

## SOME SYMPTOMS OF THIN BLOOD

Everybody Should be Able to Recognize Them Because Early Treatment is Important.

Anaemia, or lack of blood, is a stealthy disease and is often quite advanced before it is recognized. It is much easier to correct in its early stages, but if unchecked causes weakness, loss of weight, lack of vigor and ambition.

Some symptoms of anaemia are loss of appetite, indigestion, headaches, sleeplessness, shortness of breath after slight exertion, and often extreme nervousness. If you have any or all of these symptoms begin treatment now with Dr. Williams' Pink Pills, the tonic which will make the blood rich and plentiful. Every part of the body will respond to this treatment, as is shown by the case of Mrs. Isaac Bell, Sr., Port Anson, Ont., who says:—"A few years ago I was a very sickly woman. I was all run down and my nerves badly shattered. I had taken doctor's medicine, but as I got no help from it, I tried other medicines, but with no better results. One day while reading a newspaper, I came across an advertisement of Dr. Williams' Pink Pills describing a case very much like my own. I decided to try them, and by the time I had taken two boxes I could feel the benefit I was getting from them, so I cheerfully continued the treatment and was soon a well woman in better health than I had enjoyed for some years. In view of what Dr. Williams' Pink Pills have done for me I cheerfully recommend their use to all weak, run-down people."

Dr. Williams' Pink Pills are sold by all druggists, or may be had by mail at 50 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont. A free booklet, "Building Up the Blood," will be sent to any address on request.

### Dune Path.

The path runs down,  
The path runs up,  
The path winds and twists  
And rolls round a corner,  
Like a quick white wave.  
The white sand path  
Parts the brown hair of a knoll  
And cuts a line through the yellow fabric  
Of a swamp.

And the shoots of new things  
Blink their eyes and say,  
"Is it time to get up?"

And the trees stretch themselves  
And say,  
"It time to dress?"

And the snow-patches  
Wink at the pussy-willows  
And say,  
"Shall we go?"

And the little waves under the ice  
Titter and giggle,  
Like children waking up too early.

The path runs up and down,  
And turns and swings,  
And drops over a hill  
Dizzily,  
And pours its sand  
Into the great white blow-out  
That curves like a curve of wind  
To the lake.

—Art Smith, in Poetry.

The first step towards failure is to be ashamed of confessing one's ignorance.

Some rivers of Siberia flow over ice many years old, and almost as solid as rock. A tributary of the Lena has a bed of pure ice more than nine feet thick.

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## In Queen Anne's Day Authors Starved.

In Queen Anne's day the majority of authors starved and shivered in garrets, says Dr. Frank H. Vizetelly, managing editor of the Standard Dictionary. They even pawned their clothes for the food their pens could not win. Some, heavily in debt, fled to Alsatia or the Bermudas, both districts of London, one off the Strand, the other off Fleet Street, where they could hide until danger of arrest passed. Some even were compelled to move about at night, so greatly did they dread the sheriff.

Few are the boys whose days have not at some time been gladdened by Daniel Defoe's interesting adventures of Alexander Selkirk—a work of which millions of copies have been sold and one that has been translated into all the languages of Europe. Yet "Robinson Crusoe" was turned down as unceremoniously by the booksellers of Defoe's time, as "Treasure Island" and "David Harum" were turned down in their day.

The way trodden by Robert Louis Stevenson was very hard, and it is amazing to any one who has read his books that, notwithstanding the hardships that he endured, he kept that sweetness that enabled him to write such beautiful lines. His early stories all show his romantic love for the poetry of circumstance and his mastery of rapid and brilliant narrative. From the very first his health was in firm.

Stevenson has told us that he was thirty-one, the head of a family, with best health, a man who had never yet paid his way, who had never yet earned £200 a year, and one whose father had brought back and canceled a book that was judged a failure. He was very close on despair, but had shut his mouth hard, and it was under such conditions that "The Sea Cook" was written. One-half of the manuscript of this story had been carried away by Dr. Japp, a friend of Stevenson's, who took it to Mr. James Henderson, the editor and proprietor of "Young Folks."

Henderson changed the title and published the first instalment of the story as the work of Captain George North, October 1, 1881. It continued through until January 28, 1882. Then it was offered for publication in book form as "Treasure Island." Whether or not it is an imaginative work, none can tell, but the story relates a series of incidents that closely resemble facts recorded by Captain Woods Rogers in his "Cruising Voyage Around the World," published in 1712. This is an extremely rare work, a copy of which is to be found in the Advocates Library, in Edinburgh.

"David Harum" was rejected by thirteen publishers in New York City. It is a story written by Edward Westcott. When submitted to Mr. Ripley Hitchcock, of Appleton's, Mr. Hitchcock immediately told the author that the meat of the story was in the middle and urged him to allow Hitchcock to take the middle out of the book and make it the first chapter. Westcott agreed, and the world knows now that David Harum sold a horse that would stand without hitching, and that fleas are good for a dog because they keep the dog's mind off himself.



Good Head for Such Work.

Reggie—"I'm thinking of going into the hollow ware business, Miss Sharpe."

Miss S.—"You should have a good head for such work."

### Summer in England.

In England, in Summer, the sky is very blue,  
And the grass grows greener than anywhere I know.

The low thatched roofs, elm, oak and yew  
Shine in the sun, and the crimson roses blow.

Oh, summertime in England, with soft days and rains,  
And English girls and English lads in fragrant Surrey lanes!

—Charles Hanson Towne, in "Selected Poems."

The term infantry was originally applied to a body of men collected by the Infante (heir-apparent) of Spain for the purpose of restoring his father from the Moors. The attempt being successful, the name was afterwards applied to foot-soldiers in general.

## CREAM

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WEST-TORONTO

## Surnames and Their Origin

### CRIST.

Variations—Christie, Christian, Christoffer, Kite, Kitson, Christian.

Racial Origin—English, also Scandinavian and North German.

Source—A given name.

The explanation which at once offers itself of the family name of Crist is that it is simply another spelling of "Christ." But this does not explain its existence, in many of its variations, in such widespread fashion as we find it to-day.

Presumably there was a time when the fact that a man was a Christian instead of a pagan was sufficient to differentiate him from others of the same given name, and it was natural to call a man "Ulric the Christian" to distinguish him from other Ulrics who were not. But this was many centuries before such descriptive names became stabilized into family names. By the time family names were in formation the whole civilized world had become Christian; hence the word ceased to be distinctive.

What really happened was this: The name of Christ first became the basis of certain given names, which have persisted even to this day and the family names were formed from these. One of the names was Christian and the other Christofer, or Christopher. The family name would first appear descriptive of the individual's parentage, as "John Christian-son" or "Peter Christofer-son." But given names also were abbreviated, and both Christian and Christofer were often met in the forms of "Crist" or "Kit," from which we get such family names as Christie-son and Kitson, often shortened in the course of time to Kites, Christie or Crist. The given name of Christian was very widespread among the Scandinavians, and is unusually common on the east coast of England where even in olden times the people were in close touch with the Danes and traded with the folk of the north German countries. No doubt many of

these family names found in this country to-day have been brought directly from the Continent, and are not English.

### MacWILLIAMS

Similar Derivations—MacDavid, MacAndrews, MacHenry.  
Racial Origin—Irish plus Norman-French.  
Source—A given name.

There is probably more romance and tragedy and certainly more history bound up in the surnames of Irish origin than in those which developed in any other country, with the possible exception of Scotland.

Ireland to-day is full of Anglo-Saxon and Norman-French names which families of pure Irish blood were forced by law to assume. Sometimes they simply translated their names into English. At others they adopted those English names which were nearest in sound to their own.

But the shifting nomenclature of Ireland was not a one-sided affair by any means. And of this fact such names as MacWilliams stand witness to-day.

Prior to the death of William de Burgo, third earl of Ulster, at the hands of the natives in the year 1333, many Norman-French families had become thoroughly settled, and the English influence predominated in the north of Ireland. But upon De Burgo's death this influence waned so rapidly that these families had no choice but to cast their lot with the Irish, and the family of De Burgo, with many others abandoned their Norman family names and constructed new ones for themselves after the Irish fashion of using the first name of a revered ancestor with the prefix Hul (O' in modern spelling), or Mac, to denote descent. Thus the Burgos became "Sons of William" or MacWilliams, and such names as MacDavid, MacAndrews and MacHenry, came into being among families which in the course of time have as the tradition goes, "become more Irish than the Irish themselves."

## SAVE THE CHILDREN

In Summer When Childhood ailments Are Most Dangerous.

Mothers who keep a box of Baby's Own Tablets in the house may feel that the lives of their little ones are reasonably safe during the hot weather. Stomach troubles, cholera infantum and diarrhoea carry off thousands of little ones every summer, in most cases because the mother does not have a safe medicine at hand to give promptly. Baby's Own Tablets relieve these troubles, or, if occasionally to the well child they will prevent their coming on. The Tablets are guaranteed by a government analyst to be absolutely harmless even to the new-born babe. They are especially good in summer because they regulate the bowels and keep the stomach sweet and pure. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Why "Modern" Girl?

Day by day we read wearisome, monotonous complaints about the so-called modern girl.

In the present-day girl really a modern product, or has the particular type the pessimists complain of been in existence as long as womankind?

Do the censors of the modern girl actually know any girls? Are they taking their pictures from life or from the sensational articles in some of the newspapers?

One is strongly tempted to think that those who are so fond of railing at the modern girl have their eyes fixed so steadfastly upon an awful bog that they are blind to the perfectly nice young girls the rest of us know so well.

The modern girl is really frank and brave, and not at all self-conscious. Perhaps her attitude towards young men may be described as boyish rather than "mieshish." She does not blush and fidget when a man speaks to her; she simply treats him as a good pal.

The modern girl has interests of her own, and you find her talking art or tennis or literature to her men friends, and meeting them on their own level. She is full of enthusiasm and ambition, yet as far from being a prig as anyone you can imagine.

With it all the modern girl is pretty and dainty and jolly, and thoroughly enjoys a "good time," though it is true that chaperons are practically extinct.

Those misguided people who are so keen to condemn, dress a figure in the most unattractive qualities they can find, and then label her the Modern Girl—or else the New Woman.

The New Woman is the oldest creature on earth. She is always with us—and you may rest assured that the some old empty nothings will still be talked about her in a thousand years' time.—P. E. M.

### Permanent Exclusion of Insects.

Bronze or copper screen cloth is made in meshes to exclude all insects, and its enduring qualities guarantee permanent exclusion of these undesirable visitors.

Tortoises are long-livers; the veteran at the London Zoo is known to be at least 260 years old.

Minard's Liniment for all pains.



He—"You say your dad was awfully sore when he caught you shimmying? How did you get out of it?"  
She—"Oh, I wiggled out of it all right."

Minard's Liniment for Burns.  
Princes All Barristers.

English princes of the blood royal all become barristers. No examination is undertaken the chief necessity being to dine with the Benchers at the Temple. The Duke of York is the latest member of the royal family to be "called to the bar."

# RED ROSE TEA

"is good tea" TEA  
Over 30 years a standard wherever good tea is liked.

### When Pigeons Race.

Few people realize the huge amount of money that is invested in the sport of pigeon racing in England.

It is the most democratic of all sports. Anyone can participate, and races often include birds from the Royal lofts at Sandingham and from the humble homes of miners or mill hands.

There are nearly 4,000 racing societies, and the King is President of the National Flying Club. Nearly every town has its pigeon club.

Most of the birds are valued at from \$7.50 to \$25. Some would fetch \$250, and the "star" birds range up to \$500.

For the Continental races, confined to over two-year-olds, huge contingents are sent from Lancashire and Yorkshire to places like Arras, Marseilles, Jersey, or Paris. The return journey is accomplished at a marvellous speed.

With the wind, on a short journey, pigeons have been known to attain a speed of over a mile a minute. One pigeon accomplished a journey of 477 miles at 1,531 yards a minute, while another did a flight of 517 miles at 1,476 yards a minute.—A. R. Y.

### My House—At Night.

In the dim hush of early moonrise I take the long road's trailing curve Down through the hollow—winding, upward winding

To my low gray house on the hill. The daytime road is a wide thread of dustiness;

At night, it journeys silvery along. My house is but a little human nest Snuggled hill-close; when I come at night

Returning home—its steadfast light White-streaming with an eager tenderness

Gives welcome more than one can ever guess!

—Agnes Choate Wesson.

### A "Tinker's Dam."

The expression, "a tinker's dam," is an allusion to the small piece of moistened bread used by tinkers to prevent the solder from rolling off the soldering plate.

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GERMS—6,000,000 germs on a single fly, says a noted health officer. Protect your family with Flit. Flit spray clears your home in a few minutes of disease-bearing flies and mosquitoes. It is clean, safe and easy to use.

### Kills All Household Insects

Flit spray also destroys bed bugs, roaches and ants. It searches out the cracks and crevices where they hide and breed, and destroys insects and their eggs. Spray Flit on your garments. Flit kills moths and their larvae which eat holes. Extensive tests showed that Flit spray did not stain the most delicate fabrics.

Flit is the result of exhaustive research by expert entomologists and chemists. It is harmless to mankind. Flit has replaced the old methods because it kills all the insects—and does it quickly. Get a Flit can and sprayer today.

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DESTROYS  
Flies Mosquitoes Moths  
Ants Bed Bugs Roaches

"The yellow can with the black band"

### A Chinese Screen.

The patient painter of Cathay Who drew this pine against the blue Was merely telling in his way A truth the common people knew.

The long tradition of the years Had taught that beauty, small or great, From every cottage door appears To those who will but watch and wait.

We think it lies beyond our ken Across the ridge, in yonder vale, Seen only by those supermen Who paint the screen and tell the tale.

But no; the open sky and tree The purple night, the golden day, Belong alike to you—and me, And not alone to far Cathay.

—John C. Van Dyke, in "The Meadows."

## A Big Plan Book

Handsome illustrated with plans of moderate priced homes by Canadian Architects. MacLean Builders' Guide will help you to decide on the type of home, exterior finish, materials, interior arrangements and decoration. Send 25c for a copy. MacLean Builders' Guide 34 Adelaide St. West, Toronto, Ont.

## Asthma!

Spread Minard's on brown paper and apply to the throat. Also inhale. Quick relief assured.



## YOUNG WOMEN SUFFER MOST

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

Ayer's Cliff, Quebec.—"I have been teaching for three years, and at the end of the year I always feel tired and have no appetite. I was a awful sick each month, too, having pains in my back until sometimes I was obliged 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. Pinkham'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.

## HAD PIMPLES OVER A YEAR

On Arms and Limbs. Lost Rest. Cuticura Healed.

"I was bothered with pimples for over a year which affected my arms and limbs. The pimples were rather large and red and quite hard, and festered and scaled over. They itched and burned causing me to scratch, and I lost rest on account of the irritation."  
"A friend recommended Cuticura Soap and Ointment so I sent for a free sample. There was a difference after using it so I purchased more, and after using two boxes of Cuticura Ointment and three cakes of Cuticura Soap I was completely healed." (Signed) Miss Martha Hinesche, Box 13, Filtzore, Sask., Nov. 10, 1925.

Use Cuticura to clear your skin. Sample Each Free by Mail. Address: Canadian Agents, Burdett, Ltd., Montreal, Price Soap 25c, Ointment 25c and Cuticura 50c.