VICTIMS OF ANAEMIA

Need New, Rich Blood to Restore Health and Strength.

It is an unfortunate fact that nine women out of every ten are victims of bloodlessness in one form or another. The girl in her teens, the wife and mother, the matron of middle age—all know its miseries. To be anaemic means that you are breathless after slight exertion. You feel worn out and depressed. You turn against food and often cannot digest what you do eat. Sleep does not refresh you, and when you get up you feel exhausted and unfit for the day's duties. If neglected anaemia may lead to consumption.

You should act promptly. Make good the fault in your blood by taking Dr. Williams' Pink Pills, the most reliable blood enricher ever discovered. These pills purify bad blood, strengthen weak blood, and they make good blood, and as the condition of your blood improves you will regain proper strength, and enjoy life fully as every girl and woman should do. The case of Mrs. Mary Trainor, Perth, Ontario, shows the value of Dr. Williams' Pink Pills in cases of this kind. She says:—"I had not been feeling well for some time and had been gradually growing weaker. I found it very hard to do my housework; had severe headaches and was very pale. I took doctor's medicine for some time, but they did me no good. I was growing weaker and used to faint and take dizzy spells. In this condition I began the use of Dr. Williams' Pink Pills, and after a time found they were helping me. I continued their use until I found the troubles that afflicted me had gone and I am once more enjoying good health and strength."

You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Safe Transportation.

The fleet of electric industrial trucks, which, with special bodies, were converted into miniature sightseeing buses to carry visitors about the grounds of the British Empire exhibit at Wembley in a few days more than three months, carried a million passengers. During this time there were only six minor accidents, all of which were caused by the carelessness of the injured persons.

The Dominion Department of Agriculture has more than 400 pamphlets covering every phase of farming practice. They are written to help make farming more profitable and are FREE. The following are examples:

List of 400 Publications
Seasonable Farming Hints
Fox Ranching in Canada
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Beautifying the Farm Home
Corn Borer Control
Crate Feeding
Poultry House Construction
Bulletin Filing System
Feeding Racks for Sheep
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The Farmer's Piggery
The Feeding of Sheep
The Milking Machine
Sweet Cream Butter
The Cranberry Industry

Cut out this advertisement, mark the bulletins desired, including the List of 400 Publications, fill in your name and address, and mail to:

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E13

YULETIDE LORE AND LEGENDS

Most of our Christmas customs have descended to us from the dim time of myths and legends.

One of the most interesting, the legend of the Magi, has its origin in the simple story of the Scriptures as told by St. Matthew, every century something being added to the facts until the original story has been almost smothered in the wealth of detail.

Eventually the number of Magi was stated to be three, Melchior, Balthazar and Jasper; royalty was attributed to them, and a complete description given of each.

According to an old Scandinavian legend, the mistletoe bough was responsible for the death of Balder, the Apollo of the North. His mother had declared that nothing which had its root in earth, air, fire, or water should hurt him.

His treacherous enemy, the God of Evil, thereupon made an arrow from the mistletoe bough, and gave it to a blind man to test. The arrow pierced Balder and he was slain. Later, however, he was restored to life. After this the mistletoe was declared harmless, and it became an emblem of love.

In certain parts of this country it is still believed that a sunny noontide on Christmas Day means a plentiful supply of apples during the coming year.

The custom of hanging up stockings on Christmas Eve had its origin in a legend about St. Nicholas. It used to be done on December 6th, the Eve of St. Nicholas, and in Belgium and one or two other countries this date is still adhered to.

The story goes that there was a poor nobleman who had three daughters. He was so badly off that he could not provide his daughters with a dowry. One night, however, they had a stroke of luck, for St. Nicholas dropped three fat purses of gold down their kitchen chimney. The fashion of olden days was to make purses something like the modern stocking, and this is how the present-day custom came about.

In the Yuletide game known as snapdragon we have an interesting relic of the fire worship of the Druids, and, possibly, of the practice of trial by ordeal.

A person suspected of a crime had to grip a red-hot iron bar or plunge his hand into fire as a test of innocence! It was believed that superhuman intervention would be forthcoming if the person were not guilty.

One of the oldest superstitions prevalent all over Europe is the idea that animals assume the power of speech at Christmas-time. How this belief started is not known.

Founded upon this belief is the French legend of the old woman, the cat, and the dog. This inquisitive old person made plans for listening to the conversation which she felt sure would take place between her usually dumb friends.

To her consternation she heard her cat say that burglars were going to break into the house that night! Without stopping to think, she jumped to her feet and ran screaming to her front door, where she was met by robbers, who made short work of her.

Boxing Day, so popular in England, has always been the festival of St. Stephen, who for some unaccountable reason has for hundreds of years been regarded as the patron saint of horses. In olden days it used to be the custom for all horses to be bled and thoroughly washed. This was supposed to preserve them from harm through the ensuing year.

When Christmas Was Illegal.

Without doubt Christmas is the most popular festival of the year. It is the time when, above all others, the family circle makes an extra-special effort to complete itself. It is a time of peace and goodwill.

Yet there is actually a period of English history when the strong arm of the law intervened to put down what was described as "a superstitious festival," and all Christmas festivities were forbidden. The holly and mistletoe were ordered to be destroyed root and branch as "plants of the Evil One."

It was Oliver Cromwell—a reformer in many ways—who tried to suppress the observance of Christmas, ordering that the "hurtful custom," as he styled it, should be ignored in the principal towns. In order to attain this end he enacted that all markets should be held on December 25th. But the Protector could not enforce the abandonment of such a time-honored and popular custom, and his command was honored more in the breach than the observance.

Once, when Bluff King Hal lay very ill in December, and the nation was anxious about his recovery, by common consent it was decided to have a silent Christmas, without bells, carols, or merry-makings.

Sweet Charity.

A big, burly man called at the rectory, and asked to see the rector's wife, a woman well known for her charitable impulses.

"Madam," he said in a broken voice, "I wish to draw your attention to the terrible plight of a poor family in this district. The father is dead, the mother is too ill to work, and the nine children are starving. They are about to be turned into the cold streets unless someone pays their rent, which amounts to fifty dollars."

"How terrible!" exclaimed the lady. "May I ask who you are?"

The sympathetic visitor applied his handkerchief to his eyes.

"I'm the landlord," he sobbed.

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OLD and RARE BOOKS

ON CANADIAN SUBJECTS. Send particulars to the Wilson Publishing Company, 73 West Adelaide Street, Toronto, Ontario.

SAVED BABY'S LIFE

Mrs. Alfred Tranchemontagne, St. Michel des Saintes, Que., writes:—"Baby's Own Tablets are an excellent medicine. They saved my baby's life and I can highly recommend them to all mothers." Mrs. Tranchemantagne's experience is that of thousands of other mothers who have tested the worth of Baby's Own Tablets. The Tablets are a sure and safe medicine for little ones and never fail to regulate the bowels and stomach, thus relieving al the minor ills from which children suffer. They are sold by medicine dealers or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Willing to Foot His Bills.

"He had to sell even his shoes to pay what he owed."

"Well, that showed he was willing to foot his bills."

What Ocean Cables Cost.

With the successful laying of the second Atlantic cable in 1866, the pioneer work of submarine telegraph ceased, for sufficient experience had been gained by that time to insure a fair prospect of success in all further undertakings.

The cost of an ocean cable depends upon the type, for some contain but one conducting wire, such as the Atlantic type, while others have four, seven, sixteen, or as many as twenty-eight cores. The latter usually cross rivers and harbors.

To take an average of types the cost can be said to work out at about five thousand dollars a mile, more than seven times the cost of a land line; and for repairing about two hundred and fifty dollars a mile.

Many cables have earned colossal sums of money. The old Malta-Alexandria cable made ten thousand dollars during the first week of opening fifty years ago. The Persian Gulf cable made half a million in five years. Returns depend a great deal upon the life of a cable. Some buried in sand and slime carry on undisturbed for an astonishing number of years, while others, by reason of their restless beds on a rocky bottom, quickly need repair.

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

Hammock for the Earth.

There is enough telephone wire in the United States to make a hammock for the earth, according to recent statistics.

In addition, says the Pennsylvania Public Service Information Committee, the sides of the hammock would extend half way up the sides of the earth. Besides spanning the equator, this net would consist of 6584 strands joined at the South Pole and spreading gradually until they were slightly less than four miles apart at the equator.

Minard's Liniment Relieves Pain.

The late Bonar Law, one time premier of England, was a great lover of chess.

A book, before 1450, was a priceless thing, hand written, illumined in gold and colors.

FABRE LINE

The popular Route to the Mediterranean

WINTER CRUISES 1925

	SS. Providence	SS. Patria	SS. Providence	SS. Patria
From: New York	Jan. 10	Feb. 17	Mar. 21	Apr. 28
To: Ponta Delgada 12 hrs.	Jan. 17	Feb. 24	Mar. 28	May 5
Madeira.....10 hrs.	Jan. 19	Feb. 26	Mar. 30	May 7
Algiers.....24 hrs.	Jan. 28	Mar. 2	Apr. 3	May 11
Palermo.....12 hrs.	Jan. 25	Mar. 4	Apr. 5	May 13
Naples.....12 hrs.	Jan. 26	Mar. 5	Apr. 6	May 14
Piraeus-Athens 24 hrs.	Jan. 29	Mar. 8	Apr. 9	May 17
Constantinople. 24 hrs.	Jan. 31	Mar. 10	Apr. 11	May 19
Beyrouth.....14 hrs.	Feb. 3	Mar. 13	Apr. 14	May 22
Jaffa-Jerusalem 39 hrs.	Feb. 4/5	Mar. 14/15	Apr. 15/16	May 23/24
Egypt..... 3days	Feb. 6/8	Mar. 16/18	Apr. 17/19	May 25/27
Messina..... 8 hrs.	Feb. 11	Mar. 21	Apr. 22	—
Monaco.....15 hrs.	Feb. 13	Mar. 23	Apr. 24	—
Marseilles.....	Feb. 14	Mar. 24	Apr. 25	May 31
Length of the Cruise	35 days	35 days	35 days	33 days

Minimum Fare $450.00 including shore excursions and Hotel at Egypt. Clean, Comfortable and Comodious Vessels especially built for the Mediterranean Trade. Shore Excursions at Ports-of-call. Stop-overs permitted. Concerts, lectures, dances, card parties, games of all sorts in addition to the social pleasures of ocean travel. Unsurpassed French cuisine and first class service throughout. Orchestra: Moving Pictures: Wireless News Daily. For further information and descriptive literature apply:—

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OLD CHUM

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also in ½ lb. VACUUMIZED TINS

MANUFACTURED BY IMPERIAL TOBACCO COMPANY OF CANADA LIMITED.

Surnames and Their Origin

O'NEIL.

Variations — O'Neill, McNeill(e), MacNeille (e).
Racial Origin—Irish.
Source—A given name.

This is one of the oldest family names on record, coming as it does from a land in which the development of family names preceded that in the rest of northern Europe, and being traceable to an origin in an individual person at a very early period.

Family names did not begin to develop in England until slightly before the time of the Norman invasion, and did not develop generally until two or three centuries later. Indeed, as late as the sixteenth century there was a considerable portion of the population of England which had adopted no definite system of family names.

But the name of O'Neill was a family name, or class name, which is pretty much the same thing, as far back as the fifth century; in that period when the light of Roman civilization and historical record was quenched in the barbarian invasions; but through which Christianity survived; and strangely enough spread like wildfire through Ireland, though cut off from its source by the pagan invasions of northern France and England.

Nial, of the Nine Hostages, was the chieftain who welcomed St. Patrick when he first set foot on Irish soil. His fame as a warrior would have been sufficient to perpetuate his name as the family property of his followers and descendants, but his further historical fame from this incident made assurance doubly sure.

Many Scottish-Canadians bear the name MacNeille, but it must be remembered that Christianity spread first to the north of England and Scotland from Ireland.

McKEEVER

Variations — MacIvor, MacIver, MacIvir, Emer, Emerson, Iver, Ivor, Ivir, Howard.
Racial Origin—Irish and Scottish.
Source—A given name.

This group of family names, which shows such wide variations, is more frequently found among those of Irish ancestry than among the Scots, though there are septs of no less than three Scottish clans which bear the names MacIvor and MacIver. These clans are Robertson, Campbell and MacKenzie.

The name is more properly spelled "MacIomhair" in the Gaelic, but it should be remembered that in that tongue the aspirated "m" is pronounced approximately like a "v."

The clan name is taken from the given name of "Iomhar" (or Ivar), a compound of two Irish words "iom" and "ar," meaning "much slaughter." This name is not to be confounded with the given name of "Ivo," once widespread through England, but now surviving only in a few family names.

The Irish clan name "MacIomhair" traces back to a chieftain who was the great grandson of the "MacDubhghail" (MacDougall) who was king of the isles in 1144 and who came from that Irish stock to which most of the Highland Scottish blood traces back.

The forms Emer, Emerson and Howard (when the last is not from another source) are only anglicized corruptions of the Irish clan name.

The Scottish MacIvors in some cases trace back to the Irish clan, and in others have derived their name from other individuals who bore the given name of "Iomhar."

Taking a Bath in Winter.

Few people understand how to protect and care for their skin in the cold of Winter. The result is evidenced in the increasing prevalence of chapped hands and wrists, cracked lips, itching legs and chillblains in these days of silk hosiery, low shoes, liquid soap and paper towels.

Knowledge about your skin, its structure and its functions is extremely important, because its condition has a vital bearing on your personal health and comfort. If you want to avoid all the woes that Winter brings to those with sensitive skins you must protect your skin as far as possible. Don't let it get cold. Try to keep your hands and feet always warm and dry, even if you must wear fur gloves and heavy stockings. Above everything, protect your feet from the wet.

Protection of the skin, however, means more than wearing warm clothes. One of the most important things to guard against is an excessive use of strong soap. Strongly alkaline soaps, notoriously injurious to the skin, are doubly so in cold weather. Even good neutral soaps may be too strong for a very dry skin, and there are many people who find it impossible to take a hot bath more than once a week in Winter on account of the intolerable itching it produces. A cool bath is better, for it does not remove so much of the natural oil of the skin.

If your are blessed with a sound, supple skin with plenty of natural oil, bathe as much as you please; but if you are cursed with a skin that gets dry and harsh in cold weather, cracking easily, beware of soap and water.

Wash with warn, rather than hot, water, rinse the soap off completely, especially if it is liquid soap, and dry the skin quickly and thoroughly immediately afterward. A wet skin is a cold skin, and a cold skin chaps. In using paper towels be sure they are sufficiently absorbent. A clean, soft, dry towel is the only kind that is really satisfactory.

After washing rub in a little of a good hand lotion—glycerine and rosewater and emulsion of olive oil made up with tragacanth, pure olive oil, or a good cold cream.—Dr. Charles Mallory Williams, in Popular Science Monthly.

Minard's Liniment for Rheumatism.

Light From Trees.

A French scientist has discovered a means of extracting and harnessing the electricity in trees. He connected a copper plate attached to a tree, and another plate buried in the earth, with a galvano-meter, a delicate instrument which measures the strength of weak currents of electricity, and obtained a record of the current passing through the tree.

With three trees connected in the same way the power was increased, the experiment, with a like result, being continued until twenty trees were linked up in this fashion.

The scientist then placed two copper plates in the earth, about six feet apart, and with the current thus obtained lighted a small electric lamp.

Whether the idea can be extended to be commercially worth while has yet to be determined.

Reason Enough.

You say you are not in position to make payment at present. Will you acknowledge your debt in the form of a note then?"

"No; I won't do that either."

"And why not?"

"Well, I signed a note once."

"Yes, what then?"

"I had to pay it."

Tobacco is grown in Ontario in the counties along the shore of Lake Erie; in Quebec, in the counties near Montreal, along the St. Lawrence; and in the Okanagan Valley, B.C.

MORE THAN 55,000 FARMERS

have bought their farms in Western Canada from the Canadian Pacific. A remarkable Fact. Think! There is a reason. The large area of our holdings affording choice of location and of land to suit every farming need. Fair price, fair contract, and fair dealing combined with abundant fertility of soil, good climate and social conditions make farm life there desirable and attractive. Thousands more will select their farm from our virgin lands, from our improved farms, and with some capital and determination to work, can make a home and pay for it. Write for our booklet, "The Prairie Provinces of Canada," and leaflet, "Western Canada Forges Ahead." C. L. Norwood, Land Agent, Canadian Pacific Railway, Desk W., Windsor Station, Montreal, Que.

A Captured Crown.

The crown of the Emperor Theodore of Abyssinia, which, after being kept in a glass case at the Victoria and Albert Museum, South Kensington, London, since 1869, is now to be returned to its former home in Africa, has had a very eventful history.

This crown was taken to Britain by Sir Robert, afterwards Lord Napier, of Magdala, after the capture of Magdala and the death of Theodore in the Abyssinian war of 1868.

It is a ponderous piece of silver-gilt filigree work, many sizes too large for any ordinary head. It is lavishly decorated with little squares and diamonds of red and blue glass, varied with diminutive paintings. A feature is the strange looking pipe which projects several inches through the centre of the dome, apparently for ventilation.

The king's intention to present this crown to the Empress Judith was announced when he granted a farewell audience to Prince Tafari, the heir-apparent and Regent of Abyssinia, whose recent visit to Britain created much interest.

It is interesting to note that the only son of the Emperor Theodore was educated at Rugby. He died in 1879, at the age of nineteen, and was buried in St. George's Chapel, Windsor.

Tit for Tat.

He—"I am frightfully sorry that I forgot to come to your little party last night."

She—"Oh, weren't you there?"

Nervous People

That haggard, care-worn, depressed look will disappear and nervous, thin people will gain in weight and strength when Bitro-Phosphate is taken for a short time. Price $1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

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Save your hair by rubbing the scalp three times a week with **Minard's.**

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Dandruff, itching and scalp irritation point to an unhealthy condition of the scalp which leads to falling hair and premature baldness. Frequent shampoos with Cuticura Soap do much to prevent such a condition, especially if preceded by a gentle anointing with Cuticura Ointment.

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