

MUCH ILL HEALTH DUE TO BAD BLOOD

If the Blood is Kept Rich and Red You Will Enjoy Health.

More disturbances to health is caused by weak, watery blood than most people have any idea of. When your blood is impoverished, the nerves suffer from lack of nourishment and you may be troubled with insomnia, neuritis, neuralgia or sciatica. Muscles subject to strain are under-nourished and you may have muscular rheumatism or lumbago. If your blood is thin and you begin to show symptoms of any of these disorders try building up the blood with Dr. Williams' Pink Pills. These pills have a special action on the blood and as it becomes enriched your health improves. The value of Dr. Williams' Pink Pills in cases of this kind is proved by the experience of Mr. D. J. McDonald, North River Bridge, N.S., who says: "For some years I suffered severely with headaches, pains in the back and a run-down condition. At times the pain in my back would be so bad that I would sit up in bed all night. From time to time doctors were treating me, but did not give me more than temporary relief. And then one day when I was suffering terribly a neighbor came to see me, and urged me to try Dr. Williams' Pink Pills. After taking two boxes I felt relief. I got five boxes more and before they were all gone I felt as though they were giving me new life, as in every way they built up and improved my health and strength. I am now working as a barker in a pulp mill, ten hours a day, and feeling none the worse after my day's work. I say with pleasure that this condition is due to Dr. Williams' Pink Pills."

You can get Dr. Williams' Pink Pills from any medicine dealer or by mail at 50 cents a box, or six boxes for \$2.50, from The Dr. Williams' Medicine Co., Brockville, Ont.

Here is a good one: If you had a dollar for every kind thing you have done during 1920, how many dollars would you have?

Minard's Liniment for Dandruff.

The League of Nations costs \$200,000 a month.

The Poor Sleeper.

One sign that a man has had insufficient sleep is finding himself drowsy at odd hours during the day. There are many simple precautions that a man so affected can practice. He will often find it a waste of time to lie in bed obstinately trying to get to sleep. The wise course for him is to rise, put on warm slippers and a dressing gown and read until his brain grows quiet. He may find that eating a light luncheon will help; one physician used to advise his patients either to heat a cup of milk and sip it slowly or to eat an apple slowly, skin and all.

Anyone who is subject to insomnia should make sure that when in bed his head shall be cool and his feet warm; he should use a hot-water bottle or a light pillow at the foot of the bed if he cannot keep his feet warm otherwise. He should always make his evening meal nutritious but light, and if it proves to have been too light supplement it with a little more light food at the end of the evening.

Much sleeplessness is only a form of indigestion. When a person falls asleep quickly, but wakes in an hour or so unmistakably suffering from undigested food, he should rise and slowly drink a cup of hot water in which a quarter of a teaspoonful of bicarbonate of soda has been dissolved.

Most poor sleepers are of nervous temperament and should practice self-control. They should not take the frets and annoyances of the day to bed with them. To go to bed angry is the worst of all.

Good Laying Hens.

A young married woman who moved into the country considered the keeping of hens a pleasant and profitable undertaking. As she grew more absorbed in the pursuit her enthusiasm increased.

During one of her animated descriptions of her success a friend inquired: "Are your birds good laying hens?"

"Oh, yes," she replied, in a delighted tone; "they haven't laid a bad egg yet!"

MONEY ORDERS.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

The giraffe is the only animal that is really dumb. It is unable to express itself by any sound whatever.

Minard's Liniment Relieves Distemper



What the Judge Said.

Topper—"Did anybody remark on the way you handled your new car?"

Goggles—"One man did, but he did not say much."

Topper—"What did he say?"

Goggles—"Twenty dollars and costs."

Quite So.

Members of the Naval Board were examining young applicants for appointment to a Naval college.

"Well," said an old admiral to one of the youths, "what must an officer be before he can have a funeral with full naval honors?"

"Dead," answered the bright youth.

She Knew It.

"No, Harold," said Miss Goldie, "I can never be yours."

"Never?" he cried in despair.

"Never!" she answered coldly. His mood changed.

"Oh, very well," he sneered. "There are others."

"Yes, Harold. I know there are," she answered sweetly. "And I accepted one of them to-day."

Caution.

"John,"

"Yes, dear."

"Are you really going down in that submarine?"

"I am, positively; no use arguing, now, I'm—"

"Well then, all I've got to say, you put on your rubber shoes and wear your raincoat and take your umbrella, that's all."

Give the Fire a Chance.

It was a sleepy village, and its fire brigade was anything but up-to-date. One night a fire was announced by the violent ringing of the alarm bell, and the sleepy brigade arrived at the scene of action to find the burning building a mass of smoke. No flames were visible from the outside.

The captain made a careful survey. Then he lit his pipe and started to smoke.

"We'd better leave it alone and let it burn up a bit," he said. "Then we'll be able to see what we are doing."

Unreliable Evidence.

"Where is my umbrella?" fumed father, just as he was ready to rush off to the office. "Somebody's taken it!"

Little Willie looked up at his dad. "I 'spect Mr. Smith took it, father," he said.

Mabel, the beautiful grown-up daughter of the house, blushed crimson.

"Oh, Willie," she cried, "how can you say such a thing?"

"Well, sis," returned Willie, "when he was saying good-night to you last night I heard him say, 'Mabel dear, I'm going to steal just one.'"

THE BEST MEDICINE FOR LITTLE ONES

Thousands of mothers state positively that Baby's Own Tablets are the best medicine they know of for little ones. Their experience has taught them that the Tablets always do just what is claimed for them and that they can be given with perfect safety to children of all ages. Concerning them Mrs. Joseph Therrien, St. Gabriel de Brandon, Que., writes: "Baby's Own Tablets are the best medicine I know of for little ones. I thought I would lose my baby before trying the Tablets, but they soon made him healthy and happy and now I would not be without them." The tablets are sold by medicine dealers or by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont.

The Cord of Death.

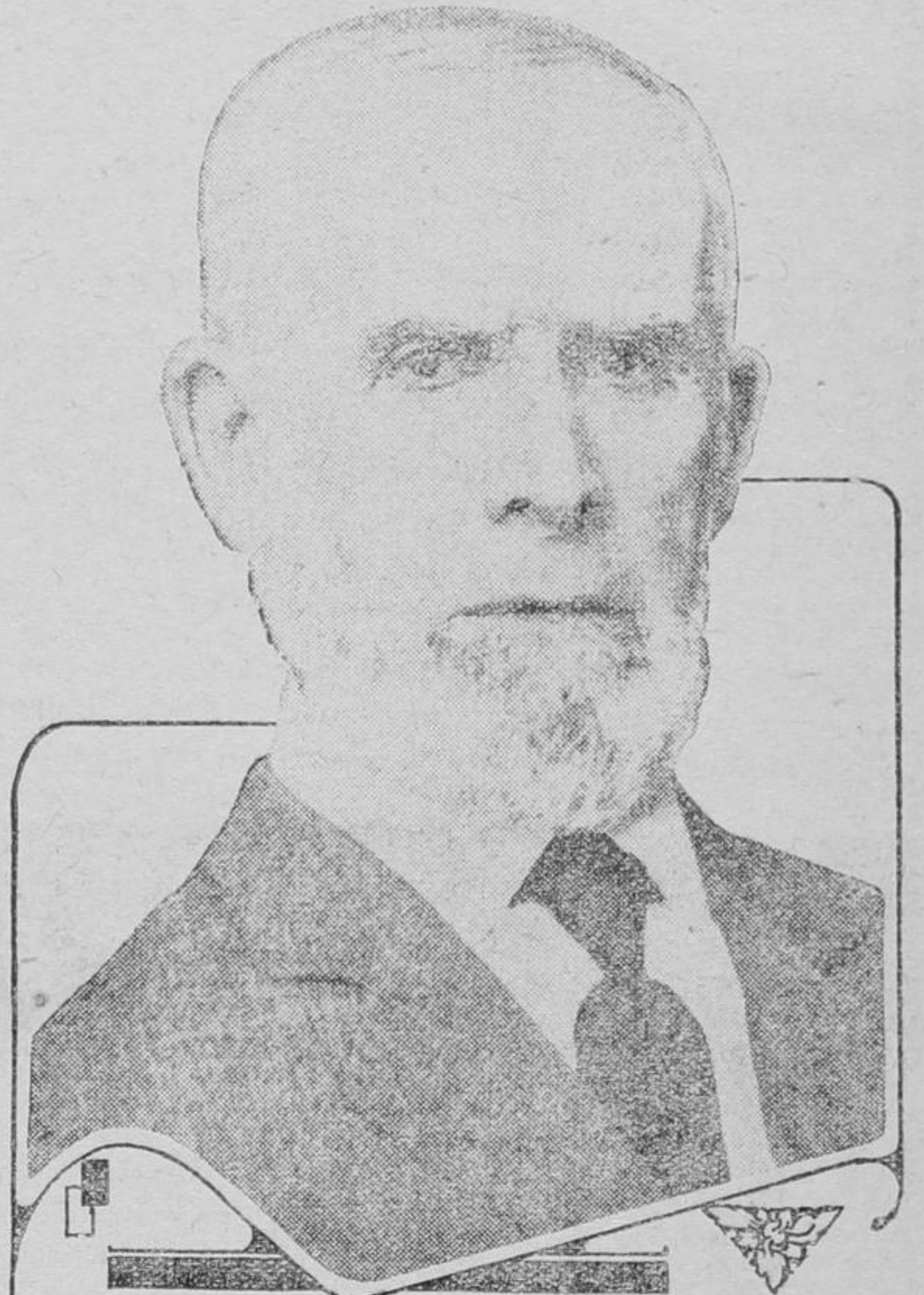
An extraordinary method is employed for hanging criminals in the San Quentin Penitentiary, California.

No photographs have ever been taken of the death chamber, but this is what takes place:

Three guards hide behind a screen near the gallies. They are employed to cut the cord which releases the trap door for the execution. In order that none of the men will know who cut the fatal strand, three cords are stretched across a table. All of these are cut at the same time, so that there is no way of knowing which one actually released the trap.

The delta of the Mississippi River, hitherto only inaccurately surveyed on account of the extreme difficulty of travel in its swamps and marshes, will be photographed by the U.S. Air Service. The aerial camera, fixed in the bottom of a plane flying at a uniform height, takes overlapping pictures that later are fitted together to form a continuous picture map.

Quaker Minister Is Grateful to Tanlac



Rev. Parker Moon

Nearly everybody in Southwest Missouri, U.S.A., either knows or has heard of the Rev. Parker Moon, who for a full half century has devoted his life and talents to Sunday school and organization work for the Society of Friends or Quakers.

"Uncle Parker," as he is more familiarly known, came from fine old rugged Quaker stock, and there is not a better known or more highly respected citizen in that part of the state. In referring to his remarkable restoration to health by Tanlac, he said:

"About five years ago I suffered a general breakdown. My principal trouble was nervous indigestion. My appetite was very poor and my food seldom agreed with me, and I had to live on a very restricted diet. I suffered a great deal from headaches and dizzy spells; I had severe pains across the small of my back and was badly constipated most of the time. In fact, I was so weak and rundown I was not able to attend to my duties.

"This condition made me very nervous and I could not sleep at night. Frequently I would lie awake most all night and was in that condition more or less for five years. My physician said he could not do anything for me and suggested a change

of climate. I then moved to Texas and went back and forth three times but did not get the relief I had hoped for. Finally I got so bad off I was not able to get around with any degree of comfort. I was also told I had heart trouble.

"I had read about Tanlac and, as it had been very highly recommended to me, I decided to try it. I got a bottle and had taken only a few doses until I could notice a marked improvement in my condition. I noticed especially that I was not troubled any more with sour stomach after eating, which was a great relief.

"I kept on taking Tanlac until I fully regained my health. My appetite is splendid; I enjoy my meals and I do not find it necessary now to take any laxative medicines of any kind. I can sleep much better and am not nearly so nervous.

"I take great pleasure in recommending Tanlac to anyone who needs a good system builder, or who suffers with stomach trouble. I have recommended Tanlac to a great many of my friends and am pleased to reach others by giving this statement for publication."

Tanlac is sold by leading druggists everywhere.

"A great fortune is a splendid servitude," wrote Seneca, the great millionaire of the first century. In the twentieth century Carnegie expressed the same idea when he said of rich men, "At first they own the money they have made and saved. Later in life the money owns them."

Cancer has been assigned to the following causes, among others: Eating over-hot food, excessive smoking or drinking, severe blows, mental worry, and hurrying over meals.

ASPIRIN

Only "Bayer" is Genuine



Warning! Take no chances with substitutes for genuine "Bayer Tablets of Aspirin." Unless you see the name "Bayer" on package or on tablets you are not getting 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.

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 21st Street New York, U.S.A.

The handle of a new electric tool for tamping railroad ties is made of spring steel so that the vibrations are not transmitted to a workman operating it.



YARMOUTH, N.S.

Fishermen and Campers, Quick Relief. PUT A BOTTLE IN YOUR OUTFIT

Mrs. Lilian Taylor Tells How Cuticura Healed Her Baby

"Our baby was two weeks old when his face became very red and terribly itchy, and he was fairly crazy rubbing and scratching till the skin broke and bled. He could not sleep, and did nothing but cry. His face looked as though he might be disfigured for life.

"I thought I would give Cuticura Soap and Ointment a trial. I found the free sample so good that I bought more and two cakes of Cuticura Soap and a fifty cent box of Cuticura Ointment healed him." (Signed) Mrs. Lilian M. Taylor, Box 99, Bracebridge, Muskoka, Ont., Dec. 30, '18.

Cuticura Soap to cleanse and purify, Cuticura Ointment to soften and soothe and Cuticura Talcum to powder and perfume are ideal for daily toilet purposes. Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion. Canadian Dept. Lyman, Limited, St. Paul St., Montreal. Cuticura Soap shaves without mug.

Surnames and Their Origin

DUNLAP.

Variations—Dumleavy, Dunlevy, Dunleif, Donleavy, Don-Levi, Delap. Racial Origin—Irish and Scottish. Source—A given name.

This group of family names had its origin in the name of one of the ancient Irish clans, from which all of the foregoing variations have been derived in the process of Anglicizing the name.

The name Donleavy occurs as native to Scotland, and as the name of a sept in the Clan Buchanan. But while it may have originated from the same given name as the Irish family name, its source is more or less clouded in obscurity, and the only thing certain is that it had an origin independent of connection with the Irish clan. The older form of the Scottish name is "Mac-Dom-Leavy."

The Irish clansmen were known as the "MacDunshleibhe" or "O'Dunshleibhe." This clan came into being some time in the eleventh century, under the leadership of a chieftain named "Dunshleibhe," who was the son of the famous "Eochaidh," brother of "Maolruanaidh." This "Maolruanaidh" was the forty-seventh king of "Ulidia," or Ulster, and was slain in the great battle with the Danes at Clontarf in 1047.

"Don-Levi" was the peculiar English translation of the name adopted by a branch of the clan, but it was never widespread.

CLAVER

Variations—Cleaver, Clavenger. Racial Origin—English. Source—An occupation or title.

The original meaning of these family names had nothing to do with the word "cleave" in either the sense of cutting or clinging. The source is entirely different, and lies in the now obsolete word "claviger."

The "claviger" of the middle ages, under the Anglo-Norman system of government held a position similar to those of the modern city or state treasurer and custodian of public documents combined. Technically he was the "keybearer," for that is what the word "claviger" meant. And the key he bore was that of the public treasury.

He was the custodian of public moneys and documents, the official who was responsible for their safe-keeping, though not for their collection or expenditure.

There was a Robert Clavenger on the medieval parliamentary lists, but the still older forms of the name are to be found in such entries as "John le Clavier," "Henry le Claver" and "John le Clavour."

Public offices in these days generally were held for life, as the most usual and effective way of removing an official from office was to remove him for life. Thus in many instances these titles stuck long enough to the individual, and were even handed down with the office from father to son, to become family names.

A Better Table Drink

INSTANT POSTUM



Made instantly in the cup by adding hot water — no delay and no waste. Delightful and satisfying in flavor, with none of the harm that sometimes comes from tea or coffee.

"There's a Reason" Sold by grocers everywhere!