

The Value of Good Manners.
 Of course you make some good ones for the new year—and of course, included among the things listed, you'll find some of those little courtesies of everyday life that we call "good manners."

What we want to have good manners for is so that we may be more successful, so that we may have better friends, and so that we may make others happier in knowing

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 Delima Lafontaine, of St. Andrews, Minn., 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 dealer in medicines, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Five Pairs of Brothers.
 Among the 42 names on the roll of honor unveiled at Dunsbrige Church, near Godalming, England, are five pairs of brothers, including two sons of Lady Victoria Row and two brothers of Regimental Sergeant Major Grover, M.C., who jointly performed the unveiling ceremony.

Hard-boiled eggs will peel easily if dropped into cold water.

Minard's Liniment for Distemper.

You Can Never Tell.
 You never tell when you sent a letter, how long it will take to get to its destination. It may be a week, or it may be a day, or it may be a month, or it may be a year, or it may be a lifetime.

Finson's Cat Aids Science.
 Finson's Cat Aids Science is a new and powerful remedy for the cure of all skin diseases. It is a scientific preparation of the finest ingredients, and is guaranteed to cure all skin diseases, no matter how long they have been present.

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.

Dr. Williams' Pink Pills can be obtained from any dealer in medicines, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Surnames and Their Origin

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

There is another group of Anglo-Saxon place names which have become family names. The foregoing variations, however, refer to 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 "stein" in these names is simply the Anglo-Saxon for "stone." Thus the family name of Stanford is simply been derived from a place, which, if we were naming it today, we'd probably call "Stoney-Ford."

Stanleigh and Stanley, when the latter is not an Anglicized form of the Polish given name of Stanislav or Stanislaus, meant originally a stony meadowland. Stanfield is easily seen as stony field. The "ton" in Stanton is the old Anglo-Saxon "tun," from which our word "town" has come. It meant an enclosure.

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

Later, at the period when family names began to form, names of towns and places such as these were used to designate persons who formerly lived in them—not those who formed them at the time, for in that case the name would lose its value as an identifier.

WATER-HARD ON BABY

Very Unlucky.

The winter season is a hard one on the baby. He is more or less confined to stuffy, badly ventilated rooms. It is difficult to 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.

Dr. Williams' Pink Pills can be obtained from any dealer in medicines, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

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

Minard's Liniment for Garget in Cows.
 Bavaria has a suspension bridge with one tower the cables at the other end being a chain of a high rock bluff.

Surroundings of the Prince of Wales.
 The Prince of Wales is a young man who, having found that the fates have cheated him of the ordinary young man's heritage, has, nevertheless, resolved to face his destiny cheerfully and dutifully.

BITS OF HUMOR FROM HERE & THERE

Very Unlucky.

"Why don't you marry?"
 "I'm very unlucky." "Every time I meet a family I would like to marry into I find they have no daughter."

Gracefully Pleased.
 A British railway official tells of a tourist in Ireland who left the train at every station and went ahead to the luggage van to ask if his trunk was safe. After the sixth time the exasperated guard replied:
 "Begorra, I wish the Lord had made you an elephant instead of an ass, and then you'd always have your trunk in front of you."

Classified Advertisements.
 BELTING FOR SALE
 ALL KINDS OF NEW AND SECOND-HAND BELTING, RUBBER BELTING, ETC., AT LOWEST PRICES IN CANADA. YORK BELTING CO., 125 YORK STREET, TORONTO.

DOG DISEASES
 America's Plover, Dog Remedies, Book on DOG DISEASES and How to Feed Mailed Free to any Address by The Author, Dr. J. C. Plover, 115 West 11th Street, New York, U.S.A.

FOR THE PREVENTION OF PAIN AFTER EATING FATULENCE, HEADACHES, BILIOUSNESS, CONSTIPATION AND OTHER DISAGREEABLE FORMS OF INDIGESTION
 No remedy is so well adapted as Mother Seigel's Syrup, the stomach and liver tonic with 50 years' reputation.
MOTHER SEIGEL'S SYRUP



MISS FRANCES NEWMAN

COARSE SALT LAND SALT
 Bulk Carlots
 TORONTO SALT WORKS
 C. W. CLIFF TORONTO

MINARD'S LINIMENT
 THE ORIGINAL AND ONLY GENUINE

SLOAN'S RELIEVES NEURALGIC ACHES
 FOR forty years Sloan's Liniment has been the "quickest" relief for neuralgia, sciatica and rheumatism, tired muscles, lame legs, sprains and strains, aches and pains.

THIN, FLAT HAIR GROWS LONG, THICK AND ABUNDANT



Cuticura For All Skin Irritations
 Rubs with Cuticura Soap and hot water to open the pores of impurities and follow with a liberal application of Cuticura Ointment to soothe and heal. They are ideal for the face, as is also Cuticura Talcum for perfuming.

BAYER

ASPIRIN

WARNING! Say "Bayer" when you buy Aspirin. Unless you see the 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 22 years and proved safe by millions for

Colds, Headache, Rheumatism, Toothache, Neuralgia, Neuritis, Earache, Lumbago, Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Germany. Aspirin is the trade mark of Bayer Manufacture of Germany. 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."

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—

Grape-Nuts—the Body Builder
 "There's a Reason"

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

Fun is the cheapest and best medicine in the world for your children as well as for yourself. Give it to them in good large doses. It will not only save you doctors' bills, but it will also help to make your children happier, and will improve their chances in life. We should not need half so many prisons, insane asylums, and almshouses if all children had a happy childhood.

Thoughtlessness Checked.
 "Not 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.