RHEUMATC PEOPLE NOW FIND RELIEF

By Driving the Poisonous Acid From the System.

Rheumatism attacks people when the blood is thin and watery or charged up with impurities, thus setting up inflammation of the muscles and joints. Cold, wet weather or sharp winds may start the pains, but the cause is rooted in the blood, and to get relief it must be treated through the blood. As a blood builder and nerve tonic Dr. Williams' Pink Pills are unsurpassed, and for that reason do not fail to give relief to rheumatic sufferers when given a fair trial. Among the rheumatic sufferers who have proved the great value of this medicine is Mr. N. M. Foley, Windsor, N.S., who says:—"My trouble started with a bad cold, the result of working in a heavy rain storm. From that it developed into rheumatism which badly crippled me and kept me confined to bed for upwards of six months. The doctor who treated me did not help me, and every friend who called to see me had something different to advise. Some of these remedies I tried, but with no better results. My legs were stiff from the hips down, and every move I made caused intense pain, and constantly I was growing weaker. Then a friend from Falmouth, who came to see me, asked if I had tried Dr. Williams' Pink Pills. I had taken so much medicine without benefit that I was skeptical and said so. My friend, however, had so much faith in the pills that he got me a supply and to please him I began taking them. I had not been taking them long when I began to feel a change for the better, and I gladly got a further supply. Soon I was able to get out of bed and walk around on crutches. Still taking the pills I used in all seventeen boxes, by which time I was a well man and at work every day. Now I always keep a box of Dr. Williams' Pink Pills in the house and if I feel an ache or pain I take them, and always with good results. I believe I would still be a bed-ridden cripple but for these pills, and I shall always praise and recommend them."

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.

Can You Judge Distances?

If you devote your Saturdays to golfing, shooting, or taking photographs, you have, in all probability, met the problem of judging distances.

Bear in mind these few simple rules, and your difficulty will be lessened. With the naked eye, if you have average sight, you can see the whites of peoples eyes at thirty yards; at eighty yards you can just see their eyes.

When all parts of their body are distinguishable, they are 100 yards away; when the outlines of their faces are just visible, the distance is 200 yards; and when a face appears as a separate dot, you should be 400 yards away.

Six hundred yards away a group of people can be distinguished singly; but at a further distance than this no detail of the human form can be determined. Yet at 1,200 yards you should be able to tell a man on horseback from a man on foot; at 2,000 yards he is simply a dot on the landscape.

The majority of people, too, are unable to determine the wind's velocity. When the smoke from a chimney moves in a straight, vertical column, it means that a one to two-miles-an-hour breeze is blowing. A three-miles an-hour wind will just stir the leaves on the trees.

Twenty-five miles an hour will sway the trunks; at forty, the small branches will break; and it takes a mile-a-minute gale to snap the trunks of big trees.

The Son of a Fisherman.

"Are We goin' to keep him?" asked Bobby, looking at his new baby brother.

"Of course. Why not?" asked the mother.

"Well, he's so small I thought maybe we'd have to put him back."

Origin of Toasts.

The custom of drinking "toasts" is derived from the ancient religious ceremony of pouring libations to the heathen gods.

Gypsies in the Central States of the U.S.A. are abandoning their caravans for high-powered motor cars, although the occupants still dress much in the traditional gypsy fashions.

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.

London in its drive to tone up fog-smothered kiddies is adopting the Fresh Air movement, instigated with such success here. The photograph shows a group at Barham House, St. Leonard's.

...TTER

...ead for Those Others Who ...Young.

...ovember. Well, he would leave with ... heavy heart.

Out of the Past.

Katharine was not surprised to see a ...tter from John on her plate on the ...orning of November 11th. He had ...ready made many appeals to her. It was a short note, but something ...another letter—fell from the envel...e as she read:

'Dear Katharine,—I was turning out ...t night and came across the en...sed. It was amongst the last of ...'s things which came home from ...nce. Auntie gave them to me to ...k over. Somehow I had not cared ...do this before, but it is necessary ...t everything should be cleared up ...ore I go away. I send this as I ...nk you may care to keep it.—John."

...he turned to look at the letter. It ...st have been nearly ten years old. ...was written in the round, girlish ...iting which had been hers long ago. ...e sight of it made her heart grow ...ld. She opened it with tentative ...ngers, and read.

The Wisdom of Youth.

It would be cruel to give that letter here in its entirety—let it suffice to say that there were many crosses at the end of it and it was signed "Kitty." Yet one sentence jumped out at her: "Yes; I've thought hard Jimmy, as I promised you, and we will be married during your next leave. I know we are young, but let us take what the gods give while we may——"

Katharine sat for a long time thinking. She had forgotten that she had ever been foolish enough to scribble kisses at the end of a letter.

And she had often wondered whether he had received her letter. It had not been returned unopened with some of the others. She saw now from the postmark that he must have received it the day before he died.

Ah, well, for them it had been too late! The gods hadn't given them their chance of being young and foolish—or was it just being divinely wise? But these other two?

She turned to the telephone and asked for John's number.

"I shall consent to nothing until after Millie is twenty-one," she said.

Millie was tearful.

"But he's got to go to India for five years, and we wanted to marry before he left!"

Katharine was adamant. She said, to, in a moment of anger, that she did not know how Millie could so easily contemplate leaving her after all she'd done for her. Poor Millie! Poor Katharine! It was a stormy scene. But Katharine stood to her guns.

She remembered suddenly, with a shade of annoyance, that it was only through herself that Millie had known John. He was the brother of someone she had known in the old days.

John was an orphan, too. It had been that partly, perhaps, which had drawn him to Millie. With his brother Jim, he had always lived with an aunt and uncle. Jim had been killed at the age of twenty-three during the war. And now John was twenty-three himself.

He was due to sail at the end of ...ovember. Well, he would leave with ... heavy heart.

Surnames and Their Origin

HALL.

Variations—Hales, Sale, Sales, Sahl, LaSalle, Lasalle.
Racial Origin—English, French and German.
Source—A locality.

This group of family names, representative of development in three different languages, belongs to that classification of surnames which at first were indicative of the place of residence of the individual, or the locality with which he was connected in the minds of those with whom he came in contact, and who naturally distinguished him from other individuals of the same given name by reference to this.

In England there was the word "hall," the same that we now use in the sense of "public hall," or "great hall." In French there was the word "salle," with approximately the same meaning, but which since has come to be equivalent to "room" with them, and which was introduced into English by the Normans to come down to us as "saloon." In German the word was "sahl," and still is.

Thus the original surnames, with proper prefixes, meant the same thing in the various languages.

Hall, of course, betrays the origin in Anglo-Saxon speech. Hales is sometimes, but not always, a development of this. Lasalle is French, with one of the prefixes incorporated. Sahl is German. Sale and Sales represent an English development of the family name from a French or Anglo-Norman beginning.

POLLOCK.

Variations—Pollock, Poole, Pool.
Racial Origin—Scottish and English.
Source—A locality.

Two forms of this family name while Scottish and traceable in the last analysis to a Gaelic source, are not necessarily to be numbered in the list of the highland clan names.

Pollack and Pollock, like the English forms, Poole and Pool, are purely place names, with the same meaning, except that in the case of the Scottish forms the origin lies mostly in an actual place name, while in the English forms it represents merely the description of a locality.

There is a parish in Renfrewshire, Scotland, named Pollock, and this name is supposed to come from the Gaelic word "pollog," with the meaning of a "little pool" or "pond." It is a safe assumption that the earliest bearers of this family name for the most part came from that parish.

In England any man living near a pool or pond would be likely to have the reference of it attached to his name. Thus, a man named John, who everybody knew lived near such a place, would be distinguished from other Johns by the name "John atte Pool," the "atte" being simply a contraction of "at the." At a later period this "atte" was contracted to "a'." Thus the name wuold become "a'Pool," and finally just "Pool."

Ghosts!

This is a story of a diver who saw two ghosts. He had gone down to the wreck of a large steamer and was crossing the main saloon, when two gray shapes of enormous size came ambling towards him. He did not wait to make notes, but gave the danger signal and was pulled up. Told in the cheerful light of day, it seemed rather a lame story, so another diver went down to see what he could make of it. Toward him also came the ghostly gray shapes. He stood irresolute for a moment and then, going boldly forward, struck his hatchet through—a mirror! The ghosts were only a dim reflection of his own legs, much enlarged, of course, as everything is that a diver sees through the great frontal eye of his helmet.

Minard's Liniment for Chilblains.

CHILDREN LIKE BABY'S OWN TABLETS

Because They Are Tasteless and Are Easy to Take.

One of the strongest points in favor of any medicine for children is that it is so agreeable that the mother does not have to force it down the little one's throat.

Baby's Own Tablets have no drug taste, may be crushed to a powder if desired, and babies like them. They are perfectly safe for they contain no opiate or narcotic. They sweeten the stomach and remove the cause of fretfulness.

Mrs. Arthur Charlebois, Pawtucket, R.I., says: "I have found Baby's Own Tablets to be a gentle laxative and a safe remedy for stomach disorders in children. Our little boy had been given harsh cathartics but these tablets worked more effectively without the severe griping. I can recommend them to all mothers of little children."

Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Grounds of Divorce.

"On what grounds did she get her divorce?"

"Chicago, I believe."

Upset stomach, sluggish liver, and acid condition cause bad breath. Seigel's Syrup gets at the cause. Try it and have a wholesome breath. Any drug store.

Duke of Marmalade.

Among the whimsical titles which appear on the pages of national history, few are more apparently frivolous than the Duke of Marmalade, the Count of Lemonade, and the Earl of Brandy. They are, or were, however, real titles bestowed by a genuine monarch on three favorites during the last century.

In 1811 a revolution occurred in Hayti, and Christophe, a Negro, declared himself emperor. Through conspiracy and plot he retained power until 1820, preserving to the last the appearance of a Royal Court, and creating numerous nobility.

Among them were the three mentioned; and far from being instances of the frivolity of the African character, they were names of places, the first two being originally plantations, but latterly towns of some importance.

God With Us.

God so determined even his defeats
That they became his greatest victories.
God made his enemies as a wind to fill
His homeward-rushing sails. Wherever he went
The Lord was with him, and the Lord upheld him.

—Alfred Noyes.

The name "Red Rose" has been a guarantee of quality for 30 years

RED ROSE TEA "is good tea"

The ORANGE PEKOE is extra good. Try it!

Hospital for Sick Children.

67 College St., Toronto, 2, Ont.
Christmas, 1925.

Dear Mr. Editor:—

This is the fiftieth year—the semi-centennial of the Hospital for Sick Children. It is the Golden Anniversary of an institution which started out in 1875 with a six-bed equipment to cure children medically of their illnesses and to rid them surgically of their disabilities. Fifty years have passed and the tiny hospital has grown into one of the greatest institutions of its kind in the whole world.

The people of this province demanded this service—and they have made it possible by their Christmas Time gifts. They are rewarded by the knowledge that thousands of Ontario children will grow up into manhood or womanhood blessing the "little blue cots" wherein they were restored and strengthened to play a full part in the battle of life.

To win back health for six thousand boys and girls was the measure of the Hospital's ward-service alone this year. Besides that there were over half a hundred thousand attendances in the Out-Patient Department, where the less serious cases are treated. All this cost a great deal of money, even though the doctors give freely of their skill and the nurses of their care. There is board and lodging and laundry to be provided, besides the best that can be procured in the way of all the medical and surgical supplies required to treat the myriad ailments and accidents to which children are subject.

In order to maintain its high standard of efficiency and also to widen the scope of its service through clinics conducted all over Ontario, the Hospital is compelled to borrow heavily during the year. On the occasion of its fiftieth Christmas an appeal is made to the public for the funds which will allow the Hospital for Sick Children to enter upon its second half-century of service with its courage renewed by a credit balance in the bank.

It is indeed a noble cause which I feel sure you will cordially commend to your readers.

Faithfully yours,
IRVING E. ROBERTSON,
Chairman Appeal Committee.

Note—This Hospital does not receive an appropriation from the Federation for Community Service Drive.

Keep Minard's Liniment handy.

Books for New-Born Babes.

It is curious that English mothers are alone in having no superstitious beliefs regarding methods of preserving their babies from natural or supernatural harm.

Welsh mothers put a pair of tongs in the cradle; Irish mothers pin their faith to the efficacy of a belt made of women's hair and placed round a child.

Roumanian mothers tie red ribbons round the ankles of their children to preserve them from harm. Swedish mothers always place a book under the head of a new-born infant so that it may be quick at learning to read. Money is placed in its first bath to guarantee its wealth in the future.

In Spain every infant's face is brushed with a pine-tree bough to bring good luck.

GENUINE ASPIRIN PROVED SAFE

Take without Fear as Told in "Bayer" Package

BAYER

Does not affect the Heart

Unless you see the "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Tablets of Aspirin proved safe by millions and prescribed by physicians over twenty-five years for

Colds	Headache
Neuritis	Lumbago
Toothache	Rheumatism
Neuralgia	Pain, Pain

Each unbroken "Bayer" package contains proven directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100.

CHILBLAINS! Wash the feet with warm water and rub with Minard's. Quickly stops the pain.

MINARD'S "KING OF PAIN" LINIMENT

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

Masks.

We go about behind our masks
Of modern thoughts and modern tasks;
And finally, when all are done,
We wear a very ancient one.

—Precott Hoard.

Young Grandmothers.

A "youngest grandmother" record was set up years ago by a Lady Child of England, who was only 27 when she nursed her first grandchild. She herself was a mother at thirteen.

Stamp Trade Highly Organized.

Paris has long been a cosmopolitan gathering place of stamp collectors from everywhere in the world. The stamp trade in Paris is so thoroughly organized that it even has a curb market.

Eel That's Not An Eel.

The electric eel, the most powerful of electric fishes, is not an eel but a close relative of the sucker or carp.

The meaning of "Iconoclas" is "a breaker of images"—that is, one opposed to idol worship.

Either Kind Stops Coughs

Buckley's Mixture "Strong" or "Modified" will stop your cough or cold. Buckley's "Strong" is the same efficient remedy you have used before. Buckley's "Modified" differs in taste only. Made for those who find medicines distasteful, particularly the children.

Both Mixtures act like a flash on coughs, bronchitis or any affection of throat, chest and lungs.

75c—40 doses

BUCKLEY'S MIXTURE "STRONG" OR "MODIFIED"

W. K. Buckley, Limited
142 Mutual St., Toronto 2 207

Why Suffer With Itching Rashes

When a warm bath with Cuticura Soap and application of Cuticura Ointment will afford immediate relief and point to permanent skin health in most cases when all else fails.

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