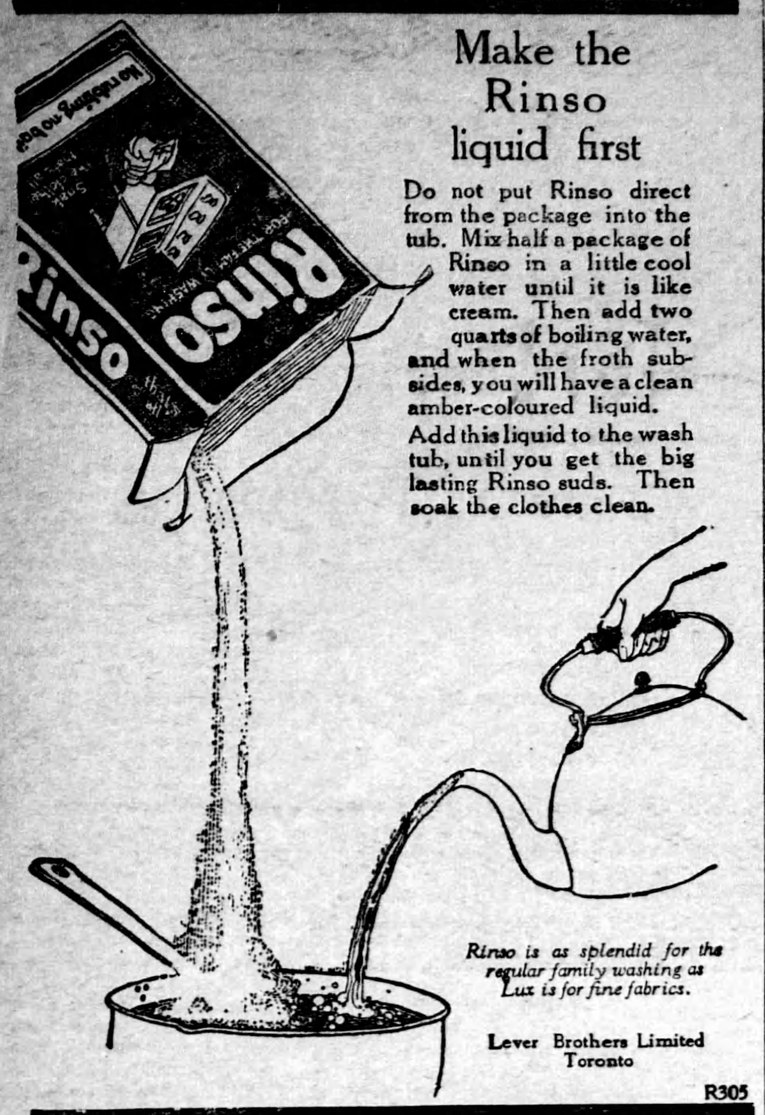

Make the Rinso liquid first

Do not put Rinso direct from the package into the tub. Mix half a package of Rinso in a little cool water until it is like cream. Then add two quarts of boiling water, and when the froth subsides, you will have a clean amber-coloured liquid.

Add this liquid to the wash tub, until you get the big lasting Rinso suds. Then soak the clothes clean.

Rinso is as splendid for the regular family washing as Lux is for fine fabrics.

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Toronto

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MRS. JULIA W. HENSHAW

During the war, Mrs. Julia W. Henshaw, F.R.G.S., of Caulfield, B.C., was awarded the British War Medal, the Victory Medal, and was decorated with the Croix de Guerre with Gold Star, the Ruban des Blesses de Guerre with Red Star, and the Grand Cross of the Order of Saint Charles for her work in connection with the Red Cross. She was also mentioned in despatches four times. Mrs. Henshaw is also well known throughout the English-speaking world as the author of "Wildflowers of the North American Mountains," and other botanical works. She is a lecturer on mountain science and is famous for her hand-painted lantern slides.

Surnames and Their Origin

MITCHELL

Variations—Mitchel, Mitchelson, Michaelson.
Racial Origin—English.
Source—A given name.

This group of family names is derived from the given name of Michael, which, of course, is Hebrew, being one of the scriptural names. The meaning of the given name is "like God."

In that period of English history when the Saxon and Norman tongues had just combined, when Normans and Anglo-Saxons finally lost their pride in race for pride in nationality, there came about a change in the type of given names. This was no doubt due in part to the absolute necessity for more names, for population was increasing and the same force which finally brought about the development of a second, or family, name for the individual also tended to increase the number of given names. In that period there was a general turning to the Scriptures and to scriptural history in search of names.

Naturally Michael, the name of the archangel, was a popular one. And from it naturally developed a surname by the addition of "son." At this period, in the South, the linguistic tendency was toward a softening of pronunciation and the name became Mitchel, while it remained Michael in the North, just as the same word became "ditch" in the South and "dyke" in the North. In more modern times, owing to the recorded spellings, there has been a return to the original form in the case of the name, though there has not been in the case of the word. Mitchell and Mitchel, of course, are shortened forms of Mitchelson.

HARGRAVES.

Variations—Hargreaves, Graver, Congrave.
Racial Origin—English.
Source—A locality.

The family names in this group are traceable to the same source as that of Groves, Grover and Greaves.

In the old English speech a grove, or "greave" was an avenue or path hewed through the forest, though more lately it has come to indicate a small clump of trees. The word comes from the same root as our modern word "grave," a burial place, and as our modern word "engrave." It comes from a verb meaning to cut, about the only part of which that remains is the past participle "graven."

All of these family names fall within the classification of place names. The "hargreave" was a woodland path noted for the presence of hares. Persons who lived at or near such places naturally were spoken of as "John atte Hargreave," or "Roger de la Hargreave," the prefixes being dropped later when the names came to indicate the persons themselves rather than the places where they lived. The "coney" or "conyng" was a rabbit. Hence the names Congrave and Hargrave are virtually the same. A person who dwelt near a grove was either a "grover," a "greaver" or a "graver," though sometimes this family name may indicate the occupation rather than the place in which its original bearer dwelt.

Raid That Has Lasted Millions of Years.

The earth has been subjected to an aerial bombing during millions of years, yet it seems little worse for its hammering.

Anyone who takes the trouble to watch a patch of sky on a clear moonless night will see eight or ten shooting stars each hour.

It has been estimated that at least twenty million shooting stars would be visible to someone on the earth's surface if it were dark enough and clear enough to see them.

As a shooting star, or meteor, has to be a good size to be visible at all at distances varying from forty to eighty miles, it is further computed that this number of aerial bombs must be multiplied by twenty, making the number of missiles which bombard the earth during every twenty-four hours four hundred millions.

How is it that cases of people being killed by this bombing, terrific though it is, are exceedingly rare? The answer is that the earth is almost bombproof so far as meteors are concerned. Its armor-plate is the thin atmosphere.

It has long been a commonplace of defence that sandbags are more efficacious shell-stoppers than concrete, and forty or fifty miles of atmosphere proves too much for anything but the very biggest meteors.

Wave a gdowing stick about in the air and watch it rekindle. Then imagine a meteoric stone entering our atmosphere at the rate of nineteen miles a second, and think how long even the hardest metal could stand the friction. When we see them they are hotter than any blast furnace could make them. Their fine debris falls slowly and harmlessly to earth, and adds its quota to the world's bulk as meteoric dust.

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We guarantee to give you immediate relief for the worst cases of Eczema or Salt Rheum. Prompt attention given to mail orders. Eight ounce bottle a dollar fifty, prepaid.

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224 PARLIAMENT ST. TORONTO

ISSUE No. 39—'23.

Cure Yourself.

The human body is subject to many ills, and there are times, of course, when expert medical advice should be sought. But the following quick cures are not of the "quack" variety, and would be approved by doctors.

For indigestion eat less, and slowly. Masticate and re-masticate each mouthful of food.

For stoutness, drink less; eat much less; and walk six miles per day.

For thinness, eat fattening (farinaceous) foods; go to bed early and get up late; indulge, if possible, in an afternoon nap, and take a spoonful of olive oil after each meal.

For "nerves" eat prunes; don't smoke; reduce your consumption of tea; go for a quiet half-mile walk before breakfast, and use your willpower.

For a weak chest or tendency to colds, breathe deeply always.

For threatened baldness wear a light hat; brush your hair frequently, and rub in a little olive oil nightly.

For neuralgia, eat (because of its strong content of iron) spinach on every possible occasion.

For a flushed or pimply face, avoid all pastry; eat little meat, but much fruit and green vegetables; and drink no alcohol.

Finally, to keep good general health, use cold water—three large glasses daily internally, and a gallon or so externally.

Repentance is not a matter of passionate weeping but of serious thinking.

UNREFRESHING SLEEP

If You Are Tired Out When You Arise in the Morning Read This.

The woman who is tired out, who aches all over when she arises in the morning, who feels depressed most of the time, needs just the help that Dr. Williams' Pink Pills can give her—new blood and strong nerves.

The number of disorders that are caused by thin blood is amazing and most women are careless about the condition of their blood. Quickly the nerves are affected and the patient becomes irritable, worries over trifles, does not sleep as well as formerly and is not refreshed by rest. There may be stomach trouble and headache. This is a condition that calls for Dr. Williams' Pink Pills.

Give Dr. Williams' Pink Pills a fair trial and the first sign of new life will be noticed by your appetite. You will be hungry by meal time. As the blood becomes enriched it feeds and soothes the irritated nerves, sleep becomes sounder and more refreshing, your worries become less, your work lighter. These are some of the things that these tonic pills do. Try them for any trouble caused by thin blood.

You can get these pills from any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Sea Monsters' Centuries of Life.

With land animals it is comparatively easy to get information as to their length of life. We know definitely that an elephant will live for more than a century, and that a goose can survive to the age of sixty.

But when we come to fish or to creatures whose life is spent in the waters, the difficulty of ascertaining their ages is very great.

Since it is usually the largest animals that live longest, we can assume that the whale is very long-lived. Of this fact we have also some definite proof. In 1866 a huge bull sperm whale was killed. In its body was found the head of an old harpoon, marks upon which showed that it belonged to a whaler which had been broken up forty years before.

It would seem that this whale had been hunted at least half a century earlier, and since the creature must then have been of fair size, it is probable that at the time of its death it was about a hundred years old.

Walruses certainly live to fifty years of age, and possibly longer, while a seal has lived in captivity for thirty years.

The longest-lived creatures are reptiles, and we are aware that the giant Galapagos tortoise has a life extending to two centuries. And since we know that the great sea turtles are very slow growing, yet reach a weight of six hundred pounds, we are justified in believing that these creatures, too, may live to be at least a hundred years old.

It is more than likely that monster devil-fish, the remains of which have at times been washed ashore on beaches, may have lived for centuries in the cold, black abysses.

Building Up.

At the time of the armistice 100,000 Belgian houses had been destroyed or rendered uninhabitable. Of these, 71,383 have now been rebuilt and restored and made serviceable.

A Little Known Race of Indians.

The Nootkas of Vancouver Island are village dwellers. Their old-time rectangular houses of cedar planks formerly stood close to the water's edge in the majestic fiords that indent the impenetrable mountains and forests of the interior. Now their small modernized settlements are strung north and south in bead-like fashion all along the west coast of their island home. They have occupied the same coves from time immemorial.

Far away to the East, across the mountains, lived the elusive hunters of the endless plains, the Crees, the Stonies and the Blackfeet, whose nomadic existence admitted of no fixed abode and whose conical skin tipis incessantly shifted from place to place for the requirements of peace and war. Even at the present day, after the government has barb-wired them on reserves, their Indian Agencies and Missions stand in lonely isolation, like symbols of the new restrictions which have not yet won full recognition in the land.

Whereas the Nootkas depended on the deep sea for subsistence—their foods being codfish, salmon, whale, candle-fish oil and seal blubber—the restless rovers of the prairies coveted nothing but buffalo meat, which, once their ravenous appetites were satisfied, they dried in the sun or prepared into pemmican for preservation. If the former cared nothing for the flesh of land animals, the latter—the Blackfeet in particular—loathed all fish-eaters, for fish in their estimation was as "unclean" as snakes are to most white people.

Their respective modes of travelling and hunting were as far apart as the nature of their foods. The coast fishermen could not betake themselves to any distance without their one-piece canoes hollowed out from the trunks of the giant cedars; they fished with nets of wild hemp and hooks made of bone and hardwood. They gathered in canoe parties for hunting the whale, their weapons being detachable harpoon heads fastened to large seal stomach floats and propelled by long poles. The whale-hunting songs and magic rituals of their chief were, in their belief, no less essential for the success of their venturesome enterprises than the primitive harpoons they employed.

You Never Would

"Ngon, the new African fruit they're going to import into this country, is pronounced delicious.

"My, you'd never think that little word was pronounced that way, would you?"

MONEY ORDERS.

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

The Eskimos have been described as the happiest, most contented folk in the world.

Keep Minard's Liniment in the house.

GUARD THE BABY AGAINST COLDS

To guard the baby 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. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Activity in Gold Mining.

As the prices of commodities fall gold increases in value. At the same time gold mining becomes more profitable and the output of gold is greater. The present activity of the gold-mining companies is owing to the fall in prices and to the expectation of further recessions. The mines in Canada, the United States and the Transvaal are producing considerably more gold now than a year ago.

A cubic foot of water weighs 62½ pounds.

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Keep your Eyes Clean, Clear and Healthy.

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Minards, applied frequently, dries up and removes Warts.

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Clear the pores of impurities by daily use of Cuticura Soap and occasional touches of Cuticura Ointment as needed. They are ideal for the toilet as is also Cuticura Talcum for powdering and perfuming.

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WE HAVE AN ENQUIRY FOR A WASHINGTON Hand Press that will take 2 pages of 7 columns, long. Wilson Publishing Co., Ltd., 73 Adelaide St. W., Toronto.

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A solution, half water and half household ammonia, is a help to the wearer of glasses on these sultry days. A few drops of this and a clean cloth will remove all perspiration and steam.

Ask for Minard's and take no other.

Rats are fought relentlessly on London's Underground Railway; when one is seen special rat-catchers are sent after it. The rats come out for the grease on the rails.

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Keep Kendall's always in the barn. A strained muscle, a sprung tendon, a jolt or a knock demands immediate attention. A few hours' delay will result in a long lameness—perhaps in the loss of the horse. Kendall's Spavin Treatment has saved more horseflesh than all the other known remedies. Under the name of Kendall's Spavin Cure, it is the forty-year-old standby of horsemen, farmers and veterinarians.

Get a bottle of Kendall's today. Ask, too, for the Free Book or write for it to

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MRS. BUDGE SO WEAK COULD HARDLY STAND

Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health

River Desert, Que.—"I used to have a severe pain in my side. I would be unable to walk fast and could not stand for any length of time to do my ironing or washing, but I would have to lie down to get relief from the pain. I had this for about two years, then a friend told me to try Lydia E. Pinkham's Vegetable Compound as she had had good results. I certainly got good results from it, too, as the last time I had a sore side was last May and I have not had it since. I am also glad of having good nursing for my baby, and I think it is your medicine that helped me in this way."—Mrs. L. V. BUDGE, River Desert, Quebec.

If you are suffering from the tortures of a displacement, irregularities, backache, headaches, nervousness, or a pain in the side, you should lose no time in trying Lydia E. Pinkham's Vegetable Compound.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write for it to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario. This book contains valuable information that every woman should know. C

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Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists.

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