MRS. KNOX SUFFERED FOR OVER THREE YEARS

St. John Lady Was Nervous and Had Severe Indigestion That Caused Intense Pain.

"It has been nearly two years since I took Tanlac, but I am more grateful to the medicine than ever for I have felt just fine to this very day," recently declared Mrs. Lena Knox, 51 Hilliard Street, St. John, N.B.

"For three years, indigestion and nervousness caused me such agony it beggars description. I was actually afraid to eat; at night I would lie awake nervous and sleepless for hours and finally became so weak and thin I was almost a shadow.

"But Tanlac gave me a splendid appetite, calm nerves and a digestion that is simply perfect. I sleep the whole night through and have gained such weight, strength and energy that I always feel at my best."

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.

Surnames and Their Origin

MacKENNA
Variations — McKenna, MacKinney, McKinney, Kinney.
Racial Origin—Irish.
Source—Given names.

There are two forms of this name, or rather two separate names in Gaelic, from which the anglicized family names in this group have been derived. It is unfortunate that in so many family names the Irish and the English forms should be so different as to cause confusion in the translation of the name from one language into the other.

Here is another case where you'd have some genealogical record to make sure whether your ancestors were members of that clan known as the "Maclonagh," which played a vivid part in the wars of Irish rebellion in the early seventeenth century, or of the ancient "Clann Cionaotha."

The early records of this latter clan are clear. It was founded by a chieftain named Cinaoth (the meaning of the given name being "without servile work") about the year 250 A.D., thus establishing this family name as about twice as old as the majority of English family names. The stronghold of this clan was in Tirowen.

The name "Maclonaigh" is derived from the given name "Ionach," which means a "dirk." It is not certain at just what period the clan was established, but it was a branch of the ancient clan of the O'Harts, and it was well established in Ardmore, County Waterford, as well as in Dundalk and in Truagh, County Monoghan.

ELLWOOD
Variation—Elwood.
Racial Origin—English.
Source—A locality.

This family name, of English origin and development, is one of those which have been derived from place names. There are many places to-day in England named Ellwood. All of them don't trace their history back to the medieval times, but, on the other hand it is fair to assume that there were also places called Ellwood in the medieval ages which since have been called by other names.

So unless you can follow the individual family history definitely back to the first use of the name, you have little certainty from which particular Ellwood it has been derived. Ellwood was the sort of a place name which might be applied locally. It meant simply "Ellis' wood," "Ellis," "Elice" and "Helyas" being the medieval English spellings of the biblical name of "Elijah" or "Elias." This, of course, was a Hebrew given name, popular with the medieval populations not only of England, but of other Christian countries through its biblical associations. The name means "The Lord God," or "The Strong Lord."

BABY'S OWN TABLETS ALWAYS KEPT ON HAND

Mrs. David Gagne, St. Godfroy, Que., writes:—"I have used Baby's Own Tablets for my three little ones and have found them such an excellent medicine that I always keep them on hand and would strongly advise all other mothers to do the same thing." The Tablets are a mild but thorough laxative which quickly relieve constipation and indigestion, break up colds and simple fevers and promote that healthful refreshing sleep which makes the baby thrive. They are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Poem You Ought to Know.

How Do I Love Thee?

The marriage of Robert Browning and Elizabeth Barrett was an ideal union. Before her marriage the poetess wrote a series of sonnets, which she gave to her husband after their wedding. Here is one of them:—

How do I love tee? Let me count the ways.
I love thee to the depth and breadth and height
My soul can reach, when feeling out of sight
For the ends of Being and ideal Grace.
I love thee to the level of every day's
Most quiet need, by sun and candle-light.
I love thee freely, as men strive for Right;
I love thee purely, as they turn from Praise;
I love thee with the passion put to use
In my old griefs, and with my childhood's faith.
I love thee with a love I seemed to lose
With my lost saints,—I love thee with the breath,
Smiles, tears of all my life!—and, if God choose,
I shall but love thee better after death.

Rediscovered Port on Persian Gulf.

The site of Jerra, the mysterious port on the Persian Gulf mentioned 2,000 years ago by Ptolemy, geographer, and since lost sight of, has been rediscovered in ruins by Captain R. E. Cheeseman, former private secretary to Sir Percy Cox, British High Commissioner at Bagdad, who has just returned to civilization after a trip into unknown Arabia.

He reached the oasis of Jabrin in the Great South Desert, the first European to penetrate there, and found it inhabited by a tribe living in Stone Age conditions. Captain Cheeseman's exploits were made possible by the relations of the British with Ibn Baud, Sultan of Nejd, whose guest he was.

Full of What?

1st Star—"Mr. Moon's full again."
2nd Star—"Yep — gets that way every month."

Minard's Liniment for Sprains.

Her Mistake.

A philanthropic woman was visiting a lunatic asylum. There was one old man there who roused her special compassion.

"Hoy long have you been here, my poor man?" she asked.

"Twelve years."

After several more questions she passed on, and her guide informed her that the old man was the medical superintendent.

"I'm so sorry, doctor," she cried, hurrying back. "I'll never judge by appearances again."

RED ROSE TEA "is good tea"

and the choicest of Red Rose Teas is the ORANGE PEKOE QUALITY

Salt Springs Near Madrid Are Among Richest in World.

Probably one of the most characteristic landscapes in Spain is that of the central steppes. With the exception of Hungary's "puzstas" there is nothink like the Spanish steppes in all Europe. They are vast tracts of territory with a soil that contains excessive quantities of clay and lime, and which will not give growth to vegetation of any kind. The air and undersoil are very dry. There are no trees, and bushes are scarce. If the soil contains salt, the steppes are called saline, and this name is applicable to most of the Spanish steppes territory.

Moisture is entirely lacking in the surface layer of the soil, but the undersoil often contains water, which, however, is not always drinkable. When calcium carbonate, plaster, clay and a white loam predominate in the soil the steppes are called "Calveros," the bare lands. If red plasters, and clays and loams containing iron predominate, they are commonly called the reddish steppes. Either kind has a few typical plants, and if the same plant lives in both areas it is of different appearance.

Not far from Madrid are the most typical spots of the central steppes. Tarancon is perhaps the most interesting place in this area from the point of view of its flora, its climate and its soil. The barren hills near Tarancon on the road to Belinchon should be included in a national park, for there are no other hills like them in the entire world.

The vegetation of these hills consists of grasses, lilies, orchids, sunflowers and cruciates. They make excellent pasture for goats and sheep. Trees have been planted here, and if the soil is carefully tilled it loses its desolate character.

Most remarkable, however, are the salt beds in this district. They are shallow patches or sheets of clayish soil, extending over wide areas. Water is conducted through the pits and by a simple process of evaporation the salt is obtained. It is mixed with small quantities of sulphates and magnesia.

The salt springs of Belinchon are among the richest in the world. There are 200 grains of salt in each quart of water and about 30,000 quarts run through the springs every hour.

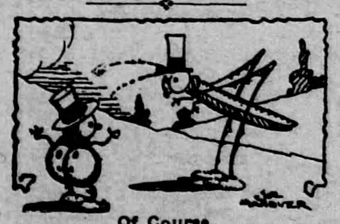
How Plants Are Pollinated.

There are seven main agencies by which plants are pollinated, namely: Wind and gravity, water, insects, man, special devices and self-pollinating agencies or cleistogamous flowers.

The wind carries the pollen and at length, it falls, due to gravity. Water, in the case of water plants, carries the pollen from plant to plant. Insects are great pollen carriers. They pass from flower to flower in search of nectar, and carry away pollen upon their bodies. When they visit the next flower, some of the pollen is accidentally rubbed off, and thus the flower is pollinated. Man may bring about pollination by artificial means. He merely transfers the pollen from the plant where it is born to the plant where it is wanted. This is done, usually, in the greenhouses of upon special plants. In some plants there are special devices for the explosion of the pollen containers which throw the pollen out to other flowers. Self-pollinating or cleistogamous flowers are those that never open and must be self-pollinated. That is, the flower can fertilize itself and does not need pollen from another flour.

GREEN TEA IN GREAT DEMAND.

Twenty-five years ago, Green Tea was more popular than Black, but due to the heavy importation of poor quality Japan and China Green Teas, the demand fell off. Ceylon and India started producing Green Tea on a large scale only in recent years. They were of such fine quality and delicious flavor that Green Tea drinkers immediately recognized their superiority and demanded them in ever increasing quantities. Salada Tea Company is practically the sole importer of Ceylon and India Green Teas in Canada.



Of Course.

Bug—"Hear you're going to give a dance."

Hopper—"Well, yes, a hop!"

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

Saving Her Memory.

"How is it that you have such a good memory, Norah?" her mistress inquired.

"Well, mum, I'll tell ye. Since me childhood never a lie have I told, and when ye don't have to be taxin' yer memory to be rememberin' what ye told this one or that, or how ye explained this or that, shure ye don't overwork it an' it lasts ye, good as new, till ye die."

Opinions have never produced a thing; facts have been the basis of the world's progress since the beginning.

Light and wireless waves travel at a rate of 186,000 miles a second.

Minard's Liniment for Distemper.

Swat the Adam and Eve Flies.

The time to swat flies is right now, while they are still in their garden of Eden, and have not started out to devastate the nations. Flies are the greatest little progenitors of evil in all the world. Science says, "If each egg of the common house-fly should develop, and each of the larvae should find the food and temperature it needed, with no loss and no destruction, the people would suffocate under the plague of flies."

A fly lays 150 eggs in a batch and is equal to six batches. It only takes ten days from egg to adult. Begin with two flies May 1 and let them continue their merry game right along through September, and mathematicians can only express the figures in terms of German marks. It runs something like 1,096,181,249,310,720,000,000,000,000 and since no one can comprehend such figures it makes little difference what ciphers you add from that time forth.

Swat the fly early and swat her thoroughly. We say "her" because the female is more deadly than the male but swat all kinds without bothering about sex determination.

Now that the automobile has supplanted horse in cities and towns, and the manure box is no longer a familiar object in every alley, it is a comparatively easy thing to keep the town home free from flies. The country home needs equal immunity and it can be given. Look to your screens, both doors and windows. Make sure that no garbage is allowed to accumulate near the house. Keep the stables clean, and locate the manure piles as far from the house as possible.

The most efficient chemical to apply to manure piles to check the breeding of flies is borax, which does not injure the fertilizing properties of the manure. As soon as the manure is removed from the barn sprinkle the borax over it, using a fine sieve such as a flour sifter. Apply it around the outer edges of the pile as the maggots seem to prefer that location. Then throw a few gallons of water over the mass.

TOO WEAK TO WALK

The Sad Condition of a Brandon Lady—How Relief Came.

"I owe my present good health to Dr. Williams' Pink Pills," says Mrs. Annie Treherne, Brandon, Man., who tells of her new found health as follows:—"Some years ago I had an attack of pneumonia and it left me in a terribly weakened and run-down state. I was unable to walk for a long time as I had practically lost the use of my legs, and had to be carried upstairs, for I had not the strength to go myself. I became despondent over my condition for I had tried many remedies, which failed to help me. While in this wretched condition a lady friend urged me to give Dr. Williams' Pink Pills a trial and I procured a supply. After taking the pills for a while I could see that I was growing stronger, and I gladly continued their use until I had fully regained my old-time health and strength. Now if I feel at all run down at any time I at once take Dr. Williams' Pink Pills, and they never fail me. I can therefore warmly recommend them to others who may be run down."

There is no better tonic than Dr. Williams' Pink Pills to improve the blood and bring back strength after acute diseases such as fevers, pneumonia, influenza, etc. Given a fair trial they will not disappoint you. You can get the pills from your druggist, or they will be sent by mail at 50 cents a box by The Dr. Williams' Medicine Co., Brockville, Ont.

Vita Nuova.

Now is the time once more,
Dear and desired of old,
Spring at the sill at the door,
Slender and young and cold.
Scarcely the heart can hold
The joy long waited for,
Now the magical word is told,
And the young Spring's at the door.

When all the folk are asleep,
Save only the feathered folk,
She goes by the hills of sheep,
By the lambs and the grazing flock,
Flowers in the fold of her cloak,
And the grey dawn at the peep,
The trumpeter Daffodil woke
The thrush and blackbird asleep.

Now in the East and the dark
The heart trembles and sings,
Sings with the linnet and lark
New songs of immortal things.
It wakes, it quivers, it springs,
O heart, that was Winter-stark
It rises it beats it has wings
When the Spring calls in the dark.

—Katharine Tynan.

Bacteria of Benefit.

Bacteria are the world's best manufacturers of fertilizers.

The rays of the sun take eight and a half minutes to reach the earth.

No Monkey Business

Treat your fowls with Die-Lice. One application guaranteed to keep your fowls free from lice for six months.

SEND NO MONEY—

Just drop us a card; we will mail you Die-Lice sufficient to treat 200 fowls. When it arrives pay postman $1 and postage. Money back if it fails. Secret how to tell sex of an egg before incubation, and wonderful new secret how to rid your place of rats, mice and gophers without the use of traps or poisons sent free with each box. Agents wanted.

THE DIE-LICE CO.,
Drawer 55, - Wiarton, Ont.

Smoke OLD CHUM

The Tobacco of Quality

Sealed Package (which keeps the tobacco in its original condition) 15¢

also in ½ lb. tins

Manufactured by Imperial Tobacco Company of Canada Limited

What People Call Success.

Deny yourself the pleasures youth would claim,
Count every moment precious, never rest;
Let profit-getting be your only game;
Be sure to banish pity from your breast;
Chose eagerness for money as a goad
To drive you daily to new enterprise;
Don't pause to gather flowers beside the road,
Be quick to see where your advantage lies.

Break briskly through whatever bars your way;
If sentiment assails you, fling it back;
Be sure to be some richer every day,
Let greed be not among the things you lack;
If you can get refinement as you rush
It may not hurt your chance to be refined,
But never hesitate to crowd or crush;
Have one intention always in your mind.

Let love, if you must love, be nothing more
Than incidental to the end in view,
Or use it as a key to Fortune's door,
Adjust it to the purpose you pursue;
Beware lest golden hours be vainly spent
In setting tender loveliness to rhyme;
See beauty only where a charm is lent
By wealth enough to make it seem sublime.

Be selfish when you must; be friendless, cold;
Let nothing keep you from the goal you seek,
Where boldness offers dividends, be bold,
And miss no chance to pounce upon the weak;
Become a driving power, a mighty force,
Be firm, be strong, be keen, be pitiless;
You'll miss the finer things of life of course,
But you may win what people call success.

—S. E. Kiser in "Cosmopolitan."

House spiders lay as many as sixty eggs in a batch, carefully enclosed in a bag of silk.

PAIN

Minard's, the great counter-irritant, penetrates to the root of the pain and gives quick relief.

The Cobalt and adjoining areas of the Timiskaming district, Ontario, have been for several years the chief source of the world's supply of cobalt. Metallic cobalt, cobalt oxide and cobalt salts are recovered from the treatment of the ores and residues derived from the silver-cobalt-nickel arsenides.

Classified Advertisements

WANTED — CAR OWNERS TO send for our Big Free Catalogue showing 101 bargains in Auto Supplies. It will save you money. Send for it to-day. Canadian Auto Shops, Box 154, Niagara Falls, Ontario.

MURINE Keeps EYES Clear, Bright and Beautiful
Write Murine Co., Chicago, for Eye Care Book

ITCHY RASH IN SPOTS ON HANDS

Could Not Put Hands In Water, Cuticura Heals.

"A red rash broke out in spots on my hands. I did not pay much attention to it at first, but later the eruptions grew larger and caused so much itching and burning that I could not put my hands in water. The irritation caused me to scratch the affected parts.

"As soon as I began to use Cuticura Soap and Ointment the trouble began to get better. I continued the treatment and now I am completely healed." (Signed) Mrs. H. W. Day, Hillside Farm, Wesley, Me., Aug. 31, 1923.

Cuticura Soap, Ointment and Talcum promote and maintain skin purity, skin comfort and skin health often when all else fails.

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.

HELP FOR YOUNG WOMEN

Mrs. Holmberg Tells How Lydia E. Pinkham's Vegetable Compound Helped Her

Viking, Alta.—"From the time I was 15 years old I would get such sick feelings in the lower part of my abdomen, followed by cramps and vomiting. This kept me from my work (I help my parents on the farm) as I usually had to go to bed for the rest of the day. Or at times I would have to walk the floor. I suffered in this way until a friend induced me to try Lydia E. Pinkham's Vegetable Compound. I have had very satisfactory results so far and am recommending the Vegetable Compound to my friends. I surely am glad I tried it for I feel like a different person now that I don't have these troubles."—ODELIA HOLMBERG, Box 93, Viking, Alta.

Letters like this establish the merits of Lydia E. Pinkham's Vegetable Compound. They tell of the relief from such pains and ailments after taking it.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and today holds the record of being the most successful remedy for female ills in this country, and thousands of voluntary testimonials prove this fact.

If you doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for Mrs. Pinkham's private text-book and learn more about it.

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