WOMEN'S HANDICAPS

Headaches and Backaches Often Make Life Miserable.

A woman's health handicaps her almost always. She has pains and disabilities which do not afflict men. Nature does not give her a fair chance. Her blood is more often thin and poor than a man's, and she often neglects the first beginnings of ill-health. Many women who seemed destined to a life of frequent suffering have been freed entirely from their suffering through the wonderful blood-making qualities of Dr. Williams' Pink Pills. Many a woman toils all day with a pain in her back and side, a burning headache, and a sense of having no spine left.

What a pity women will not listen to their friends whom Dr. Williams' Pink Pills have saved from their misery. Whenever a woman suffers they will help her—in youth, middle-age and afterlife. Mrs. John Mitchell, of Middleville, Ont., gives her experience for the benefit of other women sufferers. She says:—"Some years ago I was so badly run down I could hardly walk around the house. I tried to do a few chores but was able to do very little. My boys and husband had to do the rest. If I started up stairs I had to go very slow or I would fall, and I was just played out when I got at the top of the stairs. My head ached terribly, and my heart would beat violently. In this deplorable condition I began taking Dr. Williams' Pink Pills. When I had finished six boxes I felt much better. Then I got a further supply, and by the time I had taken these I could walk anywhere without being exhausted, the headaches had disappeared and I am now perfectly well. Any woman who is run down should not hesitate to begin Dr. Williams' Pink Pills at once, as I am sure from my own experience they will build her up."

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

Was Suspicious.

After reading about starved lives and the soul hunger of wives for a kind word, Mr. Tenspot became contrite and resolved to do better. So on reaching home he hailed his better half after this fashion:

"Well, here she is, the best little wife in the world."

"John," interposed his wife, sharply, "have you been drinking?"

"Of course not."

"Then what have you been up to?"

Huge Glass Roof.

The roof of the famous Crystal Palace in London contained fourteen acres of glass.

Alaska has a fish which, when dried, forms an effective candle.

The Passing of Autumn.

The wizard has woven his ancient scheme
A day and a starlit night,
And the world is a shadowy, pencilled dream
Of color, haze and light.

Like something an angel wrought, maybe,
To answer a fairy's whim,
A fold of an ancient tapestry,
A phantom, rare and dim.

Silent and smooth as the crystal stone
The river lies serene,
And the fading hills are a jewelled throne
For the Fall and the Mist, his Queen.

Slim as out of aerial seas
The elms and poplars fair
Float like the dainty spirits of trees
In the mellow, dreamlike air.

Silvery-soft by the forest side—
Wine-red, yellow, rose—
The wizard of Autumn, faint, blue-eyed—
Swinging his censer, goes.

—Archibald Lampman.

A Serious Encounter.

Billy—"Miss Skelton turned her back on me and cut me dead."

Philippa—"Gosh! and her shoulder blades are sharp enough to give you a severe cut."

He Got His.

Timid Voyager—"Steward, doesn't this ship tip a good deal?"

Steward—"No, sir, not that I've noticed, sir—she leaves that to the passengers, sir."

There are more cattle in England and Wales to-day than there were before the War.

NURSES

The Toronto Hospital for Incurables, in affiliation with Bellevue and Allied Hospitals, New York City, offers a three years' Course of Training to young women, having the required education, and desirous of becoming nurses. This Hospital has adopted the eight-hour system. The pupils receive uniforms of the School, a monthly allowance and traveling expenses to and from New York. For further information apply to the Superintendent.

A Sidelight on History.

An interesting piece of secret history, which explains how the German naval signal codes came into the hands of the British Admiralty, has just been revealed.

When the German cruiser Magdeburg struck a mine near the island of Odensholm, off the Estonian coast, the crew abandoned the ship and surrendered. But it was noticed by some Russians that one of the German officers jumped overboard.

This aroused the Russians' curiosity, the spot was noted, and a diver was sent down. He recovered the body of the officer, and it was then found that the latter has secured to his person a number of secret German naval codes.

A copy of these codes was supplied to the British Admiralty, but the Germans, unaware that they had fallen into hostile hands, continued to use them. It is stated that the possession of these German codes was of considerable value to the British fleet during the battle of Jutland.

Gave Him the G. B.

Sophie—"So Miss Passay has given her lover the grand bounce?"

May—"Yes; he made the mistake of writing her a poem and calling it 'Lines On My Sweetheart's Face.' "

Speed of Gulf Stream.

Speed of the Gulf Stream as it flows along the United States coast is approximately five miles per hour.

Research in India.

A research institution for the improvement of cotton was recently opened at Inders, Central India.

Chinese Chain Stores.

Chain stores, operated by Chinese, now dominate certain lines of retail trade in the Philippines.

The total estimated honey production for Canada in 1924 was 15,804,000 pounds with a value of $2,552,000.

Sentence Sermons.

No Man Makes Progress—Until he has chosen some great objective in life.

—After he become satisfied with his own work.

—Whose ideals are not constantly in advance of his achievements.

—Whose profits are made at the expense of principles.

—Whose self-respect is lowered by the work he does.

—Who is constantly at war with his conscience.

—Who depends upon influential friends more than personal endeavor.

A LITTLE BOOKLET MOTHERS SHOULD HAVE

It Tells What a Mother Ought to Know for Baby's Sake.

Above all things every mother wishes that her child, or children, whatever their age, may be bright, healthy, good-natured, rosy boys and girls; clear eyed, clear skinned babies; good sleepers, bright wakers. Every mother's wish for her little folks is that they may be well.

It is natural for little folks to be well. No wise mother thinks that her child at any age is in a natural state unless it is well and happy. No mother can expect, though, that her child will escape all the ills to which babyhood and childhood are subject, but she can do much to make baby's battles for health easily won.

A valuable little booklet entitled "Care of the Baby in Health and Sickness" has been prepared and as it is something every mother should have, a copy will be sent free to any mother on request who will mention this paper by The Dr. Williams' Medicine Co., Brockville, Ont.

Commercial Mind.

A country minister was talking to one of his flock, who ventured the opinion that ministers should be better paid.

"I am glad to hear you say that," the minister said. "I am pleased that you think so much of the clergy. And so you think that we should have better stipends?"

"Yes," said the man. "Ye see, we'd get a better class of men."

Not Really Afraid.

"Bang!" went the rifles at the manoeuvres.

"Oo—o!" screamed the pretty girl—a nice, decorous surprised little scream, as she stepped backward into the arms of a young man.

"Oh!" she said, blushing, "I was frightened by the rifles; I beg your pardon."

"Not at all," said the young man. "Let's go over and watch the artillery."

Japanese children are taught to write with both hands.

Few love to hear the sins they love to act.—Shakespeare.

A tea your grocer recommends is usually good tea

RED ROSE TEA "is good tea"

And most grocers recommend it. 52

Father's Fault.

"I am sorry to say it, Henry," said the teacher, "but your composition is not worthy of you. The grammar is faulty, the logic weak, the statements are based upon misinformation, and the style is lamentably crude."

"My word!" Henry replied. "Won't dad be angry when I tell him that?"

"But you can tell him you'll do better next time."

"Do better? Why, dad wrote the whole of it himself!"

Ask for Minard's and take no other.

Many Codfish Species.

The codfishes number ninety species, of which the ordinary cod is the most important. It reaches a length of four feet. In November each mature female deposits about ten millions of eggs which hatch floating on the surface of the sea. Vast numbers of codfish are caught with hooks and lines along the North Atlantic and Pacific coasts, and are much valued for food both in the fresh and salted state.

Europe's Largest Glacier.

The largest glacier in Europe is the Justeldas Brae, in Norway.

Why are good resolutions like a squalling baby at church? Because they should always be carried out.

Classified Advertisements

SHOWCARD WRITING INCREASES EARNING power. We show the way. Students sell work before through course. Easy, effective. Shaw Schools, Toronto, Forty-two Bloor West.

LADIES ONLY—OUR BOOKLET, LADIES' Friend, mailed in plain envelope, free. Casler 2423, Montreal.

LADIES WANTED—TO DO PLAIN AND LIGHT sewing at home, whole or spare time; good pay; work sent any distance, charges paid; send stamp for particulars. National Manufacturing Co., Montreal.

FITS—EPILEPSY PERMANENTLY STOPPED by Trench's Remedy. Simple home treatment, 35 years' success, thousands testimonials. Write at once for free book. Trench's Remedies Limited, Dept. Y, 79 Adelaide East, Toronto, Canada. (Cut this out.)

BAKERS' OVENS. WRITE FOR CATALOGUE and list of used ovens Hubbard Oven Company, 782 King West, Toronto.

SILVER FOXES.

$100-$500 SCHURMAN FUR FARM, SUMMERSIDE, P.E.I.

On Backs and Heads.

Due to the absence of transportation facilities, thousands of tons of African produce are still carried on the backs of natives.

MURINE Keeps EYES Clear, Bright and Beautiful
Write Murine Co., Chicago, for Eye Care Book

PAIN
Minard's penetrates, soothes, and stops the pain. Always keep a bottle handy.

MINARD'S "KING OF PAIN" LINIMENT

"DIAMOND DYE" ANY GARMENT, DRAPERY

Just Dip to Tint or Boil to Dye

Each 15-cent package contains directions so simple any woman can tint soft, delicate shades or dye rich, permanent colors in lingerie, silks, ribbons, skirts, waists, dresses, coats, stockings, sweaters, draperies, coverings, hangings—everything!

Buy Diamond Dyes—no other kind—and tell your druggist whether the material you wish to color is wool or silk, or whether it is linen, cotton or mixed goods.

READY GLAZED STORM WINDOWS PAY FOR THEMSELVES
Stop Fuel Waste, insure Winter Comfort with Storm Windows. Low "Freight Paid" prices, ready-glazed; safe delivery guaranteed. Free price list and easy measuring chart.
THE HALLIDAY COMPANY LIMITED HAMILTON

SHIP US YOUR POULTRY, GAME, EGGS, BUTTER AND FEATHERS
- WE BUY ALL YEAR ROUND -
Write today for prices—we guarantee them for a week ahead
P. POULIN & CO., LIMITED
Established over 60 Years
36-39 Bonsecours Market — Montreal

CAPO POLISHES FOR ALL PURPOSES
"Makes old like New"
WATERPROOF ARCTIC DUBBIN
SAVES BUYING RUBBERS
The Capo Polishes, Ltd., Hamilton
LESS WORK BETTER RESULTS CAPO

Large Red Pimples Itched Terribly Cuticura Heals

"My face became full of large, red, scaly pimples and at times they itched terribly. They spread in great blotches and formed large, sore eruptions that burned a great deal. I was ashamed to go anywhere on account of them, and the trouble kept getting worse. The trouble lasted about a year.

"I tried various kinds of ointments without success. I sent for a free sample of Cuticura Soap and Ointment and they helped me. I purchased more, and after using three boxes of Cuticura Ointment, together with the Cuticura Soap, I was healed in about two months." (Signed) Miss Mildred M. Breau, Crousetown, Nova Scotia.

Prevent pimples by daily use of Cuticura Soap, assisted by touches of Cuticura Ointment when required. Dust with Cuticura Talcum.

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

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.

Surnames and Their Origin

FILMORE

Variations—Filmur, Fullmer, Fulmer.
Racial Origin—English.
Source—A locality.

More anciently this family name had the variations "Fylmere" and "Filmour," but these spellings apparently have disappeared completely in recent generations.

A quite plausible argument that this name is of Celtic origin and that it was developed from the words "filea," meaning a bard, and "mor," meaning great, has been advanced from time to time, the argument that some ancient ancestor of the Filmores was a "famous bard."

But the theory does not stand up in the light of research, which shows first, no evidence of Celtic origin, and, second, that there were so many "famous" bards among the Celts of England, Wales, Scotland and Ireland that it would have meant little for a man to refer to his ancestry in such vague terms.

But in the speech of the Saxons, "fille" meant fertility as applied to the land and "mere" meant either a lake or a moist section of ground. It is easy to see, therefore, that the combination of these two words might easily have been applied by the Saxons to many spots in England as local names, and indeed there are records to be found of several places so named. Quite naturally the surname arose as indicating residence at or near such a spot.

MacNIDER.

Variations—MacNiter, Weaver.
Racial Origin—Scottish.
Source—An occupation.

Here is a family name which comes from Scotland, and though purely Gaelic, traces back to an occupational origin. Family names of this description were extremely unusual among the Gaels of Ireland. But in Scotland, though they are by no means general, they are occasionally met with.

Spelled in the Gaelic fashion, this family name is "Mac-an-fhigheadair." At least, that's the nearest you can come to the Gaelic spelling with the English alphabet, and the Gaelic-speaking Scot would pronounce it so that to your English-trained ears it would sound something like "Macaniader" with the accent on the "nia." Take a pronunciation something like this and put it on careless English tongues, and it does not take long to make it MacNider or MacNiter.

The meaning of the name is "Son-of-the-weaver,' and it appears to be found only among those who claim descent from the famous old Clan MacFarlane, one of those clans descended from the first Irish settlers of Scotland, a century or two before Christianity spread among the Gaels. It is a name that came into being as a substitute, evidently, at the time the MacFarlanes were "outlawed" and became, like the MacGregors, a "broken clan." It has in a great many cases been changed to its virtual equivalent in English, Weaver.

Minard's Liniment for Distemper.

use SIMONDS SAWS and MACHINE KNIVES
They stay sharp longer.
SIMONDS CANADA SAW CO. LIMITED
1660 DUNDAS ST. W., TORONTO
VANCOUVER MONTREAL ST. JOHN, N.B.

INECTO RAPID
The world's best hair tint. Will restore gray hair to its natural color in 15 minutes.
Small size, $3.30 by mail
Double size, $5.50 by mail
The W. T. Pember Stores Limited
129 Yonge St. Toronto

After illness you need BOVRIL

Influenza, debility and other illnesses result in loss of vitality, weight, and weakened digestion. Bovril is the food which not only contains nourishment and strength, but supplies it in a concentrated and easily digestible form. Bovril contains the most valuable nourishing and stimulating qualities of Prime Beef.
That is why:—
BOVRIL puts BEEF into you 27-25

For Headache

BAYER ASPIRIN

Proved safe by millions and prescribed by physicians for

Headache	Colds	Neuralgia	Lumbago
Pain	Toothache	Neuritis	Rheumatism

DOES NOT AFFECT THE HEART

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."

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. C