DELICATE GIRLS NEED NEW BLOOD

Rich, Red Blood Means Health and Strength.

The anaemia of young girls may be inherited, or it may be caused by bad air, unsuitable food, hasty and irregular eating, insufficient out-of-door exercise and not enough rest and sleep.

It comes on gradually, beginning with languor, indisposition to mental or bodily exertion, irritability and a feeling of fatigue. Later comes the palpitation of the heart, headaches, dizziness following a stooping position, frequent backaches and breathlessness. In a majority of cases constipation is present. There may be no great loss of flesh, but usually the complexion takes on a greenish-yellow pallor.

Cases of this kind, if neglected, become more serious, but if taken in time there is no need to worry. Dr. Williams' Pink Pills, which are free from any harmful or habit-forming drug, are just the tonic needed to remedy this wretched state of health. Though it is not noticeable, improvement begins with the first dose. As the blood is made rich the pallor leaves the face, strength and activity gradually return and the danger of relapse is very slight.

If any symptom of anaemia appears, prudence suggests that Dr. Williams' Pink Pills should be given at once, and the sooner they are taken the more speedily will their action improve the blood. You can get these 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.

Crepe Soled Shoes.

Golf enthusiasts, tennis players and vacationists this year are turning more and more to the so-called crepe soled footwear first produced in Ceylon. While at first glance the crepe soled shoes look ungainly as compared with the familiar rubber soles sneakers the growing popularity of the newer product would indicate it had much merit. When first produced crepe soles were called "plantation soles," because it was the rubber in its pure form direct from the Ceylon plantations. It is yellowish in color, grisly in texture and close knit. The soles run from one-sixteenth of an inch in thickness to three-eights inch. Its major claims for general use are the fine wearing qualitites, lack of heating so common in all rubber soled shoes, and the fact that it grips the ground without the knobs and ridges so familiar on all sport shoes.

Efforts are bing made to perfect machinery for making crepe soles that will stick. Up to now, the most satisfactory way has been to sew a thin piece of rubber on the light leather bottom of the upper and then stick the crepe sole on that. The British War Office is advertising for 40,000 pairs of crepe soled shoes with canvas tops, to be used as "rest shoes," and the contract should give a decided impetus to the manufacture of this class of footwear and perfect the output considerably.

Obeyed Orders.

Murphy, a new cavalry recruit, was given one of the worst horses in the troop.

"Remember," said the sergeant, "no one is allowed to dismount without orders."

Murphy was no sooner in the saddle than the horse kicked and Murphy went over his head.

"Murphy," yelled the sergeant, when he discovered him lying breathless on the ground, "you dismounted."

"I did."

"Did you have orders?"

"I did."

"From headquarters?"

"No, sor, from hindquarters."

Not a Sober Fellow.

Mistress (to Mary, about to be married)—"And where did you meet your young man, Mary?"

Mary—"Oh, at uncle's funeral, mum. He was the life and soul of the party."

Aid to Metal Cutting.

An inventor has combined a pantagraph with a hydrogen torch to enable metal to be cut by following drawings.

Keep Minard's Liniment in the house.

The paper used in printing Bank of England notes is manufactured at a special mill in Hampshire, where no worker is allowed to enter any part of the building other than the room where he is employed.

Knives and cooking utensils smelling of onions may be cleansed by rubbing thoroughly with salt, and then washing in warm water. Hands may be cleaned in a similar way.

Classified Advertisements

CORRESPONDENTS WANTED.

VISITORS—ACCOMMODATION, 4 DUNDONALD, Toronto.

SILVER FOXES—NOTES FROM MY DIARY (Booklet). Nine years' experience ranching foxes. 25 cents. Dr. Rendall, Truro, Nova Scotia.

AGENTS OPPORTUNITY, REAL HAIR NETS, sell easily. Send ten cents for full samples. Fine proposition, liberal commission. Dorothy Hair Net Co., Lindsay Building, Montreal.

WASHINGTON HAND PRESS.

WE HAVE AN ENQUIRY FOR A WASHINGTON Hand Press that will take 2 pages of 8 columns, long. Wilson Publishing Co., Ltd., 73 Adelaide St. W., Toronto.

A New Mozart

An eleven-year-old boy, who directed the orchestra in the production of an oratorio written by himself, at Milan recently. The work is considered sufficiently remarkable to mark the boy as a prodigy. His mother is a blind widow.

Submarine Sleds.

At the bottom of the ocean lies a vast store of treasure, ready to be picked up by the man who can discover how to get at it.

The ordinary diving suit is only useful when the man inside it knows the exact position of the object he wants to retrieve, and can arrange to be let down within a yard or so of it.

For this apparatus, useful though it has been, is not suitable for walking in under water. In order to stand on the bed of the ocean in a diving-suit, the diver must be heavily weighted, and this prevents him from stirring far from the spot to which he is lowered. If, on the other hand, he is not sufficiently weighted, he is liable to find himself floating about at the mercy of every current.

A number of experts have been at work on this problem, however, and have produced a contrivance known as the submarine sled. It has up to now been demonstrated only in rivers, but there is every reason to hope that it will come through with flying colors when put to the full test in deep water.

It is claimed that, with the aid of this sled, divers will be able to travel along at the bottom of the sea at depths of twenty fathoms and more.

The sled is driven by electricity, and carries its own plant for making the current. Powerful electric lamps show the diver where he is going, and there is another powerful lamp provided in order that wrecks may be inspected more thoroughly.

Its driver sits at a wheel, in much the same way as a man driving a motor-car, and can make the sled rise or descend at will by means of wings controlled by levers. An electric drill can also be attached to the sled, and this should prove invaluable for making tunnels under the sea, or in the construction of bridges and other work where foundations have to be laid under the water.

If the new invention comes up to expectations, it may hasten the construction of the long-discussed English Channel Tunnel.

"Old Curiosity Shop" Saved From Destruction.

Anxiety as to the fate of the little two-story antique shop in Lincoln's Inn Fields which is better known as the "Old Curiosity Shop," died down when the place was bought recently by J. A. Phillips, the London real estate agent, who has announced the intention of keeping it just as it is and not pulling it down in order to erect a modern building, wnhich it has been feared would happen.

As a matter of fact, there is considerable doubt as to whether this is really the place that was immortalized by Dickens in his novel, the only thing being known to a degree of certainty being that the building Dickens wrote about was an old one, and that it was somewhere in London within walking distance of Covent Garden.

"Old Curiosity Shop" certainly is old, but skeptics maintain that in the days of Dickens it was not an antique shop, but the house of a sign painter. Fifty years ago it was occupied by a person called Tesseyman, who sold old pictures and old china, and he it was who had a passing painter put the words "Old Curiosity Shop" above the door, realizing that this would attract people to his place.

The words "immortalized by Dickens," now underneath the name, were not added until some years later, but as that is at least forty years ago many pilgrims who have passed the place and seen the legend have made it famous with Dickens lovers and it is invariably associated with his conception of Little Nell.

Phillips paid just over $10,000 for the shop as it stands now. It contains a little basement room, two rooms on the ground floor, which compose the shop, and two rooms on the first floor.

Borrowed.

Teacher—"We borrowed our numerals from the Arabs, our calendar from the Romans, and our banking from the Italians. Can any one think of any other examples?"

Willie Willis — "Our lawn-mower from the Smiths, our snow-shovel from the Joneses, and our baby carriage from the Bumps."

A piece of soda and a little vinegar put in the sink will dislodge grease from pipes.

Surnames and Their Origin

MAGUIRE

Variations—MacGwyre.
Racial Origin—Irish.
Source—A given name.

Like virtually every Irish surname, the name of Maguire was at first the name of a clan, for until as late as the Sixteenth Century there was still in existence in that country a clan system closely similar to that of the Scottish Highlands. In fact, the Highland clan system is but a development of the Irish system, brought to the highlands by the invaders and settlers from the north of Ireland.

Among the most powerful of the ancient Irish clans and one which furnished many of the "High-Kings" under whom the Irish kingdoms were united in a sort of empire for a period of nearly 3000 years were the O'Harts.

As nearly as can be ascertained, it was early in the Ninth Century A.D. that the chieftain "Odhar," a member of this clan, obtained a sufficient number of followers to establish, under the prevailing laws and customs, a clan of his own. In forming the clan name by prefixing "Mac," indicating "descendants of" or "followers of," the combination had to be made with the possessive case of the name. The possessive case of "Odhar" was "Uidhir," (for the Irish tongue, in its inflection, often modifies the entire word rather than merely the ending). Thus, the clan name became "MacUidhir," the pronunciation of which was approximately "Mac-weer." In Anglicizing the name the "e" became a "g," and it was pronounced "Mac-gweer." The modern development of pronunciation within the English language itself, which has occurred since the name has become widespread among those speaking English.

FREELAND

Variations — Freeston, Featherston, Freebody.
Racial Origin—English.
Source—Given names.

In this grouping of family names convenience of discussion rather than actual relation has governed the selection of variations. They do not all come from the same given name. But they do come from given names which themselves were of similar origin.

The derivation of Freeland looks easy, as a combination of the words "free" and "land." Doubly wrong! This name is a vivid example of the fact that while the obvious is often true in the derivation of family names, it cannot by any means be trusted.

Freeland is simply a derivation of the given name of "Fridulind," with "Frelond," found in medieval records, as an intermediary form. Friduland is a combination of the old Teutonic words, "fride" or "frithe," meaning "peace," and "lind,' which has a meaning of "gentle." The name does not mean 'free-land.' It means "gentle-peace," or "peaceful-quietness."

Featherston is but a modern form of the Anglo-Saxon given name of "Frithestan." Say "Frithestan" as quickly as you can. Slur it over a bit, and you'll see how easily it slipped into Featherston, though feathers had nothing whatever to do with it. It meant, of course, "peacestone." Freeston is simply a still further shortening of "Frithestan."

Freebody comes from the given name "Frithubodo," which means "ambassador of peace" or "envoy of peace."

And there's the group, without a "free" or a "feather" or a bit of "land" or a "ton" or "town" or a "body" in it anywhere, despite the obviousness of these elements.

CHOLERA INFANTUM

Cholera infantum is one of the fatal ailments of childhood. It is a trouble that comes on suddenly, especially during the summer months, and unless prompt action is taken the little one may soon be beyond aid. Baby's Own Tablets are an ideal medicine in warding off this trouble. They regulate the bowels and sweeten the stomach and thus prevent all the dreaded summer complaints. They are an absolutely safe medicine, being guaranteed by a government analyist to contain no opiates or narcotics or other harmful drugs. They cannot possibly do harm —they always do good. The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Death Rate Low.

"How's the death rate in your town?"

"Low—ain't but two automobiles in the place."

Unfortunate!

A young married man met a friend of his bachelor days and insisted on taking him home for lunch. His wife was unprepared for visitors.

Calling him aside, she told him she had only one dozen oysters, and that when his friend had eaten his quota of four he must not be asked to take any more.

In spite of his promise to remember, when the guest had eaten his four oysters, the host pressed him to take more. The wife looked distressed, and the friend declined. The husband insisted, the wife looked on in agony, and the guest refused firmly to have the rest of the oysters brought from the kitchen.

Later, the wife said to her husband, "How could you urge him to have more oysters when I had explained to you that there weren't any?"

"I'm sorry," said the penitent husband, "but I forgot about it."

"Forgot! What do you suppose I was kicking you under the table for?" retorted his wife.

"But you didn't kick me," said the husband.

MONEY ORDERS.

When ordering goods by mail send a Dominion Express Money Order.

Forethought.

A Hebrew and an Irishman were fishing in separate boats some distance apart. The Irishman got a bite, and was so nervous that he fell out of his boat.

He sank twice, and as he came up the second time the Hebrew rowed over and called out:

"Mister, can I have your boat if you don't come up again?"

A Long Grace.

Mistress—"I've asked Mr. and Mrs. Brown to dinner at seven, Mary, but I think we'll give them a quarter of an hour's grace."

Mary—"Well, mum, I'm as religious as most folk, but I do think that's rather overdoin' it!"

Ask for Minard's and take no other.

The Happy Boy.

There's a happy boy a-straying in the fields I used to stray,
And he follows down the windrows where the mowers cut the hay
Till he finds the little hollows where the bumblebee combs lie,
And he plucks the hoarded sweetness, and that happy boy is I.

There's a happy boy a-fishing in a pool I used to know,
Where the sun and shadow mingle and the willow branches blow;
He is silent, he is patient as he casts his skillful fly
Till he lands a speckled beauty, and that happy boy is I.

There's a happy boy a-roaming in the woods I used to roam
From the earliest morning crow call till the evening hastes him home;
He is searching out the secrets of the stealthy folk and sly,
The furtive forest children, and that happy boy is I.

There's a happy boy a-sledding on the hills I used to climb
When the wizard hand of winter made a path of snow and rime;
I can hear his shout of joyance, I can see him flashing by
To a dim goal in the distance, and that happy boy is I.

There's a happy boy a-dreaming, though that boy has grown up now,
And though Time has touched his temples and there's gray about his brow,
Of the treasures and the pleasures of the days that cannot die
Till the lights of Memory darken, and that happy boy is I.

—Clinton Scollard.

Corks dipped in turpentine are excellent to stop up mice holes.

SMOKE

in ½lb. tins

and 15¢ pkts.

OLD CHUM

The Tobacco of Quality

An Easier Name.

Two little boys met on the street.

"What's that you got in your buttonhole?" asked one.

"Why, that's a chrysanthemum," the other replied.

"It looks like a rose to me," said the other.

"Nope, you're wrong, it's a chrysanthemum," the other stoutly maintained.

"Whaddya mean? Spell it," asked the first.

"K-R-I-S. . . . that is a rose!" ejaculated the first boy, as he took another look at the flower on his coat.

A farmer who had been quite ill was asked by a neighbor to what he attributed his marvelous cure. He said, "I can't tell yet; there are several medicine concerns that I haven't heard from yet."

Improve Your Complexion By Using Cuticura

Bathe with Cuticura Soap and hot water to free the pores of impurities and follow with a gentle application of Cuticura Ointment to soothe and heal. They are ideal for the toilet, as is also Cuticura Talcum for powdering and perfuming.

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.

Army Troubles.

Private Patrick was turning over his shirt very critically when a comrade remarked: "That shirt doesn't look too clean, Pat."

"No, be jabers," answered Pat. "I was just thinking I've washed it on the wrong soide."

No marvel of applied science can tame the wild spirit that lurks in all men.—Mr. Joseph Conrad.

MURINE Keeps EYES Clear, Bright and Beautiful

Write Murine Co., Chicago, for Eye Care Book

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.

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.

TRY IT! Hundreds have found relief for Aches, Pains, Bruises and Cuts in Minard's.

MINARD'S "KING OF PAIN" LINIMENT

ASPIRIN

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

BAYER

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."

WANTS TO HELP OTHER WOMEN

Grateful for Health Restored by Lydia E. Pinkham's Vegetable Compound

Toronto, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for backache and for weak and dreary feelings caused by my condition. Sometimes I felt so bad that I couldn't do my housework. My neighbor told me of your medicine and I read about it in the 'Toronto Telegram' and thought I would take it. I got very good results. It built me up and I have told several friends what it has done for me. You may use this testimonial as it may be of help to some one who has suffered as I have."—Mrs. J. Lee, 25 Harvie Ave., Toronto, Ont.

Mrs. Lee is willing to write to any girl or woman suffering from such troubles, and answer any questions they may like to ask.

Women suffering from female troubles causing backache, irregularities, pains, bearing-down feelings and weakness should take Lydia E. Pinkham's Vegetable Compound. Not only is the worth of this splendid medicine shown by such cases as this, but for nearly fifty years letters like this have been received from thousands of women.

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.

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