

The Value of Good Manners. Of course you made some resolutions for the new year—and, of course, included among the things listed your new leaf some of those little portions of everyday life that we call good manners."

Few persons want to have good manners just for the sake of having them, or the satisfaction of knowing that they are better bred than their neighbors. What we do want to have good manners for is so that we may be more useful, so that we may have better and more friends, and so that we make others happier in knowing us.

I asked some acquaintances of mine, each of whom had some measure of success,

to what extent he or she ascribed his success to good manners—by doing the right thing at the right time. All of them—though some reluctantly—admitted that a large measure of success had its result in the conscious study of manners. The successful doge was far easier than to master the science of hygiene and surgery. "He who conquers that inspires confidence in his patients, and succeeds between a surgeon and a successful doctor is the man of darkness in manner and of actual skill."

One of each of my successful acquaintances had a resolution which they themselves of their success and the help it did to others. The politician? Making introductions. The businessman? Letting the correct form of address second nature. Never fail to recognize persons who have been introduced, and remember their names. Here is one of the quick-and-easy good or bad table manners. Never forget in the conversation of your hostess manners of

manners you often make a social letter go more easily answered.

You Can Never Tell.

"I can't tell when you sent a postcard from a bow, I can't tell if it's cruel or kind, I can't tell where to go, I can't tell the price of your dear old Ford, I can't tell if it's great or small, I can't tell if it's calm or tempestuous, I can't tell when you do an act, I can't tell the results will be; I can't tell if you are sowing or reaping, I can't tell if you may not see a falling acorn dropped from a productive soil; I can't tell if you know, yet, the half-grown flower on the boughs that toll, I can't tell what your thoughts will do, I can't tell if you hate or love; I can't tell what things and their alloy always comes, I can't tell if you are swifter than carrier doves, I can't tell if the law of the universe can't create the kind; I can't tell if you speed over the track to bring you back."

—Ellis Wheeler Wilcox.

Finsen's Cat Aids Science.

Norton's apple and Watt's tea now is to be added Finsen's cat as another coadjutor in the work of saving mankind, says a Copenhagen dispatch. It has just been reported in connection with a Finsen exhibition at the Institute here that the owner of the famous curative electric light obtained from watching a barn-horse idly sun. He noted that as the shadow crept up over him, so as to always keep him as possible in the direct sun.

Knowing that the animal's instinct had told him that the rays were beneficial, Finsen decided to study the science scientifically, and his discovery was a scientific result.

Dr. Niels Ryberg Finsen was a Danish physician famous for his application of solar and electric rays to the cure of diseases of the skin, especially leprosy. He published many works on the subject of light cures. In 1903 he received the Nobel prize in medicine. He was born at Thorshavn, Faroe Islands, on December 15, 1860, and died at Copenhagen on September 24, 1904.

Thoughtlessness Checked.

"Out after hours again, hey?" said the father.

"Only ten minutes late," replied the son.

"Well, go at once to your room, sir, lock yourself in and bring me the key. This thoughtlessness must be checked."

Perspiration stains can be removed from garments by rubbing with ammonia and water.

THIN, WATERY BLOOD KEEPING FIT A TASK MEANS ILL HEALTH FOR PRINCE OF WALES

RICH, RED BLOOD BRINGS BRIGHT EYES AND ROSY CHEEKS.

The girl who returns home from school or from work thoroughly tired out will be fortunate if she escapes a physical breakdown, because this getting tired so easily is probably the first warning symptom of a thinning blood that must not be disregarded if her health is to be preserved.

When the blood becomes thin and impure the patient becomes pale. She not only tires out easily but often suffers from headaches, palpitation of the heart, dizzy spells and a loss of appetite.

In this condition Dr. Williams' Pink Pills will be found to have a beneficial action on the blood. Miss Delina Lafreniere, St. Ambroise, Man., has proved this in her own case and advises others to use these pills. She says: "Before I began the use of Dr. Williams' Pink Pills I felt like a complete wreck of my former self. My blood was poor and thin. I suffered from faint and dizzy spells, and had backaches and headaches almost every day. I decided to give Dr. Williams' Pink Pills a trial, and by the time I had used three boxes I felt much better and I continued taking the pills until I felt as well as I ever did. For what they did in my case I cannot recommend these pills too highly."

Dr. Williams' Pink Pills can be obtained from any druggist in medicine, or for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Five Pairs of Brothers.

Among the 42 names on the roll of honor travelled at Busbridge Church near Goldingay, England, are five pairs of brothers, including two sons of Lady Victoria Rowo and two brothers of Regimental Sergeant-Major Grover, M.C., who jointly performed the visiting ceremony.

Hard-boiled eggs will prevent it dropped into cold water.

Minard's Liniment for Dispensers.

For Surnames and Their Origin

STANFORD
Variations—Stanley, Stanleigh, Stanfield, Stanton, Stantown, Racial Origin—Anglo-Saxon.
Source—Localities.

DRAPER
Racial Origin—English.
Source—An occupation.

There are another group of Anglo-Saxons which have become family names. The foregoing variations, however, are by no means inclusive of all the "stan" names.

There are many variations of "stan" in English names. It seems, as there are variations of "smith"; perhaps more, though there are not so many families bearing them.

The "stan" or "stane" in these names is simply the Anglo-Saxon for "stone." Thus, the family name of Stanford has simply been derived from a place which, if we were naming it today, we'd probably call "Stoney-Ford."

Stanford, when the latter is an Anglicized form of the Polish given name of Stanislav or Stanislaus, meant originally a stony meadowland. Stanford is easily seen as stony field. The "ton" in Stanton is the old Anglo-Saxon "tan," from which our word "town" has come. It meant an enclosure.

Finally, Stanhope comes from "stan" and "lawe" or "loe," which, to the Anglo-Saxons, signified a small hill.

Later, at the period when family names began to form, names of towns and the calling of its bearers, and, was preceded by "le," meaning "the."

The breifs, however, in later generations was dropped as useless after the name became a family one, and ceased to be merely descriptive.

A "balanced diet" may sound confusing to many people

The facts, as explained here, are simple.

The secret of a "balanced diet" is to have food containing all the elements needed for proper nutrition. These elements are protein, to nourish the tissues; starch and sugar, to furnish energy; fat to supply heat; and mineral salts to provide the material necessary for building nerves, brain, and tooth and bone structure.

Grape-Nuts, the nourishing cereal made of whole wheat flour and malted barley, served with cream or milk, is a complete food for young and old alike.

Go to your grocer today and get a package of Grape-Nuts! Eat it with milk or cream for breakfast; or with stewed fruit, jelly or jam, as a delicious dessert for lunch or dinner.

Every member of the family will relish this palatable and nourishing food.

GRAPENUTS—THE BODY BUILDER "There's a Reason"

Made by Canadian Postum Cereal Co., Ltd., Windsor, Ont.

PRESERVING HEALTH FOR HIS STRENUOUS DUTIES.

HOW HE SPENT A BRIGHTON HOLIDAY BEFORE SETTING OUT ON THE TRIP TO INDIA.

Newspapers tell of the strenuous official visit to India of the Prince of Wales. They do not tell, however, of the strenuous labors on trips of state. Nor do they inform the public of the rigid training he must undergo to keep fit. A royal visit to India always is trying. The present trip is probably the most strenuous of all times soundly beaten at Hove, and cheerfully adjested the fact.

Retiring at noon, he would shed his coat and get to work on the lawn in his garden. Then he would go to the gardener: "I'll send you my bill when I get back. It'll be pretty stiff—about £100, you know!" He further observed on another occasion that a man must perspire if he's to keep fit. A prince who believes in perspiration must surely be an inspiration!

Following lunch came another spell of mowing, and then a series of games of croquet, golf, or which the Prince never tired. Bathing figured in his programme on two occasions, but hardly from that sort of princes, particularly when he was in India. He shaped better in running events than in almost any other form of athletics, except those involving horsemanship.

FREE FROM CARES OF STATE.

A favorite evening diversion was a walk along the promenade, when the best known young man in Europe mingled as freely with his father's subjects as any holiday-making clerk or shop assistant. Outside the grounds of the house he enjoyed, paradoxically enough, his greatest freedom among the crowds that packed the piazzas and piers, where no one would have mistaken him for any one but an ordinary holiday-making young man, enjoying the light and airy crush and his solitude, particularly his solitude to the full.

Bedtime was rarely after 11 o'clock, the hour before which was mostly passed in listening to the gramophone. The Prince read no books and very few newspapers during his vacation. The only volumes I saw in the house were of military and historical interest; I saw no signs of a novel anywhere.

Britain's Young Man has, it seems,

a lively interest in music. He can play the piano moderately well, but is a better amateur than an executant. Even street music interests him, as witness the following:

One morning a barrel organist brought his instrument to a standstill near the house and began his repertoire of sadly hackneyed refrains. Except for a sun-tanned young man in a blue shirt, open at the throat, leaning over some rusty railings close to the road, and some urchins playing noisily on the pavement, the scene was deserted. In fact, from the business point of view a worse pitch for a street musician could hardly be found.

Promised the instrumentalist came to his last air—"Bubbles." The time set the urchins laughing lustily, while the blue-shirted young fellow started to whistle gayly. When the last note sounded with a thump and a rumble, the piano grinder, who had thus achieved distinction without knowing it, paused expectantly a moment, then swung away up the road and so out of sight, while Edward Prince of Wales, still whistling blithely, sauntered back to resume his mowing.

The result of my quizzing has left me with the distinct and possibly satisfying impression that here is a young man who, having found that his fate have cheated him of the ordinary young man's heritage, has, nevertheless, resolved to face his destiny cheerfully and dutifully.

An average young man, born Prince of Wales and bearing the responsibility more manfully that most of us would bear it, this is how I would sum up the help to Britain's kingship.

PLANT SENSE.

Something like intelligence is often exhibited by plants. If, during a dry season, a bucket of water be placed near a growing pumpkin or melon, in the course of a few days, it will turn from its course, and get at least one of its leaves in the water.

Go to your grocer today and get a package of Grape-Nuts! Eat it with milk or cream for breakfast; or with stewed fruit, jelly or jam, as a delicious dessert for lunch or dinner.

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practical ways of spending their leisure, enforced or otherwise. By standing in a back room of one of the half dozen or so villas that overlook the manor house garden, one could watch a blue-shirted, belted figure bent to the task of lawn mowing, occasionally stopping to wipe a glistening face with a blue handkerchief. That was the Prince of Wales getting fit for India. One heard the chatter of the mattocks every morning and most afternoons. There was no doubt about his taking the job seriously.

His daily regimen was that of the sensible holiday maker, rather than that of the get-fit quick enthusiast. Relaxation was his keynote, a small balance of strenuousness being supplied by the mowing.

In the morning, garbed in rough tweeds, he motored to the golf links.

Published reports had it that he

consistently carried off all the honors. As

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