ALWAYS TIRED OUT

People Who Feel Like This Need the Help of a Tonic.

The dictionary defines a tonic as a and gives vigor to the system. That names of places in France, though tells why Dr. Williams' Pink Pills are from its modern spelling you would a real tonic. Thousands of men and not be likely to suspect it. England in the morning unrefreshed. Many thing from medieval French, and sect the MacMahons of Ulster. The beneficial effects of this medicine different from modern French. reaches the whole system. Dr. Wil-Mrs. E. Virginia Gray, Tofield, Alta., Brave" of the Normans. has proven the value of this medicine, If you bear this family name it is a The Gaelic of the name is "Macand says: -"I can sincerely recom- fair inference that the medieval an- Cana," when used in the plural sense. mend Dr. Williams' Pink Pills for a cestor who gave it to you was one of As applied to one person it is "Mac- Has Shown One Mother There is tired and run-down condition of the the Normans who came over to Eng- Cann." This "Cana" was a son of a system. I have followed the nursing land with William the Conqueror, and chieftain of the MacMahons, named profession for a number of years and also that he probably did not bear that "Maithgamhuin," and as nearly as can after a few weeks of hard or trying name prior to that time. cases I take two or three boxes of Dr. Williams' Pink Pills, and always with the fact that the forces of the Con- about the year 900 A.D. at a trying age, and I have seen spienoases."

all medicine dealers or sent by mail fled the individual, but identified the Scottish clan names. at 50 cents a box by The Dr. Williams' Medicine Co., Brockville, Ont.

A Wonderful Invention.

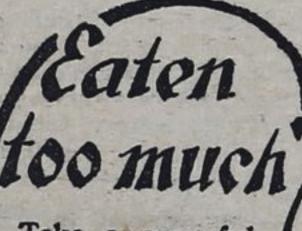
Cassidy-"I see that they've invented a new whistle."

Casey-"Phwat kind of a whistle?" Cassidy-"One that sounds just as Toud in the morning as it does at quittin' time."

Imperfectly Coached.

Magician (to youngster he has called up on the stage)-"Now, my boy, you have never seen me before, have you?" Boy-"No, daddy."

It costs four or five dollars to prepare for a picnic, and a good heavy rain is frequently worth it.



Take a spoonful of Sal Lithofos in a glass of water daily before breakfast and rid yourself of that disagreeable feeling of dullness. An efficient saline laxatve that gently purges the system of clogging poisons and makes a new being of you.



DAY AND EVENING CLASSES

the Department of Education.

THEORETICAL AND PRACTICAL INSTRUCTION

direction of AN ADVISORY COMMITTEE.

Surnames and Their Origin

MOWBRAY

Racial Origin-Anglo-Norman. Source-A locality.

Here is one of those English family medicine that increases the strength names which are derived from the women are alling to-day, not sick in and America, however, are full of such

liams' Pink Pills do more than relieve sents, under the influence of the Eng- simple that no confusion has resulted SIAIKEN VEARS USE OF the symptoms—they remove the cause. lish tongue, the "Mont Brai" or "Mont in the transition of the name from one

nected.

Racial Origin-Irish.

form, this being one case where the Mowbray is a spelling which repre- Irish and English spellings are so tongue to another.

Such names as these developed from mation of the Clan MacCann was



Dlagnosed.

"Pretty slow train, conductor. What's the matter?' "Locomotive ataxia, I guess."

An acid stomach caused by indigestion often creates rheumatic symptoms. Set your stomach right with Seigel's Syrup. Any drug store.

Alchemy.

Sometimes my day so sordid seems, dreams:

shells. It seems it, too, must irk the place depends largely on their own perform- these gardens where experimental garwherein it dwells.

and gray.

and gay;

of right, pure might,

turned the sand.

The alchemy of Truth shows treasure | Indies close at hand. -Mary Chase Witherbee.

What le It? "Whalebone," began the teacher,

isn't a bone at all." "Well," broke in the bold, bad boy, "It isn't a whale, either, so what is it?" ---

The one secret of life and development is not to desire and plan, but to fall in with the forces at work, to do every moment's duty aright.—George MacDonald.

Time and trade wait for no man. The Prince of Wales.

McCANN.

Variations-McGann, MacCann. Source-A given name.

be ascertained, the period of the for-

the very best results. The pills also queror, gathered from many parts of Thus the family name is from two proved a great boon to my daughter northern France, contained many men to five centuries older than the maof the same given names, so, it was jority of English names, and antedates did results follow their use in other the easiest method of differentiating the bulk of the German family names them to refer to the place from which by a still greater period, though it is Dr. Williams' Pink Pills are sold by they had come, as this not only identi- not older than a great many of the

The Safe Side.

question asked, when it is a matter of cine he has ever had." taking sides, is whether the indicated the honor and the fortune that await born babe. They are free from opiates the brave, but the last thing they want and narcotics; act as a gentle laxative is to incur the risk. You will not find on the stomach and bowels and thus side. set for an enterprise of hazard. They will wait and see what the outcome is likely to be ere they enroll as partisans in any conflict.

part of a man to want to be on the side liams' Medicine Co., Brockville, Ont. that wins. The easier thing is always to cast in one's lot with the puissant majority, not to give all one has and is to a cause that looks forlorn from So blank and colorless, devoid of heroic mettle and the different mold or drawn through metal pipes into the That like the grains of sand in oyster that success is not a predetermined tains were everywhere, some of them

Then through the hours, monotonous themselves away on futile quests and well as many other very valuable culvain objectives; they may have been tivated fruits. There come adventures, quickening so restless that they could not bide at home and must be "gentleman a The proven love of friends, the gain venturers" in foreign legions, perhaps taking part in Central American re-The surging forth of all the heart's volutions, or it may be chartering ships and with kindred spirits engaged And, as the oyster to a pearl has in a search for buried treasure of pirates in fronded isles of the West

But is there not adventure enough I finish eating." to be had in the championship of hopes, the furtherance of causes here at home that have nothing to do with the profession of the man-at-arms or the seaman? There is necessary war- State. The proposed money will bear fare in the name and under the flag Irish designs instead of the King's of social, legal and medical reforms head. which call for courage as well as the battlefield, and whose pioneers must often incur loneliness and odium while the popular acclaim goes to charlatans and demagogues "'Tis man's perdition to be safe when for the truth he ought to die." Those who have de cided that a certain course is right cannot be satisfied with another way, though their own path is difficult to tread. They are not asking to be spared the hard things; they give welcome to the experiences that test their fibre and develop fortitude and train them to face serenely what the days may bring.

Living Green.

I never knew how much green grass Could mean until I had it not; Until I went to live where I Could see no tree or garden-plot.

The joy of living green I loved, It was a part of daily being, As easily as much of life

As thinking, moving, feeling, seeing.

But hedged about with stone below And sky above, what it could be-I came to know, to realize-To miss the eight of shrub and tree.

And when spring came my poor starved soul

Cried out aloud; I could not stay-I have come back to where I see Green hills and growing green each

day.

-George Elliston.

of Billingsborough, England, are five women, all related, whose combined ages total 465, an average of ninetythree. They are all active. Two of them earn a iving by knitting and dressmaking, while the other three do housework. The patriarch of the household is ninety-seven, but still gets out to do the shopping, while the ffapper of eighty-seven spends most of her time doing the kitchen work and chores The others are aged eightyeight, ninety-one and ninety-two.

The Poetry of Familiar Things.

All postry, it is to be remembered, is not the poetry of romance, of strangeness, of wonder, of things thrilled with the unknown. There is the poetry of familiar things, true nevertheless in their littleness or

greatness. This is the kind of poetry in which that century so dear to Thackeray, the eighteenth of happy This family name is an Anglicized memory, so decorously delighted. One bed, but without ambition to do a full names, coming originally from French form of the designation of a very old almost hesitates to speak of "decorous day's work, though they are forced to sources, but scarcely recognizable as Irish clan, which in its turn rose to the delight" in this day which is so prone keep on. They are always tired or such for two reasons: first, because dignity of a clan as a branch or sept to hold all that is decorous to be near nervous, do not sleep well, and awake modern French is a very different of a still more ancient clan, that of to the stilted or artificial. The decorous is not necessarily so any more have headaches, backaches and stom- ond, because under English influences. The Irish spelling of this family or than the abandoned is neccessarily arach trouble. Such people need the the names have developed spellings clau name is exceptioned in that it is tistic or sincere. Cornelius Waygandt tonic help of Dr. Williams' Pink Pills. different from their original ones and virtually identical with the Anglicized in "A Century of the English Novel."

BABY'S OWN TABLETS

Nothing to Equal Them.

A constant use of Baby's Own Tablets for their children has proven to thousands of mothers that they are without an equal for babyhood and childhood ailments. One mother, Mrs. C. W. Jackson, R.R. 1, Gilford, Ont., writes: - "We have used Baby's Own Tablets ever since our first baby was born sixteen years ago. We have seven fine healthy children and the Tablets is the only medicine they received in their early years. Our baby is one and a half years old, is walking and talking and weighs 25 pounds. With certain individuals the first Baby's Own Tablets is the only medi-

Baby's Own Tablets are guaranteed attitude is safe. They desire to have to be absolutely safe for even the newthem promptly volunteering at the out- relieve constipation and indigestion; break up colds and simple fevers and make baby healthy and strong.

from your druggist or direct by mail

Prettiest of Gardens.

No known nation has even equalled the inception and seems to have but the Spanish Arabs in the beauty and a rank outsider's chance of victory, costliness of their pleasure gardens. Yet, happily, there are those of the The flower-perfumed air was driven who are attracted by the knowledge living rooms, while sprinkling founcertainty and that conquest or failure even containing perfumed water. To dening was always in order, the world Some intrepid spirits have thrown of to-day is indebted for the peach as

Minard's Liniment for dandruff.

Fair Enough. Guest-'Do you play anything people request?'

Orchestra Leader-"Certainly." Guest-"Fine, I wish you'd take your men out and play a game of pool while

New Money for Erin.

New coinage in silver, nickel, and bronze is suggested for the Irish Free

CHAMBERLAIN'S PAIN-BALM

Your favorite old LINIMENT is now being offered in TUBE FORM

Better than before! Easy to apply!

Its well-known soothing, healing and penetrating qualities have been intensified in the new, compact form.

For over fifty years it has been a standard household remedy for sprains, bruises, rheumatic pains or

muscular lameness from any cause. Generous tube for 25 cents.

Sold Everywhere, or by mail from Chamberlain Medicine Co., Toronto

"is good tea" IEA

Red Rose Orange Pekve is extra "good. Won't you try it this time?

ARE YOU BUILDING? MacLean Builders' Guide contains many practical designs by prominent Canadian architects, actually built and lived in. Also contains well illustrated articles on planning, building, decorating, furnishing and gardening. Profusely illustrated. Send Twenty Cents for a cory. Questions answered. MacLean Building Reports, Ltd., 344 Adelaide St. West, Toronto.

When the Dead Were Judged.

by him for forty days. It was then re- Peabody. turned to its old home where the mourners wept over it for thirty-two days and nights, after which it was carted to the nearest sacred lake where witnesses were heard.

In the case of a good man the body was allowed to be taken across the lake in a boat and buried on the other

If the evidence showed that the dead was not a good man the mourners had to take the body back home and keep You can get Baby's Own Tablets it until such time as they could, by good works, gifts to the priests, in-It is an understandable desire on the at 20 cents a box from The Dr. Wil- cense and such things bury it properly in later years.

All Tired Out-Feel

Miserable, Generally? If you feel out of sorts, your kidneys and liver are not acting naturally. Don't delay but go to your druggist and get a bottle of Warner's Safe Kid-

ney and Liver Remedy take according to directions. In short time you should notice the benefit from this -remedy made from herbs and other beneficial ingredients. Used for over 50 years by millions in all parts of the world. For your

health's sake take care

of your kidneys and liver. Sold by all drugglets. Price \$1.25 per bottle. Warner's St.fe Remedies Co., Toronto, Ontario.

Hemorrhoids

That Shockingly Painful Affliction

There are few of us who have not suffered from this trouble, but little do we realize that in most cases it is due to our own neglect.

Medical authorities agree that Hemorrhoids (piles) could be largely avoided were one to assist nature by observing nature's laws.

Hemorrhoids are most frequently brought about as a result of constipation. Therefore, assist nature by assuring an easy passage of the waste matter, and this can best be done by the use of Nujol.

Nujol simply softens the waste matter, and thus permits regular, easy elimination, without any overtaxing of the intestinal muscles.

Nujol, the scientific internal lubricant, replaces the lack of nature's lubricant, and obviates the possibility of constipation. Ask your druggist for Nujol today

and remember-look for the name

"Nujol" in red on both bottle, label

and package.

Classified Advertisements.

FOR BALE THITE OAK HRIDGE PLANK, AND PLECTRIC MOTORS BOUGHT AND

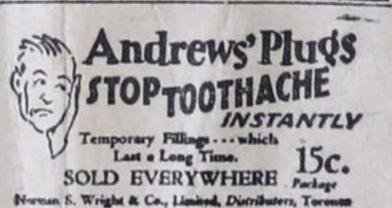
Militon, Frederick St., Toronte

RUBBER GOODS. DUBBER-IF IT'S MADE OF RUBBER.

Elms.

Elms are the most songful trees we have. I niways think so when I see one alone in a level meadowland. It In ancient times the dead were springs up so spontaneously, it is so taken before a judge and jury and straight growing; and yet it reaches given a trial just as though they were out dreamful arms all ways and they muse a little and bend from the joy-In Egypt, the body was taken soon ous one up-springing trunk. Oh, yes, after death to an embalmer and kept they are songful.-Josephine Preston

> Few of us would like to see ourselves as others see us .- Lord Ernle.



Chapped Hands

and other skin irritations are quickly relieved by a few applications of Minard's diluted with sweet oil.



These Two Found Relief by Taking Lydia E. Pinkham's Vegetable Compound



at the end of the year I always feel tired and have no appetite. I was awful sick each month, too, having pains in my back until sometimes I was oblged to stop working. A friend recommended Lydia E. Pinkham's Vegetable

Compound to me and I heard many women telling how good it was so I thought it would help me. And it did. Now I take six bottles every year and recommend it to others." - DONALDA FANTEUX, Ayer's Cliff, Quebec.

"Unable to Work" Canning, Nova Scotia.- 'I had irregular periods and great suffering at those times, the pains causing vomiting and fainting. I was teaching school and often for some hours I would be unable to attend to my work. Through an advertisement in the papers I knew of Lydia E. Pink-

ham's Vegetable Compound, and it has been of great benefit to me, the

troubles being completely relieved." —LAURA J. EATON, Canning, King's County, Nova Scotia.

Caused a Lot of Pain. Itched Badly. Healed by Cuticura.

"My trouble began with a rash! of pimples that covered my face and neck. The pimples grew larger and started to fester, causing a lot of pain. They itched badly and I was very restless at night. The trouble lasted four months.

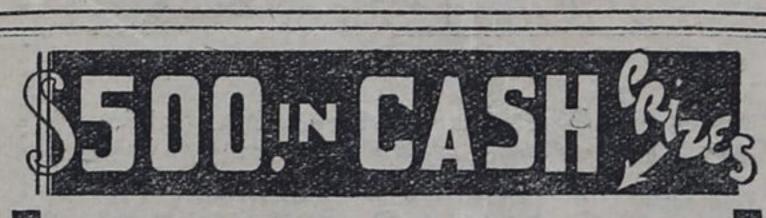
" A friend advised me to try Cuticura Soap and Ointment so I purchased some, and after using three cakes of Cuticura Soap and one box of Cuticura Ointment I was completely healed." (Signed) Miss Martha Martene, R. R. 2, Crediton, Ont., Nov. 3, 1925.

Daily use of Cuticura Soap, with

touches of Cuticura Ointment now and then, keeps the skin fresh, smooth and clear. Cuticura Talcum also is ideal for the skin.

Sample Each Free by Mail. Address Canadian Depot: "Stenhouse, Ltd., Montreal." Price, Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Shaving Stick 25c.

ISSUE No. 16-26.



High School Boards and Boards of Education

Are authorized by law to establish

INDUSTRIAL, TECHNICAL AND

ART SCHOOLS

With the approval of the Minister of Education.

may be conducted in accordance with the regulations issued by

is given in various trades. The schools and classes are under the

Application for attendance should be made to the Principal of the

school.

COMMERCIAL SUBJECTS, MANUAL TRAINING, HOUSEHOLD SCIENCE AND AGRICULTURE AND HORTICULTURE are provided

for in the Courses of Study in Public, Separate, Continuation and High

Schools, Collegiate Institutes, Vocational Schools and Departments. Copies of the Regulations Issued by the Minister of Education may be

obtained from the Deputy Minister, Parliament Buildings, Toronto.

5th Prize \$40 1st Prize \$100 6th Prize \$30 2nd Prize \$75 7th Prize 3rd Prize \$60 4th Prize \$50

8th Prize \$20 5 Prizes of \$10 each 10 Prizes of \$5 each Every con(stant will receive a prize

\$25

of at least \$2,50 value. COUNT THE DOTS If you count the dots correctly and sell 10 tubes of Rust and Stain Remover at 35c a tube, you will receive one of these prizes. And you will have a chance for the Big Cash Prize. When we receive your answer we will send you the Rust and Stain Remover at once. Try

UNITED SUPPLY CO., Dept. 40, TORONTO, 3

Family's Age Totals 465. Under the same roof in the village

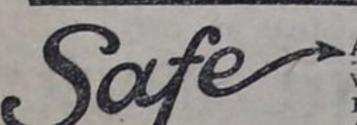
Minard's Liniment for sore throat.



Proved safe by millions and prescribed by physicians for

Neuritis

Pain Neuralgia Toothache Rheumatism DOES NOT AFFECT THE HEART



Headache

Colds

Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets Also bottles of 24 and 100-Druggists.

Lumbago

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylleacid (Acetyl Salicylle Acid, "A. S. A."). While it is well known that Applein means Dayer manufacture, to assist the public against imitations, the Tublets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross,"