ICEBERGS MENACE OF EARLY SUMMER

DREADED BY CAPTAINS IN NORTH ATLANTIC.

Narrow Escape of Arctic Explorer When Anchored to An Enormous 'Berg.

"What cometh from the North? Me thinks an iceberg,
With its strange freight of gaunt, unfriendly forms;
For on the dark horizon, where the waves
Tumble and lift on high their billowy heads,
A strange light beameth."

Early summer is the real season of the icebergs in the North Atlantic. It is then that these frozen masses are set free in great abundance in the Polar regions and are drifted into mid-ocean by favoring winds and currents. They have been found several hundred miles below the southernmost latitude of the British Isles, and prove a very serious menace to vessels which have to cross their track. The terrible fate of the Titanic has been that of many another noble vessel, though, happily, without proving so disastrous to human life.

Can an iceberg become invisible under certain conditions of sky and light? It is claimed that it can—on a clear, starry night, when the conditions make the berg nearly the same color as the sky.

But night-time, under any atmospheric conditions, is usually a bad time for seeing bergs at a safe distance. A searchlight would show them up with great distinctness.

This difficulty in making them out is one of the reasons why their height is often exaggerated.

Mist or fog, too, will magnify a berg greatly, just as a fog in the Arctic has been known to make a fox look like a white bear.

Popular Ideas Set Right.

There are, it is true, bergs of gigantic size to be seen in the South Atlantic and Indian Ocean; but, so far as the Northern hemisphere is concerned it is interesting to note that Franklin says that one of the largest he saw was not more than 149 feet high.

Another famous Polar explorer has stated that rarely does an iceberg rise higher than the masthead of a sealing or whaling vessel—about 120 feet. Occasionally, however, a spire of ice will rise much higher.

Experience shows that a berg has parts of its mass below water to one part above? It does not. For this reason—that the submerged portion is usually much broader and heavier than the exposed part, it is not necessary for nine-tenths of the berg to be under water to keep the entire mass floating upright.

In the Southern hemisphere, there are fields of ice miles long and wide. One which was reported by a large number of vessels in the Pacific was 60 miles long and 40 miles broad, with an average height of 100 feet. In these cases many big bergs had come together and formed one solidly-frozen mass.

Bergs sometimes carry strange cargoes. One of the flat-topped variety, 100 feet high, was seen in mid-Atlantic bearing three vessels on its icy summit. Another, near the Banks of Newfoundland, had several Polar bears walking about on it.

Moored to An Iceberg.

It is sad to think of the fate of these fine derelicts when their icy raft encounters warmer waters in lower latitudes and capsized or melted. One can imagine, if the berg turned over, how dislodged animals frantically swim back to their uncertain and slippery refuge, only to find, perhaps, that it no longer afforded any real foothold for them.

Bergs have been moored to icebergs on occasions when they have afforded anything but a safe berth. Dr. Kane, the American explorer, once got the anchors of his ship fixed in a berg and, after several hours of very hard work, large pieces of ice began to fall on the deck. There was just time to get away again before the face of the berg fell in ruins crashing down with the noise of heavy guns fired at close quarters.

On the other hand, the steamer Isle of Man was saved by an echo from an iceberg one very foggy night in June, 1911, on the Banks of Newfoundland. One of the Franklin exploring ships, too, was saved from certain destruction by a berg drifting in between her and a surf-beaten rocky shore.

In May, 1907, some gas-buoys broke adrift from the entrance to New York harbor, and one of them attached itself to the end of an iceberg, and by sounding its horn at regular intervals, warned vessels of the icy danger.

The birth of an iceberg has often been seen. But who has stood by at the death of one?

Silver was 2s. an ounce in Britain before the war. It is now 3s. 4d.

Happiness pursued is never overtaken, because little as we are, God's image makes us so large that we can not live within ourselves, nor even for ourselves, and be satisfied. It is not good for man to be alone, because, rightly, self is the smallest part of us. Even God found it good not to be alone, but to create objects for his love and benevolence.

STOMACH TROUBLE DUE TO THIN BLOOD

It Usually Disappears When the Blood is Made Rich and Red.

Thin blood is one of the most common causes of stomach trouble. It affects the digestion very quickly. The glands that furnish the digestive fluids are diminished in their activity, the stomach muscles are weakened and there is a loss of nerve force. In this state of health nothing will more quickly restore the appetite, digestion and normal nutrition than good, rich, red blood.

Dr. Williams' Pink Pills act directly on the blood, making it rich and red, and this enriched blood strengthens weak nerves, stimulates tired muscles, and awakens to normal action the glands that supply the digestive fluids. This is shown by an improved appetite and soon the effect of these blood enriching pills is evident throughout the whole system. You find that what you eat does not distress you, and that you are vigorous instead of irritable and listless. If your appetite is fickle, if you have any of the distressing pains and symptoms of indigestion, you should at once take Dr. Williams' Pink Pills and profit by the better condition in which they will put your blood.

These pills are sold by all dealers in medicine, or you can get them by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

A Little Wisdom.

If you can't mend, don't meddle.
Bad weather reveals the good seaman.
Beauty and folly are often companions.
Hope is the tie which keeps a heart from breaking.
There's no use in running if we're not on the right road.
Those who grasp at too much end by getting too little.
"Be content 'twas never meant to blunt the spur of 'Better thyself.'"
The express train to Ruin is often drawn by the engine Gambling.
Ideal precepts may lead, but it is practical examples that draw.

The Foolish Man.

There was a man in our town,
And he would never learn;
He went upon a fishing trip
And let his camp-fire burn
Oh, swiftly spread that forest fire
And many homes it burned
And from that little fishing trip
That man has ne'er returned.

Minard's Liniment Relieves Neuralgia

The Bowl and the Necklace.

In a certain Balkan state that I will refrain from naming, says Lord Frederic Hamilton in his book, Days Before Yesterday, the inhabitants are confirmed souvenir hunters.

During a dinner party at the British legation in that nameless state one of the ladies was wearing a fine necklace of pearls, which a native of the state admired immensely and begged for permission to examine. The diplomat's wife, very unwisely unfastened the necklace; and amid loud expressions of admiration at its beautiful workmanship they passed it round from hand to hand.

At the end of the dinner the lady asked for her necklace, but no one knew anything about it. The British minister, who thought that he understood the people of the country, rose to the occasion. With a smile, he said, "We have just witnessed a very clever and very amusing piece of legerdemain. Now we are going to see another piece of conjuring."

He walked quietly to both doors of the room, locked them and put the keys into his pocket. Then, placing a small silver bowl from the sideboard in the centre of the dinner table, he continued, "I am now going to switch off all the lights and count ten slowly. Then I shall turn on the lights again, and, hey, presto! Madame de——'s necklace will be found lying in that silver bowl!"

The room was plunged in darkness, and the minister counted slowly up to ten. The electric lights blazed on again. There was no necklace, but the silver bowl had vanished!

Wilhelmina Plans Trip.

Queen Wilhelmina, who for years has never left Holland, is planning a three weeks' boat trip to the Norwegian fjords this summer, says a despatch from The Hague. She will travel incognita.

To the Manner Born.

The Hennessy twins were keeping the whole neighborhood on the jump. "Holy sufferin' cats!" exclaimed Mrs. McTavish, "what do you boys think you're going to be when you grow up anyway?"

And with the promptitude of perfect conviction came the joint reply: "Irishmen."

Queen Maud of Norway has a wonderful collection of old embroideries.

The British Museum contains 2,700 complete Bibles written in all languages.

One of the most curious exhibits at the Paris Fair is a huge newspaper, a giant number of "L'Echoes." It measures ninteen feet in height and is fifteen feet wide.

Surnames and Their Origin

METCALF

Variation—Metcalfe.
Racial Origin—Welsh.
Source—A locality.

There is a tradition regarding the origin of this family name of the sort that is often met with an attempt to explain it by a fanciful story woven around the apparent elements of which the name is supposed to be compounded.

This tradition has it that a certain strong man, having had an encounter with a bull, in which he finally conquered, explained laconically that he had "met a calf."

Actually the family name of Metcalf is one of those which have been adopted as indicative of the localities in which the first bearers of the surnames lived. And its origin is traced to Wales.

The original Metcalfs were dwellers in or near a spot called anciently "the valley of the church" in the Cymric tongue.

In the Welsh the word "medd" indicates a valley, more specifically a little vale and "caf" means variously a cell, chancel or little church. If the ancient form had been adhered to in the development of the name, rather than an unconscious approximation of English words in the Anglicized form, the name to-day might more properly be spelled "Medcalf."

But though of Welsh origin it is more than likely that the name's principal development was in England. Certainly it would never have been used by a person still living in the locality of that name, unless he were the owner or overlord of the section.

MANSFIELD

Variations—Mansell, Manser.
Racial Origin—Anglo-Saxon.
Source—A place name, also an occupation.

The family name of Mansfield comes from the town in Nottinghamshire, England, of the same name. Its first use as a surname, of course, was to designate the place from which the individual had come, and later, from which his ancestors had come.

The name of the town is ancient, dating back to Anglo-Saxon days. "Manrian" in the tongue of the Anglo-Saxons meant to trade or traffic, and this has given us the first syllable of the place name. "Field," of course, is synonymous with the modern word. But in the olden times it also had a special, restricted meaning, indicating a place of trade, a fairground. And this was, in the ancient days, a trading centre.

Derivatives of this Saxon word "manrian" appear to be among those which survived the tidal wave of French which the Normans spread over England, for in the period following, when many of the old Saxon words came to the surface again, there are found the words "manser," "mansell" and "manciple," indicating tradesmen specially skilled in buying rather than selling. They were, in short, the "purchasing agents" of those days, in the service of big institutions and large households of the more important nobility. And from these words denoting occupations have come the family names of Mansell and Manser.

A Gift from Nature's Storehouse

The delicious, crisp granules of the wheat and barley food

Grape-Nuts

contain all the natural up-building values of the grains, including mineral salts so essential to health.

A food equally well suited to the requirements of young and old.

"There's a Reason" for Grape-Nuts

Sold by grocers everywhere

High Climbing.

Speaking of the Mount Everest expedition, Sir Francis Younghusband says: "At great heights men get very nervous and irritable. At 16,000 feet they begin to lose patience with one another, and the higher they climb the deeper they hate."

There is a moral in that for men seeking high altitudes in our common human life.

May it never be said of them with truth, "The higher they climb the deeper they hate."

It is a fine thing to find a man who goes upward to great heights without losing his head, his nervous equipoise, his self-control. It is an inspiration to us who plod and drudge along at the lower levels to find him generous, amiable, affable, ready to meet all comers and faithful to his friends.

On the other hand, it is deplorable to come upon a man who wins his way to eminence of any sort, and in that lofty station, instead of looking to the sky and a superior Power, looks down upon "the common herd" and thinks—and tells—how great he is in comparison with them.

What is so-called "success" if in winning it one hates and is hated?

High climbing spoils many a man. He cannot stand the atmosphere. He is as one intoxicated by the spreading view of the kingdoms of materialism beneath him. The more he sees the more he wants. Once he was happy with little; now he is miserable with muc.

The best kind of climbing is that described by Matthew Arnold in "Rugby Chapel." In that fine poem he tells of his father, Thomas Arnold, the headmaster, who is hero of Thomas Hughes' noted book, "Tom Brown at Rugby." He shows us that Thomas Arnold was ever a climber, but was unwilling to climb alone. He led his boys upward and onward with him.

Nobody admires a man whose struggle is all for himself, that he may gather riches, and make his boast of them and "show off" to the world. When Death comes, Death does not care to see any of his things. The question at the last is simply, "Did you serve?" It is not "How much have you?"

The only portable baggage on the last and loneliest climb of all which the soul is called upon to make are the imponderable qualities of character. Love and truth, courage and faith, if we choose, will go with us all the way.

All Allies at Louvain.

The laying of the cornerstone of the new Louvain Library July 28 will occasion a gathering of world-famous statesmen and educators from all nations that were allied in arms with Belgium after the shock of war, says a Paris despatch. Cardinal Mercier has announced the acceptance by Nicholas Murray Butler of an invitation to preside at the ceremonies. He has, furthermore, extended invitations to all American universities to send delegates.

Ex-President Poincare will lead the group of visitors from France, and it is announced that Whitney Warren, the American architect, who was entrusted with the honor of planning the famous monument, will assist at the ceremonies in addition to attending to the architectural and artistic details of the structure. The international committee in charge of rebuilding the library, of which King Albert and Cardinal Mercier are among the foremost workers, regard the gift of the library by the United States not only as a monument consecrating the sacrifice of Belgium in the first onslaught before the German invasion, but as a manifestation from America which will be an eternal protest and reproach against the "cultural" methods used by the Germans. Cardinal Mercier himself has said that erection of the library by American friends is a profound symbol for the future and an event of the greatest spiritual importance.

A Good Creed for Club Leaders.

I believe in boys and girls, the men and women of a great to-morrow; that whatsoever the boy soweth the man shall reap. I believe in the curse of ignorance, in the efficiency of schools, in the dignity of teaching, and in the joy of serving others. I believe in wisdom as revealed in human lives as well as in the pages of a book, in lessons taught, not so much so by precept as by example; in the ability to work with the hands as well as to think with the head; in everything that makes life large and lovely. I believe in beauty in the school-room, in the home, in daily life, and in out-of-doors. I believe that every hour of every day we receive a just reward for all we are and all we do. I believe in the present and its opportunities, in the future and its promises and in the divine joy of living.

Easily Remembered.

Angry voices were heard as the midnight express was about to start.

"I tell you," cried the attendant, blocking the carriage door, "this is a sleeping-carriage, and you can't tread in it without a special ticket."

"Begorra, I had a ticket!"

"Where is it?"

"I've lost it," replied the Irishman who was causing the disturbance.

"If you've really had the misfortune to lose your ticket, perhaps you can remember your berth?"

There was an interval of silence, Paddy evidently employing his thinking powers.

"Och, be Jabers, that's aisy!" he exclaimed at last. "I was born on the twenty-sixth of October, 1892."

RED HOT JULY DAYS HARD ON THE BABY

July—the month of oppressive heat; red hot days and sweltering nights; is extremely hard on little ones. Diarrhoea, dysentery, colic and cholera infantum carry off thousands of precious little lives every summer. The mother must be constantly on her guard to prevent these troubles or if they come on suddenly to fight them. No other medicine is of such aid to mothers during the hot summer as is Baby's Own Tablets. They regulate the bowels and stomach, and an occasional dose given to the well child will prevent summer complaint, or if the trouble does come on suddenly will banish it. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Bits of Canadian News.

Coast Indians expect to take about two thousand fur seals this season. Last year the catch was twelve hundred. Indians are the only persons who can legally take these animals, outside the legal percentage permitted by International Treaty.

The Aircraft Manufacturing Company is now operating a first class commercial aircraft service in Vancouver. A large modern Curtiss seaplane has been secured as a nucleus of a much bigger fleet and the hangars are situated on Burrard Inlet. Passengers will be taken up at English Bay and a regular service to Seattle, Victoria, Nanaimo and other cities will shortly be inaugurated. In addition to this aerial photography will be undertaken by the company, which should prove a great service to the owners of timber areas.

A resolution urging the Federal Government to permit women to file on homesteads on the same basis as men was passed at the convention of the Federated Women's Institute at Edmonton. At the present time only widows may file under the homestead regulations and it is pointed out that since the war women have discovered they are quite capable of performing all the work a farm entails. Several nurses who served overseas have exercised their soldiers' right to take homesteads, whilst other women have purchased lands they are unable to secure otherwise.

Saskatchewan has doubled her dairy production during the past year, according to figures issued by the Department of Agriculture. The total output to May 1, 1921, was 671,174 pounds in comparison with 326,268 pounds for the same period in 1920. Comparative figures for May, 1921, and May, 1920, are 325,104 pounds and 187,425, respectively.

Three hundred thousand dollars worth of pelts were offered for sale at Winnipeg in June by the Winnipeg Fur Auction Sales Company. The sale included the entire collection of the Lamson-Hubbard Canadian Company's Mackenzie and Arctic furs. All of the furs which were presented at this fair were guaranteed to be of this season's catch.

The prairie provinces of Manitoba, Saskatchewan and Alberta have more than ninety per cent. of the Dominion wheat acreage this year, according to the government's recently published figures. Out of a total acreage of 18,654,110 of wheat, the three provinces account for 17,418,900, an increase of 557,000 acres over last year.

It is predicted by agricultural authorities that within ten years the province of Manitoba will be producing sufficient tame strawberries to entirely fill her preserving needs and the bulk of those required for immediate consumption.

Immigration to Canada for the month of April, 1921, totalled 15,052, in comparison with 13,287 in April, 1919, an increase of 13 per cent. Of the total newcomers 8,476 were from the British Isles, 5,035 from the United States and 1,541 from other countries.

Fresh Milk in Cubes.

In Holland milk is now put up and sold in solid form, being made into little cubes which are readily dissolved in tea, coffee or other fluids.

The milk, after removal of the cream, is reduced by heat to dryness, then powdered and mixed with the cream, the material being pressed into blocks.

These milk cubes have the advantage of preserving their freshness for a long time. They are recommended for use in regions where milk is not easily to be had, and travelers may find it convenient to carry a supply of them.

MONEY ORDERS

A Dominion Express Money Order for five dollars costs three cents.

Brief.

Fred was being sent to a boarding-school.

"Now," said his father, "when you write do not send me pages and pages describing all the pupils, where they come from, and what class they are in, because I really shall not have time to read it all."

A few weeks later his father received the following letter: "Dear Father.—S.O.S., $. R.S.V.P.—Fred."

Paraguay is experimenting with the cultivation of Chinese tea plants, one variety at least being readily acclimated.

Minard's Liniment for sale everywhere

BITS OF HUMOR FROM HERE & THERE

Polite.

Little Johnny was sitting by the sty pen. Neighbor Jones passed.

"Hullo, Johnny, how are the pigs to-day?".

"Nicely, thank you. How are all your folk?"

Punished.

Wife—"Johnny was very bad this afternoon; he stole a lot of jam and cake, and ate so much he was ill."

Husband—"Did you punish him?"

Wife—"I should say I did. I sent him to bed without his supper."

Good Business.

Featherstone—"I wonder if your sister realizes, Willie, that during the last month I have given her a pounds of sweets and some flowers?"

Willie—"Of course she does. That's why she is keeping her engagement with Jim Burling a secret."

King's Hearing is Good.

When King Christian visited a little town in northern Schleswig a German woman remarked as they were passing the King. "You can't call him good looking anyway." The King turned and answered in German. "But his hearing is excellent."

She Couldn't Explain.

The other day Jones heard a conundrum and decided to try it on his wife.

"Do you know why I am like a mule?" he asked her when he got home.

"No," she replied promptly. "I know you are, but I don't know why you are."

Go to the Top.

Examiner—"I am surprised that you all made mistakes in answering the question: "Where was the Magna Charta signed? Think it over—can no one tell me?"

Little Boy (at bottom of class)—"I can, sir."

Examiner—"Well?"

Little Boy—"At the bottom of the page."

A Cheerful Prospect for the O.D.

A recently enlisted soldier was walking post for the first time. A high officer approached him. "Halt!" he cried in a threatening tone. "Who goes there?"

"The officer of the day."

"Advance."

The officer of the day advanced, but before he had proceeded half a dozen steps the sentinel again cried, "Halt!"

"This is the second time you have halted me," observed the officer. "What are you going to do next?"

"Never you mind. My orders are to call 'Halt!' three times and then shoot."

America's Pioneer Dog Remedies

Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author. H. Clay Glover Co., Inc. 113 West 31st Street New York, U.S.A.

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MINARD'S "KING OF PAIN" LINIMENT
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The Original and Only Genuine
Beware of Imitations sold on the merits of
MINARD'S LINIMENT

ASPIRIN
Only "Bayer" is Genuine
BAYER

Warning! Unless you see the name "Bayer" on package or on tablets you are not getting Aspirin at all. Take Aspirin only as told in the Bayer package for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Then you will be following the directions and dosage worked out by physicians during twenty-one years and proved safe by millions. Handy tin boxes of twelve Bayer Tablets of Aspirin 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.

IMPROVEMENT IS TALK OF FRIENDS

TANLAC DID HER WORLD OF GOOD, SHE SAYS.

"Change It Has Made in Me Is Simply Wonderful," Says Toronto Woman.

"Tanlac has certainly had a good chance in my case to show what it can do, for I sure had a long hard struggle and had just about tried everything," said Mrs. Mary Richards, 251 Ashdale Ave., Toronto.

"I have been in a badly run-down condition ever since I had pneumonia six years ago. My stomach was nearly always out of order. My appetite was very poor and I had to be very careful about what I ate, as I suffered terribly from indigestion, bronchitis and pains in my chest. My sleep was never sound and I had a tired, worn-out feeling all the time. I had dreadful headaches and weak spells and had fallen off in weight until I was scarcely more than a shadow of my former self, and I was absolutely unfit for work of any kind.

"But Tanlac has done me a world of good. My stomach is in fine condition and I eat all I want and everything agrees with me perfectly. All my aches and pains are a thing of the past and I'm stronger than I've been in a long time. In fact, Tanlac has the same as made a new person of me, for I can do my housework with ease and my friends are talking about the wonderful change that has come over me. I don't believe anyone who suffers as I did can do better than take Tanlac."

Tanlac is sold by leading druggists everywhere. Advt.

Integrity.

In the world of things created, integrity is enduring.

The pyramids have been beaten upon by the hot sands of 5,000 years. Their edges have crumbled, their sides are defaced, but still they stand, their integrity untouched.

In the world of spirit, integrity of character is ever the hallmark of greatness. Temptations to evade agreements, to cheapen quality, to place personal favor before impartial justice—all these can beat fiercely upon it, yet it will stand stanch and uncompromising.

Integrity is the measure of a business; compromise ever so little and honor is dimmed and reputation fades away.

Don't wear out your welcome—it is difficult to replace.

ACUTE ECZEMA ON BABY'S HEAD

Face, Neck, Arms. Terrible Sight. Itched And Burned. Cuticura Heals.

"Baby was two months old when I noticed little pimples on her head. They kept getting worse and spread till her head, face, neck and arms were one mass of eruptions, burning, itching, and bleeding. I was told it was acute eczema. I had to sew up her arms and legs in linen. She was a terrible sight. For one year I had no rest night or day.

"We got Cuticura Soap and Ointment. In less than two weeks they began to mend and in a few weeks she was healed." (Signed) Mrs. Doorman, 263 McDonell St., Kingsbero, Ont., April 10, 1919.

Stop the use of all disfigurements. Use Cuticura for all toilet purposes.

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

HAS NO PAIN NOW

What Lydia E. Pinkham's Vegetable Compound Did for Mrs. Baker and Mrs. Kiever.

Vancouver, B.C.—"I am pleased to say that Lydia E. Pinkham's Vegetable Compound has done me a lot of good. I can now walk about without the aid of a support and feel real strong again. A nurse advised me to take the Vegetable Compound and it is certainly helping me. It seems like Heaven to be relieved after months of pain."—Mrs. H. W. Baker, 3374 10th Ave. West, Vancouver, B.C.

Albert Co., N. B.—"I have taken Lydia E. Pinkham's medicines and they have done me a lot of good. Since then I have been able to do my housework and I have a lot of work to do as we live on a farm. Seeing your advertisement in the papers was what made me think of writing to you. I hope this may help some one else."—Mrs. Wm. B. Keiver, Upper New Horton, Albert Co., N. B.

The reason women write such letters to the Lydia E. Pinkham Medicine Co. and tell their friends how they are helped is that Lydia E. Pinkham's Vegetable Compound has brought health and happiness into their lives. Freed from their illness they want to pass the good news along to other suffering women that they also may be relieved.

If there are any complications you do not understand write to Lydia E. Pinkham Medicine Co., Lynn, Mass.