

## EXTREME MISERY DAY AND NIGHT

Follows a Breakdown of the  
Nervous System.

Misery day and night is the lot of hosts of men and women who are today the victims of weak nerves. Thin, pale, drawn faces and dejected attitude tell a sad tale, for nervous weakness means being tortured by morbid thoughts and unaccountable fits of depression. These sufferers are painfully sensitive and easily agitated by some chance remark. Sleeplessness robs them of energy and strength; their eyes are sunken and their limbs tremble; appetite is poor and memory often fails. This nervous exhaustion is one of the most serious evils affecting men and women of today. The only way to bring back sound, vigorous health is to feed the starved nerves, which are clamoring for better blood. This new blood can be had through the use of Dr. Williams' Pink Pills, which have a direct action on the blood, and through the blood on the nervous system. That a fair use of this medicine will bring satisfactory results is shown by the experience of Mrs. Marsh, Bass River, N.S., who says: "Following a run down condition, I became practically a nervous wreck. The doctor who was called in said the trouble was inflammation of the nerves: It grew so bad that practically I had no control of my lower limbs, and had to go about with crutches. Quite aside from my suffering I had a small family and a baby in arms to care for, and I became much discouraged, as I did not appear to be growing better. One evening my husband met an aged doctor on the street and told him of my condition. He asked my husband who was attending me, and when told said: 'I don't want to interfere, but why not try Dr. Williams' Pink Pills.' My husband got me a supply of these pills and after taking a few boxes I was able to go about with the use of one crutch. Continuing the use of the pills I was able to discard the other crutch as well, and was as active as ever I had been. There are many in this neighborhood who know what my condition was when I began the use of Dr. Williams' Pink Pills and who know what this medicine did for me, and I hope my experience may help some other sufferer."

Dr. Williams' Pink Pills are sold by all dealers in medicine, or may be had by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Little Idle Ground There.  
Nearly 90 per cent. of the soil in Bedfordshire, England, is under cultivation.

## When Hens Strike.

"What's the reason hens lay nearly every day when eggs are thirty cents a dozen and refuse to do their duty when the price goes up to sixty cents?"

I asked this question of a successful poultryman.  
"Because they go on strike," he answered, without smiling. "It's the truth," he continued, noting my look of incredulity. "They strike the same as we humans do, but not for more wages, of course. They strike for better food. Hens must have green food to make good layers."

"When I first entered the poultry business I noticed this same thing, and I often wondered at it. After experimenting a while, I learned the cause. It was the lack of green food that kept them from laying well in winter, so I have overcome this by having greens always at hand for feeding."

"Cabbage and beets are the best, but a variety is sometimes necessary. I have also found green-cured alfalfa or clover hay to be excellent, after it has been boiled. Sprouted oats make another good food. For the sake of variety, I often feed pumpkins to my hens. This makes them produce. Beets and cabbage must be picked before they become dry, and stored in a good cellar or buried in the ground."

I have had no trouble in getting oats to sprout, as I have a good warm cellar. I soak the oats over night in water, then I spread them on the floor of the cellar about an inch deep. They do not take long to sprout in this way, and in a short time I can begin feeding them. To get the best results with green-cured alfalfa or clover, I chop it up fine and boil it. Before feeding, I make sure that it is not moldy. Now is the time to arrange for a good supply of green food for your hens next winter."

## "Before the Swallow Dares"

The daffodils bring in the spring;  
Let winter frown at will,  
Here is her sign—  
(It shall be mine)  
A yellow daffodil.

The town was bitter with the cold;  
The pane was dim with frost;  
Oh, blithe and bold!  
Oh, bravely gold!  
The valiant color crossed.

The hurrying folk scarce stooped to heed  
The year's triumphant hour,  
But goldenly  
It flashed on me—  
All April in a flower.

Halifax and Quebec are the only two Canadian cities that have citadels. They once were important defences, but are now rendered obsolete by modern gunnery.

## Surnames and Their Origin

### ROSE

Racial Origin—English.  
Source—A flower or color.

The family name of Rose, simple as it seems, is one that is full of complexities. While there is one source from which it appears reasonably certain that a very large proportion of the families which bear it can trace it, there are many other possibilities presented upon which little light can be thrown. In the case where the word is combined with another in the formation of a family name the tracing of the source is simple, though the trail leads in an opposite direction so often as to make it doubtful how often the name of Rose itself is really related to these compounds.

The one certain source of the name lies in the custom of tradesmen of the middle ages, erecting signs in front of their places of business, bearing pictures rather than words, since the bulk of the population could not read. The rose was in quite common use for this purpose, and, in the natural course of events, such tradesmen as used it often adopted Rose as a sur-

name, or had it thrust upon them in the speech of their neighbors and customers.

In some instances, no doubt, (but how often is a question for speculation) the name is a changed spelling of the old word for "red," which has given us such names as Russell, Russell and Ross, and the word russet, or a change of spelling of the name Ross—which, in its turn, however, is not always certainly derived from this source.

Rose is the name of an ancient but small clan in Scotland, yet the name does not appear to be of Gaelic origin. Indeed, authorities differ as to the origin of the clan itself, the ancient home of which was in Nairnshire, some accounts declaring that the name was originally, "de Roos," and that the clan was of Norman-French origin. Others declare it to be of Norwegian origin, and claim that it first used the name of Geddes. The clan first appears in history the time of King Alexander III, the last Celtic monarch of Scotland, toward the close of the thirteenth century.

## NURSES

The Toronto Hospital for Incurables, in affiliation with Bellevue and Allied Hospitals, New York City, offers a three years' Course of Training to young women, having the required education, and desirous of becoming nurses. This Hospital has adopted the eight-hour system. The pupils receive uniforms of the School, a monthly allowance and travelling expenses to and from New York. For further information apply to the Superintendent.



### Not as Bad as Reported.

The principal transmits to us the original copy of this excuse for absence, brought by a pupil:

"Miss G.—James didn't have any doctor he only had measles in 2 days he was alright he made a mistake and said he had a doctor. Mrs. H—  
"yours forever"

### The Precident.

A very cultured and accomplished clergyman in the South was once in the company of an illiterate person who professed to despise education and who remarked:

"I am thankful that the Lord has opened my mouth to preach without learning."

"A similar event occurred in Balaam's time," was the retort.

### And Very Nice, Too!

A lady who had been giving a party old her maid to put away all the refreshments that were left on the table before retiring to bed.

The next day, on looking, the lady could not find the dainties, and called to her maid:

"Jane, what did you do with those things that I told you to put away last night?"

"Sure, mum, and yez told me to put 'em away, and I did, mum, and enjoyed 'em!"

### A Nut for the Monkey.

An Italian was amongst a party of men working on a road, when a smartly-dressed young fellow in a motor-car went by slowly.

He had a young lady with him, and—to show off—he yelled out to the Italian:

"Hey, Macaroni, where your monkey?"

Quick as a flash the brawny Genoese yelled back:

"I give him a day off, mister, and I think he's taken his best girl out joy-riding in a second-hand car!"

### The Immortal William.

At a dinner in England the principal guest was Kaiser Wilhelm II. According to the late Lionel Brough, some one remarked, in the course of the conversation, "As the immortal William said, 'There is a tide in the affairs of men,' et cetera."

The kaiser turned to the speaker and asked, "Did I say that? I don't remember."

When the story was repeated at tea one evening, amid the general laughter one lady said with a pitying smile; "Of course it was his grandfather they meant."

### MONEY ORDERS.

Send a Dominion Express Money Order. They are payable everywhere.

### Wisps of Wisdom.

Some men never recognize an opportunity unless it is labelled.

There would be no credit in rising if the going up was not uphill work. Flattery is the best cure for a stiff neck. It will turn almost any head.

Those who have never been through the depths of suffering cannot know the height of joy.

### Minard's Liniment Relieves Distemper

### April Voices.

Now you may hear frail voices in the air,  
Making melodious answer each to each,  
As sibyls did of old in sylvan speech;  
They are from April's children fresh and fair.

"I have just wakened," said the maid-en-hair,  
Replying o the whisper of the beech;  
"And I," the enemone murmured,  
"do beseech

Where the bee is, if he has left his lair?"

"I," the stream tinkled, "must away to be  
Part of the restless and awaiting sea";  
"I," the bird carolled, as it preened its breast,  
Intent upon some fond approaching call,

"Look for my mate; it is Love's time to nest!"  
And April smiled to hear and see them all.

North America has a white population of 100,000,000.

## Oil on the Sea.

Plaice, which affords so important a fishery in the North Sea, was remarkably scarce in the years 1916, 1917 and 1918—so much so, indeed, that the scarcity of the species was believed to be due to some cause detrimental to fish life.

It is suggested that the cause in question may have been oil from sunken ships, which, if present in considerable quantities, would be very destructive to young "fry" swimming in schools at the surface.

Whatever may have been the fact in the case, it is certain that oil only one ten-millionth of an inch thick will form a continuous film on the surface of water. Thus, as it is reckoned, all the oceans of the world might be covered with such a film by 500,000 tons of petroleum, which a fair-sized fleet of large ships could carry.

## BABY'S HEALTH IN THE SPRING

The Spring is a time of anxiety to mothers who have little ones in the home. Conditions make it necessary to keep the baby indoors. He is often confined to overheated, badly ventilated rooms and catches colds which rack his whole system. To guard against this a box of Baby's Own Tablets should be kept in the house and an occasional dose given the baby to keep his stomach and bowels working regularly. This will prevent colds, constipation or colic and keep baby well. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

In the British Museum are reserved forty thick volumes containing the decisions made on claims by landlords and tenants after the Great Fire of London.

The first visit to Canada of a member of the Royal House of Guelph was in 1787, when the Duke of Clarence came. The Duke of Kent (Queen Victoria's father) stayed in Canada three years, 1791-94, and again in 1799, as commander-in-chief at Halifax. King Edward, as Prince of Wales, visited Canada in 1860; Prince Alfred in 1861 and 1878; Prince Leopold in 1890; the Duke of York (King George V.) in 1901; and the Prince of Wales in 1919.

## ASPIRIN

"Bayer" is only Genuine



Warning! Unless you see the name "Bayer" on package or on-tablets you are not getting genuine Aspirin at all. In every Bayer package are directions for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Druggists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid.

### BRINGS HAPPY EASE.

Don't Endure Pain. Apply



The Remedy your Grandmother Used to Get Sure Relief. On Sale Everywhere. A GOOD THING. RUB IT IN.

America's Pioneer Dog Remedies  
Book on  
**DOG DISEASES**  
and How to Feed  
Mailed Free to any Address by the Author.  
H. Clay Glover Co., Inc.  
113 West 31st Street  
New York, U.S.A.

### A Kidney Remedy

Kidney troubles are frequently caused by badly digested food which overtakes these organs to eliminate the irritant acids formed. Help your stomach to properly digest the food by taking 15 to 30 drops of Extract of Roots, sold as Mother Seigel's Curative Syrup, and your kidney disorder will promptly disappear. Get the genuine. 7

Coughs and colds  
sneezes and sniffles  
quickly yield to

## BAUME BENGUE

The relief is most gratifying and so refreshing.

BEWARE OF SUBSTITUTES

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THE LEEMING MILES CO., LTD.  
MONTREAL  
Agents for Dr. Jules Bengue  
RELIEVES PAIN

### Classified Advertisements.

Wool Spun into Yarn or  
Blankets. Georgetown Woollen  
Mills, Ont.

### HELP WANTED.

LADIES WANTED TO DO PLAIN  
and light sewing at home; whole or  
spare time; good pay; work sent any  
distance charges prepaid. Send stamp  
for particulars. National Manufactur-  
ing Co. Montreal.

### A Little Wisdom.

Early rising requires early rest.  
It is not every couple that is a pair.  
The worst habit is the habit of  
habits.  
Be wise and inquire; "they say" is  
a liar.  
"One of these days" is none of these  
days.  
Talking comes by Nature; silence  
by wisdom.  
He who makes a jest must be able  
to take one.

### Minard's Liniment for Dandruff.

Certain human expressions, such as  
the baring of the teeth in rage and  
the bristling of the hair under the  
influence of extreme fear, have been  
put forward by scientists as proof of  
man's descent from animals.

DON'T  
DO  
THIS!



## LEONARD EAR OIL

RELIEVES DEAFNESS and  
STOPS HEADNOISES. Simply  
Rub it Back of the Ears and  
Insert in Nostrils. Proof of suc-  
cess will be given by the druggist.  
MADE IN CANADA  
ARTHUR SALES CO., Sales Agents, Toronto  
A. O. Leonard, Inc., Mfrs., 70 5th Ave., N. Y. City

## PIMPLES ITCHED AND BURNED

Face Was Badly Disfigured.  
Cuticura Soap and  
Ointment Healed.

"Small red pimples and black-  
heads began on my face and my  
face was badly disfigured.  
Some of the pimples feated  
while others scaled  
over and there were places  
where the pimples were  
in blotches. They used  
to itch and burn terribly.  
"I saw an advertise-  
ment for Cuticura and I tried them.  
They stopped the itching and burn-  
ing and I used four cakes of Soap  
and three boxes of Ointment which  
healed me." (Signed) Miss V. A.  
Hayne, Stormont, N. S., Dec. 26, '18.

Soap 25c, Ointment 25 and 50c. Sold  
throughout the Dominion. Canadian Depot:  
Lymans, Limited, St. Paul St., Montreal.  
Cuticura Soap shaves without mug.

"Pain's enemy"  
—I'll say it is!

WHEN you want quick com-  
forting relief from any  
"external" pain, use Sloan's  
Liniment. It does the job with-  
out staining, rubbing, bandag-  
ing. Use freely for rheumatism,  
neuralgia, aches and pains,  
sprains and strains, backache,  
core muscles.

Keep it  
handy



At all  
druggists

## POSTUM CEREAL IS IN FAVOR

with thousands who can not drink  
tea or coffee.

They are champions of POSTUM  
because it helped them out of trou-  
ble — back to comfort.

POSTUM is a cereal beverage of at-  
tractive flavor, free from any harm-  
ful element.

Economical—Satisfying

"There's a Reason" for Postum