

A tea your grocer recommends is usually good tea

RED ROSE TEA "is good tea"

And most grocers recommend it.

Surnames and Their Origin

COSTER.
Variations—Costrar.
Racial Origin—Dutch.
Source—An occupation.

This is one of those family names on which you might do a great deal of thinking, and then go wrong.

It's deceptive because the spelling to-day does not indicate the language in which it was developed, which is Dutch. But substitute an initial "K" for the "C," and it does not look quite so English.

Like such a very heavy proportion of Dutch family names, it was originally descriptive of the bearer's occupation, and in this case it was one of those occupations which might readily be passed down from father to son in some quiet and tradition-bound little village, and so by imperceptible stages change from mere description to a real, hereditary family name.

"Koster," in Dutch, signified a "sexton." It also had at one period the meaning of "a shrewd fellow," but this was of course a secondary meaning, and the evidence is that the family name was derived from the actual oc-

cupation rather than from this secondary meaning.

RAYDEN
Variations—Roden, Rowden.
Racial Origin—English.
Source—A locality.

Here is one of those family names which in their first usage denoted the place of residence, or the place with which the bearers were in some particular way connected.

Who, then, would have been a "William de la Rowden" or a "Herbert atte Rayden" in that picturesque period of the Middle Ages when family names were being formed and part of the population of England spoke Norman-French and another part clung desperately to its Anglo-Saxon tongue?

The "den," as the word was used by the medieval English, did not indicate so much a lair of wild animals as a sheltered and fenced spot for domesticated or herded animals. The "ray" or the "row" was simply the roe. The men in question would be those who lived near, had charge of, or worked in the roe-den.

MOTHERS WHO HAVE USED BABY'S OWN TABLETS

Always Strongly Recommend Them to Other Mothers.

Once a mother has used Baby's Own Tablets for her little ones she will use nothing else—actual experience teaches her that there is no other medicine to equal them for any of the minor ailments from which her baby or little ones suffer. Having found the value of the Tablets in her own home, she is always anxious that other mothers should share her knowledge. That is why Mrs. Creighton White, North Noel Road, N.S., writes the following:—"I have a baby seventeen months old and have given him nothing but Baby's Own Tablets ever since he was a week old. I know of no other medicine to equal them, and it is certainly a pleasure to recommend them to other mothers."

Baby's Own Tablets are a mild but thorough laxative that regulate the stomach and bowels; banish constipation and indigestion; break up colds and simple fevers and make the sickly baby well and happy again. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Not Ignorant.

"Do you know who I am, my little man?" asked the new minister.
"Yes, I do," said Billy. "Don't you?"

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75c—40 doses

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NEW STRENGTH FOR WEAK STOMACHS

Indigestion Disappears When the Blood is Enriched.

The urgent need of all who suffer from indigestion is a tonic to enrich the blood. Pain and distress after eating is the way the stomach shows that it is too weak to perform the work of digesting the food taken. In this condition some people foolishly resort to purgatives, but these only further aggravate the trouble.

New strength is given weak stomachs by Dr. Williams' Pink Pills because these pills enrich and purify the blood. This is the natural process of giving strength and tone to the stomach, and it accounts for the speedy relief in stomach disorders that follow the use of Dr. Williams' Pink Pills. The appetite revives, food can be taken without discomfort and the burden and pains of indigestion are dispelled. The following statement from Mr. Donald L. Latter, Lakeville, N.S., proves the value of these pills in cases of this kind. He says:—"A couple of years ago I had a bad attack of indigestion. I had little or no appetite, and what I did eat did not agree with me and caused me much pain. As a result of this trouble my general health broke down, and I finally had to give up my work. I had taken doctor's medicine but it did not give me any relief. Then a friend advised me to give Dr. Williams' Pink Pills a trial, and I got six boxes. Before I had completed the third box I found that they were helping me and by the time I had taken the six boxes every symptom of indigestion had disappeared, my general health had improved and I have since been in the very best of health. I look upon Dr. Williams' Pink Pills as a wonderful medicine for all who are run-down."

You can get these pills from any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Extractions

"This business of getting everybody to have their teeth examined seems to me all bunk," said an acquaintance on the opposite seat of the train as he looked up from his paper. "Don't you think it is just propaganda to give dentists work?"

I studied my interlocutor for a moment or two and then replied: "I was in bed once for six months with acute arthritis of the joints. It sometimes took me half an hour to turn over in bed. Then I insisted on having my tonsils removed. I immediately began to improve but only to a limited extent. I waited a month and then I insisted on being taken to a dentist to have my teeth X-rayed. The X-ray films did not show anything wrong. I waited a week and then sent for a dentist. 'Pull this one,' I told him, putting my finger on a tooth which I had long suspected because it did not feel quite the same as the others. He pulled it. It had a pus sac on it just below the margin of the gums. I began to make further improvement from that day and my arthritis disappeared. Two years in bed and on crutches is the penalty I paid for that diseased tooth and one diseased tonsil."

My acquaintance was silent. "You are sure," he asked, "that you located the cause?"

"Positive," I replied. "But I do not take chances any more. Every six months by arrangement my dentist calls me up and I go and have him look over my teeth. If necessary he removes tartar deposits. Each visit costs me about three dollars. Six dollars a year for insurance of my teeth is moderate enough. Nothing can get away from me now, as far as teeth are concerned at least."

"Then you think that this talk about regular attention of dentists to teeth is a good thing?"

"Abso!"—I corrected myself in time—"Yes, I believe it is an excellent idea. Take these facts for instance. Last year in Dundas County, in Ontario, a very elaborate medical examination was made of 1,392 children from town and country."

"What for," asked my acquaintance. "To find physical and medical defects, particularly tuberculosis, so that the information thus obtained in an average district would serve for the province as a whole."

"I see."
"Of the children examined 360 (26 per cent.) had disease of six-year molars."

"What are six-year molars?"
"Six-year molars are the most important of all the permanent teeth in determining the shape of both the upper and lower jaws."

"They are also most necessary in the process of mastication, upon which the health of growing children depends."

"Thanks, go on."

"In addition, 69 other children (6 per cent.) had disease of permanent teeth other than six-year molars. I almost forgot to add that 146 children (11 per cent.) had previously had disease of six-year molars, but at the time of examination the teeth were filled. Now come the regrettable part. Thirty-six children (3 per cent.) already had their six-year molars extracted."

"That was a great pity," burst forth my acquaintance. "The poor little beggars will start out in life with a real handicap, won't they?"

"Abso!—yes," I replied. "It is apparent that there is still much to be done from the standpoint of education to enable children, and especially rural children, to preserve these first permanent teeth. Tables prepared by the experts in charge of this survey showed that children with diseased teeth are more likely to be underweight than are children with healthy teeth. The rural children also had more diseased teeth than town children."

"I suppose you consider that to be due to medical inspection and accessibility to dentists?"

"Yes, the general standard of health in the children of the Dundas Public School, where medical inspection has been carried on for five years was found to be notably better than that in the other schools. This is a practical illustration of the value of medical inspection in schools. It is distressing to record that in one rural district over forty-two per cent. of the children showed disease of permanent teeth and that less than one-third of these had received dental treatment."

"Then it simply means that dental treatment must be made available for children attending schools at a distance from dentists or school dental services?"

"That is exactly the conclusion reached by those who made the survey. You used almost their very words. Because teeth are so easily taken care of and repaired; because diseased teeth are a menace to health and are responsible for poor nutrition, underweight and a poorer quality of

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15¢ PER PKG. — and in 1/2 lb VACUUM (AIR-TIGHT) TINS



OLD CHUM The Tobacco of Quality

childhood physically and mentally, and because diseased teeth are frequently responsible for heart disease, arthritis and other ills, one would think it would only be necessary to have the attention drawn to these facts to have the remedy applied."

"Well," said my acquaintance, as I showed no further inclination to talk, "I intend to have my teeth gone over as soon as I get home from this trip. Also, as I happen to be on the school board, I am going to boost for medical and dental inspection in our town. After all, our greatest wealth in Canada is the quality of our people, and if by spending a little money we can improve the quality, we increase our wealth. Isn't that true?"

I nodded, then as the train pulled into my station, gathered up my traps

and bade my convert good afternoon. —G.G.N.

What is the difference between a seamstress and a groom? One mends the tear, the other tends the mare.

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