OTTAWA EMPLOYEE SAYS TANLAC MET EVERY TEST

Lee Tells How It Restored Strength and Overcame Stomach Trouble.

"If I should live to be 100 years old I will always praise Tanlac for the splendid health it has brought me," is the grateful statement of William Lee, 218 St. Andrew St., Ottawa, Ont., a well known employee of the Public Works Dept., of this city.

"Nine years of stomach trouble brought me down to only 103 lbs., a mere skeleton of myself. I suffered about all the miseries that go with indigestion and got so nervous that many nights I paced the floor and longed for morning to come.

"Tanlac helped me from the very start and 7 bottles brought back my health and strength and ran my weight up 17 lbs. besides. In fact, I feel as strong and well now as if I had never been sick a day. I will gladly praise Tanlac to anyone wanting to know more about it from me."

Tanlac is for sale by all good druggists. Accept no substitute. Over 40 million bottles sold.

Tanlac Vegetable Pills, for constipation, made and recommended by the manufacturers of TANLAC.

Delights.

A waking bough; a crescent moon;
The drowsy somnolence of noon,
With hum and stir of bees,
That in and out—when young the may—
The warm-leaved maple's paler spray
Enmesh with sound the trees.

T crag bold wrought; a fern-fann'd dell;
Sky-errants patterning the fell;
A pipit in the grass;
Shy, wistful brooks that croon all day
Unloosed kine twining horns in play,
High hawks that circling pass.

A touch of risk; a radiant sky;
A friend that lifts affection high
And graces friendship's name;
The thrush's tender evening trill,
When cool airs hush the hedges still,
And banks are green with flame.

—D. Thompson, in Country Life.

The best Tobacco for the pipe

Ogden's CUT PLUG

A Week of Sundays.

Most people know that the original Sabbath Day of the Fifth Commandment corresponds to our Saturday, the seventh day of the week. The early Christians, however, made the following day the sacred day of the week, calling it the Lord's Day, because it was on the morning after the Jewish Sabbath that Christ rose from the dead.

It is a curious fact that there is quite an important "Sunday," so to speak, for every day of the week. In addition to the two mentioned already Monday is the Greek Sabbath, Tuesday the Persian, Wednesday the Assyrian, Thursday the Egyptian, and Friday the Turkish.

WHEN BABY IS ILL

When the baby is ill; when he cries a great deal and no amount of attention or petting makes him happy, Baby's Own Tablets should be given him without delay. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus drive out constipation and indigestion; break up colds and simple fevers and make teething easy. They are absolutely guaranteed to be free from opiates and narcotics and can be given to even the new-born babe with perfect safety and always with beneficial results. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Joe Seconded the Petition.

Little Joe and June are twins, but June is stronger than her brother, an advantage she is quick to improve. After an unusually trying day, the little fellow in a pensive mod was waiting for his sister to complete her evening devotions. Mamma had put on the little nighties and had heard Joe's humble prayer. He sat down on a stool patiently waiting for his sister.

June was feeling unusually elated over the day's accomplishments and had gone through with the "I lay me" with energy. After a few added blessings for the members of her family, she grew even more enthusiastic and brought her prayer to a dramatic climax by saying, "O Lord, make me a better girl!"

Just then a solemn "A-men" came from the little downtrodden male of the species, and before mamma could think what had occurred June was across the room and had her brother on the floor giving him a thorough going over with her small fists. That "Amen" was too suggestive.

Avoid loss when sending money by mail—Use Dominion Express Money Orders—the safe, convenient, inexpensive way.

Cat-tails have been found to yield flour, silk, starch and sugar, and were used extensively during the war, in Central Europe.

Keep Minard's Liniment in the house.

A Famous Delicacy.

The little French town of Strassbourg has been made world famous through its manufacture of goose-liver pies, or "pate de foie gras." This delicacy is said to have been invented in the latter part of the eighteenth century by a famous chef, Clause, employed by the Marechal de Contades, one time Governor of Alsace. There are about twenty-five manufacturers in Strasbourg, about ten of whom are of commercial importance. The manufacturers do not concern themselves with the raising of geese, these being supplied by the farmers. Some of the families in this section of France have been engaged in raising geese for generations and the numerous flocks of geese in the roadways are oftentimes a hinderance to pedestrians.

It is necessary that the liver of a goose reach its maximum size before being used for pies, and in the autumn the farmers select the larger birds, place them in individual boxes, and feed them on paste of corn, cooked and salted. They are given no exercise unless a case of overfeeding is noted, then they are released and allowd to run about for a day or two. When the geese are fat enongh and their livers are estimated to have reached their maximum size, they are killed. An ordinary liver weighs about one and one-half pounds and the farmer receives approximately $1.25 a pound. The nerves and veins are extracted from the liver and it is spiced, placed in cans or jars with truffles, a species of mushrooms, and baked. The can is then sealed and sterilized.

GREEN TEA IMPORTS LARGER.

Statistics from Ottawa show that in 1923 553,977 pounds more Green Tea were brought into Canada than in 1921, and 906,728 pounds more than in 1922. The reason given is that the fine quality Green Teas of India and Ceylon have displaced the inferior Japan and China Greens which, due to their low price, were imported heavily some years ago. Salada Tea Company is the largest importer of India and Ceylon Green Teas.

Blind Faith.

She—Women are given too much to blind faith."

He—"Yes, many of those who enter the beauty contests prove that."

Any coward can fight a battle when he's sure of winning, but give me the man who has pluck to fight when he's sure of losing.—George Eliot.

TOO MANY HOME CARES

One Reason Why So Many Women Are Weak and Run-Down.

The work of the woman in the home makes greater demands on her vitality than men realize, and there is always something more to do. No wonder women's backs ache, and their nerves are worn out. No wonder why they get depressed and irritable, suffer from headaches, and always feel out of sorts. But of course all women are not like that. What is the difference?

A woman with plenty of healthy red blood in her veins finds work in the home easy; her vitality is at par. This points the way to health in women who feel run down and depressed. Make new rich blood. You can do it with Dr. Williams' Pink Pills. These pills have the marvellous property of building up the blood and toning up the nerves. That is proved by the case of Mrs. H. Eppinger, Scott Street, Vancouver, B.C., who says:—"Dr. Williams' Pink Pills brought back my health and strength and restored my nerves to normal condition after other medicines had failed. It was after the birth of my second child that I became so anaemic and nervous that I thought I would lose my mind as well as my strength. I tried several medicines, but got no relief until I was advised to try Dr. Williams' Pink Pills. After using a few boxes of these I could see a change. I felt stronger; my appetite was better, I slept better, and my nerves were stronger. I continued the use of the pills for some time, and again found myself a well woman, and I can sincerely say that my health has since been the best. I can cheerfully recommend the pills to all weak, run down women."

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

Surnames and Their Origin

LANGLEY.

Variations — Lang, Langhorn, Langshaw, Langworthy, Longworth, Langlois, Long.

Racial Origin—English, also French.

Source—Localities, also a nationality, also a personal peculiarity.

"Lang" is a variation of the word "long." It is to-day in widespread use colloquially and in the northern sections of England and in Scottish lowlands.

In the Middle Ages a man often earned the nickname of "Long" or "Lang," because of great height and spare build, and in many cases this nickname has developed into a family name.

The name of Langhorn is just what it seems, "long-horn." Long-horns were musical instruments quite common in the Middle Ages.

Langley was a name originally descriptive of locality in which the bearer lived. It means "long-lea" or "long-meadow." Old instances are found of "John de Langeleye" and "de Langleghe."

A "schaw" was an enclosure or shelter, usually for game; hence the name Langshaw meant originally "of the Long Game-Preserve."

A "worth" was a farmstead, or warded place. Hence the names Longworth and Langworthy mean literally "Long Farm."

Langlois is truly a French name, meaning "the Englishman," and undoubtedly in some cases it has been anglicized into Langley.

Langley is also derived in many cases from the older Norman-French "L'-Aangleys" or "Lengleyse," with the same meaning.

Lang also is met with as a shortened and anglicized form of the Scottish Highland (Gaelic) clan name of O'Loynachan.

TIBBOTT.

Variations—Tibbot, Tebbott, Tibbald, Tibble, Tipson, Tibbat, Tibbotson.

Racial Origin—English.

Source—A given name.

Give yourself three guesses as to the given name from which these particular family names have been evolved. Yes, it's a name by no means uncommon to-day, even though it may not be as widespread as John or William. Nevertheless, you'll probably ask for another three guesses or give it up without trying.

The name is Theobald.

There are some interesting points to be noted about Theobold as a given name as well as a family name. In the first place it is not Greek, as you might suppose from the "theo." In the second place, this syllable does not mean "God," as it does in the name of Theodore. The name is of ancient Teutonic origin, from "theod," meaning "the people," and "bald," which is the oncestor of our modern word "bold." The figurative meaning of the combination was "one fit to rule the people."

Early, even before the arrival in England of the Normans, who also used the name, the Saxons had contracted it into "Tibald." The Normans made it "Thibald" and "Thibard," which you see, with a "th" that was pronounced like a "t," gives a sound not dissimilar from Tibbott.

The variations of this family name are of particular interest as an example of the way in which vowels sometimes run riot in the progressive development of language and nomenclature, in the latter really more than in the former.

Seeding Time.

When sunny days begin to warm the earth
And outdoor games fill youthful hearts with mirth,
Then farmers till the fertile mellow soil,
While hopeful hearts beat stanchly as men toil.

Now, sturdy hands a firm foundation lay,
Of seed, to germinate beneath the ray
Of sunshine, which evokes upon the field
Reward for toil—a crop of bounteous yield.

—Charles H. Meyers.

Ask for Minard's and take no other.

Select Teachers by Merit.

Appointment and promotion of teachers in New Zealand are based on a Dominion graded list of teachers, the best qualified individual securing appointment in any part of the Dominion irrespective of the district in which he or she was previously employed.

Classified Advertisements

PURE, BEAUTIFULLY FLUFFY, carded wool; sample, enough light comforter; one dollar. Woollen Mills, Georgetown, Ont.

LADIES WANTED TO DO PLAIN and light sewing at home; whole or spare time; good pay. Work sent any distance. Charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

MURINE FOR YOUR EYES
Refreshes Tired Eyes
Write Murine Co., Chicago, for Eye Care Book

The violence that others do to us is often less painful than that we put upon ourselves.

The idea of happiness is often more flattering than happiness itself.

The mode of travel some thirty years ago was somewhat different to what it is to-day. The speed of this foot-power vehicle is four miles per hour, but free from engine trouble, no blow-outs, and it made no difference whether they passed on the right or the left.

Watch the Oil Tank.

If for any reason the oil-supply tank on a motor-car engine has been allowed to become dry, after refilling, it is a wise precaution to make sure the pump is working properly. Otherwise, an air lock may form at some point in the oil-supply line, preventing the pump from functioning as it should, and burned-out bearings or scored cylinders may result.

Good will to others is constructive thought. It helps build us up. It is good for your body. It makes your blood purer, your muscles stronger, and your whole form more symmetrical in shape. It is the real "elixir of of life." The more of such thought you attract to you the more life will you have. You draw, then, the best elements from all with whom you associate. If you send out a contrary order of thought, you draw to you from them the poisonous and destructive elements. These will hurt your body. Persons in this way are literally hated to death.—Prentice Mulford.

"Free to you" generally means that some one else pays double.

PIMPLES SPREAD OVER FOREHEAD

Inflamed and Itched Badly. Cuticura Healed.

"My trouble began with a breaking out of pimples at the edge of my hair which soon spread to my forehead. At first the pimples were very small but became larger and were inflamed. They itched badly for a while and were so embarrassing that I hated to go out. My hair fell out.

"I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. I purchased more, and in two or three weeks I was healed." (Signed) Miss Georgia McMillan, 1913 Summit Blvd., Spokane, Wash., July 10, 1923.

Use Cuticura for all toilet purposes.

Sample Each Free by Mail. Address Canadian Depot: "Cuticura, P. O. Box 2616, Montreal." Price, Soap 25c. Ointment 25 and 50c. Talcum 25c. Try our new Shaving Stick.

Serve Mustard with all meats

Mustard neutralizes the richness of fat foods and makes them easier to digest. Mustard enables you to enjoy and assimilate food which otherwise would burden the digestive organs.

but it must be Keen's 232

30,000 ISLAND ROUTE

GEORGIAN BAY DISTRICT

Folder and Time Table showing list of Resorts, Boating, Fishing, Camping, etc. When planning your 1924 Vacation write Box 862, Midland, Ont.

Great Faith.

A rich manufacturer of asbestos took a house just across the street from a sweet-spirited old lady, and his family proceeded to enjoy itself in what seemed to her a very worldly fashion. The old lady was never known to speak ill of anyone, even when her neighbors raised a racket all Sunday. She only said: "Dear me! They must have great faith in their asbestos."

The Coming Education.

"How can I teach your children gentleness,
And mercy to the weak, and reverence for life,
When by your laws, your actions and your speech,
You contradict the very things I teach?

—Longfellow.

Radio Craze in Britain.

More than 12,260 miles of aerial wire have been erected in the British Isles in the last twelve months, so much has the radio craze seized the public. It is estimated by officials of the British Broadcasting Company that 2,000,000 persons are entertained daily at a cost of a farthing each. One hundred thousand pounds has been paid to the entertainment industry in salaries, fees and copyright royalties.

Strenuous efforts are being made in England to stop the catching and killing of English skylarks for food. For a mouthful of food to still such a song!

His Hearing Restored.

The invisible ear drum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York city. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or by perforated or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth avenue, New York city, will be given a prompt reply. advt

When Father Failed.

Tommy looked up from his book and asked: "Father, is it true that a man is known by the company he keeps?"

"Yes, sonny."

"Well, father," asked Tommy, "if a good man keeps company with a bad man, is the good man bad because he keeps company with the bad man, or is the bad man good because he keeps company with the good man?"

Home of Chestnut.

The home of the chestnut is in the Mediterranean region, where chestnut trees have been cultivated from early times.

Crocodiles in Zoos.

Young crocodiles of different sizes have to have seperate nurseries in zoos, otherwise the smaller ones are often attacked and bullied by their larger relatives.

Genuine BAYER ASPIRIN

Say "Bayer"- Insist!

For Pain Headache
Neuralgia Rheumatism
Lumbago Colds

Safe — Accept only a Bayer package which contains proven directions

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

CHAPPED HANDS

Minard's is excellent for chapped hands and all skin diseases.

MINARD'S "KING OF PAIN" LINIMENT

MRS. MISENER'S ACHES AND PAINS

Vanished After Using Lydia E. Pinkham's Vegetable Compound

"Branchton, Ont.—"When I wrote to you for help my action was mostly prompted by curiosity. I wondered if I, too, would benefit by your medicine. It was the most profitable action I have ever taken, I heartily assure you, for through its results I am relieved of most of my sufferings. I have taken six boxes of Lydia E. Pinkham's Vegetable Compound Tablets and a bottle of Lydia E. Pinkham's Blood Medicine, and I can honestly say I have never been so well before. I had suffered from pains and other troubles since I was fifteen years old, and during the 'Great War' period I worked on munitions for two years, and, in the heavy lifting which my work called for, I strained myself, causing pelvic inflammation from which I have suffered untold agony, and I often had to give up and go to bed. I had doctored for several years without getting permanent relief, when I started to take your medicines."—Mrs. Goldwin Misener, Branchton, Ont.

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