NEW HEALTH FOR SUFFERING WOMEN

Aching Backs and Tired Limbs Need Not be Endured.

Too many women endure suffering that casts a shadow over half her existence. Aching back, tired limbs, attacks of faintness, splitting headaches need not be a part of a woman's life. Such trials indicate plainly that the blood is thin and watery and that the sufferer needs the help of a real tonic such as Dr. Williams' Pink Pills. Suffering women who have used this medicine speak of it in the highest terms. Among those who have been thus helped is Mrs. Ada L. Harman, Virden, Man., who writes:—"Following the birth of a still-born child a few years ago, I had a very serious time. I was so weak for months that I could not walk across the room without a feeling of faintness. I had scarcely strength enough to stand up, and when dressing would have to sit down two or three times. My face and lips were colorless, I had no appetite, and life did not seem worth living.. A friend urged me to try Dr. Williams' Pink Pills and I got six boxes. Before they were all gone I felt improved. My appetite was returning, color was coming into my face, and I was visibly stronger. I continued taking the pills and fully regained my former good health. I consider Dr. Williams' Pink Pills a blessing to weak women, and hope my experience will induce some other sufferer to try them."

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

An Eskimo Banquet.

The Eskimos, Mr. Frank E. Kleinschmidt states in a recent interesting article, start out breakfastless when they go hunting the seal. It was twenty below zero on the morning when he rose early to accompany his friend and host, Ipnorak, a mighty hunter, and he admits that he yearned for at least a cup of coffee—for a taste—for a sip. But no! It would have been against the code. The hunter who hunts fasting is believed to be fiercer, more determined, surer of success. Perhaps he is. Anyway, the fixed rule is first catch your seal. Then eat.

They were fortunate that day. They caught an ugruk—a great bearded seal, weighing over a thousand pounds—and there was great rejoicing on their return to the village. Couriers were dispatchedd from house to house, inviting everybody to the feast.

The banquet was a sight in itself. Some score of persons of all ages from four to sixty fell on the seal meat, which was cut, distributed in strips and demolished, every morsel that was edible. They all sat round in the open on the frozen snow and ate the meat just as it was cut from the frozen joints. In this way the Arctic natives prefer to eat meat—and indeed fish also.

The children were extraordinarily well behaved, as all Eskimo youngsters appear to be. And there is a reason. The belief of the Eskimos in the reincarnation of departed spirits precludes all chastisement of their progeny. The child born to-day is verily believed to embody, without regard to sex, the spirit of the relative last deceased. Often I have had a small boy presented to me by a fond parent as "my grandmother," or a little girl as "my late uncle." Hence an erring child is corrected only by a shake of the head, a grunt, a wrinkling of the parent's nose. It is sufficient.

As part of the festivities after dinner there was a game of football on the ice. Everybody took part, young and old, from little Kopuk, in his snow-white raiment made of the skin of the winter hare, to old Anok, the sixty-year-old grandam of the family, who, by the way, kicked off.

The ball is made of reindeer hide stuffed with hair. The rules of the game, if any, are obscure. But there is a great deal of dashing hither and yon and laughter and rolling on the frozen snow. It might almost seem that this display of animal spirits in action is Nature's subconscious method of aiding these people to digest their terrific meal of raw seal meat. The women are quite as active and agile as the men, and they also indulge in merrymaking among the pressure-ridges or wherever they come across an ice ramp that offers a chance for tobogganing. Up they scramble to the crest, and helter-skelter down they come, screeching and laughing, usually head foremost. The Eskimos are a marvelously merry people and ever ready for a good laugh.

WE WANT CHURNING

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.

Ewes Company Limited, Toronto

For references—Head Office, Toronto, Bank of Montreal, or your local banker.

Established for over thirty years.

Poisons Worth Taking.

Old-time physicians made great use of animal medicines. Balsam of bats was used in Elizabeth's days, while Mayerne, the French physician who attended James I. and Charles I., dosed his patients with "raspings of a human skull unburied."

To-day, after a century or more of herbal and mineral remedies, doctors are again probing the animal world for curative agents. Insulin, the specific in that dread disease diabetes, is being obtained from the angler fish. The angler or "fishing frog" is a queer, misshapen denizen of salt water. It tempts its prey by means of a long spine proceeding from the top of its head and baited, like a fishing rod, with a blob of meaty matter dangling at its top.

A serum obtained from the turtle is said to be valuable as a cure for consumption. It is the invention of a German physician, Dr. Friedrich Friedmann. Another anti-tuberculin serum is prepared from certain snakes. This, too, is a German invention, but was tested with good results at a sanatorium at Harbury, in Warwickshire, just before the war.

Sera for the cures of bites of poisonous serpents are now prepared on a large scale from the venom of the snakes themselves. The demand for rattlesnake serum is so constant that the collection of these reptiles has become a regular industry.

The poison obtained from the gila monster, a venomous lizard that inhabits the deserts of Arizona, has been used as a remedy for the kind of paralysis known as "locomotor ataxia."

The poison of hornets has been used as a cure for the bite of the viper. Rattlesnake and cobra poisons are being experimented with in cases of leprosy. The principal experimenter in this direction is a Brazilian, Dr. Adolphe Mercondes de Moura.

Many insects are of value in medicine. Pulverized Spanish flies supply cantharidin; cochineal insects are administered in small doses for whooping cough, and lac insects have been given in cases of dysentery. Ants supply formic acid, a powerful stimulant.

Many drugs once obtained from herbs and barks are now extracted from coal tar. Salicylic acid is an example. Salex is the Latin word for "willow," but to-day this invaluable drug is made from the sodium salt of phenol heated with carbonic acid gas, hydrochloric acid being added to the solution.

Adrenaline, a light yellow substance, is extracted from the suprarenal gland of bullocks. Since a pair of these glands yield only .025 of a grain of the substance it is naturally expensive. Adrenaline is of enormous value in surgery, for when injected it has an extraordinary effect in constricting the small arteries, and is therefore used in cases of hemorrhage.

Not Compulsory.

Landlady—"You must try some of this hash, Mr. Shye."

Mr. S.—"Is it compulsory?"

Landlady — "Of course not — it's beef."

Planes in War on Locusts.

Airplanes are being used to fight locusts in the Philippines.

Some folks don't really have much use for a head until they get a headache.

Co-operation, like charity, must begin at home.

Play Safe.

"Bet your life I don't," said the chatty drummer to the other man in the smoker. "I was in Windsor when they had that last dose of smallpox and I don't allow any child of mine to go to school until he is vaccinated. I say if a scratch on the arm will prevent a fellow getting that, why I'm for it. The day I arrived, another chap and myself bumped up against a man who was just coming down with it. When I found out about it I was a bit upset and figured that I was about ten years old when I was last vaccinated; the chap with me hadn't been done at all because his father didn't believe in it. I escaped just with the old scar. He came down about a week later and had a hard time to come through. That's enough for me—vaccination's all right.

"We commercial men—and of course it's just the same thing with my wife and kiddies, too, when they go away from home—can't afford to take a chance. I think any man is mighty foolish who walks into danger which will mean being sick for six or eight weeks' worry and anxiety, to say nothing of doctor bills, hospitals and nurses; so that's why I take a shot of typhoid vaccine every 2 years They talk of the soldiers not getting typhoid during the war (and it is true, of course), buf I'm judging from my own experience. Sometimes on the road I have had to drink milk and water in places which were proved later to be real nests of typhoid and I haven't had a day's sickness, while three or four times other travellers took the fever and were off for six weeks or more; this meant that my dose of vaccine saved me in money alone six or seven hundred dollars.

"That vaccine isn't made for nothing, but the money the government spends on it (it's all free, you know) means a real service to the people."

Protection, safe and sure, may be had against diphtheria, scarlet fever, typhoid fever and smallpox. Tested products distributed free within the province by Ontario Department of Health, Spadina House, Toronto.

The Falkland Islands.

The Falkland Islands, which gained fame during the early days of the World War, are the subject of a long-standing and little known controversy between Great Britain and Argentina, the only dispute existing between these two nations.

The Falkland Islands are the Gibraltar of Argentina. They lie in the southern Atlantic, about 300 miles east of Magellan Strait. They are an important maritime station, for they command navigation in those waters, offer good harbors of refuge and form an invaluable lookout in that region, as was proved during the initial stage of the World War, when the naval forces of Admiral Sturdee, in December, 1914, engaged and destroyed off Port Stanley the German division under Von Spee.

In the year 1833, while the United provinces of the Plata River were in possession of the Falkland Islands in succession to Spain, Great Britain sent naval forces there and, claiming a previous right to the dependencies, took them from the Argentines

Thus England incorporated into her empire these islands that watch over the southernmost end of the continent. Argentina questions the regularity of the British tenure, and it is said that the Argentine representative at the Court of St. James's every year, at a fixed date, presents a protest to that effect. But whether or not the matter ever will be a subject of negotiations for a settlement, the controversy has never in the slightest degree affected the relations between the two countries.

Every vici kid shoe is made from goat skin.

Minard's Liniment for Corns and Warts

Precautions to Take During Thunderstorms.

About this season, as the old almanacs used to say, expect thunderstorms. Inevitably they bring danger to human life, but the hazard can be diminished considerably if the advice of men who have made a thorough study of the electrical discharges of the atmosphere is followed.

One of these experts is Alexander G. MacAdie, director of the Blue Hill Observatory and professor of meteorology at Harvard University, who has made a special study of thunderstorms, and some time ago he formulated a set of suggestions to help people take care of themselves during such disturbances.

Get under cover, is his first rule. If you can't do that, lie down. About ten lightning flashes in a hundred come down to earth in a straight line and the person who stands out in the open when such flashes are seen invites trouble.. But getting under cover does not mean seeking shelter beneath a tree because that will bring you in the direct line of discharge, and Professor McAdie saws more people are killed by lightning in this way than probably any other.

The doorway of a barn or a window near a chimney also are dangerous places to stand, because lightning follows to some extent any draft of air, especially warm air.

You are safer indoors than out. The probability of a person in an ordinary residence building being struck, says Professor McAdie, is very slight, and dwelling houses in city blocks are virtually safe. He defends the lightning rod, once so popular but now largely fallen into disuse, asserting that if a house is provided with good lightning rods there is little to fear.

Going to bed doesn't do any particular good, but standing on glass, rubber, a woolen blanket or any other good insulator will give a person a little more security. The observatory director advises passengers in a trolley car to sit still if lightning comes in and burns the fuses, because with the roar and blinding flash the danger is over.

He urges that every effort be made to resuscitate a person struck by lightning. It seldom kills outright, usually stunning the victim in such a way that artificial respiration will restore him to consciousness.

For the protection of livestock, which often is killed by lightning while at pasture, he warns against tying them near a wire fence.

KEEP CHILDREN WELL DURING HOT WEATHER

Every mother knows how fatal the hot summer months are to small children. Cholera infantum, diarrhoea, dysentery, colic and stomach troubles are rife at this time and often a precious little life is lost after only a few hours illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevent stomach and bowel troubles, or if trouble comes suddenly—as it generally does—the Tablets will bring the baby safely through. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Solving the House Problem.

"How did you make out in your search for a flat?"

"All right. I found one with thirty-two rooms and eight baths, had the compartment walls removed, and we now have an apartment of four rooms that you can live in. Only trouble is, there are two bath tubs in every room, including the parlor.

Minard's Liniment for Aches and Pains

How to Cut the Cost of the Sunday Dinner.

A man out Birmingham way killed a chicken for his Sunday dinner. He used the good old method of cutting its head off. Like all decapitated chickens this one took one final wild run before finally giving up the ghost. It happened to run right in front of a swiftly speeding auto, which brushed it aside. The driver stopped his machine and came hurrying back.

"Awful sorry, old man," he exclaimed "I'm in a terrible hurry. Will this square things?" He handed the man a $2 bill and jumped back into his car. That dinner didn't cost much.

15¢ PER PKG. — and in ½ lb VACUUM (AIR-TIGHT) TINS

OLD CHUM

The Tobacco of Quality

Quite Sure of It.

"Are you sure he's a thorough criminal lawyer?"

"Yes; so sure of it I think he ought to be in jail."

Compromise.

She found herself in somewhat of a dilemma. The young man had taken her to a dance at the Firemen's Hall and they had now reached the front door of her home. Should she ask him in or should she thank him for a pleasant evening and say good night? For the life of her she could not remember what the books on correct behavior decreed in such a crisis.

For a moment she hesitated, then a compromise suggested itself. She gazed at the beautiful moon sailing through the heavens, she felt upon her cheek the scented air of a summer night, then she said to her escort:

"Our milkman left us a bottle of sour milk this morning. Do you mind sitting out here on the porch with me until he comes? I want to speak to him about it."

Old People

Bitro-Phosphate feeds the nerves and old people need it to make them feel and look younger. It's the one best nerve builder for weak, nerve-exhausted men and women and that is why we guarantee it. Price $1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

ATHLETES!

Minard's is wonderful for the rub-down. Takes out the stiffness, soothes the bruises.

MINARD'S "KING OF PAIN" LINIMENT

As He Understood It.

A little five-year-old was pleading to be allowed to go out to play. His mother became rather cross and said, "When I see fit, you shall go, not before." The boy relapsed into silence while his mother went hither and thither about her work. In half an hour he inquired, "Mamma, have you seen him yet?"

"Seen whom, child?"

"Why, seen Fit"

MURINE FOR YOUR EYES

Refreshes Tired Eyes

Write Murine Co., Chicago, for Eye Care Book

FACE WAS DISFIGURED

With Pimples. Terribly Itchy. Cuticura Healed.

"My trouble began with blackheads and pimples on my face. The pimples were large, hard and very red, and some of them festered. They were terribly itchy causing me to scratch and the right side of my face was disfigured. The irritation kept me awake, and my face was a sight.

"I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. I purchased more and before long I saw a wonderful change. I continued the treatment and now I am healed." (Signed) Miss Louise MacDonald, Box 172, Mary St., Newcastle, N. B.

Use Cuticura to clear your 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.

Surnames and Their Origin

MACKIN.

Variations—MacMackin, Meekins, Makin, Meakin.
Racial Origin—English, also Scottish.
Source—A given name.

There is a peculiar paralleling of the forms of the English and Scottish family names in this group, which have come from the same given name, but through a different form of development.

The given name, though you might not suspect it, is Mathew, the same that has given us the family names in the Mathewson and Matheson classifications.

The change from the "ch" in Mathew to a "ck" or "k" in English was brought about as the result of the use of one of the Anglo-Saxon diminutives of the name. "Mat" was a short form of Mathew, "Matkin," through the addition of the diminutive ending "kin," meant "Little Mat." Hence the meaning of Matkinson is clear. But that combination of "tk" in the middle of the name was as hard for the English tongue of the middle ages as for us, and the "k" being the more dominant sound, the "t" just naturally dropped out.

The development of the Scottish name is somewhat different. One of the older forms of the Gaelic "MacMhathain (Mathewson), was "MacMaghan," met with about 1263, and it is from this form that MacMackin is developed.

PARKE.

Variations — Parker, Parkman, Park, Parkes, Parks.
Racial Origin—English.
Source—An occupation.

There are some instances in which certain family names of this group are but variations and shortened terms of Perkins, thus tracing back through the form of "Peterkinson" to the given name of Peter.

In the vast maority of cases, however, they came into being through an entirely different manner.

The foundation of these family names lies in the period of Norman-French dominance in England; that is to say, in the early days of feudalism. It is difficult for us of to-day to form any conception of how important the hunting of game was to both the nobles and the vassals of those days, and it is revealed only in a study of the laws of the medieval ages, a vast number of which were designed to restrict and preserve hunting rights for the entire population. The game preserve is an old institution, and it was known, according to its size and character, as a "forest," a "chase," a "park" or a "warren."

"Parkers" and "Parkmen" were, of course, the officials who had charge of the game parks, which explains the manner in which these family names originated. Parkes and Parks are but shortened forms of "Parkerson."

Parke and Park are at times still further shortened forms, but for the most part were originally such forms as "atte Parks" or "de la Parke."

TIRED OUT ALL THE TIME

Nerves Gave Little Rest

Relieved by Lydia E. Pinkham's Vegetable Compound

Harrowsmith, Ontario.—"I took your medicine before my baby was born and it was a great help to me as I was very poorly until I started to take it. I just felt as though I was tired out all the time and would take weak, fainting spells. My nerves would bother me until I could get little rest, day or night. I was told by a friend to take Lydia E. Pinkham's Vegetable Compound, and I only took a few bottles and it helped me wonderfully. I would recommend it to any woman. I am doing what I can to publish this good medicine. I lend that little book you sent me to any one I can help. You can with the greatest of pleasure use my name in regard to the Vegetable Compound if it will serve to help others."—MRS. HARVEY MILLIGAN, R. R. No. 2, Harrowsmith, Ontario.

In a recent canvass of purchasers of Lydia E. Pinkham's Vegetable Compound over 100,000 replies were received and 98 out of every 100 said they had been helped by its use. This medicine is for sale by all druggists.

BAYER

Genuine ASPIRIN

Proved safe by millions and prescribed by physicians for

Headache	Neuralgia	Colds	Lumbago
Pain	Toothache	Neuritis	Rheumatism

Safe

Accept only "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 (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."