Origin of Famous Hymns

From a window-pane i'. a little Hertfordshire village to the pages of mil-Hons of hymn-books, printed in many languages, is the remarkable distinction that befell the work of one writer, Harriet Auber. Confined one day to her house at Hoddosdon, she comgood the words of "Our blest Redeemer." afterwards amusing herself by ties agree that backache seldom or never has anything to do with the kidonh since when they have been sung neys. Organic kidney disease may by countless voices all over the world. have progressed to a critical point One beautiful spring morning many without developing a pain in the back. when I Read That Sweet Story suspect your kidneys, any doctor can Prassic in the hymn-book.

the prospect of appearing before fectly healthy you must keep the blood . House of Lords in connection with in good condition, and for this purhis appointment as Clerk of the Jour- pose no other medicine can equal Dr. became so nervous that he de Williams Pink Pills.

The fact that there were too many people about thwarted him, and he reformed to his rooms in the Temple. however, broke in two. Fortunately, rance friends appeared on the scene, and in their company Cowper forgot his troubles. Afterwards he became. plant and contritely wrote a hymn. It to hold his tongue. (: | Moves in a Mysterious With the little sung all over Christenevery Sunday, not probably one in a hundred knowing how it be written,

'Meek and Gentle," was comalmost unconsciously by the G. R. Prynne, vicar of St. Peters month. He wrote the famous Racial Origi one evening while his wife Source An occupation. .. d the piano to him. The lines, allegwards recorded, came into his without the slightest effort on of a position the harper held in the back of an envelope, without that he had written a hymn with would long outlive himself.

are little fishing port of Brixham Scottish borderland. 'y associated with what is per-

asigmary walk and jotted the history and tradition. is down on a scrap of paper.

' ' ' ' hristmas gifts.

a quaint Indian melody being played the patronage of some member of the on the plane. The tune took his fancy nobility for their support. and he asked permission to hear it make a pretty children's hymn. Late that night he composed the words.

Airship Will Not Collapse.

Dirigibles will be made safe by an laveution of a Frenchman, according to thent. Enca Bessi, formerly of the Latian Aviation Service, who arrived in this country from Europe.

Liout. Bossi says he has been intimee observing the work of this inwhose name is Zangean. He sid that Zangean has invented a of building dirigibles which sinates the danger of collapse in didir from fire or explosion.

The new dirigible consists really of envelopes one within the other. inner envelope contains com-Between the inner the middle envelope " see is a vacuum, and between the saidthe envelope and/the outside enrecess there is a substance the nature of which is secret./ The dirigible is landed by letting air into the vacuum, ting making it heavier.

Marble Near Pretoria.

A deposit of white marble, said to equal the best Italian in quality, has been discovered near Pretoria, Transraai. .

An electric landing sign marking Is aerodrome at Croydon, England said to be the largest sign in existence, nieasures a quarter mile in diameter.

Mary we

outstand,

dalited the sire has

hority put

and the mid-

A. Griffith.

Agriculture.

yed, and he

Zution to be

During heat waves the atmosphere of New York is very humid, owing to its proximity to the sea; hence the heat is less bearable than it would be

An improvement in the seismograph the instrument used for recording earthquake shocks has been accomplished by the use of light-sensitive paper in place of the ordinary paper spon which the record is marked by a stylus or pen.

THE CAUSE OF BACKACHE

Only in Rare Cases Does Backache Mean Kidney Trouble.

Every muscle in the bedy, needs constantly a supply of rich, red blood in proportion to the work it does. The muscles of the back are under a heavy strain and have but little rest. When the blood is thin they lack nourlshment, and the result is a sensation of pain in these muscles. Some people think pain in the back means kidney

the near spring woman, Jemima This being the case, pain in the back hipson by name, was travelling by should always lead the sufferer to look h between Taunton and Welling- to the condition of his blood. It will Having nothing to do and little be found in most cases that the use this about, she took an old envel- of Dr. Williams' Pink Pills to build up and a pencil from her pocket and the blood will stop the sensation of .4 to write down almost the first pain in the ill-nourished muscles of ds that came into her mind. By the back, How much better it is to time she had reached her jour try Dr. Williams' Pink Pills for the and she had composed the words blood than to give way to unreasonthe famous children's hymn, "I able alarm about your kidneys. If you Told," which has long since become make tests in ten minutes that will set your fears at rest, or tell you the Exemper the peet, on being faced worst: Buttin any event to be per-

cided to commit suicide rather than You can get these pills through any face the ordeal. On the day before his, dealer in medicine, or by mail at 50 appearance he drove by coach to the cents a box or six boxes for \$2.50 from Tower Wharf, intending to drown him- The Dr. Williams' Medicine Co., Brockville, Ont.

Songs of Birds. The duration of birds' songs greatly Here to tried to kill himself by falling varies. It is two or three seconds for on the open blade of a knife, which, thrushes and char-finches, four to five seconds for blackcaps, but from two to five minutes for the lark.

Many a man who has energy enough is fall of remorse that he sat up all to start a riot has not strength enough

Minard's Liniment for Garget in Cows.

Surnames and Their Origin

If you want to know just what sort

part and he scribbled them down medievall times, you should read the historical rumances of Sir Walter Scott dealing with medieval life in the Persons bearing the family name of

the prost famous hymn of all- Harper may count upon it, unless the name was arbitarily adopted at some were written by the vicar of later period, that their ancestors in st. Henry Francis Lyte, and it the Middle Ages were bards, traveling and composition. The hymn ontertainers, who derived their sustheir of a stroll by the sea tenance from the donations of the nolovely Sunday evening, after bility: mon who travelled about from The vicar left the house for castle to castle, chanting their songs of

They were by no means looked hristians, Awake!" was a Yule- down upon as persons of inferior postpresent to a little girl. John By- tion. They were, in fact, lionized and the author, wrote the hymn for respected in much the same fashion wall daughter, Dolly, who found that the professional musician is to manscript form with the rest of day, and they lived on "charity" only in the sense that authors, physicians and members of other respected pro-Andrew Young, the writer, not possible to commercialize art, and vas spending his holidays in Scotland, virtually all members of professional ore, in passing a cottage, he heard and artistic callings had to rely upon

The harp was probably a more popuplayoft again. As he listened, it oc- lar musical instrument along the Scot- tealto" has been bolled down by Gaello acred to him that the tune would tish border and in Wales than in other speaking tongues to Mowat.

Our Great Dominion.

ideration the project of constructing

pleted at the Brandon Manitoba, Exnibition grounds during the past year, ccording to a report of the directors. The Canadian system of taxation vas made the subject of special study members of the United States House of Representatives and Senate who arrived at Ottawa on November 30th for the purpose. The party consisted of about fifty members of Con-

nore than 900,000 bushels. Cleaning by morning. machinery will be installed adapted to clean 8,000 bushels of grain an hour.

sections of England, though the harp ers travelled the entire island.

MOWAT

Racial Origin—Scottish. Source—Alplace name.

Here is a family name to puzzle you. From the sound of it you might think it of East, Indian origin. As it stands iere is nothing to indicate its origin. Fortunately there are records to ove its origin, though even then it s a little more difficult to grasp the nanner in which the change has come over the name from it. original form. The family name of Mowat is a Scottish evolution of a Norman French place name. It is borne by a certain

branch of the Clan Sutherland. The original Norman form of the some of the old records it is found as "de Montealto." There is a record of the grant of lands in Losscraggy and Culpedauchis by King Robert Bruce to one "Patricius de Monte-ulto."

According to history and tradition the Norman family was one of the first to leave the domain of William the Conqueror and attach itself to the court of the Scottish monarchs, and unon receiving to grant of lands in the territory dom, ated by the Clan Sutherland, the family attached itself to that clan. Through he centuries which have followed, the name "Mon-

Real Rest Depends Largely Upon the Depth of Your Sleep

A warning to "light" or "poor" sleepers

The deeper and sounder you sleep the better you feel. Five hours sound refreshing sleep does you more actual good than ten hours restless, disturbed sleep.

This is because the final conversion of food into vital tissue and nerve cells goes on more rapidly when the physical and mental forces are at rest.

You can't get sound, refreshing sleep if your nerves are agitated with tea or coffee. Both these drinks contain caffeine, which is sometimes very irritating to the brain and nervous system.

If you want to know the joy, vigor and stamina that comes to the person who gets sound, healthful sleep, why not stop taking tea or coffee for a while, and drink delicious, invigorating Postum instead.

Thousands of people everywhere have found that this was the only thing they needed in order to bring about these very happy results.

Order Postum from your grocer today. Drink this delightful cereal beverage of satisfying flavor, for a week. Perhaps, like thousands of others, you'll never be willing to go back to tea or coffee.

Postum comes in two forms: Instant Postum (in tins)
made instantly in the cup by the addition of boiling water,
Postum Cereal (in packages of larger bulk, for those who
prefer to make the drink while the meal is being prepared)
made by boiling for 20 minutes.

Postum for Health "There's a Reason"

More than two hundred exhibits of grain, grasses, clovers and alfalfa from WOULD 10 BE WILLIAM

Statistics show shipments of wheat Alberta, from seed grown from the innd flour fresh the Columbia River and ternational boundary as far north as Puget Scand district of British Colum-in to have been 54 per cent. greater sent to the International Grain and ring July, August, and September Hay Show at Chicago. All of the saed an during the same period last year. has been grown by farmers, and the hipments to the United Kingdom and collection is considered unsurpass a perfect home remedy. They reguptember glone amounted to 7:843. The establishment of a finishing sta-

00 bushels. One great day ee in the tion in Belgium, Rolland or France for sport grain busines: is the large finishing Canadian cattle prior to their wement how being made to the being slaughtered and delivered as W. L. Clark, of the Pacific Steam—tish centres is proposed by the Alberta found Baby's Dwn Tablets of great Ancient Adorer—"I could sacrifice benefit for my children and I would all my wealth for your love."

In the States Shipping Board, made countries a shortage of livestock, and not be without them." The Tablets "Young Adored—"If you did anything not be without them." fresh beef to London and other Brie assertion that thirty-eight United supplies of pasture is said to exist, and are sold by nedleing dealers or by so foolish I should never love you. tates railroad lines were conrolled or these cuttle could be brought to the mail at 25 ccn's a box from The Dr. pink of condition after undergoing the Williams' Medicine Co., Brockville, It is reported that a number of long voyage. Canadian grain would Ont. anadian capitalis s have under con- be shipped overseas for this purpose. Alberta's exhibits : ! the Internation-

large elevator at Kebe, Japan. The al Live Stock Show at Chicago include New buildings and improvements to ta is confident of repeating her suche extent of \$325,000 have been comcesses of last year. The animals are travelling to Chicago in a special car.

'Cascarets" if Sick, Bilious, Headachy from the Bowels

Get a 10-cent box now. You men and women who can't ge feeling right-who have headache, gress which spent three days studying coated. tongue, bad taste and foul under the guidance of the Department breath, dizziness, can't sleep, are biliof Finance. The operation of the sales ous, nervous and upset, bothered with tax was made the subject of a special a sick, gassy, disordered stomach, or study.

Construction has commenced on the your bowels clean with Cascarets, or ddition to the Northwestern Elevator | merely forcing a passageway every Company's plant at Fort William, Ont., few days with salts, cathartic pills or and it is announced that the building caster oil? Cascarets work while you will be completed next spring. The sleep; cleanse the stomach of sour, elevator addition will cost approxi- formenting food and foul gases; take mately \$700,000, consisting of 60 con- the excess bile from liver and carry crete tanks, 22 feet in diameter and out of the system all the constipated 95 feet in height, which will give the poison in the bowels. A Cascaret entire plant an aggregate capacity of physic to night will straighten you out

Protecting Warriors of the Present Day.

When body armor "came back" during the late war, the United States authorities sought hints from the great collection of medieval armor at the Metropolitan Museum of Art in New York City, and consulted specialists n that branch of archeology, says a Philadelphia despatch.

So admirable was the craftsmanship of the old-time armorers that improvement on their work was obviously out of the ducation. But the modern war exports were quick to see that they had at their command two very noteworthy advantages. One of these was steel made extraordinarily hard with alloys of tungsten, nickel or vanadium The other was machinery.

An old-fashioned sult of armor may have required the labor of a year or more for a skilled hand in its production; Modern machinery can chop out the requisite parts from sheets o steel by thousands at small cost. is not required that the metal clothing shall be decorative, but merely that it shall be bullet-proof.

In the war good alloy steel hardly thicker than ordinary blotting paper proved an effective protection against pistol bullets, the light weight of modern armor being one of its most notable advantages as compared with the old style. French hospital records proved that 70 to 80 per cent of the wounded were injured by missiles or shell fragments which steel of this small thickness would have stopped. Steel alloyed with manganese was

found best adapted for helmets of which 7,000,000 were ordered and 2,-700,000 delivered for the American troops before the war's end. To prevent the helmets from reflecting light. they were painted, and while the paint was wet a coat of sawdust was bestowed upon them with a blower,

A Pocket Movie. A remarkable instrument has been

Invented by two Italians. It is a cinematograph camera and projector combined, so small in size that it will slip easily into the pocket.

In appearance it resembles an or-linary folding film camera. On one side of the magazine is a spool containing a roll of film 40 ft. in length, which is sufficient for more than 600 pictures. The end of the film is attached to another spool: which is driven by a small clockwork motor. To take a "movie" you simply wind

up the works, point the camera in the right direction, and press the button. The little motor draws the film across, and at the same time opens and closes the shutter at the rate of 900 times a minute.

ninute.

The camera is used also to throw the picture on to the screen. The film is wound round a spool; the back of the camera is removed, and a lantern attachment is fixed on. Then the motor is wound up, the cutton is pressed and there you are!

Such an instrument will enable amateur photographers to keep motion records of friends, relations, and ohildren.

Bhelter-Beite and Boll Fortility. A blanket of four or five inches of now over a prairie farm during winter and until early spring means a large amount of moisture for the soil The problem is to keep it there and not have it blown away by high winds. This is where shalter-belts on the farm prove their value by preventing drifting and thus relaining mois tore and fertility.

BLEYS OWN TABLETS

Once a niother has used Baby's Own Tablets for her little ones she would not be without them. The Tablets are late the bowels and stomach; drive out constination and indigestion; break up colds and simple fever and make baby healthy and happy. Concerning them,

Dovastating. novement of Canadian wheat which two Clydesdalo mares and a colt; two devastating on was given a member ovement of Canadian wheat which two Clydesdaio margs and a colt, and a of a certain education committee, who make the shorthern heifer. All these are prothogonal to visit the schools of a certain education committee, who shorthern heifer. All these are prothogonal to visit the schools of grow up and get married to the schools of the s casionally and ask questions in the classes. Once he spoke about Mr. Lloyd

George, who, he said, was a statesman. "Now, can you tell me what a statesman is?" he finished up by asking. Up shot one hand. "Please, sir, a statesman is; a man

who makes speeches." "Well, hardly that I sometimes make speeches, but I am not a states-The little hand went up again. "I know, sir, a statesman is a man

who makes good speeches." MONEY ORDERS. Remit by Dominion Express Money no means clear of obstacles. Order. If lost or stolen you get your

Equal to the Occasion. "Waiter, if this is spring chicken sp back to a life of idleness if he prowhere is the wishbone?" "It was too young to wish, sir."

Minard's Liniment for Distemper.

noney back.

Cabbages in Cuba grow to such size that a head often weighs 20 lbs.

His Hearing Restored. The invisible car 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 is a deaf man. It is effective when deafness is caused by catarrh or by perforated, or wholly destroyed natur-

a prompt reply

LUMBERMAN'S FRIEND



COARSE SALT LANDSALT

Bulk Carlots TORONTO BALT WORKS C. J. CLIFF

TORONTO

When your head is

dull and heavy your tongue furred, your bowels costive; when you have no appe-tite for food no strength for work and no interest in life; your stomach is at fault. You need Mother Seigel's Syrue, which con-tains medicinal extracts of more than ten different roots, barks and leaves, which are wonderfully beneficial upon the digestive organs. Sold in 50c. and \$1.00 bottles at daug stores. Bummannaham Mananaham Sanas

FROM HERE & TREES

Sea Scout-"Well, what think about the ocean?" Land Scout-"It's too deep for me."

That's All.

A six-year-old girl submitted the following composition on "People" to her teacher: People pro composed of girls and boys, also then and women.

"Boys are no good at all until they "Men who don't get married are no goc either.

"My ma is a woman, and my pa is a and sometimes these spells nearly man. A woman is a grown-up girl with fald me out diegether. My nerves children.

think he must have been a gill when and when morning came I never folk

A Dubious Outldok. The wealthy young man who trying to learn to work had fillen in love with the daughter of his employer, but he found that its path was by good as I ever could. My nerves are

jects to your marrying me" he said, in a crestfallen way. "Is it because I am in his employ? I can leave it and "Oh, no, that isn't what he wan s,"

said the fair one. "He says I may marry you just as soon as you'to vhluable enough to have your salary raised.

Mother! Clean Child's Bowels With California Fig Syrup

Even a sick child loves the "ruity" lasto of "California Fig Syrup." the little tongue is coated, or [child is listless, cross, feverish, full and head noises, and it does this so of cold, or has colic, give a teaspoonfu successfully that no one could tell he to cleanse the liver and bowels in a few hours you can see for y how thoroughly it works all the constipation poison, sour bile and waste out of the bowels, and you have a al drums. A request for information well, playful child again. to A. O. Leonard, Suite 437, 70 Fifth

Millions of mothers keep "California Avenue, New York City, will be given Fig Syrup" handy. They know a teaspoonful to-day saves a sick child tomorrow. Ask your druggist for generne "California Fig Syrup" which has Brections for babies and children of l ages printed on botto. Mother fou must say "California" or you may get an imitation fig syrup.



DOG DISEASES New York, U.S.A.

USE SLOAN'S TO EASE LAME BACKS

Your back and every muscle aches with fatigue.

Apply Sloan's Liniment freely, without rubbing, and enjoy a penetrative glow of warmth and comfort.

Good for rheumatism, heuralgia, sprains and strains, aches and pains, sciatica, sore muscles, stiff joints and the after effects of weather exposure. For forty years pain's enemy. Ask your neighbor. Keep Sloan's handy. At all druggists-35c, 70c, \$1 40.



Never say "Aspirin" without saying "Baver."

WARNING! Unless you see name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances? 'Accept only an "unbroken package" of "Bayer Tablets of 'Aspirin," which contains directions and dose worked out by physicians during 21 years and proved safe by millions for

> Colds Toothache Earache

Headache Neuralgia . Lumbago

Rheumatism Neuritis Pain, Pain

Handy tin boxes of 12 tablets-Bottles of 24 and 100-All Druggists Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Mono-aceticsoldater of historicsold. Shife it is well known that Aspirin means Bayer manufacture, to shife the public stands indications, the Tablets of Bayer Company will be stamped with their sympal trade mark, the "Sayer Cross."

PAGE'S PAY CHECK **NOW MUCH BIGGER**

CAN WORK EVERY DAY SINCE TAKING TANLAC

Troubles Gone, He Eats Anything and Feels Fine All

the Time Now. "I am putting in full time at work inco Tanlac has got me in such fine shape," said William Page, 29 Hamilton St., Toronto, Ont

My troubles had been pulling me down for six years and during all that ind I hardly know what it was to aver feel good. My stomach was all out of order and as regular as I ate anything I had to pay for it in aufferng. There was a burning like fire in my stomach, I would bloat all up with as that nearly cut e ; my broath and thines I had such smothering spolls hat I thought each breath would be "Poys are an awful bother. They my last. I had frequent attacks of want everything they see except soap, shouldnatism the both knees and ankles "My pa is such a nice man that I night long and could sleep but little,

fit for work. "But Tanlad ind to-day I am feeling tine and in absolutely sound health. I have a corking good appollto and can cat anything set before me and digest it as strong as steel and the rheumatism "You tell me that your father ob. has just about completely gone. I sleep like a top and get up mornings eady for a big day's work Timlac is sold, by leading druggists terywhere.

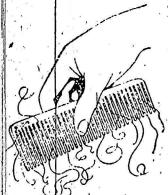
Modern "Mummies" Now? That he has rediscovered the an ent Egyptian process tar muminity. pg human todies is the cann of ; farls physician.

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path PLAYER PIANO IN GOOD condition, with a large number of

BELTING FOR SALE ALL KINES OF NIEV AND USED of ing pulley, sawa calde, hose packing, is chipped withing to approval at lowest pass in Canada, YORK RELITING CO. 1 YORK STREET, TORONTO

Stops Hair Coming Out; America's Pioneer Dog Remedies Thickens, Beautifies



5 cents buys a bottle of "Dandering" any drug store. After one applicaon you can not find a particle of andruff or a falling hair. Resides. very hair shows new life, vigor, brightness, wore color and affandages

Removed by Lydia E. Pink-

ham's Vegetable Compound.

Meaford, Ont.—"I took Lylin R. Pinkham's Vegetable Compound for IIII backache, and I also had a female weak-

aching and I felt lighter in spirits. I am recommending the Vegotable Compound with pleasure to all I meet who complain as I did."—MILDRED BROOK, Meaford, Opt. Woman's Precious Gift

The one which she should most zeal-casty guard is her health, but she often neglects to do so in season until some iniment poduliar to her sex has fastened itself upon her. When so affected women may rely upon Lydia E. Dink-has been wonderfully successful in restoring heattn to sunering woman. If you have the slightest doubt that Lydia E. Pinkham's Vegetable Com-pound will help you, write to Lydia B. bytta E. Finkham's Vegetable Com-pound will help you, write to Lydia R. Pinkham Medicine Co. (confidential), Fynn, Mass., for advice. Your letter will be opened, and and answered by a woman, and held in arms confidence.

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