WORK WORN PEOPLE

Find Renewed Health by Improving Their Blood.

If you feel run down, it means that your blood is thin and watery, that your vitality is low. Your feet are easily chilled. You do not sleep well and you are tired when you rise in the morning. You find no pleasure in your meals and are listless and dispirited at your work. You have no energy to enjoy yourself.

Thousands of men are run down by anxieties of work. Thousands of women are broken down by their household toil, with tired limbs and aching backs; thousands of girls are pale, listless and without attraction. It all means the same thing—thin and watery blood, vitality run down, anaemia, poor appetite, palpitating heart, short breath.

Do not submit to this. Get new blood and with it new vitality. There is no difficulty in doing this. Dr. Williams' Pink Pills build up and enrich the blood, which brings with it new health and vitality. The man, woman or girl who takes Dr. Williams' Pink Pills is never run down. Their friends notice how energetic they are, what a fine appetite they have, and how much they enjoy life.

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

These Three.

A Rhyme to Remember.

Faith scales the dungeon wall, and through the bars
Beholds her future written in the stars;
She reads her kindred with infinity,
And waits the moment which shall set her free.

Hope sings her lyric when the path is steep,
And watches for the morning without sleep;
When courage falters at the long delay
Her voice is first to hail the dawning day.

Love suffers and finds joy in sacrifice;
She pays Life's toll, nor stops to count the price—
Be it the blood of heartbreak dropping down,
Each drop shall prove a ruby for her crown.

—S. J. Duncan-Clark in Success.

Bargain Hunting.

The Traveler—"Give me a ticket to Springfield."

The Ticket Agent—"Springfield, Illinois, or Springfield, Missouri?"

The Traveler—"I dunno. Which is the cheapest?"

Conquer Your Place in the World.

Execute your resolutions immediately. Thoughts are but dreams till their effects be tried. Does competition trouble you? Work away; what is your competitor but a man? Conquer your place in the world, for all things serve a brave soul. Combat difficulty manfully; sustain misfortune bravely; endure poverty nobly; encounter disappointment courageously. The influence of the brave man is a magnetism which creates an epidemic of noble zeal in all about him.

Every day sends to the grave obscure men, who have only remained in obscurity because their timidity has prevented them from making a first effort; and who, if they could have been induced to begin, would, in all probability, have gone great lengths in the career of usefulness and fame.

"No great deed is done by falterers who ask for certainty."

Along Life's Highway.

Along about fourteen, a kid decides on his religion. When he's twenty-one he decides on his politics. Maybe about twenty-five, he decides on his wife. After that he doesn't need to do any more deciding.

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We GUARANTEE them for a week ahead.
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MONTREAL. QUEBEC

My Lady Icicle.

Little Lady Icicle is dreaming in the Northland,
And gleaming in the Northland her pillow all aglow,
For the frost has come and found her
With an ermine robe around her
While Little Lady Icicle lies dreaming in the snow.

Little Lady Icicle is waking in the Northland,
And shaking in the Northland her pillow to and fro,
And the hurricane a-skirling,
Sends the feathers all a-whirling,
While Little Lady Icicle is waking in the snow.

Little Lady Icicle is laughing in the Northland,
And quaffing in the Northland her wines that overflow.
All the lakes and rivers crushing,
Which her finger tips are dusting,
While Little Lady Icicle goes laughing through the snow.

Little Lady Icicle is singing in the Northland,
And bringing from the Northland a music wild and low;
For her harpings are the breezes,
And the Northern gale that freezes,
Is the voice of Lady Icicle a-singing in the snow.

Little Lady Icicle is coming from the Northland,
Benumbing all the Northland where'er her feet may go;
With a fringe of frost before her,
And a crystal garment o'er her;
For Little Lady Icicle is coming with the snow.

—E. Pauline Johnson.

Learning from Our Mistakes.

Horace Greeley used to say: "You are bound to make mistakes, but let them be new ones, not the same old ones."

The levelheaded man may often make mistakes, but he doesn't make the same mistake twice; they are new ones. H gets a lot of wisdom out of his experiences which keeps him from repeating them. In other words, he profits by his mistakes and goes on to new ventures, new experiences which broaden and enrich his life.

It is said that only fools make mistakes, because they haven't wit enough to undertake new things. It is also said that only fools make the same mistake twice. Yet there are millions of ' people who go through life constantly making the same old mistakes. That's why so many of us fail in our ambitions. We don't profit by our mistakes and learn to avoid the pitfalls to which they lead. We don't think enough; we don't learn to compare and measure, and weigh things, to learn their true values; we don't gain any wisdom from our experiences, and so when an old proposition comes to us in a new guise we fall.

No man goes very far in this world who does not make mistakes. No man reaches the heights who does not learn from his mistakes; who does not get up every time he falls and keep pushing on with renewed determination to his goal.—O.S.M.

A Sheaf of Sage Sentences.

There is no need for a recording angel. Every man writes the true story of himself on the imperishable tablet of character.

"He profits most who serves best," but he who serves only for profit never knows the real joy of serving.

"As a man thinketh in his heart, so is he," said an ancient sage, and it would be a good thing for most of us to take a day off to discover just where we are according to this formula.

If you are discouraged by the limiting pressure of circumstances, consider that the power of steam becomes effective only when it is confined.

No life however humble or restricted need lack its measure of beauty. Even the puddle left by the rain reflects the glory of the stars.

Paradoxical as it may sound it is yet true that there is no real liberation for the processes of the mind without deliberation.

Determination.

Almost from the dawn of history, oppression has been the lot of Hebrews, yet they have given the world its noblest songs, its wisest proverbs, its sweetest music. With them persecution seems to bring prosperity. They thrive where others would starve. They hold the purse-strings of many nations. To them hardship has been "like spring mornings, frosty but kindly, the cold of which will kill the vermin, but will let the plant live."

They have shown us that no obstacles, no hardships, no persecution, opposition or oppression can keep the determined soul from success.

Every state in the United States of America has power to nominate one student to a Rhodes Scholarship at Oxford University, worth $1,500 a year.

Bovril prevents that sinking feeling

The latest safety device for railroad crossings to protect the lives of motorists is a series of four mirrors placed at the side of the track, which enable the driver to get a clear view.

Surnames and Their Origin

VANDYKE

Variations—Dykeman, Dicker, Dickman.
Racial Origin—Dutch, also English.
Source—Locality, also an occupation.

While all of these family names are not strictly variations of one another, they do, however, find their sources in the same root word, though the sources lie in two different countries and in two entirely different meanings.

To begin with Van Dyke is a name that comes from Holland. The prefix "van," similar to the German "von," the French "de la," the Anglo-Saxon "atte' and the modern English "of" or "of the," betrays its origin indisputably.

The dyke, with an original meaning of "a digging," long centuries ago, even before the period of family name formation in Europe, came to signify to the dwellers in Holland a digging specially designed to keep the water out; in short, a dam or seawall. The original Van Dykes, of course, were simply dwellers on or near the seawall, and in its first use the name was merely locally descriptive.

On the other hand, a "dyker" or "dykman" meant in the speech of the medieval Anglo-Saxons a "digger" or "dig-man," one who digs. More specifically the word was applied to farm workers, to men who dug the soil, in many instances performing services for which the plow was more commonly used later, though the plow was a quite well-known instrument even in those days and long before then.

There is a line in Chaucer which reveals clearly the meaning of the verb: "He would thresh, and thereto dike and delve——"

MacLAREN.

Variation—MacLaur'
Racial Origin—Scottish.
Source—A given name.

Here is another Scottish family name derived from a given name which the progenitors of its bearers brought to Scotland from Ireland in the ancient days when the Dalriadic Gaels crossed over and by conquest and settlement won the dominance of the Highlands.

The MacLaren's or MacLarens are traditionally descended from "Loarn" or "Laurin," who was the son of Erc, one of the Dalriadic chieftains who settled in Argyle in the sixth century. This "Loarn" is the same chief who is said to have given the district of Lorn its name.

The clan, for the MacLarens once constituted one of the leading clans in the Highlands, was for a long time a big factor in Scottish history. As early as the reign of King Kenneth MacAlpin it appears to have acquired considerable territories in Strathearn and Balquhidder. In 1138 they played a prominent part in the Battle of the Standard, under the leadership of "Malise," the Earl of Strathearn.

But the clan was reduced from the status of proprietorship over its land in 1138, when the earldom of Strathearn become the property of the Scottish crown, though they retained a status as perpetual tenants.

But its fortunes received a setback from which they have never recovered in 1745, when it took part in the uprising which attempted to put the Stuart line, in the person of "Bonnie Prince Charlie," back on the throne of England and Scotland.

Finishing Touches.

Mother—"Whatever have you been doing to my portrait?"

Philippa—"I've been making it up a little. The artist left the face dreadfully unfinished."

Living Gold.

"I like goldfish—they are so decorative. But I can never get them to live more than a day or two."

How often do we hear this or something very like it. The trouble is that so few people know how to treat these fascinating little creatures properly. They feed them on crumbled bread, and a crumb in a goldfish's throat is just as dangerous as a fishbone in a child's. Or, if they give ants' eggs, they are far too generous, and provide a six months' supply daily.

The most important thing is to give fresh water daily, and to avoid touching the fish when you clean out their home. Lift them in a tea-strainer or a cracked cup kept specially for this purpose. The black spots you sometimes see on goldfish are really signs of a disease which is caused by handling.

As for food, the proper ration is three ants' eggs a day. Don't go beyond this. Have your bowl as large as possible, and put it where the sun does not reach it.

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

Horse Sense.

"How did Bland lose the fingers of his right hand?"

"Put them in the horse's mouth to see how many teeth he had."

"And then what happened?"

"The horse closed his mouth to see how many fingers Blank had."

Speed of a Dove.

The dove can fly at a speed of 100 feet a second, or 68 miles an hour, although its usual rate is less.

For First Aid—Minard's Liniment.

A House Spider's Eggs.

House spiders lay as many as 60 eggs in a batch, carefully inclosed in a bag of silk.

One lump of sugar contains the concentrated sweetness of about two feet of sugar cane.

OXO
For Your Cooking
save work—money—time, trouble and fuel—and make your cooking better.
Tins of 4 - 15c. and " " 10 - 30c.
CUBES

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. Tranchemontagne'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 all 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.

Clad in Wastebasket and Pyjamas.

They have been introducing pyjamas in Belgrade, and according to the London Observer the puzzled Jugo-Slavs have not taken kindly to them. That is partly because the lunatic asylum at the Jugo-Slav capital long ago adopted pyjamas as the normal attire of its inmates. the ordinary citizen's reluctance to don the modern night dress is at least comprehensible.

One hot night last summer, however, a daring youth ventured out of his garden and a little way down the street, clad in pyjamas. A passing policeman instantly arrested him as an escaped lunatic; his suspicions were confirmed by the fact that the unfortunate prisoner—this also is comprehensible — had no identification papers in his pyjamaa pocket. The young man spent the night in a cell, and when he was taken to police court the next morning, wishing to avoid recognition, he begged that a wastebasket be placed over his head.

The spectacle of the allegd lunatic clad in pyjamas and helmeted with a wastebasket, solemnly marched to court between gendarmes armd with long and fierce-looking bayonets, greatly edified the less serious-minded citizens of Belgrade.

To Attain Success.

Your whole thought current must be set in the direction of your life purpose. The great miracles of civilization are wrought by thought concentration. Live in the very soul of expectation of better things, in the conviction that something large and beautiful will await you if your efforts are intelligent, if your mind is kept in a creative condition and you struggle upward to your goal. Live in the conviction that you are eternally progressing, advaneing toward something higher, better, in every atom of your being.

For Every Ill—Minard's Liniment.

Winter in a Beehive.

The winter temperature of a beehive is about 14 degrees Centigrade, or a trifle less than 60 degrees Fahrenheit.

The population of the whole world could be placed in Rutlandshire, the smallest English county.

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.

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ASPIRIN
Insist on BAYER TABLETS OF ASPIRIN
Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians 24 years for

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Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid (Acetyl Salicylic Acid, "A. S. A."). While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Classified Advertisements

MONEY TO LOAN.

FARM LOANS MADE. AGENTS wanted. Reynolds, 77 Victoria Street, Toronto.

WANTED

STONE INDIAN RELICS . H. A. VanWinckel, 1399 Lansdowne Ave., Toronto.

Too Cruel.

Mary, aged six years, and Joan, aged four years, were discussing the future.

"When I grow up," announced Joan in her turn, "I'm going to be a mamma, and have lots of children."

"Well," answered Mary firmly, "when they come to school I'm going to whip 'em, and whip 'em, and whip 'em."

"You mean thing!" exclaimed Joan, as she commenced to cry. "What have my children ever done to you?"

SALESMEN.
We offer steady employment and pay weekly to sell our complete and exclusive lines of guaranteed quality, whole root, fresh-dug-to-order trees and plants. Attractive illustrated samples and full co-operation, a money-making opportunity. LUKE BROTHERS' NURSERIES, MONTREAL.

We are interested in obtaining
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ON CANADIAN SUBJECTS. Send particulars to the Wilson Publishing Company, 73 West Adelaide Street, Toronto, Ontario.

To Gain Weight
Druggists guarantee Bitro-Phosphate to rebuild shattered nerves; to replace weakness with strength; to add body weight to thin folks and rekindle ambition in tired-out people. Price $1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

AT THE FIRST SNEEZE
Heat and inhale Minard's. Also bathe the feet in Minard's and hot water.
It wards off colds, grippe, influenza.
An enemy to germs.
MINARD'S "KING OF PAIN" LINIMENT

Cuticura Talcum For Young And Old
After a bath with Cuticura Soap and warm water Cuticura Talcum is indispensable in soothing and cooling tender or irritated skins. They are ideal for all toilet uses.
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.

PAINS ACROSS THE BACK

Relieved by Lydia E. Pinkham's Vegetable Compound

Mitchell, Ontario.—"I have taken your medicine for a number of years. I do not take it steady all the time, but I am never without it. I always keep it in the house. I took it first for pains in the abdomen and bearing-down pains, headaches and pains across the back. I have my home to look after and many a day I could not get up at all. I saw the advertisement in the paper about Lydia E. Pinkham's Vegetable Compound, and Mrs. John Miller told me about it, too. Every time I take it, it makes me feel better and I always recommend it to my friends. I am willing to answer letters from women asking about this medicine and you may use this letter as a testimonial."—Mrs. F. J. WASSMANN, Mitchell, Ontario.

The merit of Lydia E. Pinkham's Vegetable Compound is told by women to each other. Many women know by experience what this medicine will do and they are anxious for others to know.

Such testimony should cause any woman suffering from the troubles so common to her sex to give this well-known medicine a fair trial.

Do you know that in a recent canvass among women users of the Vegetable Compound over 220,000 replies were received. To the question, "Have you received benefit by taking this medicine?" 98 per cent. replied "Yes."

This means that 98 out of every 100 women are in better health because they have given this medicine a fair trial.