NEW HEALTH FOR SUFFERING WOMEN

Obtained Through Enriching the Blood Supply.

Many women endure with silent patience suffering that casts a shadow over half her life. But an aching back, tired limbs, sideaches, attacks of faintness and splitting headaches need not be a part of a woman's life. Such trials indicate plainly that her blood is thin and impure; that to drive away these troubles her system requires the new, rich blood supplied by Dr. Williams' Pink Pills. These pills are valued by suffering women, who have used them, above all other medicines because they make the rich, red blood that makes women feel well and at their best. Proof of these statements is given by Mrs. Eugene Deslauriers, Richot, Man., who says:—"A few years ago my health completely failed. I was subject to those troubles that afflict so many of my sex. Added to these I suffered from constipation, loss of appetite, dizziness, a ringing in my head and nervous prostration. I consulted several doctors, but their medicines failed to give me relief. After much persuasion I began to take Dr. Williams' Pink Pills, but without much hope as I believed that no medicine would help me. To my great joy, however, I found these pills were just what I needed, and I can honestly say they have made me a well woman. I can now do with ease all my own housework, and I strongly urge other weak, ailing women to give this medicine a fair trial, feeling that what it has done for me it will do for others."

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

Live in Deeds.

Science has succeeded in lengthening our "expectation of life" by twenty years. That is a comforting reflection. To die young is no longer regarded as a pious act. But it is not years only which make long life.

We live in deeds, not years; in thoughts, not breaths;
In feelings, not in figures on a dial.

There are long lives which, reckoned on this basis, would be tragically short; there are short lives, reckoned by their achievements, which are centuries long!

We are told to revere grey hairs, but grey hairs are venerable only when they are the silver crown of accomplishment. There is many a man who is old only in years. His deeds will never grow old, but will renew themselves eternally like spring flowers and the eaves of the forest.

The best way to live is to "give every flying minute something to keep in store."

Logan berries were produced by crossing blackberries and raspberries.

Besides his many other accomplishments, a sailor in the British navy must know how to sew. That's what these boys are learning at a school in Greenwich, where they are being trained for the fleet.

Shocking Manners!

In the Fabulous Forties Mr. Meade Minnigerode admits feeling some dismay when his reading of the manuals of etiquette then popular revealed to him how elementary was the instruction apparently needed by young persons even in the supposedly polite circles of the day. Young ladies were solemnly warned against "balancing themselves upon their chairs; crossing their legs; extending their feet upon the andirons; admiring themselves with complacency in a glass; folding their shawls instead of throwing them with graceful negligence upon a table; taking a person by the button or collar; whirling a chair around on one leg and shaking with their feet the chair of a neighbor."

Undesirable awkwardness all, but Mr. Minnigerode's astonishment really begins when he finds what the mentors regard as necessary to say in respect to table manners. "Ladies should never dine with their gloves on unless their hands are not fit to be seen," aroused in him a painful suspicion that ladies with hands "not fit to be seen" were willing, instead of taking pains to make them fit, to cover all deficiencies with gloves; nor, it is to be noted, has their instructress in manners any reprehensions to bestow on their doing so. It also appears that ladies at table—and that in the very years when female delicacy, fragility and ethereally anaemic charm were most admired—were frequently apt to stuff their mouths too full or recklessly take bites of bone or gristle, which could not be masticated. At any rate, the duty of a gentleman present on such an unfortunate occasion is made clear:

"If at dinner a lady should raise an unmanageable portion to her mouth, you should cease all conversation with her and look steadfastly into the opposite part of the room."

Possibly the advice carries a suggestion of finer manners on the part of our grandfathers than of our grandmothers. The balance is soon restored. A volume of etiquette for young men brings a masculine error in behavior to book with appalling frankness:

"The rising generation of elegants in America are particularly requested to observe that in polished society it is not quite comme il faut for gentlemen to blow their noses with their fingers, especially when in the street—a practice infinitely more common than refined."

In the family, both as a matter of Christian duty and correct deportment, the husband was expected to exert an authority tempered by benevolent consideration, and the wife to be always docile, mild and submissive. "Sometimes yield your wishes to hers," Mrs. Emery, a popular writer of the day, persuasively suggests to married men. "Do not find it hard to yield sometimes! Think you it is not difficult for her to give up always?"

And in the Token of Friendship, or Home, the Centre of the Affections, by the Rev. J. N. Danforth, published in Boston in 1844, occurs the perfect picture of the model family of the forties:

The father gives his kind command,
The mother joins, approves;
And children all attentive stand,
Then each, obedient, moves.

COUNTING THE STARS

When the discovery of a new star is announced the layman is apt to infer that an almost exhaustive list of stars, to which the latest recruit is triumphantly added, has been compiled.

Yet astronomers' estimates of the total number of stars in existence vary to the extent of several millions, 1200 millions being a rough approximation.

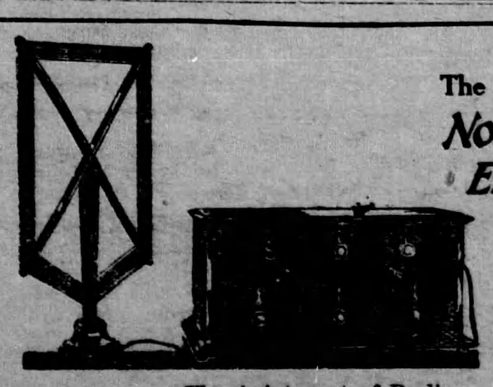
Among others, Sir John Herchel, Otto Struve and Professor E. C. Pickering have attempted to estimate the number of stars. Herchel's computation gave five and a half million stars from the first to the fourteenth magnitude, but Struve improved on this figure with twenty millions, while Pickering, with the added advantage of including stars of the fifteenth magnitude, fell short of Struve by two millions.

But densely and sparsely star-spangled areas occur, clusters being frequent, with the Galaxy, or Milky Way, as the main concentration. And as the astronomers struck an average from counts in various sections, one is not surprised at the divergent results.

Stars are brought to count by the use of a powerful telescope, combined with a camera, and exposure of three or four hours. The Lick refractor, one of the world's most famous telescopes, makes visible stars of the seventeenth magnitude, and the 100-inch reflector recently erected on Mount Wilson, California, shows stars of the twentieth magnitude.

To the naked eye at any one time only about 2000 stars are visible. But if the observer goes to different parts of the earth at the most propitious seasons of the year 6000 stars may be brought within range of the human eye unaided.

Before the stars are definitely numbered the stellar system must have its borders explored by giant telescopes. And this appears to be nearing completion, as the most modern instruments are not disclosing the number of new stars anticipated. Meanwhile, "the skies are painted with unnumbered sparks."



The *Northern Electric* R-4

The Aristocrat of Radio.

This Super-heterodyne set is the highest development of radio science to-day—a product of the "People who made your Phone." It is the set which was installed on H.R.H. the Prince of Wales' ranch at High River.

A highly sensitive circuit, with six peanut tubes, it works with an indoor loop aerial (as illustrated) or with an outdoor aerial, and brings in distant stations with wonderful tone and volume. The refinement of mechanism and appearance make it an instrument it is a distinction to possess.

Write for information describing this set to

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NOTHING TO EQUAL BABY'S OWN TABLETS

Mrs. Georges Lefebvre, St. Zenon, Que., writes: "I do not think there is any other medicine to equal Baby's Own Tablets for little ones. I have used them for my baby and would use nothing else." What Mrs. Lefebvre says thousands of other mothers say. They have found by trial that the Tablets always do just what is claimed for them. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus banish indigestion, constipation, colds, colic, etc. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Many-Eyed Insects.

Some insects are liberally provided with eyes. In general they have two kinds—simple and compound. Simple eyes are like our own, though less efficient, while compound eyes are composed of numerous facets and lenses.

Most people know how difficult it is to catch the common house-fly. This is not surprising when one realizes that fly's eye has 12,000 facets, and the Morsequently there is not much that is out of its line of vision. The dragony's eye has 12,000 facets, and the Mordella beetle's eye is made up of no fewer than 25,000.

While the compound eyes never exceed two, the single eyes vary in number from eighteen to twenty. They are situated in groups on each side of the head.

Spiders and scorpions have both single and compound eyes, though they appear to derive little benefit from them.

Waiting Both.

A star loobs down at me,
And says: "Here I and you
Stand, each in our degree:
What do you mean to do—
Mean to do?"

I say: "For all I know,
Wait, and let Time go by,
Till my change come."—"Just so,"
The star says: "So mean I—
So mean I."

—Thomas Hardy.

The Tree Planting Division of the Forestry Branch of the Dept. of the Interior in 1923 distributed some five and a quarter million trees to farmers in Manitoba, Saskatchewan and Alberta, and since this work began, has supplied, free, some seventy-five million trees for shelter belts about prairie homesteads.

Minard's Liniment Relieves Pain.

The best Tobacco for the pipe

Ogden's CUT PLUG

OGDEN'S LIVERPOOL

Surnames and Their Origin

POTTS

Variations—Philpott, Philipot, Phillips.
Racial Origin—Norman French.
Source—A given name.

You'd never imagine, from the mere comparison of the family names of Potts and Phillips that there was any connection between them. But the fact is that they are virtually the same name, that they have come from the same source, the given name of Philip.

As a given name, you must go back to the ancient Greek for the source of Philip. In its original form it was Phillipos, from the Greek root "phil," for "love," and "hippos," for "horse." The name means 'lover of horses." It was taken over by the old Romans from the Greeks, and became with them Phillipus, and first with the spread of the Roman conquest through what is now France and Normandy, and later through the spread of Christianity (for it had become a popular Christian name) over the same course, it became quite common in the northwestern section of the European mainland. It was taken over to England by William and his Norman conquerors, and throughout the Middle Ages became quite common there also, though to-day its popularity as a given name has fallen off somewhat in England. The name was often shortened to Phil, though this shortened form has not survived in any form of surname. With the diminutive ending it became Philipot (little Philip). Strangely enough, in numerous cases practically all of the given name was dropped, leaving only the final "p" with the diminutive ending for the modern family name of Potts. Phillips is a contraction of Philipson, a form now seldom met with.

WEBSTER.

Variations—Weber, Webber, Weaver.
Racial Origin—English; also German.
Source—An occupation.

Here is another family name which in one of its forms shows the influence of the medieval English method of forming the feminine from a masculine noun, but which is now obsolete. It is most interesting, too, as showing in certain of its variations an absolutely parallel development in English and German.

Webster and Weaver are exclusively English forms of the name. Weber and Webber are both English and German, and apparently about as widespread in one language as the other.

All of these names, descriptive of the occupations of the first bearers of them, come from the same root in the old Teutonic tongue, which is parent both to modern German and to medieval English through the Anglo-Saxon. It is the same root from which we derive the modern English words "weft" and "web" as well as weave. Indeed the church and court records of medieval England show that the people of those days spoke of "Roger le Weber" rather than "the Weaver." The softening of the "b" into an "f" or a "v" has occurred only in comparatively modern times in English, and not at all in German.

"Webster" is simply the medieval English feminine for "weber." Under Norman-French influence its ending often was spelled "stre" instead of "ster," and it is from this spelling, with the addition of a "ss" that the modern feminine ending "ess" or "tress" has been developed.

The Lucky Sons.

Lucky the one who can look at Fate
With a laugh, and say—
"Block the highway and bar the gate,
Send me down where the beaten wait,
But I won't stay.
I'm on my way and I'll take the load
Through hell or what to the end of the road."

Lucky the one who can understand
That it's all a fright;
Driving on through a broken land
Where it's hilt to hilt and it's hand to hand,
With its share of night;
Who knows in advance that the old dream's gone
And it's mainly a matter of slogging on.

Fate finds a joy in breaking men
Who shrink from the flame;
But out of the struggle now and then
The valiant rise from the shadowed glen
To play out the game;
Taking the breaks as they come—or go—
But slogging on to the end of the show.

—Brantland Rice.

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

Fans for Fighters.

An Italian newspaper correspondent in China gives some amusing impressions of the civil war now "raging" in that country.

He points out that blood is rarely drawn in battles. When General Tschan-Hiun had been thirteen days in Pekin, the Republican generals, Taso-Kun and Tuan, marched against him. Each side was equipped with machine guns and areoplanes, and a "battle" ensued. A bomb struck a house and killed a civilian and Tschan-Hiun's army thereupon scattered.

The Chinese soldier of to-day is splendidly drilled in the European way, but if it begins to rain he stops fighting and opens his paper umbrella, which, with a fan, forms part of his equipment. There is rarely any fighting in China when the weather is bad.

In the Province of Alberta there are eight forest reserves, the total area of which is about 18,620 square miles. These have been set aside with the idea of maintaining a timber supply and conserving the flow of the rivers.

Sing a Song of Sixpence.

"Sixpenny worth of miracle," is a striking expression from George Gissing, the novelist. Mr. Kennedy Williamson writes a summary of a story that Gissing himself told. In a lonely spot by a woodland the novelist found a small boy leaning against a tree; his head was buried in his hands, and he was sobbing out his heart. The lad had been sent to pay a debt with sixpence and had lost the money. He was not so much afraid of facing his parents as he was sorrowful at the loss they sustained.

"Sixpence (twelve cents) dropped by the wayside and a whole family made wretched! I put my hand in my pocket and wrought sixpenny worth of miracle," said Gissing.

How little it sometimes takes to make a heart happy!

The significance of the story becomes more apparent as Mr. Williamson takes a look behind the scenes of Gissing's private life as related in the Private Papers of Henry Ryecroft. Once in his days of struggle the novelist lived in a back bedroom on the top floor, but he changed to the front cellar of the same building; the cellar had a stone floor and contained a bed, a table, a chair and a washstand. He made the change because it saved him sixpence a week; with sixpence he could buy two meals

Once he bought at an old bookshop a greatly coveted book and then lived on bread and butter for twenty-four hours in order that he might save the price—sixpence.

Writing his book, New Grub Street, in six weeks by toiling ten hours a day, he sometimes had to sell some of his own books to obtain the simplest food. One day, however, he found sixpense in the street. Long afterwards he wrote concerning it, "I had an exaltation which is vivid to me at this moment."

Gissing was able to sympathize with the impoverished boy because of his own grim knowledge of poverty.

The safe way to send money by mail is by Dominion Express Money Order.

Poultry manure is a valuable aid to the gardener. Before using, it should be broken up quite fine. It must be used carefully and never in large quantity at one time.

Minard's Liniment for Rheumatism.

Edison, with all his inventions, was a piker compared to the ambitious young photographer who advertised, "Your baby, if you have one, can be enlarged, tinted, and framed for $8.79."

BEECHAM'S PILLS for Sick Headaches

Classified Advertisements

AGENTS WANTED

AGENTS TO MAKE $5.00 TO $25.00 a week handling snappy Xmas Quick Sellers for women and children. Don't delay. Write to-day. Buckley's, Box 267, London.

BIG CHRISTMAS CATALOG—Household Goods, Christmas Goods. Saves Dollars. Free upon request. Martin Company, Station E8, Toronto.

MALE HELP WANTED.

DOMINION WIDE ORGANIZATION wants reliable men to distribute samples in small cities and towns. Splendid pay. Canadian Distributors' Association, Sevenoaks, Victoria, B.C.

A Camera Pioneer.

The Royal Photographic Society has erected a tablet to the memory of Henry Fox Talbot, "the father of modern photography."

Before this tablet came as a reminder, it is to be feared that few knights of the camera had ever heard of Henry Fox Talbot, though his experiments in photography are not yet a century old.

In 1835 Fox Talbot, a Cambridge mathematician of distinction, made a simple box camera, with which he took views of his house on sensitized paper. Then, after the invention of the daguerreotype, he patented his calotype process. This was in 1841.

He brushed a solution of silver nitrate over selected paper, which was then dried at the fire and dipped into a solution of potassium iodide. "Gallo-nitrate of silver" was next brushed over the paper; then it was exposed in the camera, and developed. Wax was now applied, and the result was a "negative"—first called by this name by Fox Talbot.

How many amateur photographers of to-day would be willing to go to all this trouble before they could even start to take pictures?

A whim of the Empress Eugenie saved the roadside trees of France from destruction when they were being cut to make room for telegraph poles.

MURINE Keeps EYES Clear, Bright and Beautiful

Write Murine Co., Chicago, for Eye Care Book

RHEUMATISM Why suffer torture from rheumatism, sciatica or lumbago? SPIRIT OF IRON gives permanent relief. Easy to use—absorbed through the feet—sure in its results. Full particulars free.

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Be Prepared

for colds. Check them at the start with

MINARD'S "KING OF PAIN" LINIMENT

BOTHERED WITH SCALP TROUBLE

Itched All the Time. Caused Blisters. Cuticura Healed.

"I was bothered with scalp trouble for a year. My scalp itched all the time causing me to scratch. This caused blisters, and my head was so sore that I could hardly comb my hair. My hair fell out in handfuls and I was nearly bald.

"I read an advertisement for Cuticura Soap and Ointment and purchased some. I was completely healed after using three cakes of Cuticura Soap and three boxes of Cuticura Ointment." (Signed) Miss Bertha Holderby, Mold, Wash., June 9, 1923.

Cuticura Soap to cleanse and purify, Cuticura Ointment to soothe and heal and Cuticura Talcum to powder and sweeten are ideal for daily 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.