

Sounding "The Alert"

During the World War the outlooks on the outskirts of the battlefronts sounded what they called "the alert." Then distant enemy airplanes were discovered through the telescope. A warning that all must be on the alert, or the whole army would be in danger, that every man that could be done should be done quickly to prevent disaster, to danger and damage, as much as possible.

It is in life's battle there are sounds of the alert, but how often we heed the warning. For in the heart, the lungs, the kidneys, the liver, and other organs are continually sounding the alert for some danger signal in our system. The danger signals are the usual feeling of stress, some unusual feeling, or a little danger signal in our system. The danger signals are the usual feeling of stress, some unusual feeling, or a little danger signal in our system. The danger signals are the usual feeling of stress, some unusual feeling, or a little danger signal in our system.

Teaching the Blind to Write.

France claims the honor of the most recent invention to permit the blind to read and write, the latest being the Braille system. The system of the Braille system, the latest being the Braille system. The system of the Braille system, the latest being the Braille system.

Canada's Commercial Forest Trees.

The demand for something in connection with giving information about Canada's commercial forest trees has led to the issue of a new Forestry Branch to issue "Forest of Canada." It gives a description of the principal species and their uses, and also a list of the accepted names along with the botanical names, so that each tree may be identified in any part of Canada.

All the Year Round.

Beauty is never lost. Beauty's colors are all fast; the story of this sunset heaven into my soul has passed—of gladness, unconfined in the heart, or of the heart's breath, it shall live beyond the years of time.

Mosquitoes Prefer Blue.

Blue boxes lined with different colored cloths in a place frequented by mosquitoes showed that by far the most number of mosquitoes entered the boxes lined with dark blue. The other boxes attracted only a few mosquitoes.

A Permanent Job.

McCarthy had worked on the same job for the last sixty years, and he was very proud of his record. One day his employer said to him: "McCarthy, you are getting very old, and I think it is about time that you should retire."

Still to Come.

Tommy had been playing truant from school, and had spent a long, beautiful day fishing. On his way back home he met one of his young comrades, who accosted him with the usual question, "Catch anything?"

A New Commandment for which the time is now ripe is "Thou shalt not fall ill."

Seventy-five per cent. of the illness in the country is the result of violations of the elementary laws of health, excess of eating, drinking, and smoking.—Sir Malcolm Morris.

Candy is an eastern measure of weight, varying from 650 to 800 lbs.

IN THE SHADOW OF POOR HEALTH

In This Condition Relief Comes Through Dr. Williams' Pink Pills

When the shadow of poor health falls upon you; when hope fades and life itself seems scarcely worth living, then is the time you should remember that thousands just as hopeless as you feel, have been restored to the sunshine of health through the use of Dr. Williams' Pink Pills. The rich red blood which these pills actually make, strengthens the vital system. The nerves are strengthened, headaches vanish, the appetite improves, and once again there is joy in life. Among the thousands benefited by the use of this medicine is Mrs. J. K. Robinson, Oshawa, who says:—"Some time ago I was in an anæmic condition and so weak I would faint away at times. I had no appetite, could not do my housework; in fact life seemed scarcely worth living. I was exceedingly pale and tired, doctor's medicine with no good result. Then one day I saw Dr. Williams' Pink Pills recommended for a similar condition, and I got a supply. I continued taking the pills until I had used about a dozen boxes, and they have made me a well woman. I can now do a good day's work about the house, have no more fainting spells and can go about more actively than I did before. I believe these pills just the thing for pale, weak girls and women, and if given a fair trial will do for them what they have done for me."

Nutracker is Powerful and Easily Controlled.

Perfect control of the power exerted on a nut in cracking the shell is possible with the use of a Nutracker. The appliance has a solid felt-lined base and a ratchet, or gear, arrangement operated by a long handle, that gives the user ample leverage in breaking the hardest shells without scattering the kernels into little bits.

Tortoises and turtles have no teeth.

Perfect control of the power exerted on a nut in cracking the shell is possible with the use of a Nutracker.

Surnames and Their Origin

FOX
Variations—Sinnock, Sinnoch, Seeny, Reynard, Reynardson.
Racial Origin—Irish.
Source—A nickname.
This is not the same family name as the Fox which comes from the Anglo-Norman source in the given name of "Fulke" or "Fulco."
Though they may not look it, Fox, Sinnock, Seeny, Reynard and Reynardson are all really variations of the same name, some of them being Anglicized variations of the name, and some of them being Anglicized variations of the name.
It came about this way. There are two noteworthy figures in Irish history from which many bearing the foregoing names take their ancestry. One of these was "Flann," the 169th monarch of Ireland, 876 A.D., who was known as "the Fox." The other was a certain "Toige," who lived about 100 years later, also known as "the Fox." "Toige" or "Siannoc." From these two surnames came the family or clan names "MacSiannoc" and "MacToige." The name "MacSiannoc" has become Anglicized to the forms Sinnock and Sinnoch.

Old Theories That Have Been Killed by Modern Thought.

Ignorance often develops into a belief, and belief in turn becomes a custom. One of the best examples of this is the placing of the engagement-ring on the third finger.

This is the result of an old belief, still widely taken for granted, that there is a nerve in the third finger in direct communication with the heart. This gave rise to the idea of placing the ring on the third finger.

Of course, there is not a shred of truth in this belief. The third finger is no different from any of the others; but, all the same, it has developed into a custom.

Another equally curious belief is that should a person cut himself in the space between the first finger and thumb, he is more than likely to get yock-jaw. It is a belief absolutely without foundation, except, perhaps, that a wound in that part of the hand, owing to its free movement, takes a long time to heal, and is therefore more likely to get dirt into it, which might cause lock-jaw.

A common belief exists that our bodies undergo complete change once in seven years. As to why, seven years nobody knows, but many people have that firm conviction.

Actually the human body is undergoing change the whole time. In moving an eyelid, even, some of the tissue or muscle is literally being burnt up, and is renewed from the blood. The very process of seeing or thinking destroys some of the brain. A boxer will go as much as nine pounds in weight in a single fight, which means that that much muscle has been decomposed.

In this way it will be seen that different peoples bodies are completely renewed in different periods of time, those in hot countries, or leading a strenuous life, being completely renewed in the shortest time.

Should the Accompanist Not Share Honors with the Singer?

Why is it that an accompanist doesn't share equal honors with a singer? We go to a concert and applaud loudly the singing of some soloist, but the poor pianist who often gets the lion's share of the work goes unnoticed. It isn't fair, is it?

It doesn't take any great stretch of the imagination to see that a song without an accompaniment is practically useless. Indeed, oftentimes it is the accompaniment which makes a song a pleasure to hear. The pianist, attempting to sing Tennyson's "Crossing the Bar" without the piano or organ accompanying the soloist, and yet when the soloist finishes, the applause and cheering is directed toward the singer, seldom toward the accompanist. Sometimes an accompanist is not even mentioned in a concert notice. He is taken for granted.

Some few years ago a young lady and gentleman sought to draw attention to the accompanist's part in London, England. The young man who did the accompanying, chose the songs and played the whole program of about twenty numbers by heart—a feat of memory that surely is not common—and yet not a single critic (and there were many present) noticed it, or thought it worth recording.

This article is not written to disparage the work of the singer. Rather is it a plea for a higher appreciation of the art of accompanying. And good news knows, with a dearth of accompanists as there is today, we need to encourage the art in every possible way. Give a thought to the accompanist!

We Get You, Willie.

"Now, Willie," said the teacher of the juvenile history class, "you remember who won the Battle of Waterloo?"

"It was the Duke of Wellington."

"Yes, and who came to his assistance and helped him to win it?"

"A fellow named Uppardson Atom."

A Belated Discovery.

Mrs. Garker came home from a call one day in such a disturbed condition that it was evident that tears were not far in the background. She lost no time in beginning her explanation.

"Edward," she said to her husband, "I am so mortified I don't know what to do!"

"What's the matter, Jane?"

"I've just been calling on Mrs. Peters. You know her husband, Marshall?"

"Yes."

"Well, I just learned to-day that Marshall is not his title at all. Marshall is his first name."

"Why, certainly. I've always known that. What is there mortifying about it?"

"Nothing," said Mrs. Garker, with a groan, "only I've been calling him 'Marshall' every time I've met him for months and months!"

CHILDHOOD AILMENTS

The ailments of childhood—constipation, indigestion, colic, colds, etc.—can be quickly banished through the use of Baby's Own Tablets. They are a mild but thorough laxative which instantly regulate the bowels and sweeten the stomach. They are guaranteed to contain no harmful drugs and can be given to the youngest baby with perfect safety. Concerning them Mrs. Alcide Lepage, Ste. Beatrix, Que., writes:—"Baby's Own Tablets were of great help to my baby. They regulated her bowels and stomach and made her plump and well." The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

What We Call Dust.

Dust is made up of particles of unburned carbon from smoke, fragments of wool, cotton and hair, living organisms and finely-divided mineral matter. All are constantly being cast into the air and they slip through cracks of houses and settle. After billions of particles have fallen we say the floor is dusty.

Everybody expects courtesy but not so many are willing to give it.

Needed, an Interpreter.

All that I wanted, writes a contributor to the Youth's Companion, was a spool of white thread. So, although it was my first morning in old Oxford, I set forth on my quest. A person should have no difficulty in a place where his own language is spoken. Certainly not!

Nearing the business district, I stopped a bright-faced boy and asked him where I would find the nearest dry-goods store.

"Dry-goods store? Store, ma'am? What now would you wish to store?"

"Shop, I mean," I said, correcting my mistake hastily. "Dry-goods shop."

"Dry-goods? That would, dry-goods be?"

"Why, cloth, of course, and things of that kind. Goods, you know."

"Oh, cloth! You would be wanting a draper's shop. Turn to your right at your corner, and there'll be a draper's."

Thanking him, I went on and entered the draper's shop, which at first glance appeared for all the world like a dry-goods store. I asked for a spool of white thread.

"Thread? Very sorry, ma'am, but this is a draper's, and thread can be had only at a haberdasher's."

"But isn't a haberdasher a person who deals in men's furnishings?"

"Not in the least, madam. It is a shop of pins, needles, buttons, thread and the like. There is on a bit of a way on."

I found the haberdasher's shop, which was merely a notion store. Sure of my ground at last, I asked a young English girl for a spool of white thread. She fetched a ladder and climbed to the highest shelf, where after some rummaging she found a ball of cord!

"Oh, no," I protested. "I wanted thread."

"Certainly, ma'am; this is thread."

"Help!" I almost cried. "Then I patiently explained: 'What I want is something with which to mend; do you have a shirt waist?'"

"Shirt waist? Shirt waist?" The girl pondered.

I pointed desperately to the shirt waist that I was wearing.

"Oh, blouse!" she cried. "Perhaps what you wish is a reel of cotton."

Rheumatism and Dyspepsia Are Soon Ended

Victims of stomach trouble and rheumatism often find that when their stomach is set in order, the rheumatism disappears. Thousands of people everywhere have testified that Tania has freed them of both troubles simultaneously. T. G. Matland, 147 Adelaide St., London, Ont., says:

"My digestion got so bad I would bloat all up and I suffered from constipation and biliousness, splitting headaches and dizzy spells. I had rheumatism in my joints and often just ached all over. I never have an ache or pain of any kind since taking Tania and never felt better in my life."

Badly dressed food fits the whole system with poisons. Rheumatism and many other complaints not generally recognized as having their origin in the stomach quickly respond to the right treatment. Get a bottle of Tania to-day at any good druggist. Adv.

The Poor Boy's Keys.

A Canadian youth who has learned the alphabet has the key to the treasure-houses of the earth, good books, and what a treasure that is. The youth who can read needs no outside help, either to make himself a highly educated man or a successful man.

Health and the alphabet are all that a youth needs in this country, in order to make himself felt in the world.

The Milan Cathedral is decorated with over 2,000 statues rising hundreds of feet above the streets.

Rural Route No. 1, Muscouche, Quebec. The Milan Cathedral is decorated with over 2,000 statues rising hundreds of feet above the streets.

I found the haberdasher's shop, which was merely a notion store. Sure of my ground at last, I asked a young English girl for a spool of white thread. She fetched a ladder and climbed to the highest shelf, where after some rummaging she found a ball of cord!

"Oh, no," I protested. "I wanted thread."

"Certainly, ma'am; this is thread."

"Help!" I almost cried. "Then I patiently explained: 'What I want is something with which to mend; do you have a shirt waist?'"

"Shirt waist? Shirt waist?" The girl pondered.

I pointed desperately to the shirt waist that I was wearing.

"Oh, blouse!" she cried. "Perhaps what you wish is a reel of cotton."

Correspondence should be sent to the Editor, The Dominion Express, Money Order. They are payable everywhere.

COARSE SALT LAND SALT

Bulk Carlots
TORONTO SALT WORKS
C. J. CLIFF TORONTO

ECZEMA ON FACE ITCHED TERRIBLY

In Pimples For About A Year, Hardly Slept, Cuticura Heals.

"I was troubled with eczema for about a year. It broke out in pimples on my face and in a few days would blister. At night I hardly slept a wink on account of the terrible itching, and when I scratched my face it would burn. I was disfigured terribly."

I saw an advertisement for Cuticura Soap and Ointment and sent for a free sample. I bought more, and after using two cakes of Soap and one box of Ointment I was healed." (Signed) Mrs. David Eitz, 4159 Fox St., Denver, Colo.

Rely on Cuticura Soap, Ointment and Talcum to care for your skin. Sample Each Free by Mail. Address: "Limesa Ltd., 244 St. Paul St., Montreal." Sold every-where. Specific Ointment for Eczema. 2007 Cuticura Soap always without mug.

Gum of Sudan.

From far off Sudan comes one of our most useful commodities. The adhesive gum that sticks our stamps to our letters and which is used for so many other purposes, can be traced from our desk straight back to the bank of the crocodile infested Nile, with its overhanging palm trees and its myriad herds of chattering monkeys. Big tawny camels and brown-gray donkeys heavy laden with gum from Kordofan, make their way to Durim, above Khartoum, where it is unloaded by half-naked natives. The precious cargo is then placed upon various kinds of crafts for shipment to Omdurman. From this city it is speared by rail to uses which the natives never heard of.

Huge Steel Making Plant in India.

Plans are already well under way for the erection of a large-capacity iron and steel works and rolling mill in India. The plans call for the use of the most modern improvements and labor-saving devices. Iron ore of high quality, suitable fluxes, and excellent cooking coal occur close together, and in large quantities. This condition, in connection with the low-priced labor available in India, should contribute to the production of steel at a remarkably low figure.

Classified Advertisements

WANTED—YOUNG LADIES WITH Good Education to Train as Nurses, Wilfrid Hospital, St. Catharines, Ont.

AGENTS WANTED. Our complete line of electric fixtures and appliances from our catalogue. Liberal commission. W. P. Earle Electric Supply Co., 1284 St. Clair Ave., Toronto.

FOR SALE. YARN—WONDERFUL VALUES and Colorful samples free—Georgetown Woollen Mills, Ont.

WEEKLY NEWSPAPER WANTED. WE HAVE A CASH PURCHASER for a weekly newspaper in Ontario. Price must be attractive. Send full information to Wilson Publishing Co., Ltd., 7 Adelaide St. W., Toronto.

BELTING FOR SALE

THIRTIETH BELTS AND SUCCESSORS new and used, shipped subject to approval at local agent. Canadian Belting Co., 116 York St., Toronto, Ont.

There are few occupations quite so futile as comparing the past with the present—the disadvantage of either. Sir Philip Barrington-Jones, The Famous Painter.

Minard's Liniment for Distemper. Ceylon has always been the chief locality for pearl fishing. Pike are said to reach an age of 250 years, by some authorities.

American Pioneer Dog Balm. Book on DOG DISEASES and How to Feed. Mailed Free to any Address by the Editor of H. Clay Glover Co., Inc., 129 West 44th Street, New York, U.S.A.

PETRIE'S MACHINERY TORONTO

HER AILMENTS ALL GONE NOW. Mrs. Sherman Helped by Lydia E. Pinkham's Vegetable Compound.

Lake, Michigan. "About one year ago I suffered with irregularities and weakness and at times was obliged to stay off my feet. I doctored with our family physician and he finally said he could not understand my case, so I decided to try Lydia E. Pinkham's Vegetable Compound. After I had taken the first bottle I could see that I was getting better. I took several bottles of the Vegetable Compound and used Lydia E. Pinkham's Sensitive Wash and I am entirely cured of my ailment. You may publish this letter if you wish."—Mrs. MARY SHERMAN, Route 2, Lake, Mich.

There is one fact women should consider and that is: Women suffer from irregularities and various forms of weakness. They try this and that doctor, as well as different medicines. Finally they take Lydia E. Pinkham's Compound, and Mrs. Sherman's experience is simply another case showing the merit of this well-known medicine.

If your family physician fails to help you and the same old troubles persist, why isn't it reasonable to try Lydia E. Pinkham's Vegetable Compound?

ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all.

Accept only an "unbroken package" 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—24 and 100—Druggists.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin. Aspirin is the trade mark for Aspirin.

Life Partners

THE union of Nature, the Farmer and Science is a partnership for life.

In your golden sheaves of living wheat—and in your waving, shimmering fields of barley—Nature stores the vital elements of human power and energy, which Science converts into Grape-Nuts—the famous body-building food.

Grape-Nuts with milk or cream is a complete food, containing all the nutritive and mineral elements required for making rich, red blood, and building sturdy body tissue, sound bone structure and strong, healthy nerve cells.

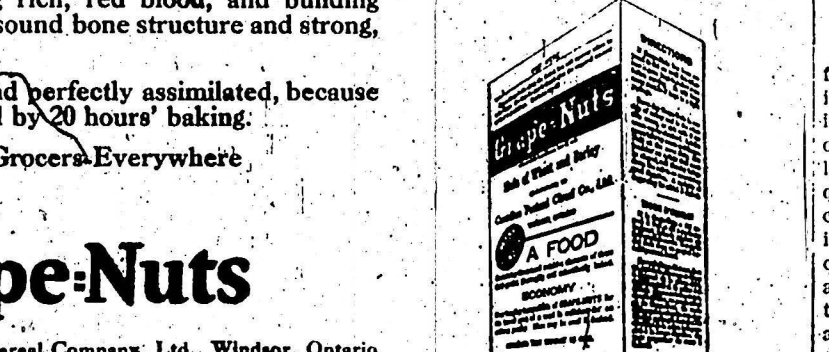
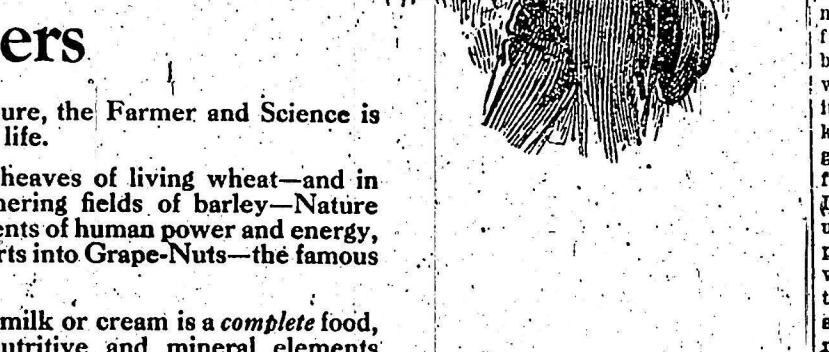
Easily digested and perfectly assimilated, because partially pre-digested by 20 hours' baking.

Sold by Grocers Everywhere

"There's a Reason"

for Grape-Nuts

Made by Canadian Postum Cereal Company, Ltd., Windsor, Ontario



ISSUE No. 38—22