor, Ont.

"I had suffered from stomach trouble for seventeen years. Many a time I was in such agony I didn't think I could live through the day. I had awful smothering spells, terrible headaches, and was so nervous I was almost frantic and sleep was practically out of the question. Why, I was so weak I could hardly dress the children, to say nothing of taking care of the household duties.

"However, Tanlac gave me back my strength, and I've enjoyed perfect health ever since. I gained nearly ten pounds in weight, have a wonderful appetite and sleep eight or ten hours every night and feel so well life is a pleasure. Tanlac was a godsend to me. No medicine in the world can equal it."

Tanlac is for sale by all good druggists. Accept no substitute. Over 37 million bottles sold.

Tanlac Vegetable Pills are Nature's own remedy for constipation. For sale everywhere.

The Motor Age.

A little girl from the city had been visiting in the country, and was being questioned as to what kind of time she had. Finally some one said, "I bet you don't even know how to milk a cow."

"Bet I do," she said.

She was pressed for particulars, and explained: "You take the cow into the barn and give her some breakfast food and water and then you drain her crankcase."

The game of polo has been traced back to 600 B.C.

BABIES LOVE
MRS. WINSLOW'S SYRUP
The Infants' and Children's Regulator
Pleasant to give—pleasant to take. Guaranteed purely vegetable and absolutely harmless. It quickly overcomes colic, diarrhoea, flatulency and other like disorders. The open published formula appears on every lable.
At All Druggists

ITCHING BURNING ECZEMA ON SCALP

In Pimples. Formed Hard Crust. Hair Fell Out. Cuticura Healed.

"I had eczema on my scalp. It broke out in little pimples which formed a hard crust. My scalp itched and burned so badly I was up half the night. My hair fell out terribly and I could not comb it.

"This trouble lasted about three months before I sent for a free sample of Cuticura Soap and Ointment. I bought more and I used two boxes of Cuticura Ointment with the Cuticura Soap when I was healed." (Signed) Miss Gertrude Harrington, 1010 Delaware Ave., Butte, Mont.

Cuticura Soap to cleanse and purify, Cuticura Ointment to soothe and heal and Cuticura Talcum to powder and perfume are ideal for daily 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.

FOR SALE.

QUANTITY 8x8 to 10x10 BEECH TIMBERS. Reid Bros., Bothwell, Ontario.

NEW FORD OWNERS CAN ENJOY LUXURY, comfort and economy with the latest attachment. In unrepresented territory one may get his FREE. Write Auto Specialty Co., Peterboro, Ont.

WANTED—FEMALE CLOTH WEAVERS, Velours, Polos, etc. Highest wages paid. Apply Slingsby Manufacturing Co., Ltd., Brantford, Ontario.

Pimentos are raised in South America and Mexico, but it is said the best come from Jamaica.

Refreshes Weary Eyes
When Your Eyes feel Dull and Heavy, use *Murine*. It Instantly Relieves that Tired Feeling—Makes them Clear, Bright and Sparkling. Harmless. Sold and Recommended by All Druggists.
MURINE FOR YOUR EYES

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.

Attractive Proposition
For man with all round weekly newspaper experience and $400 or $500. Apply Box 24, Wilson Publishing Co., Ltd., 73 Adelaide Street West.

CORNS
BUNIONS
Minard's takes the "hurt" out of them. Also a soothing bath for sore, tired feet.
MINARD'S "KING OF PAIN" LINIMENT

WOMEN FROM FORTY TO FIFTY

Will Be Interested in Mrs. Thompson's Recovery by Use of Lydia E. Pinkham's Vegetable Compound

Winnipeg, Man.—"Lydia E. Pinkham's Vegetable Compound has done me good in every way. I was very weak and run-down and had certain troubles that women of my age are likely to have. I did not like to go to the doctor so I took the Vegetable Compound and am still taking it right along. I recommend it to my friends and to any one I know who is not feeling well."—Mrs. THOMPSON, 303 Lizzie St., Winnipeg, Man.

When women who are between the ages of forty-five and fifty-five are beset with such annoying symptoms as nervousness, irritability, melancholia and heat flashes, which produce headaches, dizziness, or a sense of suffocation, they should take Lydia E. Pinkham's Vegetable Compound. It is especially adapted to help women through this crisis. It is prepared from roots and herbs and contains no harmful drugs or narcotics.

This famous remedy, the medicinal ingredients of which are derived from roots and herbs, has for forty years proved its value in such cases. Women everywhere bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.

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."

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."