Happenings in Central Canada.

First prize in the individual standing in the judging competition of the International Livestock Exposition at Chicago was won by F. W. Walsh, a member of the quintet that represented the Ontario Agricultural College. He made a score of 891 out of a possible 1,000. In the team judging competition the Ontario Agricultural College representatives were nosed out by the Ohio State University team, the scores being 4,116 and 4,146 points respectively.

To send a cable to Liverpool from Kingston and have the answer back in one and a half hours is the rather unusual experience of the "Kingston Standard." At 10.10 a.m. the "Standard" sent the cable via the Canadian Pacific Telegraph Company, and at 11.30 an answer was received. Another example of fast work by the same company was the recent cabling of Lord Northcliffe's speech at Vancouver to London, England, at 11.00 a.m. and which appeared in the afternoon issue of the "Times" the same day.

The oldest moose on record shot near the Sault Ste. Marie district was brought in by U. Strater. The animal was an eighteen-year-old specimen, with antlers having a spread of 47 inches and it weighed 900 pounds. At the close of the season, it was reported that there were 820 licenses issued. Hunters from across the border secured 169 this year, a hundred less than a year ago.

It is reported that Hollinger Gold is now taking out gold at the rate of $12,000,000 a year and others at Porcupine and Kirkland Lake $7,000,000. Yearly production for Northern Ontario may rise to $25,000,000 by 1921.

Contract to build a large and modern icebreaker for use on the St. Lawrence route, at a cost of $1,580,000, has been awarded to the Canadian Vickers, Limited, by the Department of Marine and Fisheries. According to the Hon. C. C. Ballantyne, a saving of $700,000 was effected by not letting the contract till the present time.

Hard and Soft-Water Service With One Pump.

In domestic water-supply systems it is often necessary to have two pumps—one for the hard-water well, and the other for the soft-water cistern. Now both service can be supplied automatically with one pump, fitted with a patented double-acting valve. This valve is cylindrical in form and has four openings, two to the inlet and two openings of the pump; two to the hard and soft-water discharges, and two for the suction pipes to the hard and soft-water supplies. In the center of the cylinder are three pistons made to move one way or the other, according to the direction of the greater pressure, and to close automatically the ports so that when water is drawn from a soft-water source the hard-water ports are closed and vice versa.

Carelessness With Forests Must Cease

Failure to establish state forests has been due to lack of precept and example a serious handicap to progressive forestry in Great Britain. It is from lack of this that much of the forestry work today, not only in Great Britain, but in these parts of the world mainly peopled by men of British descent, has been haphazard and unsatisfactory. The extent of virgin forests that have been acquired by the Empire at different stages of her growth has, no doubt, tended towards carelessness and indifference. In this respect we have been the spoilt darlings of fortune. We have succeeded to vast areas of exploitable woods and have only had to draw on new territories to meet our increasing requirements. Lord Lovat, at Empire Timber Conference.

Simple Bulk-Grain Loader is Inexpensive.

A simple, inexpensive equipment for loading bulk grain into railroad cars is provided by a lately developed conveying apparatus. The loader does not provide storage space. Grain is dumped into a concrete pit, from which it goes through a regulating gate into the elevator boot. Here a bucket and belt conveyor picks it up and carries it to a hopper at the head of the elevator shaft. From the hopper the grain is carried through a metal tube and flexible loading spout to the car, the spout serving as a nozzle to distribute it.

Forest Fires and Public Opinion.

A great United States newspaper notes the advances made in fighting forest fires by means of watch towers, telephone lines, portable gasoline pumps, etc., but says that the destructive fires in Maine and the Maritime Provinces this year show that only by eternal vigilance and the support of public opinion all over the country can the forests be made fireproof.

Women were called in to aid the National Council, the predecessor of the House of Lords, as long ago as 670.

The man who radiates good cheer, who says kind things about people, who sees in his fellow-man the man God made, the immortal, perfect man—not the sin-stained, the vice-scarred man—is the one we love and admire.

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

When one actually sees the results of experiments on animals of right and wrong dieting, a very clear idea can be formed of the troubles that are often brought about in the human family by lack of knowledge of foodstuffs. Not only weaklings are produced, but ill-health, disease and death follow in due course as sure as night follows day.

One of the most interesting lectures heard in Toronto for a long time was that recently given by Colonel McCarrison of Oxford, in the Physics Building of Toronto University. Col. McCarrison, who has done much work in estimating food values, makes it plain that it is not so much the kinds of foods one eats as it is whether the foods are in their natural state and possessed of all important vitamines that produce health and energy. Col. McCarrison was confronted with a mixed audience of both lay and professional men and women, but he handled the subject in such a way that the average schoolboy could understand him. Moreover, he showed photographs—actual photographs of pigeons, hens and monkeys that had been fed on polished rice and boiled foods that did not contain vitamines. One could see at once that these birds and monkeys were slowly dying. Instinct taught these monkeys that they were not getting the right kind of food, for they would dig to the heart of the cooked food given them, in hopes of finding a part that had not been affected by the heat. In addition, these poor creatures would try for hours to catch a fly, hoping that the live body of the insect would supply some of the indescribable something that they craved for. Photographs were also shown of the intestines of animals in health, and, as a contrast, the intestines of animals that had been fed for some time before death on foods that did not contain vitamines. In the latter case the intestines were baggy, swollen and sluggish looking, plainly incapable of carrying on their natural function of eliminating waste products from the body. In one excellent photograph was shown a track leading down through the intestinal wall where bacteria from the diseased and sluggish bowel found their way directly into the blood stream. It was all so interesting, so definite, so convincing!

Someone may now ask what vitamines are. They are a something that foods in their natural state contain. They bear the same relation to food that the spark bears to the magneto and oil. Butter, fresh eggs, milk are rich in one kind of vitamine, but margarine and boiled milk do not have this vitamine and hence they do not and cannot take the place of butter and fresh milk as a food. Leafy vegetables, unpolished rice, etc., contain another essential vitamine, and fresh fruits are rich in yet another vitamine. Deficiency in any or all of these natural foods brings about conditions in the human system that inevitably lead to disaster from a health standpoint.

Colonel McCarrison cited an interesting point about his experiences in the Indian Medical Service. During seven years' stay at a station in the Himalayas, he never saw a case of appendicitis or of colitis, although there were four hundred major operations in a year. This, he maintained, was due to the fact that these natives lived largely on natural foods, such as fresh fruits and vegetables and did not indulge in pies and pastry, canned foods, boiled foods, frozen foods and thawed foods, with which so-called civilized nations are so familiar to their cost.

"Oh, if the girls of this and other countries would only eat the right kinds of food, there would not be much need for them to look after their complexions," he declared, amidst laughter, "for their complexions would look after themselves."

Colonel McCarrison in this connection emphasized the value of breast feeding for infants, driving home the fact that no pasteurized milk or boiled milk can ever take the place of the infant's God-given food, milk from its mother's breast.

The public should interest themselves scientifically in this great question of what to eat. It is one of the most important features of health work to-day, and a proper appreciation of the value of vitamines can be the means of bringing good health to large numbers of people now classed as chronic dyspeptics, who seldom "know what it is to be well."

WINTER HARD ON BABY

The winter season is a hard one on the baby. He is more or less confined to stuffy, badly ventilated rooms. It is so often stormy that the mother does not get him out in the fresh air as often as she should. He catches colds which rack his little system; his stomach and bowels get out of order and he becomes peevish and cross. To guard against this the mother should keep a box of Baby's Own Tablets in the house. They regulate the stomach and bowels and break up colds. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Furs Made of Silk.

Plushes, carpets and imitation furs are now made of artificial silk.

Minard's Liniment for Garget in Cows.

"Dare to Go Forward."

This was the advice of Baron Rothschild, founder of the great banking firm, to young men. "Dare to go forward."

There are multitudes of old and middle-aged men in ruts of mediocre positions, to-day, just because they didn't dare go forward. They were afraid to take the final leap; afraid to try to better their condition by making a change; afraid people would laugh at them if they dared and failed; that they might possibly make a mistake and be worse off than before. They didn't have the courage to risk the lesser for the greater, and they let one opportunity after another pass because they didn't see a "dead sure" thing ahead.

"Never venture, never win." The man who waits for a "dead sure" thing will never get anywhere.

When two quarrel both are in the wrong.

Surnames and Their Origin

RIPLEY

Racial Origin—English.
Source—A locality.

Ripley is one of those English family names which sprang from place names, as indicative originally of the locality from which the individual had come, or in which he lived.

There is a market town in the west of Yorkshire, England, which bears this name; and, unless there have been other localities bearing the same name which since have disappeared from the geographical and historical records, the evidence is quite clear that all Ripleys trace their ancestry back to this town.

In medieval times a man might be known as "John O'Ripley" or "Peter de Covington" as a result of different circumstances (the "de," of course, being the Norman equivalent of the Anglo-Saxon "of," which very often was contracted into "o' " or "a' "). He might, for instance, be the owner or ruler of the place named. He might merely be an inhabitant, or he might have been an inhabitant at some previous time. The majority of family names are explained in the last two ways. And in making your choice between these two you must take into consideration the size of the place at the time the name was formed. If Ripley was a very small place, a homestead, for instance, the name would denote residence there. But if, as it happened, it was a larger community, it would constitute no differentiation to give an inhabitant the surname of "de Ripley," because all his neighbors would be indicated by the same appellation. But if he lived in Covington after prior residence in Ripley, the surname would individualize him from his neighbors at once, as he would be most likely the only man of his own given name who formerly resided in the other community.

Stevens

Variations — Stevenson, Saephenson, Stepkin, Stepkins, Steffens.
Racial Origin—English.
Source—A given name.

Family names in this group belong to the class of those derived from given names through an original indication of parentage, though certainly you'd not be inclined to regard a couple of them as developments of Stephen.

Stephen is one of the given names which came into England with the Norman French. That is to say, it became a popular given name after the arrival of the Normans, though there are instances in which it is met with prior to that time, for it was really Christian tradition which is responsible for its introduction among the Saxons and their Norman cousin race.

The given name itself is Greek, and had it not been listed in the Saint's Calendar the chances are that it would have shared the same oblivion that many other Greek given names have so far as their use among English-speaking peoples is concerned.

The Greek form of the name was "Stephanos." You'll find it to-day in certain of the Slavic tongues as "Stephan" or "Stepan," but under the influence of the Teutonic tongues of the Saxons and Normans it was reduced to Stephen and Steven. The addition of "son" to these forms, followed in some cases by the elimination of all but the "s" in "son," gives us the foregoing variations. Stepkin is a diminutive added to the shortened form of the name, and Steffens a spelling that has followed one variation of pronunciation.

THE CAUSE OF BACKACHE

Only in Rare Cases Does Backache Mean Kidney Trouble.

Every muscle of the body 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 nourishment, and the result is a sensation of pain in those muscles. Some people think pain in the back means kidney trouble, but the best medical authorities agree that backache seldom or never has anything to do with the kidneys. Organic kidney disease may have progressed to a critical point without developing a pain in the back. This being the case, pain in the back should always lead the sufferer to look to the condition of his blood. It will be found in most cases that the use of Dr. Williams' Pink Pills to build up the blood will stop the sensation of pain in the ill-nourished muscles of the back. How much better it is to try Dr. Williams' Pink Pills for the blood than to give way to unreasonable alarm about your kidneys. If you suspect your kidneys, any doctor can make tests in ten minutes that will set your fears at rest, or tell you the worst. But in any event to be perfectly healthy you must keep the blood in good condition, and for this purpose no other medicine can equal Dr. Williams' Pink Pills.

You can get these 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.

The History Makers.

We sometimes hear the head of a firm refer to a young man who is "a history maker" in his business—a man who has had the courage to step out of the crowd, to be original, to ignore precedent, to do the impossible.

Every concern of any importance has connected with it some man who is a history maker, some man who has push, determination and grit combined—a man who is not afraid of what the pessimists say, who will forge ahead in the face of all obstacles. Originality, initiative, resourcefulness, the courage to back up one's ideas in spite of opposition and difficulties,—these are the history makers of all times.

Chinese Prince is Afraid to Ride in Automobile.

In sharp contrast to the establishing of an 800-mile mail and passenger-airplane service by China, and its interest in other modern activities, is the experience of a party of Americans on a trip from Peking to the Ming Eastern Tombs by automobile. A Manchu prince, who met them at the tombs, was greatly frightened when the American automobile, the first he had ever seen, appeared. He could not overcome his terror sufficiently to accept an invitation to ride, and withdrew to a safe distance. The members of his bodyguard, armed with broadswords and even bows and arrows, were both terrified and fascinated by the car.

Life-Line Gun Fired from Shoulder.

Guns for throwing life lines, used along the seacoast, have all been of the cannon type, but an English concern is now turning out a light line-throwing gun, which is portable and can be fired from the shoulder. Though primarily designed for throwing life lines, it can also be used for mooring lines or, on land, for throwing lines to windows in case of fire. The line is contained in a cylinder which is slipped over the gun barrel and held by a catch. A projectile is then attached to the line and dropped into the barrel and a cartridge inserted in the breech chamber. Ready to fire, the total weight is 14¾ lb. The recoil is about the same as that of a shotgun.

Where Man First Lived.

The Kobi Desert is reckoned to be the most elevated region on the globe and it is reasoned that the race of mankind must have started here, for this would naturally be the point which would first emerge from the ocean of water once covering the earth. It is at this point that the great rivers of Asia have their origin and flow in different directions to the seas.

Niagara Power.

The first use of Niagara's power was made in 1725, a primitive sawmill being worked there. Nothing more was done until 1842, when the plan of hydraulic canals was conceived, and in 1861 one of them was completed.

MONEY ORDERS.

It is always safe to send a Dominion Express Money Order. Five dollars costs three cents.

The stained glass, the painting and sculpture in the mediaeval churches were not there solely because the masses could not read. Form, color and music are a means of expression quite as truly as the written word. It was the invention of the printing press that set everyone reading and writing. But no one need consider himself as truly educated until he can at least understand and appreciate the art that appeals to the eye and the ear as well as the art that appeals to the intellect.

Minard's Liniment for Distemper.

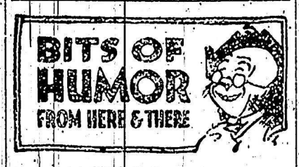
Classified Advertisements.

BELTING FOR SALE

ALL KINDS OF NEW AND USED belting, pulleys, saws, cable, hose, packing, etc., shipped subject to approval at lowest prices in Canada. YORK BELTING CO., 115 YORK STREET, TORONTO.

HELP WANTED.

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



Modest Hostess.

"Mary, were you entertaining a man in the kitchen last night?"

"That's for him to say, mum. I was doing my best with the materials I could find."

Why He Was Late.

Teacher — "What makes you so late?"

Boy—"Please, Miss, the doctor brought a new little sister this morning."

Teacher (preoccupied)—"Very good, but don't let it happen again, mind."

No Danger.

An Irishman who had remained in bed during a Zeppelin raid was asked if he wasn't afraid a bomb might drop on the house.

"I don't trouble," replied Pat. "The ould house doesn't belong to me. Oi'me only a boarder."

One on the Parson.

A southern clergyman tells of an occasion when a friend of his had obtained a job for a colored man who had been for a long time out of work. The clergyman thought that the man must be getting pretty shabby, so he looked up a suit—they were much of a size—and took it around to the man's house.

The man's wife took it, and the clergyman waited in the room, as he says, "ready to be overwhelmed with thanks." But when the woman returned she said:

"My husband thanks yo', sah, but he says that he don't hold with parson's clothes, but ef you've got anything as would suit a man he'll be glad to have a look at it."

How Could He Tell?

The case concerned a will, and an Irishman was a witness.

"Was the deceased," asked the lawyer, "in the habit of talking to himself when he was alone?"

"I don't know," was the reply.

"Come, come, you don't know, and yet you pretend that you were intimately acquainted with him?"

"Well, sir," said Pat drily, "I never happened to be with him when he was alone."

Having lost his right hand in the war, a London organist "carries on" excellently with the left only.

For Sore Throat, Cold in the Chest, Etc.

MINARD'S "KING OF PAIN" LINIMENT

YARMOUTH, N. S.

Mother! Open Child's Bowels With California Fig Syrup

Your little one will love the "fruity" taste of "California Fig Syrup" even if constipated, bilious, irritable, feverish, or full of cold. A teaspoonful never fails to cleanse the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the sour bile, and undigested food out of the bowels and you have a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful to-day saves a sick child to-morrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

USE SLOAN'S TO WARD OFF PAIN

LITTLE aches grow into big pains unless warded off by an application of Sloan's. Rheumatism, neuralgia, stiff joints, lame back won't fight long against Sloan's Liniment.

For more than forty years Sloan's Liniment has helped thousands, the world over. You won't be an exception. It certainly does produce results.

It penetrates without rubbing. Keep this old family friend *always handy* for instant use. Ask your neighbor.

At all druggists—35c, 70c, $1.40. Made in Canada.

Sloan's Liniment (Pain's enemy)

Electric "Nightcaps" Used for Warming Cold Heads.

Bald-headed men can now sleep in comfort, regardless of any chilly blasts of winter which may sweep in through open windows or along open sleeping porches. The answer to the perplexing problem of cold-headed persons, lies in the production of an electrically heated warming cap. This cap is made in much the same manner as the common warming pads and blankets now on the market, and has the usual plug attachment.

India Weavers Use "Key."

Peculiar methods are employed by the carpet weaver in India in converting his original design into a textile. Instead of working from a colored drawing or diagram, the weaver has the pattern translated on paper into rows of symbols, each of which expresses the number of stitches and the color. With this written "key" in his hand the head weaver sits behind his subordinates and dictates the pattern to them row by row.

Bayonet's History.

The bayonet became a British weapon during the reign of King Charles II. It then resembled a lance or pike-head and was screwed into the barrel of the musket when the latter had been discharged.

It Might Be Discouraging.

A female salmon yields about 3,500 eggs per year. This is the sort of thing we hush up for fear our candidates should give up trying.

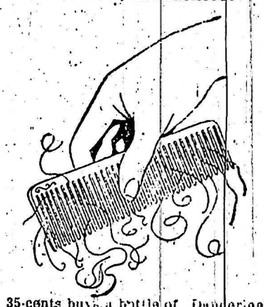
29 Doughnuts a Minute.

Operated by oil, gas or electric heat, an automatic machine forms, cooks and delivers 29 doughnuts a minute.

A tank heater for outdoor water tanks is pretty much of a necessity for stock in winter. If water isn't warmed before the animals drink it, then it must be warmed with energy from their bodies. Besides, stock won't drink enough water, if it is cold.

DANDERINE

Stops Hair Coming Out; Thickens, Beautifies.



35 cents buys a bottle of "Danderine" at any drug store. After one application you can not find a particle of dandruff or a falling hair. Besides, every hair shows new life, vigor, brightness, more color and abundance.

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. 118 West 31st Street New York, U.S.A.

COARSE SALT LAND SALT

Bulk Carlots

TORONTO SALT WORKS

C. J. CLIFF - TORONTO

HAMILTON WOMAN ADVISES MOTHERS

SAYS HER TWO DAUGHTERS NOW PICTURES OF HEALTH.

Feels It Duty to Tell Others How Tanlac Brought Happiness to Her Home.

"My two daughters have been so wonderfully built up and made so strong and healthy by taking Tanlac I just feel it is my duty to let other mothers know about my experience," said Mrs. Arthur Seliman, 384 Ferguson Ave., North Hamilton, Ont.

"My oldest daughter, Amy, was in a run-down condition for three years. She had a very poor appetite and what little she did eat seemed to do her more harm than good. She was pale, weak and easily tired. Three bottles of Tanlac made her well and strong. Her appetite returned, her sleep became restful and her cheeks got rosy. In fact, she is the very picture of health.

"My daughter Ida's case was almost identical, except her condition wasn't quite as serious. Just two bottles put her in the best of health. Now I look at my girls now and see them enjoying such splendid health, I realize what a blessing Tanlac has been to our home, and I feel it my duty to spread out and let people know about this grand medicine."

Tanlac is sold by leading druggists everywhere. Adv.

A monkey has twenty-four teeth, all of which may be seen through a microscope.

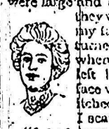
If Headache, Bilious or Stomach is Bad, Take "Cascarets."

Get a 10-cent box now.

Furred Tongue, Bad Breath, Coated Tongue, Sallow Skin and most one-third of all sickness come from a clogged liver and clogged bowels, which cause your stomach to become filled with undigested food, which rots and ferments like garbage in a barrel. That's the first step to untold misery, headaches, dizziness, foul gases, bad breath, yellow skin, everything that is sickening. A Cascaret tonight will give your constipated bowels a thorough cleansing and straighten you out by morning. They work while you sleep. Millions of men and women take a Cascaret now and then to keep their stomach, liver and bowels regulated and never know a miserable moment. Don't forget the children—their little insides need a good, gentle cleansing, too.

FACE DISFIGURED WITH PIMPLES

Itched and Burned. Scarcely Slept. Cuticura Heals.



"Pimples affected my face. They were large and always festered, and they were scattered all over my face. They afterwards turned into scales and when they fell off they left big marks until my face was disfigured. They itched and burned so that I scarcely slept at all.

"I had been bothered for nearly two months before I started to use Cuticura, and after I had used three boxes of Cuticura Ointment with the Cuticura Soap I was completely healed." (Signed) Miss L. Doron, St. Bazile, Que., June 6, 1919.

Use Cuticura Soap, Ointment and Talcum for all toilet purposes.

Soap 25c, Ointment 25 and 50c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, St. Paul St., Montreal.

Cuticura Soap shaves without mug.

Genuine

BAYER

ASPIRIN

Never say "Aspirin" without saying "Bayer."

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	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	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 Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."