WHEN THE SYSTEM IS ALL RUN DOWN

Often All That is Needed is a Tonic to Build Up the Blood.

There are many women who have been invalids or semi-invalids so long that they accept their condition as a life burden. They have endured broken sleep, stomach trouble, nervousness, headaches and weakness so long that they have given up hope of enjoying good health. In most of these cases a well chosen diet, fresh air and a tonic to build up the blood would do wonders. To all run-down, nervous people the experience of Mrs. H. J. Cameron, Watervale, N.S., will be of deep interest. She says:—"About two years ago I was in a miserable, run-down condition. I was unable to do my work, my head ached day and night, my nerves were all unstrung, and for three weeks I could not eat or sleep. I then decided to give Dr. Williams' Pink Pills a trial and got six boxes. By the time I had used half of them I felt much better, and when I had taken the six boxes I was as well as ever. I could work all day and not feel tired and have been strong and healthy ever since. I have never taken any medicine that did me so much good and will always highly recommend Dr. Williams' Pink Pills.

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

Poison Ivy.

Year after year, as folks fare forth to camp or summer cottage, interest in poison ivy revives. Many have yet to learn to recognize these low, busy, slightly-woody-stemmed plants, rising from long rootstocks at just below ground level, and bearing the characteristic leaves of triple, smoothish, pointed leaflets, and frequently the old clusters of round, whitish fruits beneath them.

Failing to recognize and avoid the plants, many people, susceptible to poisoning, find themselves presently interested in remedies. Few seem to be aware that on contact with the weed, or even with shoes, tools, etc., that have been in contact, they should promptly remove all traces of its virulent oil by freely lathering the skin with strong soap, and rinsing under hot running, or constantly changed water. Inflammation resulting from unsuspected exposure, or neglect of the above precautions, may be relieved by applying solutions of baking soda or Epsom salts, one or two teaspoonfuls to a cup of water, and bandaging. Various elaborate treatments are offered which are seldom any more helpful, or so readily available.

It is surprising how few efforts are made to clean up ivy from constantly frequented public and private grounds. Though eradication is bound to be laborious, there are plenty of people who could safely work at it. In hard or rocky ground, wherever injury to the soil does not matter, dry salt or strong brine might be applied before growth becomes too dense, or after mowing it with a scythe. Caustic soda and other poisonous chemicals are also recommended. As a rule, however, direct removal of the root-stocks from the soil, by means of grubbing hoe, potato hook, digging or ploughing, when possible, is preferable. Sometimes when growing in leaf mold or rich soil, astonishingly long strands of rootstocks can be dragged out intact. This is most safely and easily done before spring growth commences. Small patches have thus been cleared up at one operation, which would have required repeated spraying.

A Welcome Blow.

It was getting very late in the afternoon and Sankey was on a feverish hunt for funds to meet a sudden demand.

In his haste to catch a friend before the latter left his office he turned a corner too swiftly and collided with a fiery little man, who went down with a recounding thud under the force of the impact.

"You clumsy idiot," screamed the victim, scrambling to his feet in indignant wrath. "I've a good mind to knock you into the middle of next week."

Here he paused and glared at Sankey, who regarded him in an amused manner, whilst he said:

"I wish you would, my dear sir. I'd be everlastingly obliged to you. If I can only get through till then without going bankrupt I'm as safe as a house."

The Dangerous Part of a Dog.

Four-year-old Mary and her father were taking a walk. As she went gayly hippity-hopping down First Street a big dog, evidently attracted by her exuberance of spirits, ran out from a yard and began to frolic about her. Mary, frightened, beat a retreat to her father's side and clung timidly to his hand.

"Why, Mary," said her father, "you aren't afraid of this nice dog! He is just friendly. See how he wags his tail!"

Mary looked up into her father's face. "But, father," she said earnestly, "that's not the end I'm afraid of."

Dope the Children.

In almost every part of Indian the custom of giving opium to small children prevails.

Capt. F. L. Barnard, winner of the British aerial derby, with his wife, after landing. The cup is behind him. He piloted Sir Eric Geddes' machine.

Fortunes Given the Cold Shoulder.

Many visitors to the Mother Country are anxious to acquire anything connected with people of whom they are proud, as we have seen lately in the exhumation of the body of General Oglethorpe and the many attempts to get permission to remove William Penn from the tiny Quaker cenetery in which he is buried.

American Scots would dearly like to purchase Burns birthplace. It is an "auld clay biggin," reared by his father's own hands, two miles from Ayr.

As they cannot get this priceless relic, they reproduced it in facsimile at one of their great exhibitions, and sent a request to a lineal descendant of the national poet to cross the Atlantic and sit in this replica of Burns' birthplace in order to constitute an additional attraction.

Needless to say, the bait was tempting. It would have set up the descendant of Burns for the rest of his life. But she would not have it. "Na, na," said the old dame, "I'm no gawn tae be stared at by a lot o' silly fowk who mebbe wad tak me for a new an' strange wild beastie. I'll juist bide in auld Scotland." And she did.

Grace Darling, who was very poor, might have made a fortune by sitting in a replica of the famous boat in which she and her father rescued the survivors of the Forfarshire, near the Farne Islands, on September 7th 1838. But nothing could persuade her to make a public exhibition of herself.

A name that will always be remembered in connection with the early days of wireless is that of Jack Binns. He was one of the first operators to send out an S.O.S. in mid-ocean, and at grave risk to his own life—for he was on a burning ship—he remained at his post till the last moment and was thus instrumental in saving hundreds of lives. Binns's heroism made a tremendous stir, and music-hall managers competed widely for his services.

The idea was to fix up a wireless room on the stage, and for Binns to react the S.O.S. call before enthusiastic and applauding audiences. But to all these blandishments the young man replied that he was an electrician by profession and not a music-hall performer.

Prescription for Sleep.

Think of tall grasses bending in the wind,
Think of amber and onyx,
(Colors to snuff out thought with loveliness!)
Think of nothing
But the silence of a cloud
In a great gale.

Think of the glittering moon
Hung like an earring
On the dark cheek of night—
Think of a song so sweet
It is perilous to listen.

Think of courage,
Strong, smooth-muscled,
Moving quietly through the world.

And think of happiness
Poured in the empty cup
Of a dream.

—Martha Banning Thomas.

Water for Ole Lunnon.

With an area about four times the size of the Wembley Exhibition grounds, London's latest and greatest reservoir will be ready for opening shortly.

Minard's Liniment for Aches and Pains

Surnames and Their Origin

DRAPER

Racial Origin—English.
Source—An occupation.

There seems to be an almost never-ending source of surnames in the occupations of medieval England, notwithstanding the fact that in those days the number of occupations and professions was more limited than in our highly specialized industrial and commercial organization of to-day.

Draper is one of these. To the Englishman the source of this family name presents no mystery, for the word is still in everyday trade use in his country. But though the same trade exists in the United States, the trade name is seldom met with.

The "draper" is a dry goods merchant. And he was back in the Middle Ages, at the period when populations began to expand so rapidly that in the individual communities there were not enough given names to go around, and a man's neighbors and acquaintances in speaking of him took to the mention of his occupation or his parentage to distinguish him from some other who bore the same given name.

Thus the family name of Draper was originally descriptive of the mercantile calling of its bearers, and was preceded by "le" meaning "the." The prefix however, in later generations was dropped as useless after the name became a family one and ceased to be merely descriptive.

LLOYD.

Variation—Lhuyd.
Racial Origin—Welsh.
Source—A given name or a descriptive one.

The family name of Lloyd is sometimes, though infrequently to-day, spelled Lhuyd.

It is a Welsh name, rather commonly met with in England and particularly so in the Central Eastern section of the United States, notably in Pennsylvania, where the Welsh played an important part in early colonization.

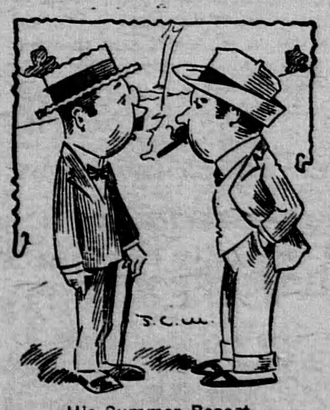
As a family name its use traces back both to the given name, and to its use as a descriptive surname, for the word means "brown," and like such Gaelic names as Dougall and Douglas, which meant dark, it became a given name.

Again it was used, as "dhu" and "dubh" have been used in Scotland and Ireland, as a sort of surname, descriptive either of the personal appearance of the bearer or of that of the particular branch of his family from which he came.

In short, in many instances, its development into a family name has paralleled that of the English family name of Brown, the meaning of which is the same.

CHOLERA INFANTUM

Cholera infantum is one of the fatal ailments of childhood. It is a trouble that comes on suddenly especially during the summer months and unless prompt action is taken the little one may soon be beyond aid. Baby's Own Tablets are an ideal medicine in warding off this trouble. They regulate the bowels and sweeten the stomach and thus prevent the dreaded summer complaints. They are an absolute safe medicine being guaranteed to contain neither opiates nor narcotics or other harmful drugs. They cannot possibly do harm—they always do good. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



His Summer Resort.

"I suppose you've picked your summer resort by this time?"

"Yes; the soft drink place in the next block."

Short But Silent.

The Victim—"Cut the whole three short."

The Barber—"What three, sir?"

The Victim—"Hair, whiskers and chatter."

Descendants ranging from sons and daughters, and numbers 191 in all, have been left by an Illinois woman who recently died at the age of 90.

A Poem You Should Know.

Stars of the Summer Night.

Though Henry Wadsworth Longfellow will never rank with the greatest poets, his place among the poets is assured for all time because he has written so much that touches the heart and lives in the memory. Here is a good example of his gift:—

Stars of the summer night!
Far in yon azure deeps,
Hide, hide your golden light!
She sleeps!
My lady sleeps.
Sleeps!

Moon of the summer night!
Far down yon western steeps,
Sink, sink in silver light!
She sleeps!
My lady sleeps.
Sleeps!

Wind of the summer night!
Where yonder woodbine creeps,
Fold, fold thy pinions light!
She sleeps!
My lady sleeps.
Sleeps!

Dreams of the summer night!
Tell her, her lover keeps
Watch! while in slumbers light
She sleeps!
My lady sleeps.
Sleeps!

A Palmist's Secrets.

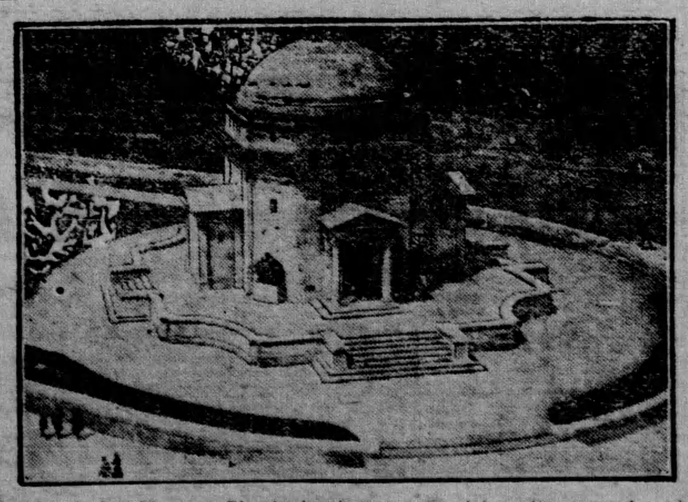
To some people palmistry suggests quackery. To others it conveys the idea of a superstitious pastime, while many regard it as being entirely unworthy of consideration.

But, as Shakespeare reminded us for all time, "there are more things in heaven and earth than are dreamed of in our philosophy," and there seems little doubt that a quite a good case can be made out for palmistry.

Mr. Noel Jaquin, a leading investigator, points out in his enlightening and interesting book, "Scientific Palmistry," that it is now possible "by a scientific survey of the hand, to analyze character, weighing one trait against another, and so to determine which are the strong and which the weak components in the make-up of personality."

Doctors are realizing that a study of the hand may help in diagnosing disease. The author likens the hands to the gauge of an engine by which the engineer is enabled to know the quantity and pressure of the energy being used, the flow of the lubricant, and, in fact, the general running of the machine. The lines in our hands are the gauge of our nervous system, any defects or tendencies in which may instantly be recognized in the palm of the hand.

For example, "certain forms of kidney trouble are marked in the hand by minute spots or points. . . . Where the 'moons' of the finger-nails are large and full, the heart's circulation is good. Where they are non-existent, circulation is sluggish, the heart's action weak. Where the joints are pronounced, there is indicated a predisposition for some disease of the chest."



The Hall of Memory, Birmingham's war memorial, as it appeared ready for the formal opening by Prince Arthur of Connaught.

Why Not a Music Day at Your Club?

The St. Catharines Rotary Club a short time ago put on a real "Music Day" luncheon that might well be copied by other clubs throughout Canada. Why not, indeed, right here in our own locality? The speaker of the day was Mr. J. S. Atkinson, of the Canadian Bureau for the Advancement of Music.

In opening his address on "The Power of Music," Mr. Atkinson said that until the war he was almost entirely ignorant of the enormous power of music. In the Great War, music encouraged the troops on the march and made them forget their fatigue and inspired them to greater effort. He spoke of the pep which the singing of patriotic songs injected into the soldiers, and the moral effect it had upon them.

The speaker spoke of the great influence of music upon the Russians. The children were taught the Russian folk songs when they were very young, and were brought up in an atmosphere of good music. A Russian princess once told him that during the dark days of Russia she could not have lived without music, as it made her forget her sufferings and misery. Mr. Atkinson related a number of interesting stories of the Russian people and their manner of living, and gave several instances showing their love of music and its effect upon them.

The greatest agency for the devoloping of the appreciation of music was in the schools, and from the schools it would permeate the homes. In a number of schools in Canada and the United States music was being taught. During the course of a year the pupils were made familiar with about fifty pieces of good music. They were taught something about the various composers and the circumstances under which the number was composed. At the end of a year a contest was held and a number of selections were played for the pupils, who wrote the names of the selections played and the names of the composers. By this plan they were made familiar with the masterpieces of musical literature and helped toward the appreciation of good music. Music was of the greatest importance in education and had great educative value. It improved the memory and the power of concentration and made the pupils better students intellectually and spiritually. In a number of high schools and universities music was made optional instead of some other subject.

In concluding, Mr. Atkinson spoke of the use of music in industries. In a number of factories in the United States and England, as well as in Canada, a few minutes a day were spent in a general sing-song. Many employers considered this period the most lucrative of the day, because it increased the production and created a bond of agreement between employer and employee. For the employees it gave them relaxation and added contentment to the worker.

Minard's Liniment for Corns and Warts

Who Invented Cross-Words?

Cross-word puzzles seem to have been popular as far back as 1,700 years ago, in the days when the early Romans were in occupation of Britain.

Our authority for such an assumption (says the 'Scientific American') is a fragment of painted wall plasted now on exhibition in the Corinium Museum, the property of Earl Bathurst, at Cirencester. The guide of the museum says that this fragment was found during excavations at Cirencester in 1868. It is an indisputably genuine relic of Roman times.

The words scratched through the surface color of the plaster read: "Rotas opera tenet Arepo sator" in four directions, and "Sator Arepo tenet opera rotas" in four other directions. It has been interpreted as meaning: "Arepo, the sower, guides the wheels at work."

Try This Dish.

Take one reckless, natural-born fool; two or three big drinks of bad liquor; a high-powered, fast motor-car.

Soak fool in liquor, place in car and let go. After due time, remove from wreckage, place in black, satin-lined box and garnish with flowers.

On the authority of a famous dancing teacher, the waltz, lancers, polkas, and other "old-fashioned" dances are returning to favor.

Genuine BAYER

ASPIRIN

Say "Bayer" - Insist!

For Colds Headache
Neuralgia Rheumatism
Lumbago Pain

Safe — Accept only a Bayer package which contains proven directions

Handy "Bayer" boxes of 12 tablets
Also bottles of 24 and 100—Druggists

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid.

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CREAM

We supply cans and pay express charges. We pay daily by express money orders, which can be cashed anywhere without any charge.

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

Bowes Company Limited, Toronto

For references—Head Office, Toronto, Bank of Montreal, or your local banker. Established for over thirty years.

A Flight of Steps.

Long or short, I love a flight of step;
for they
Are so mysterious and alluring, and
they beckon me,
"Come, follow us," invitingly they say,
"To all the pleasant things that wait
beyond for thee;
Quaint, dim, old panelled rooms;
A garden fair;
An organ loft, half hidden in the
glooms;
A haymow, breathing fragrance to the
air;
A white front door, with lamplight
shining through;
A cellar, filled with rigorous Winter's
needs—"
Ah, yes, I love a flight of steps—for
who
Is wise enough to know just where it
leads.

—Leila Kepler Williams.

Use MURINE NIGHT & MORNING & KEEP YOUR EYES CLEAN CLEAR AND HEALTHY
WRITE FOR FREE ITS CARE BOOK. MURINE CO. CHICAGO, U.S.A.

MOSQUITO BITES
Let Minard's take the itch out of them. Excellent for all stings and insect bites.

MINARD'S "KING OF PAIN" LINIMENT

Cuticura Should Be In Every Home

Daily use of Cuticura Soap keeps the pores active and the skin clear and healthy, while the Ointment heals pimples and other irritations. Cuticura Talcum is a delicately medicated antiseptic powder of pleasing fragrance.

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

FOR JOY OF GOOD HEALTH

Manitoba Woman Thanks Lydia E. Pinkham's Vegetable Compound

Crandall, Manitoba.—"When I was a young girl at home and working I had terrible pains, almost more than I could bear, and I was not regular. These troubles kept me so tired all the time that I had no strength and no ambition to join in with my friends and have a good time. I was just tired and miserable always and life just seemed as if it wasn't worth living. I saw so much in the papers about Lydia E. Pinkham's Vegetable Compound, and then I had a friend who had taken it and told me about it, so I got some. Every month after taking it I got stronger and I soon did not suffer every month. It stopped the pains and helped me other ways. Then when my babies were coming I was tired and worn out the first three months and ached badly. I took the Vegetable Compound right along and must say it made a new woman of me and able to do my work, and it helped me through confinement. You see I am a farmer's wife with a big house to look after, and three babies now. I have told ever so many women about your medicine. Just last week I got a letter from my old chum in the East. Her baby was born fifteen days before mine and she told me she was not feeling very well, her back aches so much, and that she is going to take the same medicine I took. You can use my letter and I hope some one will be helped by it."—Mrs. Jos. H. Kidd, Box 56, Crandall, Manitoba. C