WHEN THE NERVES ARE OUT OF GEAR

They Need New, Rich Blood to Restore Their Tone.

Men and women with nerves out of gear become irritable and fretful and are blamed for ill-temper; whereas the fault is not theirs. Their poor health is the cause. The tired, overbusy wife or mother, whose household cares have worn her out; the breadwinner whose anxiety for his family has worried him until he is thin and ill, are the nerve sufferers who become run down. Their nerves, like all bodily organs, need healthy red blood; worry tells on their digestion and their nerves are ill-fed. In such cases a course of Dr. Williams' Pink Pills is necessary, for these pills make new blood and tone up the nervous system. The patient becomes full of energy and happiness for themselves and others returns. Mrs. Wm. Hughes, Coldwater, Ont., has proved the value of Dr. Williams' Pink Pills, and does not hesitate to say so. She says:—"Two years ago I suffered untold agonies with my nerves. The pains in my head and the back of my neck were unbearable. I was depressed and cranky all the time. All the rest I took and best of medical attention did me no good. I was advised to try Dr. Williams' Pink Pills and after taking them for a time felt much better. I continued their use with great benefit, and after my baby was born they were the only tonic that helped me nurse her. I found them a splendid blood enricher, and cannot recommend them too highly."

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.

A Name to Suit the Case,

The ease with which many of the recent accessions to the population change their names is illustrated by the following true anecdote.

The teacher in a public school became so interested in a little Polish girl that she was anxious to learn of her progress after she was promoted to a higher grade and asked her new teacher concerning her.

There is no such child in my room," answered the one so questioned.

"No Marie Levenski! Why! I know that she was sent to your room, for I asked about it at the time."

"There is no Marie Levenski in my room. I am very sure," persisted the other.

"But I have seen her go in the door, and there she is now," darting as she spoke toward a small girl approaching from the opposite direction. "Isn't your name Marie Levenski?" she demanded.

"It used to be, but now it is Mary Jones," was the calm reply.

"Mary Jones! How can that be?"

"Why, father buys and sells old junk, and one day there was a door plate with the things, and the name on it was Jones. Nobody would buy it, so we put it on our door, and now my name is Mary Jones."

A reporter in search of a "human interest" story asked a number of successful bankers and business men how they made their first thousand dollars. One of them replied that he didn't make it in any particular way. "It was like the old negro cook's hash," he said. "Some one asked her how she made hash. 'Bless you, missus,' she replied, 'nobody makes hash. It just accumulates.'" But you can't get hash unless you save the materials as they accumulate, and you can't get your thousand dollars unless you steadily saved some of the money that you earn.

The population of the whole world is estimated to be approximately 1,800 millions.

Tallest Tree in the World.

It is quite true that Australia has the tallest trees in the world, but they are not in Victoria, huge as are the Gippsland gums and the giant pines of Capt tOtway. The real super trees are to be found in Western Australia, down in the south-west corner of the continent. They are the giant flowering eucalyptus, growing on and adjacent to the shores of Lake Alexander; and they were discovered about 1896 by Chief Surveyor F. S. Brockman, of the Lands Department, Perth, when he was exploring the Geographe Peninsula under instructions from John Forrest (then Premier of Western Australia), who wanted to ascertain how much first-class land there was available in the "good rainfall" region. Brockman brought back with him some of the splendid scarlet flowers of these giants, also some seeds. He took accurate measurements also, and found one tree, the King of the Forest, going 147 feet up sheer, without a bough, and 537 feet to the topmost boughs and crown! The diameter of some of the trees exceeded 16 feet; and the Chief Surveyor, who was also a most careful and conscientious man, reckoned that they could not be less than 3,000 years old. It is said that there are trees older than that in the world; there may be, but there are none taller that I ever heard of, though in the valley of the Amazon, Roosevelt said he had seen trees as big as the giant redwoods of California. In making his report to the then Surveyor-General (H. F. Johnston), Brockman said that these trees, from a distance looked like a scarlet tapestry, spread below the hills." It would be vastly interesting to know whether any similar king trees exist in our own country. A lot of it is still terra incognita.

Pigeons Overrun London and Endanger St. Paul's.

The pigeons of St. Paul's, as familiar to tourists in England as those of St. Marks in Venice, have met with the displeasure of the authorities of the ancient city of London, who have asked Parliament to pass a bill banishing them from the precincts ruled by the Lord Mayor.

By continually pecking the mortar from between stones of the cathedral the pigeons are accused of endangering the great building itself.

The number of pigeons arount St. Paul's has increased greatly during the last few years because both tourists and native Londoners feed them. The birds have spread from the cathedral precincts at the top of Ludgate Hill until nearly every street of the city is ocerrun with them.

The plan is to destroy all of the birds except a few score which will be permitted to haunt certain parts of the lofts of St. Paul's as they have done for the last century.

Floating Fancies.

Reggie—"I have the most wonderful fawncies floating through my head all the time, Miss Sharp."

Miss Sharp—"Could it possibly be water on the brain, Mr. Sapp?"

Big Tree Planting Year.

Over 4,000,000 trees were planted last spring in the state of Massachusetts.

In Scotland, coal was worked as early as the 12th century.

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.

Bowes Company Limited, Toronto

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

That Little Candle.

In her most interesting biography, John Keats, published only a few months before her death, Miss Amy Lowell tells once more the ever-touching story of the great English poet's sickness and death in Rome, tended only by his faithful friend, the artist, Joseph Severn. In a strange city, among a people terrified at the word consumption, and with no proper conditions or skilled nursing available, even had they not been straightened formoney, there were times when poor Severn—keeping as much of his worry and exhaustion from the invalid as he could—scarcely knew which way to turn or how to drive himself to do all that he must. But he never for a moment failed his friend. He cooked, he cleaned, he swept, he tended, he watched, with a heart-broken courage and patience that have given him a finer and firmer hold on remembrance and gratitude than the best achievements of his brush. Keats would occasionally refuse food. Severn would sometimes prepare his meals six times over, in the hope of tempting his appetite, keeping from him the trouble he had in doing it.

At times Keats would not even attempt to eat, says Miss Lowell. Once Severn made him a cup of coffee, but he threw it away; this was repeated a second time with the same result. On Severn's appearing still a third time with more coffee Keats was ashamed and deeply affected. Yet, throughout all these weeks Keats's mind was occasionally capable of its old elasticity and charm. Severn, who sat up night after night, sometimes fell asleep from sheer exhaustion. Fearing that some night the candle might burn out while he slept and Keats wake in darkness, he one evening tried the experiment of fastening a thread from the bottom of one candle to the wick of another. Keats awoke just as the first candle was guttering out, and while he waited, not liking to call Severn, the thread ignited and successfully bore the flame to the second candle, at which Keats suddenly cried out:

"Severn! Severn! Here's a little fairy lamplighter actually lit up the other candle!"

The candle that it lit was more than one of wax; for more than a century its glow has lighted a picture of the dying poet's grateful surprise, and his friend's tender and faithful service.

How far that little candle throws his beams!
So shines a good deed in a naughty world.

He—"You're the sweetest girl I ever saw."

She—"Sweetness can't be seen."

Cut Glass.

Decorated glass which is not "cut" has been moulded, that is, it has been poured while molten into a mould, and allowed to cool off, jelly-fashion.

Whatever care is used in the process, however, the result is never quite perfect. Air bubbles form between the glass and the mould, or the molten mass throws off steam, in either case spoiling the clean-cut edge of the decoration.

The very finest results are only to be had by actually cutting the glass, expert workmen making the pattern by the use of successive cutting and polishing wheels. In this way, an absolutely sharp edge is obtained, and as only the very finest crystal glass will stand the process, a result is obtained in which every particle of the cut design throws off the light like the facets of a diamond.

The web of a spider comes from some glands back of the abdomen containing a liquid. When this strange liquid is ejected it instantly hardens into a thread upon contact with the air. Great is nature.

Do not expect a perfection in children which you have not yet attained for yourself.

Minard's Liniment for Distemper.

Havoc!

John O'London, the famous literary weekly, recently instituted a competition for the best brief picture of "Things Seen." First prize was awarded for the following graphic picture of the terrible forest fire which swept a soldier settlement on Vancouver Island two years ago. It was written by "M.F.C."

"Six-fifteen on a stifling July evening, and through the shack door a picture of heavy crops and a distant background of forest veiled in haze.

"Mother was pulling two lusty youngsters from their tub. Buller lay panting on the step. Selina purred around my bare ankles. Peace!

"Then, suddenly, a roar arose far away like thunder, leaping intervening miles, shaking the shack like bombs. The misty, blue belt of giant firs became instantly a scarlet, racing wall of shrieking flames. Fire!

"In twenty seconds father had the car speeding right into the now dense fog. Mrs. Wilford and her new baby! "Highway!" he shouted, hoarsely, and we ran, madly, blindly—no time for shoes—through suffocating horror; the roses by the burning gate, our proud tomatoes, the ripening branches of gooseberries, now torches in the gloom;; red tongues danced from cabbage to asparagus before our flying feet—over hot stones—to the open road.

"In twenty-seven minutes all was over. A strip of soldier settlement "ripe unto harvest," five miles long, three miles wide, with twenty-six new houses, gardens, barns, stock, pets, treasures, medals, gone. Lives wrecked—and one boy, cutting wire fences to let his cattle escape found—dead."

GREAT HELP TO YOUNG MOTHERS

Baby's Own Tablets Have Many Uses and Are Absolutely Harmless.

To have in the house a simple harmless remedy for the minor ills of babies and little children is a great boon to young mothers and this is exactly why Baby's Own Tablets have been found in many households. They reduce fevers, allay the irritation of cutting teeth and regulate the bowels, yet they have no drug taste and children like them.

Mrs. Mary L. Damel, Central Falls, R.I., says: "Baby's Own Tablets are just what they are recommended to be. My little girl was badly troubled with pin worms, was feverish and restless and would be awake all night. I got a box of Baby's Own Tablets and they helped her at once. She is not nervous now and sleeps well at night. I have never used a better medicine for this trouble. I have also found Baby's Own Tablets good at teething time and am glad to recommend them to other mothers."

Baby's Own Tablets are sold by all druggists or will be mailed on receipt of price, 25 cents per box, by the Dr. Williams' Medicine Co., Brockville, Ont. A little booklet, "Care of the Baby in Health and Sickness," will be sent free to any mother on request.

A King's Simplicity.

You may remember that, during the war, King George cut down his wine list to a minimum and lived on the very simplest fare. In setting this example during a time of need he was not really departing greatly from his normal tastes, for he likes homely diet and prefers simplicity at meals to ostentation.

When he strolls to Sandringham House from York Cottage to have a meal with his mother, he is always distressed if a special dish is prepared for him. One day, when he dropped in to lunch and an extra item was added at the eleventh hour, he exclaimed:

"Why should all this fuss be made, just because I come to lunch?"

All the same, if ever the King condescended to visit my house, I should not be able to resist the impulse to provide an extra course or two. And I would see that the fish course did not include plaice. This is the only fish King George does not enjoy.

Ask for Minard's and take no other.

Nothing cools love so rapidly as a hot temper.

You have been intending to try "Red Rose." Why not now before you forget.

RED ROSE TEA "is good tea"

The ORANGE PEKOE is extra good. Try it!

The Model Child.

Every mother hopes that her child will be a model child, and some secretly think that theirs are models, although they are apt to add that they "don't expect children to be perfect!"

But we quote a wise old French philosopher, "Children need models rather than critics." When we come to sift the matter down a model child needs a model mother.

A school teacher readily recognizes those children whose mothers are "on their job," for well-behaved children come from such homes. And while mother's influence is first, nearest and most personal. The hand that tucks the cover in at night is more intimate than the one which corrects the arithmetic paper!

Of course the conscientious mother teaches her child honesty, kindliness, charity, thrift, good manners and many other details of good character and breeding. But the model child is not conscious of such teaching, the model mother teaches by example. Children, being extremely imitative naturally, observe and copy whatever is close at hand. The model mother does not say, "Respect your elders," she goes out of her way, herself, to show deference to the grandparents, and the children unconsciously take the cue in their manners toward old age.

If a mother's voice is sweet and gentle, children are far less likely to snarl at each other. If she is scrupulous about paying bills and giving everyone his due, the model child likewise scorns to cheat.

When a mother permits no waste in the kitchen, keeps clothes neatly mended, brushed and cleaned, the model child, though he does not become faultless at once—this is too much to expect—has nevertheless the idea of thrift and orderliness very firmly fixed for the rest of his life.

Children, of course, need direction and advice, which can be suggested in a friendly, tactful way. But the model child is really the result of a model mother—for about all "Children need models rather than critics."—Marion Brownfield.

Youthful Ideals.

Some of us achieve our ambitions. One day, when Lord Oxford and Asquith was a boy, he handed a list of M.P's. with their constituencies to Sir William Barrett, and asked to be examined on the subject. He passed the test with flying colors, but Sir William inquired what possible use this test could be.

"To help me when I enter Parliament," was the reply. "I am going to Oxford, then to the Bar, and, when I have made enough money, into Parliament. Then I shall get into office under the Liberal Government and become Solicitor-General. After that I shall be Lord Chancellor or Prime Minister—one or the other.'

USE SIMONDS SAWS

Their teeth are of a toughness which makes them hold their keen cutting edge under every usage.

SIMONDS CANADA SAW CO. LIMITED
1550 DUNDAS ST. W., TORONTO
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Cord Wood Saw Users

Write Simonds Canada Saw Co., Limited, 1550 Dundas St. West. Toronto, Ontario, for prices on Simonds Special Circular Cord Wood Saw

Sentence Sermons.

It Pays To Remember—That the judgment day is the day we make for ourselves.

—That life's simplest pleasures are the ones with the lasting joys.

—That no man can give his best to two women at the same time.

—That life's sweetest joys go to the pure in heart.

—That a profit without honor makes no man honorable.

—That God can afford to wait—He has plenty of time.

—That a mere infatuation is poor home making material.

MURINE Keeps EYES Clear, Bright and Beautiful

Write Murine Co., Chicago, for Eye Care Book

Thin Folks

If you are weak, thin and nervous, let your druggist supply you with Bitro-Phosphate. It is guaranteed to increase weight and strength and restore energy, vigor and nerve force. Price $1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

RHEUMATISM

Apply Minard's to the aching spot and get quick relief.

MINARD'S "KING OF PAIN" LINIMENT

BABY USED TO CRY ALL NIGHT

Pimples on Face and Limbs. Cuticura Heals.

"Pimples broke out on the side of my baby girl's face and later on her limbs. They itched something terrible and she used to scratch them causing the trouble to spread, and also irritated it. Her clothing aggravated the breaking out on her limbs and she used to cry about all night.

"I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. I purchased more, and after using one and a half boxes of Ointment and one cake of Soap she was healed." (Signed) Mrs. Bennie Shelburn, 4039 W. 119th St., West Park, Ohio, Aug. 22, 1924.

Use Cuticura for all toilet purposes.

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

ASK THIS HALIFAX NURSE

She Is Willing to Answer Letters from Women Asking About Lydia E. Pinkham's Vegetable Compound

Halifax, Nova Scotia.—"I am a maternity nurse and have recommended Lydia E. Pinkham's Vegetable Compound to many women who were childless, also to women who need a good tonic. I am English and my husband is American, and he told me of Lydia E. Pinkham while in England. I would appreciate a copy or two of your little books on women's ailments. I have one which I keep to lend. I will willingly answer letters from any woman asking about the Vegetable Compound."—Mrs. S. M. Coleman, 24 Uniacke Street, Halifax, Nova Scotia.

Could Not Sleep Nights

Dublin, Ontario.—"I was weak and irregular, with pains and headaches, and could not sleep nights. I learned about Lydia E. Pinkham's Vegetable Compound by reading the letters in the newspapers and tried it because I wanted to get better. I have got good results from it and I feel a lot stronger and am not troubled with such bad headaches as I used to be and am more regular. I am gaining in weight all the time and I tell my friends what kind of medicine I am taking. You may use my letter as a help to others."—Mrs. James Racho, Box 12, Dublin, Ontario.

Surnames and Their Origin

ABRAM.

Racial Origin—English.
Source—A locality.

One history of the family name of Abram has been discussed in a previous article. It is the obvious and indeed by far the most common origin. But there is another.

The family name of Abram is not always a contracted form of the Biblical given name of Abraham.

If you will take down your atlas and search diligently the map of England, specifically in Lancashire, you will find a little town which bears this name.

Here are the successive steps. Adburgham was originally pronounced with the 'gh' somewhat like the sound which the modern German gives to "ch." It was an aspirate somewhat hoarser than our present softly breathed "h," but not a full guttural like the hard "g." The first stage was the tendency to soften this "h," making the pronunciation "ad-bur-ham." The next step was to slur over the vowel in the second syllable, which at the same time involved silencing the "h," giving as the pronunciation "ad-bram." But the combination of "dbr" is a bit difficult, so that in everyday speech the "d" would be neglected, giving "abram." The changing of the "a" to the present "long" sound of that letter as in "day," was part of a general trend of the English tongue in comparatively modern times.

RINGGOLD.

Racial Origin—Welsh.
Source—A locality.

Here is a family name calculated to throw you on the wrong track at once. Superficial consideration would classify it as probably of Anglo-Saxon or general Teutonic origin, a combination of the two words which have given us our modern words "ring" and "gold," and the former of which was used in very early Saxon days to mean "money" (rings being used then as currency).

But the surname of "Ring-gold" has nothing to do either with "ring" or "gold." It was not originally an English or Teutonic word. It was Cymric, or Welsh. or did it designate any kind of article, but rather a kind of place or locality.

"Rhyngol," the older form, had the same meaning as the Anglo-Saxon word "cliff," that is, either a steep bank or a cleft through high ground. And so as a family name it has the same meaning, and is in fact the Welsh counterpart of such names as Cliff and Cleve.

Of course, in its first use as a surname its descriptive use, it was preceded by a prefix meaning "at," "or" or "from" in exactly the same manner that the earliest forms of the name Cliff are found with a prefixed "a'tte" ("at the") or "de la" ("of the"), showing conclusively its origin as indicating the place of residence of the first bearers.

Genuine

BAYER

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 (Acetylsalicylic 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."