STOMACH TROUBLE DUE TO THIN BLOOD

It Usually Disappears When the Blood is Made Rich and Red.

Thin blood is one of the most common causes of stomach trouble. It affects the digestion very quickly. The glands that furnish the digestive fluids are diminished in their activity, the stomach muscles are weakened and there is a loss of nerve force. In this state of health nothing will more quickly restore the appetite, digestion and normal nutrition than good, rich, red blood.

Dr. Williams' Pink Pills act directly on the blood, making it rich and red, and this enriched blood strengthens weak nerves, stimulates tired muscles and awakens to normal activity the glands that supply the digestive fluids. This is shown by an improved appetite, and soon the effect of these blood enriching pills is evident throughout the whole system. You find that what you eat does not distress you, and that you are vigorous instead of irritable and listless. If your appetite is fickle, if you have any of the distressing pains and symptoms of indigestion, you should at once take Dr. Williams' Pink Pills and profit by the better condition in which they will put your blood.

These pills are sold by all dealers in medicine, or you can get them by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Grasshoppers as Food.

Everyone knows that cats catch grasshoppers and eat them with great relish, though housewives will tell you that they grow thin on that diet. Fabre, the famous naturalist, believes that grasshoppers and similar insects would be palatable food for human beings too, and in one of his books, says Mr. Percy F. Bicknell, he quoted with approval this passage from General Daumas's book, The Great Desert, explaining in a footnote that the grasshopper (sauterelle) referred to is more exactly the cricket, which must not be confused with the true grasshopper:

"The grasshopper is good eating both for men and for camels. Either fresh or pickled, it is eaten after the feet, the wings and the head have been removed; the rest is broiled or stewed and served up in the form of meat balls. After being dried in the sun it is ground to powder, which may be stirred into milk or made into dough and then fried in fat or butter with salt.

"Camels greatly like to eat grasshoppers, which are served to them either dried or after being roasted in a heap in a large hole between two layers of live coals. The Negroes also eat them cooked in that way.

"The Virgin Mary, having asked God for some meat that should have no blood, He sent her some grasshoppers.

"The wives of the prophets, when anyone sent them a presnt of grasshoppers, always shared them with the other women.

"The Calif Omar, one day when he was asked whether the use of grasshoppers for food was permitted, replied: 'I should like to have a basketful of them to eat.'

"From all this testimony it is clearly evident that by the grace of God grasshoppers were given to man for food."

Revenues from the Forests.

Over eighty per cent. of the timberland in Canada is owned by the Dominion or provincial governments, and the timber is disposed of almost entirely under licenses to cut over definite areas for which an annual ground-rent and a royalty on the timber cut is charged. These licenses are, for the most part, renewable annually, the governments reserving the right to alter the rates of rental or royalty and to impose such regulations as are deemed expedient. The direct revenue to the federal and provincial governments from the forests amounts to about $12,000,000 annually, of which about $4,500,000 is spent in protection and administration.

The total stand of timber in Canada is estimated to comprise 482,000 million feet board measure of saw material, and 1,280 million cords of pulpwood, fuelwood, posts, etc., a total of 246,826 million cubic feet. Of this, 108,946 million cubic feet is in the Eastern provinces, 56,423 million in the Prairie Provinces, and 81,657 million in British Columbia; but British Columbia has 70 per cent of the saw material in the Dominion.

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To obtain the top price, Cream must be free from bad flavors and contain not less than 30 per cent. Butter Fat.

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Established for over thirty years.

The Omnibus Driver.

With the disappearance of the horse-drawn omnibus, writes Mr. W. Pett Ridgein, much of the gayety of the London streets has undoubtedly gone. The motorman wears the look of a philosopher; certainly he has, at inquests, the undesirable reputation of taking life as he finds it; anyhow he has no chance of paying attention to remarks aimed at him by those who only just escape collision with his conveyance.

For myself I do not miss the confidences of the old omnibus driver and of his colleagues. The conductor often had a grievance against a ticket inspector or a member of his wife's family or the deportment of a passenger from Victoria, and he never failed to tell me all about it. They were both for one thing legal advisers; never better pleased than when some nice point was submitted, and always ready to give counsel's opinion. I do not like to think of what happened in cases where their advice was followed. The laws regarding landlord and tenant had for them no secrets.

"You sue him," they would generally say; "that's all you've got to do; sue him. Or else jolly well lock him up. Failing which, your best and wisest plan will be to push his face in!"

In a lesser degree they were medical advisers and political experts with inside knowledge of both subjects denied to ordinary folk. Though they were always ready to give the best information they possessed, there were moments when their patience was subjected to unfair trials. Two American women coming on top at Trafalgar Square fired half a dozen questions at their driver before the omnibus started.

"Look here, ladies," he said, sending his horses up the hill. "That's the statue of Nelson on the left; St. Martin's Church is here on the right; further on we pass by the Garrick Theatre and Wyndham's, the back entrance to the Alhambra and the front of the Hippodrome; a bit higher up, if all goes well, the Palace, and farther on, unless you're suffering from a nasty cold, you'll tell when we go by Crosse & Blackwell's. Halfway up Tottenham Court Road we shall see by the 'elp of Providence Whitefield's Tabernacle, and not much then till we get to the Cobden Statue. Higher up are the Britannia and the Adelaide, where we stop and go no further. And," with a flick of the whip, "this is the bus, and them's the 'orses, and I'm the poor blooming driver, and I've got tinned lobster for supper, and now you know pretty nigh as much about it all as what I do!"

BABY'S OWN TABLETS ALWAYS IN THE HOME

Once a mother has used Baby's Own Tablets for her little ones she always keeps a supply on hand, for the first trial convinces her there is nothing to equal them in keeping children well. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach, thus driving out constipation and indigestion, colds and simple fevers, and making teething easier. Concerning them, Mrs. Saluste Pelletier, St. Dumas, Que., writes:—"I have used Baby's Own Tablets for the past ten years and am never without them in the house. They have always given the greatest satisfaction and I can gladly recommend them to all mothers of little ones." The Tablets are sold by medicine dealers or direct by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Would More Likely Be "Pulled."

Down-and-Outer—"If it weren't for the undeserved misfortunes of me life, I'd be riding in me carriage still, my friend."

Unfeeling Guy—"Yes, but who'd push you now?"

Population and Use of Power.

Canada possesses minimum water-power resources of over 18,000,000 twenty-four hour horse-power distributed from coast to ocast at advantageous sites near the centres of industry, and in the East and West enormous reserves of coal and other fuel.

That she is making use of her great power resources is shown by the facts that during the past ten years the developed water-power has increased from 1,936,000 horse-power to 3,570,000 horse-power, or nearly 85 per cent., and the water-power developed per 1,000 of the population from 252 horse-power to 387 horse-power.

During these past ten years, while the population increased 20 per cent. the use of power per head of the population increased nearly 54 per cent.

Bismuth was reported for the first time in Canada's mineral production for 1924. This metal occurs in the silver-cobalt ores in small quantities, and in their treatment it is allowed to build up in the lead and silver bullion until it reaches a marketable percentage. Shipments of this metal reported for 1924 amounted to 12,863 pounds valued at $16.079.

EMINENT CANADIANS HONORED

Edward Wentworth Beatty, one of the distinguished graduates of the University of Toronto, was among those who received honorary degrees at the annual convocation recently. He received the degree of Doctor of Laws (LL.D.). Another to be honored was Charles Edward Saunders, the discoverer of "Marquis" wheat. He received the degree of Doctor of Science (D.Sc.). In the above photograph E. W. Beatty is shown at the left in the regalia of his new degree, while C. E. Saunders is on the right in the robes of his degree.

Surnames and Their Origin

WINTER

Variation—Winters.
Racial Origin—English.
Source—An occupation.

If you jump at the apparent conclusion that the origin of this family name is connected in some manner with the season of the year, you will be wrong. It isn't.

As the name traces back to the twelfth and thirteenth centuries it is found in the spelling "Wyneter," "Vinours" and "Viners." Or does the modern word "vintner" make it clear.?

Those who first used the surname were wine merchants and the surname was at first descriptive of their calling. It was, of course, preceded by "le" (meaning "the") at that period. That it, it was when the speaker was using the Norman rather than the Saxon tongue. In the latter case he might simply neglect the prefix, adopting the Norman word in his Saxon speech, or else use the Saxon equivalent. But Norman-French was the predominant tongue in those days, and it was just about the time the bulk of surnames were becoming hereditary as indications of the people themselves rather than their callings or peculiarities, that the Normans in England began to regard themselves as Englishmen, and there occurred that peculiar blending of tongues which resulted in modern English, a language quite different from either the Saxon or the medieval French, its two component parts.

Winter and Winters appear to be the only form in which the surname has survived, though originally there were several variations.

MACLURE

Variations — McClure, Macleod, MacLeod.
Racial Origin—Norse-Scottish.
Source—A given name.

It's hard to know whether to class this Highland Scottish name as Scottish, Norwegian or Irish, because in a sense it is each one of them.

Beginning as the old Norse given name of "Leoid," it became the name of two Highland clans as Macleod, was taken to Ireland, where it became Maclure and was brought back to Scotland in that form.

"Leoid" was a son of Olave, a brother of Magnus, the last king of Man, for fairly early in the Christian era the Vikings had conquered and established themselves along the western coast of England and Scotland. His ancestry traced back through six generations to Harold the Black, who was king of the Norsemen about the time the Normans invaded England.

There are two branches of the clan he founded, the Macleods, or, if you choose to call them so, the two clans. One of these is known in Gaelic as "Siol Tormod" (Clan Norman, or Normanson) and the other as "Siol Torquil" (Thurkildson), though in English they are referred to as the Macleods of Harris and the Macleods of Lewis.

After their defeat at the Battle of Worcester, certain of the Macleods of Harris fled to the north of Ireland, where the tendency was to pronounce the final "d" in their name as an "r," thus giving "Macleor," or Maclure. In this form the name returned to Galloway in the seventeenth century.

Old Gates.

Oh, I think they muse and mourn,
And tremble at my touch—
The old gates are solemn things,
For they remember much:

The little hands that opened them—
And little feet at play—
The sad hearts that went through them,
Forever, far away:

The hot tears that fell on them,
The handclasp through the bars,
The love words and promises
Beneath the wistful stars.

Silent loves of other days—
Oh, speak to them as such,
For old gates are mournful things
And they remember much.

—W. D. Gough.

Coleman glacier, at the head of Smoky river northeast of Mt. Robson, Jasper Park, Alberta, is situated in a part of the Rockies renowned for its scenic beauty. The glacier is named after Dr. A. P. Coleman, F.R.S., Professor of Geology in the University of Toronto, who traversed this region in 1907 and 1908.

Dirt weighing about fifty-four tons fell from the sky on to the City of London last July.

Keep Minard's Liniment in the House.

Signs of Culture.

First Castaway—"Yep, this island's inhabited, all right. Just saw four white men, all drunk."

The Other One—"Thank Heaven! We're in a civilized country."

Song for Sewing.

One by one, one by one,
Stitches of the hours run
Through the fine seams of the day
Till like a garment it is done
And laid away.

One by one the days go by,
And suns climb up and down the sky;
One by one their seams are run—
As Time's untiring fingers ply
And life is done.

—Hazel Hall.

Canada now claims to be the seventh richest country in the world.

A collapsible canoe, very popular in England. It is made of vulcanized rubber and canvas mounted on a wooden frame, and can be assembled in ten minutes by means of snappers.

FARM BOYS! YOUR OPPORTUNITY!
Do Not Let It Pass

The Ontario Agricultural College offers you an education that will fit you for practical up-to-date business farming or professional life. An education to a farmer is a life-time gift. The years of youth are short. Come to the O.A.C. on September 18th.

Tuition fee for the first year only $20. Board and room only $5.50 per week. 700-acre farm, fine live stock, modern, well-equipped buildings, living conditions the best.

Write for College calendar, descriptive of all science and practical courses.

J. B. REYNOLSD, M.A. President. A. M. PORTER, B.S.A. Registrar.

ONTARIO AGRICULTURAL COLLEGE
GUELPH ONTARIO

A Lesson from the Hebrew Grammar.

A man of high character but ordinary education was addressing a roomful of school children, and he said to them: "All of you know the verb which says, 'I am, thau art, he is'; and all of you know that verbs in English, French, German, Italian and Latin run in that way; I love, thou lovest, he loves; or I walk, thou walkest, he walks. But do you know that that is a very bad way for a verb to run? Do you know that the old Hebrew people arranged their verbs the other way round: He is, thou art, I tm?"

Then he added: "Thatis the way to look at life. Say to yourself, looking up to God, 'He is'; then look at your neighbor and say, 'You are'; last of all think of yourself and say, 'I am.' First God, then your neighbor, then yourself. That is the way to think and to live."

One who heard this story was so struck by the thought that he could not rest until he found a Hebrew scholar able to tell him whether it really was true that Hebrew verbs are conjugated in this way. He sought out a scholar and put his question. "Yes," said the scholar, "the Hebrew verb is conjugated as you say. Why do you ask?" So the other told him what the man had said to the school children.

"Goor heavens!" exclaimed the scvholar with radiant face. "I have been studying Hebrew forty years, and never once has it occurred to me that Hebrew verbs have that wonderful and beautiful significance!"

He sat for some moments saying: "He is, thou art, I am. How beautiful! Yes, to be sure: He is, you are, I am. Wonderful, wonderful!"

Straws of Wisdom.

Increased earnings invariably bring increased yearnings.

The nearer you get to some people the smaller they seem.

Those people who possess self-respect are never really poor.

The man who is always bent on pleasure gets broken very soon.

Sweeping assertions raise clouds of misunderstandings.

Those who always depend on luck will soon have nothing else to depend on.

The mean person, who always saves for a rainy day, seems to expect a flood.

Nobody loses anything by politeness, but many people seem to risk it.

When a man flatters himself that he understands a woman he flatters himself.

"Waken the Dayspring of Courage."

As a man's footsteps in the dew of the morning are the labors of the minor artist; but if he challenge surer feet and greater strength to pursue his quest before the dews are dried and his passing forgotten, then he alsa has played a part. The masters flash lightning through our clouds of human passion, ignorance and error, or hang rainbows of promise upon their gloom; but for us of the rank and file, it is enough that we make happy such as have heard only of happiness and waken the dayspring of courage in fearful hearts; it is enough if we kindle one valley mist with a gleam of beauty or pour some few pure drops of hope into the thirsty and percipient soul.—Eden Philpotts in "Children."

For Every Ill—Minard's Liniment.

A Useful Tip for Car-owners.

In removing or replacing the oil pan of your automobile engine, you will find the work of getting the last bolts out or the first ones in much easier if you support the pan in place with a block of wood supported by the automobile jack. Be careful not to apply too much pressure to the jack, since you may bend the pan out of shape or dent it.

During the spring cleaning of Buckingham Palace, the carpets in 500 rooms and endless corridors are all taken up and beaten by hand.

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Classified Advertisements

SALES ORGANIZER WANTED.

LARGE FLAVORING EXTRACT HOUSE, selling direct to homes, wants bright energetic man or woman as sales organizer in each county. Right party can easily make $50 a week. Craig Bros., Desk B., Niagara Falls, Ont.

AGENTS—$100, $200 MONTHLY SELLING Easy-Wash, washes clothes while you rest; no rubbing or boiling required; send 15c for 10 family washings. M. Manufacturing Co., Sault Ste. Marie, Ont.

WHY BE LONELY?

Many a happy friendship has been formed through our Correspondence Bureau. Let us introduce you. Send stamp for particulars. Strictly confidential. 71 MacKay Ave., Toronto.

Song.

Take me and bind me, grief,
And goad my heart with fears;
Quench every little flame of joy
With tears.

Try each keen way you know,
Us every subtle art . . .
You cannot kill the song within
My heart!

—John Richard Moreland.

Try MURINE FOR YOUR EYES
Wholesome Cleansing Refreshing

FEET ACHE?
Rub them well with Minard's and know what real foot comfort means.

MINARD'S "KING OF PAIN" LINIMENT

Fresh Youthful Skin Maintained By Cuticura

Daily use of Cuticura Soap, with touches of Cuticura Ointment when required, will do much to prevent pore-clogging, blackheads, pimples, roughness and other unwholesome conditions of the skin.

Sample Each Free by Mail. Address Canadian Depot: "Stenhouse, Ltd., Montreal." Price, Soap 25c. Ointment 25 and 50c. Talcum 25c.
Cuticura Shaving Stick 25c.

PAINS IN BACK AND SIDES

Ended by Taking Lydia E. Pinkham's Vegetable Compound

Fusilier, Sask.—"For two or three days every so often I would have such pains in my back and sides that I could not do anything—could not even lie quietly in bed, and my head ached, too. I was this way about three years, but was worse after I was married. I was on a farm with not a house nearer than five miles and there was not a person to advise me, as my folks live in Manitoba. My sister-in-law told me about Lydia E. Pinkham's Vegetable Compound and told me to try it. I took her advice and have been thankful for it ever since. After taking the medicine for three months I can say it has helped me a lot and I am doing fine. I am glad to recommend the Vegetable Compound to others and you may publish my testimonial."—Mrs. HELEN BALANOFF, Fusilier, Saskatchewan.

Often some slight trouble will cause a general upset of the system. Such symptoms as nervousness, painful times, irregularity, backache and headache indicate some form of female weakness.

Women so bothered should give Lydia E. Pinkham's Vegetable Compound a trial. This dependable medicine has helped thousands of women and it is reasonable to expect that it will help you. Try it today. Your druggist sells this medicine. 9

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