RED ROSE TEA "is good tea"

and extra good is the ORANGE PEKOE QUALITY

T-3

Surnames and Their Origin

DONOVAN.

Variations—O'Donovan.
Racial Origin—Irish.
Source—A given name.

The true Erse spelling of this family or clan name is "O'Donomhain." That it to say, it's as good a spelling as can be rendered in the English alphabet, which does not exactly correspond to the Irish.

Though you might not suspect it from the spelling, "O'Donomhain" is pronounced exactly as we pronounce O'Donovan. There may be, perhaps, a slight difference in accent which would betray an Anglo-Saxon tongue to a true Gaelic speaker, but that's all. The name offers a good illustration of the peculiar Irish "m" which sometimes is pronounced like a "b" and sometimes, as in this case, like a "v."

"Donomhan," the chieftain who founded the clan, and from whom the clan took its name, was, like "Carthach," Prince of Desmond and founder of the MacCarthys, a military leader who won renown in the Danish wars, though at a somewhat earlier period. Donomhan, however, had made common cause with the Danes in Limerick, and was with them decisively beaten by the famous "Brian Boroimhe" ("Boru"), one of the outstanding rulers in the long list of the Irish High Kings, and who was responsible for the passage of laws controlling the adoption and use of family names. "Donomhan" was slain in later fighting by a brother of this monarch, at the battle of Croma.

CRAWFORD

Racial Origin—Scottish.
Source—A locality.

Here is a family name which surely sounds English, but it is distinctly Scottish. It is a place name, and one derived from Gaelic instead of Saxon words, its present ending "ford" representing merely the influence of English speeches through a number of centuries and the confusion between the word "ford" and a Gaelic word of similar sound.

In reality the place name signifies "bloody pass." How is came to bear that name is an episode on which available history sheds no definite light, though it is logical to assume that it must have been the scene of at least one desperate encounter.

Among the Scots the name of Crawford is borne principally by those tracing their ancestry back to the Clan Lindsay. There are those among the Scottish historians who do not admit this combination of the words "cru" and clan into the classification of the Highland clans, since its first chiefs were of Norman origin. Yet, its holdings were on the edge of the Highlands, it played an important part in the history of the Highlands, and there can be no doubt that while its leaders were originally of Norman extraction the bulk of its membership represented Gaelic blood. The name is explained as a "ford."

TEETHING TROUBLES

Baby's teething time is a time of worry and anxiety to most mothers. The little ones become cross; peevish; their little stomach becomes deranged and constipation and colic sets in. To make the teething period easy on baby the stomach and bowels must be kept sweet and regular. This can be done by the use of Baby's Own Tablets—the ideal laxative for little ones. The Tablets are a sure relief for all the minor ailments of childhood such as constipation, colic, indigestion, colds and simple fevers. They always do good—never harm. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Green and Fresh.

Mary—"That yap tried to make love to you, eh? He's positively green."

Ann—"Perhaps that's why I found him so fresh."

Tree Furnishes Food.

The bassia tree in India has "candy" flowers, the petals of the flower being rich in sugar, and used for food.

Words With Changed Meanings.

If we wish to label anything strange or barbarous we say it is "outlandish," but when the Bible speaks of an "outlandish woman" it means a foreigner.

Another curious expression in the Authorized Version is "The other basket had very naughty figs." That means fruit which was good for naught. To-day the word "naughty" means "ill-behaved." In the Prayer Book the word "presently" means "at the present time," but to-day it always means a future time, though not far distant.

When the Authorized Version of the Scriptures was first printed the word "careful" meant "full of care and anxiety," as in "careworn," but if a man were said to be careful it would to-day be a good testimonial. Thus, when the New Testament tells us to "be careful for nothing," it is not enjoining wastefulness and speaking against thrift, but simply telling us not to worry about anything.

Universal Music.

There's music in the sighing of a reed;
There's music in the gushing of a rill;
There's music in all things, if men had ears—
Their Earth is but an echo of the Sphere's.

—Bryon—Don Juan.

In Zululand the atmosphere is so clear that objects can be seen by starlight at a distance of seven miles.

We endeavor to make a merit of faults that we are unwilling to correct.

Minard's Liniment for Rheumatism.

Pigs That Guard Sheep.

In this country one seldom says anything kind about pigs. Yet they are highly esteemed in other parts of the world.

In the Apennines they are used to guard sheep. One man in each village acts as shepherd to the community, and is allowed a sheep-pig to assist him when the animals are out at pasture.

The man's task is an easy one—he may amuse himself by playing the flute, or he may even sleep for a few hours while the pig faithfully guards the flock. In the evening the same trustworthy guardian sedulously singles out the sheep belonging to this house or that, and never makes a mistake.

Where truffles grow pigs are used to find and root them up. If carefully trained a pig will keep for his master all the truffles he uproots.

In Ireland, of course, the pig's merits have always been recognized. There he is the "gintleman that pays the rint."

NERVOUS DEPRESSION

Why People Are Low Spirited and Depressed.

Nearly all women and most men suffer at times from fits of depression and low spirits. Everything seems a burden; then come periods of nervous irritability, headaches and weariness. People who suffer this way lack vitality because their blood is poor and nerves are starved in consequence.

The only way the nerves can be reached is through the blood. By enriching the blood with Dr. Williams' Pink Pills the starved nerves are supplied with just the elements they need. This is proved by the experience of Mrs. J. E. Dadson, 12th Ave. East, Vancouver, B.C., who says:—"About three years ago I became very weak and nervous. I had pains in my side and back, and also suffered from frequent pains in the back of my head and neck. I was hardly able to do anything about the house. I would wake with a start in the night and my heart would flutter so that it almost choked me. I tried much doctor's medicine but it did me no permanent good. One day I read about Dr. Williams' Pink Pills and decided to give them a trial. These pills produced such a beneficial change in a short time that I kept taking them until I had used a dozen boxes. By this time there was such an improvement in my condition that friends would ask me what I was taking, and of course I was only too pleased to tell them it was Dr. Williams' Pink Pills. I am now feeling like a new person and am doing my own housework. We would not now be without Dr. Williams' Pink Pills in the house."

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

He—"Do you put it down in a note book every time we have a spat?"

She—"No, I used a scrap book for that."

Britain's Daily Shipping.

On any day of the year some 2,750 British merchant ships of more than 3,000 tons are traversing the great sea highways of the globe.

It is always safe to send Dominion Express Money Orders.

A Flowery Controversy.

A tear was in the Violet's eye,
A smile was on her lip;
She said, when asked the reason why,
"I saw the old Cowslip."

Wild rose laughed in the morning breeze,
As back and forth she swung,
That Johnny-jump-up could not reach
The branch from which she hung.

The Hollyhock beside the wall
Was filled with anger grim;
'Twas caused by Black-eyed Susan,
Who slyly winked at him.

The Poppy shook her fiery head,
Kept it bobbin', bobbin';
The old snapdragons quarreled so,
She feared they would Wake-robin.

The Lady's-slipper tapped applause,
The Foxgloves clapped in glee,
The Tulips laughed right merrily
To see them disagree.

Jack-in-the-pulpit raised his voice,
Sweet concord to restore;
The Bluebells rang their sweetest tones,
And all was peace once more.

—Muriel E. Hunt.

A Woodland Scene.

One bright, sunny day in June I went by myself into the woods. As I wandered on I came to a little stream. I stopped to admire it and its surroundings. The sun was shining through the trees making the pure water sparkle like diamonds.

Next to the stream stood three trees. They were all alike in size, and towered above all the rest. The scene had a soothing effect upon me and I lay down upon the soft, mossy bank with my face to the sky. The rustling of the leaves was putting me to sleep and I thought only of the beauties of nature.

Suddenly I was startled by a little furry creature which flited by me as if on wings. I lay very still for it was a rabbit, and I did not want to frighten it. I watched it drink the pure sunkissed waters of the stream. The rabbit did not even notice me, but drank on in peace.

Bang! I jumped up at this, for it was the sound of a gun. When I again looked at the stream, I saw that my little friend was no longer drinking, but lay by the stream dead.

Alas! Not even in the woods can there be peace. The world is wicked.
—C. D. H.

Freckles for Beauty.

The new Sunlight League of Britain might have counted on the blessing of George Meredith, for whom sunburn and freckles were beauty's greatest adjuncts.

In one of his pastoral poems he urges the companion of a walk to give both a welcome, declaring:—

"Thou are no nun, veiled and vowed;
doomed to nourish a withering pallor.
City exotics beside thee would show
like bleached linen at midday
Hung upon hedges of eglantine."

collection of "a gracious freckled lady, tall and grave," whose sunburnt beauty made her unforgettable.

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.

Too Zealous.

P.C. X99999 was walking along the bank of a canal, when he came upon a youngster sobbing bitterly. Stopping him, he asked:

"What's the matter?"

The youngster, still crying loudly, pointed to mid-stream, where a hat was bobbing up and down on the water.

"My brother——" he sobbed.

In a flash the courageous constable plunged into the murky water. Thrice he dived, but at last he was forced to come to shore again with only the hat in his hand.

"Can't find him!" he gasped. "Where was he standing when he fell in?"

"He—he—he—" the boy blurted, "he didn't fall in! I was going to tell you that he threw my hat in, but you wouldn't let me finish."

Her One Accomplishment.

Just what a green servant girl can do anyway often puzzles the distracted housekeeper nowadays. Mr. Robert U. Johnson in Remembered Yesterdays thinks that we must expect to hear of such experiences as that of a Swedish-American friend of his who, needing a maid-of-all-work, resorted to a Scandinavian agency.

There she found a sturdy Finnish girl and asked her what she could do. Could she cook? No, she could not cook. Could she do the washing? No. Could she wait on table? No. Well, what could she do?

The girl thought for a moment and then replied, "Vel, Iy can milk the reindeer."

A man's brain attains its maximum weight at the age of twenty years; that of a woman at seventeen years.

Minard's Liniment Relieves Pain.

DOMINION OF CANADA FIRST AID CHAMPIONS

These five young women, members of No. 1 Ladies' First Aid Team, Canadian National Railways, Montreal Division, recently won the Lady Drummond Trophy, emblematic of the Championship of Canada in First Aid and Home Nursing. The Canadian National Railways have more men and women taking instruction in First Aid work than any other organization in the Dominion. Already more than 4,000 have been enrolled in the classes, and the work is being highly organized from coast to coast. It is the aim of the Company to have employees on every train, in every shop and yard, capable of rendering First Aid efficiently when ever the occasion demands. The names of the winning team from left to right are: Misses May Neate, Olive Doody, Robina Moodie, captain; Sarah N. James and Isabelle Tarleton.

RHEUMATISM GONE, SAYS MONTREAL HOTEL MAN

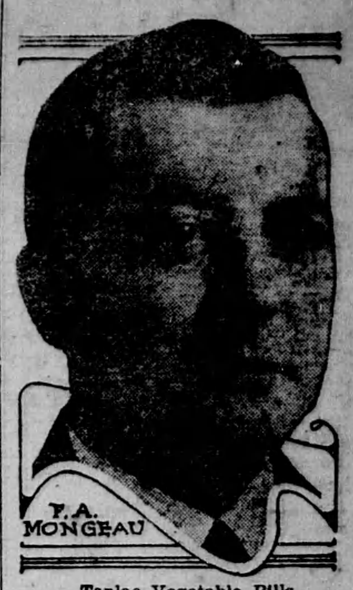
F. A. Mongeau Tells How He Recovered Strength After Eight Years of Rheumatism.

F. A. Mongeau, popular night clerk at the Prince of Wales Hotel, 17 and 19 McGill College Avenue, Montreal, Canada, lends his name to further the cause of Tanlac, the treatment that has proved of such great benefit to him.

"After all Tanlac has done for me," said Mr. Mongeau, "I just feel like praising it to everybody. Eight years of muscular rheumatism had just about made a cripple of me. I got to where I simply had to limp around on a cane. My nerves became affected, my sleep unsound and I felt completely knocked out.

"Six bottles of Tanlac, taken eight months ago, made a new man of me and I have had no further trouble with rheumatism, or my health, since. My nerves are steady as a die, I sleep fine and feel the same way. Anyone wanting to know of me what Tanlac will do, just phone me here at the hotel."

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.

Mosquitoes and Malaria.

It is estimated that the deaths annually from malaria number some two millions, and this figure may probably be multiplied by two or three hundred if we would arrive at the total number of people in the world affected by the complaint. Malaria is mainly a disease of the tropics, and is caused by a minute parasite in the blood. The parasites in one malaria patient may number anything from one hundred to a thousand millions. In many cases there are more parasites in the system of a malaria patient than there are people on the earth, and for ages it was believed that marshes and malaria were in some way connected.

Sir Ronald Ross discovered that it was not the marsh but the mosquito which bred in the marsh which was the originator of the disease, and he declares that the parasite of malaria is, to the mosquito which carries it, as a threepenny-bit would be to a hippopotamus!

When a disease-carrying mosquito bites, it injects a saliva in which are the malaria parasites. These are carried into the human circulatory system and so throughout the body.

The cure for malaria is quinine, but the prevention of malaria is the destruction of the mosquito in which it breeds.

Don't.

Don't be like folks who laugh and sing
Along the summer ways,
But grunt and groan when winter brings
The gloom of duller days.

Don't be like folks who vow they're chums
Along each level mile,
But when the roughened pathway comes
Forsake one at the stile!

Don't be like folks who fear to bear
A little trouble-pack,
For life brings everyone a share
Of bothers in its track.

So, if you're down, spring up again,
And when you're on your feet—
Wipe off each mark of coward-stain,
Press onward through the sun or rain—
Show by your heart and soul and brain
Pluck's very hard to beat!

—Lillian Gard.

Strength of Silver Wire.

A silver wire one-twelfth of an inch in diameter will support a weight of 188 pounds.

TO EXPECTANT MOTHERS

A Letter from Mrs. Smith Tells How Lydia E. Pinkham's Vegetable Compound Helped Her

Trenton, Ont.—"I am writing to you in regard to Lydia E. Pinkham's Vegetable Compound. I would not be without it. I have taken it before each of my children was born and afterwards, and find it a great help. Before my first baby was born I had shortness of breath and ringing in my ears. I felt as if I would never pull through. One day a friend of my husband told him what the Vegetable Compound had done for his wife and advised him to take a bottle home for me. After the fourth bottle I was a different woman. I have four children now, and I always find the Vegetable Compound a great help as it seems to make confinement easier. I recommend it to my friends."—Mrs. Fred H. Smith, John St., Trenton, Ont.

Lydia E. Pinkham's Vegetable Compound is an excellent medicine for expectant mothers, and should be taken during the entire period. It has a general effect to strengthen and tone up the entire system, so that it may work in every respect effectually as nature intended. Thousands of women testify to this fact. C

The Right Attitude.

Be careful how you "I am" your misfortunes. The trouble with most of us is that we "I am" our misfortunes too much. We say "I am sick"; "I am tired"; "I am discouraged"; "I am poor"; "I am down on my luck"; "I am a failure."

All sorts of people are constantly making use of negative, destructive expressions. They are always talking down, complaining about one thing or another.

In winter they will say "Did anyone ever see such beastly weather as we are having? This snow and sleet make me ill. I am never free from a cold. I'm so afraid it will develop into pneumonia;"

In the summer it is just the same: "I wonder if it is ever going to stop raining?" "It looks as if we are not going to have any summer!"

They are constantly complaining of things and are always "tired," "fagged," "played out," "not fit for anything.". And, as John Henry would say: "It's all wrong!"

Companionship with a powerful person is never to be trusted.

Classified Advertisements

WANTED—MAN TO OPERATE local Auto Supply Branch. Apply Canadian Auto Shops, Box 154, Niagara Falls, Ont.

Try MURINE FOR YOUR EYES
Wholesome Cleansing Refreshing

Look Younger

Care-worn, nerve-exhausted women need Bitro-Phosphate, a pure organic phosphate dispensed by druggists that New York and Paris physicians prescribe to increase weight and strength and to revive youthful looks and feelings. Price $1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

Stiff Joints

Limber up with Minard's Liniment. Leading athletes use it.

MINARD'S "KING OF PAIN" LINIMENT

Cuticura

Clears The Scalp Of Dandruff

Treatment: On retiring gently rub Cuticura Ointment, with the end of the finger, on spots of dandruff and itching. Next morning shampoo with a suds of Cuticura Soap and hot water. Rinse with tepid water. This treatment does much to keep the scalp clean and healthy and promote hair growth.

Sample Each Free by Mail. Address Canadian Depot: "Cuticura," P. O. Box 1615, Montreal. Price, Soap 25c. Ointment 25 and 50c. Talcum 25c. Try our new Shaving Stick.