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65 Per Ton.

Overcoming the High Charges for Heating.

The annual coal consumption in Canada for domestic purposes is nearly 7,000,000 tons, which, if we allow a cost of $15 per ton, representing a yearly expenditure of some $105,000,000. With increasing population and the gradual extension of settlement northerly, this consumption will naturally increase; any effort, therefore, having for its object a substantial reduction in our domestic heating bill, is worthy of public attention.

The hope of relief, entertained by some, through electric heating from our water-powers, has been definitely shattered by the fact that, outside of the question of cost, the demand would far exceed the supply available. For instance, in Quebec and Ontario, alone, assuming a population of some 6,000,000, a total of probably not less than 10,000,000 h.p.—and costing from $100,000,000 to $200,000,000 per annum—would be required to supply electricity for heat. The power available within the more thickly populated portion of these two provinces, even including Canada's equity in the great possibilities of the St. Lawrence and Niagara Rivers, the greatest water power resources in the world—only amounts to about 5½ million horse power.

The possibilities and economic efficiency of central heating plants applicable to Canadian conditions, as to any country with long winters, due to the initial cost of the underground distribution piping system, these plants usually involve heavy overhead expenses; when the plant is used, however, and during long periods of the year, the charges can be spread over larger periods than would be the case for systems only used during those periods, as in certain localities in the United States. Another economic good result from the possibility of using the cheaper grades of coal, instead of the expensive anthracite formerly used in Eastern Canada, suitable boilers with automatic stokers and smoke-consumers would remove some of the present disabilities in the use of the inferior fuels.

Sabbath and Sunday.

In English there is not a more derogatory word than "Sabbath," yet it is used with an amazing carelessness as a synonym for Sunday. The writers of the Gospels of the New Testament spell Sabbath correctly.

It is always Hebrew and in no instance is it associated with the New Testament dispensation—now universally known as Christianity. Indeed the Apostles were severely rebuked by the Jews for breaking the Sabbath. Christianity cannot break the Sabbath for they do not have it to break.

Sabbath and Sunday are observed several days, but this is not necessary, as astronomy shows that the variety of days from year to year is negligible; since the year and day are incommensurable. The leap years so that any given date varies a day even this does not correct the error as other corrections—the common leap year—becomes necessary. There is still deeper reason for disregarding the severity of the Sabbath. Firstly, our seven day week is unknown a thousand years older than the Book of Genesis. Evidence is very clear that it was founded on quarter-phases of the sidereal month—the "true month." Long before anything even resembling astronomy arose, man noted that the moon slowly moved into another group of stars each night and, through eye measurement, completed the revolution in twenty-eight days—"the twenty-eight mansions of heaven" of the Chinese and Japanese.

Tonics for Trees.

Trees and plants can now be chloroformed, much in the same way as a doctor administers an anaesthetic to a patient, says an English writer.

For instance, a tree of a most delicate species, experimented on under the influence of chloroform, was transplanted without difficulty, and no harm resulted. It thrived in its new location as well, if possible, than it had done in its old. Without chloroform, transplanting would have meant certain death to the tree.

Experts have also applied anaesthetics to shrubs and flowering plants, with the object of forcing early growth. Thus, a lilac bush subjected to the fumes for a day slumbered practically that, when the effect passed, it believed its long winter had come to an end, and sent off shoots and blooms so energetically that Dame Nature saw the tree a mass of perfumed flower.

Similarly, nerve tonics can be administered to certain plants, with a view to toning them up, assisting growth, and arresting decay.

The Romans arranged their seats in the two temples of Virtue and Honor so that no one could enter the second without passing through the first; and this is the order of promotion—virtue, toil, honor.

The newspaper having the largest circulation is The News of the World, owned by Lord Riddell and printed in London. It has 4,000,000 circulation every Sunday, uses up 450 tons of paper a week, is printed on 26 presses, and its advertising rate is over $10,000 a page.

Denmark prohibits sweets. The Danish Government has issued a proclamation providing that sugar and certain articles containing sugar, such as jams, preserved and candied fruit, chocolate and cakes may be imported into Denmark only under license issued by the Minister of the Interior.

GOOD HEALTH AND GOOD SPIRITS

Depend Upon the Condition of the Blood—Keep it Rich, Red and Pure.

When a doctor tells you that you are anaemic, he simply means, in plain English, that your blood is weak and watery. But this condition is one that may easily pass into a hopeless decline if prompt steps are not taken to enrich the blood. Poor blood, weak, watery blood is the cause of headaches and backaches, loss of appetite, poor digestion, rheumatism, neuralgia, nervous irritability and many other troubles. To poor blood is due the pimples and blotches, the muddy complexion that disfigures so many faces. To have good health, a good complexion and a cheerful manner, the blood must be kept rich, red and pure. This is easily done through the use of a blood enriching tonic like Dr. Williams' Pink Pills. The whole mission of this medicine is to help enrich the blood which reaches every nerve and every organ of the body, bringing with it health, strength and new activity. That is why people who occasionally use Dr. Williams' Pink Pills always feel bright, active and strong.

Mrs. E. Cook, Simcoe, Ont., gives strong testimony to the value of Dr. Williams' Pink Pills when the blood is in an anaemic condition, she says: "I have been a sufferer for some years from a run down condition of the system. I suffered from pains in the back, twitching of the nerves and muscles, my appetite was poor, I had indigestion and would get drowsy after eating. My hands and feet were almost always cold, and though I was constantly doctoring, the medicine I took did not help me. I had practically given up hope of good health, until a friend from Hamilton came to visit me, and urged me to try Dr. Williams' Pink Pills. It took some persuasion, but finally I consented to try them. I have reason to be grateful that I did. Even before using the five boxes I felt like a new person. I have gained in weight, have a better color and my work is now a pleasure. For this condition my thanks are due to Dr. Williams' Pink Pills and I cannot praise them too highly."

You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

There are practically no women auto drivers in Argentina.

The Boy Scouts Association.

The Tenth Annual Meeting of the Provincial Council for Ontario of the Boy Scout Association held in Toronto on Friday, January 28th, was the most largely attended meeting that body has ever had, some fifty members of the Council and representatives from various sections of the province being in attendance. Mr. J. W. Mitchell, Vice-President of the Council, presided in the absence of the President, Mr. Gilbert E. Fauquier, who is spending the winter in Italy.

Reports presented to the meeting indicated that the organization in Ontario is now reaching practically 9,000 boys, there having been a substantial increase both in the number of troops and in public interest in the Scout movement since the early summer. It was also stated that the Provincial Board of Honour which deals with all applications for awards for life-saving, etc., dealt with seven meritorious cases during the first six months it was in office. Of these, two were for saving persons from death by fire, four for gallantry in water accidents, and one for specially good services rendered to the Boy Scout Movement. One boy saved two children from certain death in a fire which destroyed their home in which they were quarantined because they were suffering from scarlet fever. The scout not only performed the rescue at great risk to himself, but in doing so contracted a severe attack of the disease.

For the year 1921 Mr. Gilbert E. Fauquier, of Ottawa, was re-elected President, and Mr. W. K. George, of Toronto, Provincial Commissioner. Mr. J. W. Mitchell, of Toronto, and Rev. Fr. Hebert, of Ottawa, are the Vice-Presidents, and Messrs. H. A. Laurence and G. H. Ross respectively are the Provincial Secretary and Provincial Treasurer. The new Executive Committee consists of Sir John Eaton, C. Q. Ellis, A. B. Fisher, J. E. Ganong, J. G. Gibson, Lt.-Col. Hendrie, John G. Kent, Lt.-Col. Noel Marshall, C. B. McNaught, John A. Northway, A. J. Mitchell, J. F. M. Stewart, H. R. Tudhope, A. J. Gough and J. J. Vaughan. Messrs. Frank Arnoldi, K.C., H. A. Laurence, T. Albert Brown and A. T. Reid were re-elected to the Board of Honour.

Thrifty Boy.

Mother—"Oh, Freddy! I thought you were trying to economize, and here I find you with both jam and butter on your bread."

Freddy—"Why, of course, mother. One piece of bread does for both."

It is not Christianity that is a failure, it is the lack of it.

Minard's Liniment Relieves Distemper

Surnames and Their Origin

JACKSON

Variations—Jack, Jaxon, Jakes, Jake, Jacox.
Racial Origin—English.
Source—A given name.

Here is a group of family names, the derivation of which seems quite obvious. As a matter of fact, it's only half obvious.

You think these names all trace back to the given name John. So they do. But they also trace back to the given name James. In the case of the individual family it is impossible to determine which, unless the family can be traced back to the person from whom it took the surname; and then the research will fail unless there is enough of the history of that individual available to determine whether his medieval neighbors called him "Jack" because his name was John or because it was James.

The nickname Jack was, if anything, more commonly used for the given name of James than of John in the middle ages. And really the discussion gets more confusing as we go on, for we pause to remark that the name of James in the middle ages was not James at all, but "Jacobus," and that to-day the French form of the name is "Jacques." That is why the nickname of Jack was more often the variation of James than of John.

The manner in which the family names of Jackson and Jaxon were evolved from Jack is, of course, quite clear. Jacox, not a very common variation, has been developed from Jack in the same way that Hancock was built up on Han (from Johan, or John), through the diminutive ending "cock."

PACKER

Variation—Packman.
Racial Origin—English.
Source—An occupation.

The family names of Packer and Packman come down to us from the expressmen and purchasing agents of the middle ages.

They were not, of course, followers of calling strictly parallel to those of the modern expressman and purchasing agent, yet the similarity is close enough to warrant the use of those terms "with reservations."

Their economic reason for existence was the result of poor commutation facilities in the middle ages. The housewife who lived just outside London or any other city could not run into town to do a little shopping as easily as she could to-day. A journey of even a few miles was a fairly serious and time-consuming proposition. Nor did all of the ladies who had the funds and the desire to spend them in the larger shops of the cities have the servants and horses at their disposal that their more wealthy sisters of the nobility had. Hence the "packer," or "packman."

The "packer" was a trustworthy individual of sound judgment and reputation in his own community who acted as the go-between for those of that community who wished to shop in the city. He gave "express" service by riding a horse instead of driving a cart. His customers trusted him with their money and their tastes, and he brought their purchases back to them in his saddlebags.

As the name appears in the Writs of Parliament and other old records, first as purely descriptive of a calling, and later as a family name, it was spelled "Pakkere," "Packere," or "Pakeman."

The Sweetness of Wheat and Malted Barley is the sweetness of

Grape-Nuts

The delicately rich flavor, natural to the grains, is developed through 20 hours' baking. Grape-Nuts needs no added sugar, and is rich in nourishment of a form easy to digest.

This ready-cooked food is economical

"There's a Reason"

A Plea.

My life is what I made it, good or ill.
Let me forever know this, and be still.
I would not lay to destiny or fate
The failures that are mine, or overrate
Those fruitless efforts made.
But looking on this life as but a grade,
I would with contrite spirit strongly strive
To let what good there is in me survive.

WELL SATISFIED WITH BABY'S OWN TABLETS

Once a mother has used Baby's Own Tablets for her little ones she will use nothing else. Her use of them leads her to believe there is no other medicine to equal them for any of the many minor ailments of childhood. Concerning them Mrs. Eugene Boisvert, East Aldfield, Que., writes: "My baby was terribly constipated, but after the use of Baby's Own Tablets he is entirely well again. I am so well satisfied with the Tablets that I lose no opportunity in recommending them to other mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

To Study Pain in "Phantom" Limbs.

Dr. G. Jefferson, of the Royal Infirmary at Manchester, has just received a grant for the purpose of studying the after-history of amputation cases, particularly those in which pain is felt in "phantom" limbs, the former members which no longer exist. Dr. George Riddock, of London, in discussing "phantom limbs," says:

"When a person has an amputation of a leg or an arm it is a fact that he often complains of pain in the missing member. He may be wearing a cork leg at the time, but the feeling is that the foot is still there. Sometimes this peculiarity is distressing and, although it may last only a few months, cases are known in which persons who have had only one arm or leg for years have complained of aches and pains in the limbs they had lost."

"Cascarets" If Sick, Bilious, Headachy

To-night sure! Let a pleasant, harmless Cascaret work while you sleep and have your liver active, head clear, stomach sweet and bowels moving regular by morning. No griping or inconvenience. 10, 25 and 50 cent boxes. Children love this candy cathartic too.

How Animals Sleep.

Elephants sleep standing up. When in a herd a certain number will always stand watch while the others sleep, for the big, powerful beasts are timid and cautious at night and will not go to sleep unguarded.

Bats sleep head downward, hanging by their hind claws.

Birds, with few exceptions, sleep with their heads turned tailward over the back and the beak thrust beneath the wing.

Storks, gulls and other long-legged birds sleep standing on one leg.

Ducks sleep on open water. To avoid drifting ashore they keep paddling with one foot, thus making them move in a circle.

Foxes and wolves sleep curled up, their noses and the soles of their feet close together and blanketed by their bushy tails.

Lions, tigers and cat animals stretch themselves out flat upon the side. Their muscles twitch and throb, indicating that they are light and restless sleepers.

Owls, in addition to their eyelids, have screens that they draw sideways across their eyes to shut out the light, for they sleep in the daytime.

"Pape's Diapepsin" Corrects Stomach.

"Pape's Diapepsin" is the quickest, surest relief for Indigestion, Gases, Flatulence, Heartburn, Sourness, Fermentation or Stomach Distress caused by acidity. A few tablets give almost immediate stomach relief and shortly the stomach is corrected so you can eat favorite foods without fear. Large case costs only 60 cents at drug store. Absolutely harmless and pleasant. Millions helped annually. Largest selling stomach corrector in world.—Adv.

Quarantine.

"This child has the scarlet fever," cautioned the doctor, picking up his hat, "and must be kept apart from the other children. Do you understand?"

"Oi do," replied the father.

The next morning early the physician again called. When the Irishman observed the doctor glancing around the room, he said:

"Oi'll soon hov him here, doctor. Ye towld me t' keep 'im separate from the rest, an' seen' as we hov only th' wan bed f'r th' rove iv us, Oi sent 'im over t' slape wid th' lad next door!"

No Acquaintance With Water.

"Could you do something for a poor old sailor?" asked the seedy-looking wanderer at the gate.

"Poor old sailor?" echoed the woman at work at the tub.

"Yes, ma'am. I followed the water for sixteen years."

"Well," said the woman, "you certainly don't look as if you ever caught up with it."

There are two kinds of religion: creeds and deeds.

Used Autos

BREAKEY SELLS THEM; USED cars of all types; all cars sold subject to delivery up to 200 miles, or test run of same distance if you wish, in as good order as purchased, or purchase price refunded.

BRING mechanic of your own choice to look them over, or ask us to take any car to city representative for inspection. Very large stock always on hand.

Breakey's Used Car Market
402 Yonge Street, - Toronto

New Uses for Paper.

We have heard of paper suits, and we have all donned paper hats at children's parties, but Germany is putting paper to an even more unique use.

Whilst travelling in Germany recently an Englishman was struck by the curious window straps in the German trains. Instead of being the orthodox leather ones they appeared to be made of some very strong twisted fibre.

Later he was able to procure a portion of one of these straps, and, on investigating, found that they were simply made of paper. It had been twisted into tiny strands, and twisted again and again, then probably treated with something to strengthen it, for the straps must needs be very strong to hold up a carriage window, especially as those in the German trains are of a large and heavy type.

The seats in many of the trains are also covered with the same substance, while baskets and many other articles are made in the same way.

His Hearing Restored.

The invisible ear drum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York City. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or by perforated, or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth Avenue, New York City, will be given a prompt reply. advt.

Mr. Paderewski's Title to Fame.

The Polish patriot and Pianist, Mr. Paderewski, is keenly interested in farm stock. He once bought some prize pigs in Essex, a transaction to which the newspapers gave much publicity. Not long after he had made the purchase he was looking into the pigsty at a certain farm, when the farmer came up and began to talk. Being anxious to impress the visitor with his importance, the farmer led him to a sty that he had not seen and, pointing to the inmates, said, "Do you see them pigs? I've sold them to Mr. Paderewski, the great pig dealer from abroad!"

Most Wonderful Thing.

"Tell me, Jamie, what was the most wonderful thing you saw while at sea?"

"I think the strangest thing I saw was the flying fish."

"Noo, laddie, dinna mak' a fule o' yer mither. Wha ever heard o' a fish ffeein'?"

"Another strange thing I saw when crossing the Red Sea. We dropped anchor, and when we raised it again there was one of the wheels of Pharoah's chariot on it."

"Aye, laddie, I believe you. We've scripture for that."

New York City has a foreign-born population, amounting to 41 per cent. of the whole. Only 3 per cent. of London's population is foreign born.

You don't have to suffer

BAUME BENGUÉ

relieves pain of headache, neuralgia, sciatica, lumbago, rheumatism.

BEWARE OF SUBSTITUTES
$1.00 a tube.
THE LEEMING MILES CO., LTD.
MONTREAL
Agents for Dr. Jules Bengué
RELIEVES PAIN

FREEZONE.

Corns Lift Off with Fingers

Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. It doesn't hurt a bit.

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the callouses, without a particle of pain.

MINARD'S "KING OF PAIN" LINIMENT

RHEUMATISM

Lumbago, Neuralgia, or any other pain. Apply Minard's Liniment to the aching spot and get quick relief. Minard's is the remedy your grandmother used. There is nothing to equal it.
FOR SALE EVERYWHERE.

BITS OF HUMOR FROM HERE & THERE

Keep it Dark.

Johnson—"De Brown never speaks of his family tree."

Bronson—"I expect it's much too shady."

Dining Out.

"Where is the man who keeps this restaurant?" said the disgusted patron.

"He's gone out to lunch," replied the waiter.

A Compromise.

Patient—"Doctor, I'll compromise with you on that bill of yours."

Doctor—"Compromise! What do you mean?"

Patient—"Well, I'll pay for your medicine, and return your visits."

Model Husband.

Mrs. Newbride—"Oh, dearie, I meant this to be a cottage pudding, but it wouldn't rise."

True Husband—"That's all right, sweeteat. Shall we call it a flat pudding?"

One of the Family.

Mrs. Puff (to the new maid)—"But, Alice, there are only two in the family—Mr. Puff and myself. Why had you set places for three?"

The New Maid—"But, ma'am, the cook told me that you had a piano-player in the house."

Scotch Thrift.

It was dinner-time the day after the wedding.

"What's this?" said MacTavish. "Stewed fruit?"

"Aye," replied his bride. "Dinna ye like stewed fruit?"

"Indeed, I do," replied MacTavish. "But, what hae ye done with a' yon rice we got yesterday?"

"DANDERINE"

Girls! Save Your Hair! Make It Abundant!

Immediately after a "Danderine" massage, your hair takes on new life, lustre and wondrous beauty, appearing twice as heavy and plentiful, because each hair seems to fluff and thicken. Don't let your hair stay lifeless, colorless, plain or scraggly. You, too, want lots of long, strong, beautiful hair.

A 35-cent bottle of delightful "Danderine" freshens your scalp, checks dandruff and falling hair. This stimulating, "beauty-tonic" gives to thin, dull, fading hair that youthful brightness and abundant thickness.—All druggists!

MONTH OLD BABY HAD SKIN TROUBLE

On Face and Hands. Itched and Burned. Cuticura Heals.

"My baby was only a month old when her face and hands started to get red and scaly. The eczema started in the form of water blisters and itched and burned. She was so cross and fretful she could not sleep.

"This lasted nine months when I tried Cuticura Soap and Ointment, and I used three cakes of Soap with two boxes of Ointment when she was healed." (Signed) Mrs. Oscar Pilon, Amherstburg, Ontario, May 7, 1918.

Cuticura Soap, Ointment and Talcum are all you need for all toilet uses. Bathe with Soap, soothe with Ointment, dust with Talcum.

Soap 25c, Ointment 25 and 50c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, St. Paul St., Montreal. Cuticura Soap shaves without mug.

WANTED

Send for list of inventions wanted by Manufacturers. Fortunes have been made from simple ideas. "Patent Protection" booklet and "Proof of Conception" on request.

HAROLD C. SHIPMAN & CO.
PATENT ATTORNEYS
29 SHIPMAN CHAMBERS - - OTTAWA, CANADA

INVENTIONS

America's Pioneer Dog Medicine Book on DOG DISEASES and How to Feed Mailed Free to any Address, by the Author. H. Clay Glover Co., Inc. 118 West 31st Street New York, U.S.A.

Classified Advertisements.

THE TORONTO FREE HOSPITAL, near Weston, Ontario, in affiliation with Bellevue and Allied Hospitals, New York, offers to young women desirous of becoming qualified nurses a three-year course of general training; attractive residence; single rooms. For salary and other information apply Lady Superintendent, Toronto Free Hospital, Weston, Ontario.

Two Smiths.

The vicar's name was Smith, and he had recently been honored by the degree of D.D. The doctor of the village was also named Smith.

A stranger came one day to the place and asked a native the way to Dr. Smith's house.

"Which Dr. Smith do you mean, sir?" was the reply; "'im what preaches or 'im what practises?"

MONEY ORDERS.

The safe way to send money by mail is by Dominion Express Money Order.

After many years of work the Pyrenees mountains have been pierced with a tunnel that will permit French and Spanish railroads to be connected.

Minard's Liniment for Dandruff.

Among the 241 delegates of the 41 nations represented at the League of Nations, not a sign of a military or naval uniform was visible.

ASPIRIN

"Bayer" is only Genuine

BAYER

Warning! It's criminal to take a chance on any substitute for genuine "Bayer Tablets of Aspirin," prescribed by physicians for twenty one years and proved safe by millions. Unless you see the name "Bayer" on package or on tablets you are not getting Aspirin at all. In every Bayer package are directions for Colds, Headache, Neuralgia, Rheumatism, Earache, Tooth Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Druggists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid.

Cause of Early Old Age

The celebrated Dr. Michenhoff, an authority on early old age, says that it is "caused by poisons generated in the intestine." When your stomach digests food properly it is absorbed without forming poisonous matter. Poisons bring on early old age and premature death. 15 to 30 drops of "Seigel's Syrup" after meals makes your digestion sound.

MOTHER!

"California Syrup of Figs" Child's Best Laxative

Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless physic for the little stomach, liver and bowels. Children love its fruity taste. Full directions on each bottle. You must say "California."

"Pain's enemy" —I'll say it is!

WHEN you want quick comforting relief from any "external" pain, use Sloan's Liniment. It does the job without staining, rubbing, bandaging. Use freely for rheumatism, neuralgia, aches and pains, sprains and strains, backache, sore muscles.

Keep it handy

35¢ 70¢ $1.40

At all Druggists