

## FREQUENT HEADACHES

A Sure Sign That the Blood is Watery and Impure.

People with thin blood are much more subject to headaches than full-blooded persons, and the form of anaemia that afflicts growing girls is almost always accompanied by headaches, together with disturbance of the digestive organs.

Whenever you have constant or recurring headaches and pallor of the face, they show that the blood is thin and your efforts should be directed toward building up your blood. A fair treatment with Dr. Williams' Pink Pills will do this effectively, and the rich, red blood made by these pills will remove the headaches.

More disturbances to the health are caused by their 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, and as the blood is restored to its normal condition every symptom of the trouble will disappear. There are more people who owe their present state of good health to Dr. Williams' Pink Pills than to any other medicine, and most of them do not hesitate to say so.

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

The man whose advice is worth while doesn't have to offer it.

## BRITAIN WILL BUILD SWIFT MINE LAYER

### DURING THE COMING AUTUMN SEASON.

#### To be of Cruiser Class, About 6,000 Tons and of Large Munition Capacity.

Besides the four superdreadnoughts, armed with 16-inch guns, for which Parliament is to vote money this month, Great Britain is about to lay down two other vessels, each of a new and novel type, says a London newspaper. The first is a cruiser mine layer, while the second is a big ocean-going submarine, which probably will be larger and much faster than the German U-cruisers that made their appearance toward the end of the war.

The mine layer is to be put on the stocks at Devonport during the coming autumn. She will be the first vessel of this type ever built for the Royal Navy, all its other mine ships having been improvised. Her features will be high speed, an extensive cruising radius and very large mine carrying capacity. The displacement may exceed 6,000 tons. War experience demonstrated the value of big high speed ships fitted up as mine layers, and it is partly owing to the fine performance of H.M.S. Princess Margaret, a former C.P.R. liner, purchased by the Admiralty and used for this work, that the decision to build a special mine cruiser has been taken.

Driven by Diesel Engines.

As regards the new submarine, the few details known of her indicate a development of the famous "K" class

designed to work with the fleet at sea. But the new boat will be driven by Diesel engines and will have better diving qualities than the K-boats.

The Brazilian Government, it is understood, intends to augment its navy by purchasing foreign warships. A mission headed by Admiral J.J. Ribeiro da Costa and Commandant C. Palmeira is now in Europe for this purpose. It is said that they are negotiating for the purchase of one or two British battleships, the Agincourt and Erin being mentioned in this connection.

The Agincourt was originally built in England for Brazil, but before completion was sold to the Turks, who were prevented from taking delivery of her by the war. She was then seized by the British and commissioned for service with the Grand Fleet, taking part in the Jutland battle. American naval men who served in the North Sea will remember having heard this ship called the President Wilson, a nickname bestowed on her by reason of her battery of fourteen 14-inch guns, known as the Fourteen Points. The Agincourt has been in reserve since the war.

## SUMMER COMPLAINTS KILL LITTLE ONES

At the first sign of illness during the hot weather give the little ones Baby's Own Tablets or in a few hours he may be beyond aid. These Tablets will prevent summer complaints if given occasionally to the well child and will promptly relieve these troubles if they come on suddenly. Baby's Own Tablets should always be kept in every home where there are growing children. There is no other medicine as good and the mother has the guarantee of a government analyst that they are absolutely safe. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### An Electric Coat.

An electrically heated garment, designed especially for use by aviators, has been developed by the genius of an Italian, Antonangelo Negromanto, of Milan. It has certain very novel features.

In the higher reaches of the atmosphere, into which aviators ascend, there is even in the summer time cold so severe that the thickest garments of padded and fur-trimmed leather do not afford adequate protection.

The Negromanto coat is woven of threads which, both warp and weft, are electrically resistant wires coated with a fireproof insulating material— asbestos or silk.

The wires are connected with a source of electric current (which may be a battery of accumulators, and also with an apparatus which contains an aneroid barometer. The latter instrument is associated with a thermostatic tube in such a way as to vary the electrical resistance of the wires composing the coat.

Thus, because of the barometric control of the electric current, the coat gives increasing warmth as the flying machine attains higher and higher altitudes. The higher the aviator goes the more the heat furnished for his comfort by the garment he wears.

### MONEY ORDERS.

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

### Material Difference.

"Now that Estelle is engaged, I suppose you are going to give her a linen shower."

"No," she said she preferred a lawn party."

Minard's Liniment for sale everywhere

### Why "Pot-Luck"?

When a man offers a spur-on-the-moment invitation to "come home with me and take pot-luck," he is understood as meaning that no special preparation has been made for the guest, but that the repast will be whatever chances to be in the house.

But there was a time when "pot luck" was actually dished out of a pot, and when the guest took his chance of getting either a good meal or a very slim one. In the old days—and the practice is still in force in some parts of Europe—nothing came amiss to the family cooking-pot suspended from the pot-hook in the centre of the fireplace.

Everything edible was thrown into it, and, to "keep the pot boiling," the fire was seldom, if ever, allowed to go out. When meal-time came, persons fished for themselves, and whatever they happened to find was their "pot-luck."

### Verbal Barrage.

"Shall I go over the top?" asked the talkative barber, posing his shears. "Yes, as soon as your gas-attack is over," answered the weary customer.

The first bicycle driven by pedals was made in Paris in 1866.



### Nasty One.

"Yes, my dear," said the sarcastic husband; "you may have made the cake all alone, as you say, but who helped you lift it out of the oven?"

### Wouldn't Repeat.

Jack—"Say, Artie, this firecracker won't go off."

Artie—"That's funny, it went off all right a minute ago."

### They Might.

"Papa," asked little Clementine, "if they made stockings out of Irish poplin, would they call them Sinn Fein-ery?"

### Unhealthy Not To.

Tourist (in mining town)—"Is this a good healthy place to settle in?" Hotel Keeper—"It is, stranger. Fact is, ye can't get away from here alive unless ye do settle."

### All Explained.

Officer in charge of rifle-range—"Don't you know any better than to point an empty gun at me?"

Raw Recruit—"But it isn't empty, sir; it's loaded."

### Learning His Trade.

"Johnny," said the teacher reprovingly, "you misspelled most of the words in your composition."

"Yes'm; I'm going to be a dialect writer."

### Suspicious Warfare Work.

Mother—"No, Bobbie, I can't allow you to play with that little Kim boy. He might have a bad influence over you."

Bobby—"But, mother, can I play with him for the good influence I might have over him?"

### A Remarkable Legal Memory.

"Have you ever appeared as a witness in a suit before?" asked the attorney.

"Why, of course," replied the young lady on the witness stand.

"Do you remember what suit it was?"

"It was a blue suit with a white collar and white cuffs and white buttons all the way down the back," replied the fair witness.

The publishers of the best Farmers' paper in the Maritime Provinces in writing to us states:

"I would say that I do not know of a medicine that has stood the test of time like MINARD'S LINIMENT. It has been an unfailing remedy in our household ever since I can remember, and has outlived dozens of would-be competitors and imitators."

**COARSE SALT LAND SALT**  
Bulk Carlots  
TORONTO SALT WORKS  
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America's Pioneer Dog Remedies  
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**DOG DISEASES**  
and How to Feed  
Mailed Free to any Address by the Author,  
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113 West 31st Street  
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**ASPIRIN**  
"Bayer" is only Genuine

Warning! It's criminal to take a chance on any substitute for genuine "Bayer Tablets of Aspirin," prescribed by physicians for twenty-one years and proved safe by millions. 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 Manufacturing of Monoaceticacidester of Salicylic acid.

## LONDON WOMAN IS MUCH GRATEFUL

### GRATEFUL TO TANLAC FOR HELPING HER.

#### Now Free From Troubles From Which She Had Suffered For Three Long Years.

"I will always feel grateful to the lady in Toronto who advised me to take Tanlac," said Mrs. Gertrude Pugsley, 74 Colborne St., London, Ont.

"For three years I suffered from a general run-down condition, following a severe operation. I was in the hospital for a month and, after coming home, it was fully ten weeks before I could get around very much and then only with difficulty.

"I could neither eat nor sleep with any satisfaction and had very little strength. I was not satisfied with the way I was mending and decided to get something to build me up.

"I read a statement from a lady in Toronto about Tanlac and I wrote to her and she advised me to try it by all means. It certainly has been a godsend to me and I am glad I followed her advice, for I am a well woman to-day. I began to pick up from the very start and my strength gradually came back. I have a fine appetite, sleep soundly all night long and my work is a pleasure. I am grateful for what Tanlac did for me and I believe it will do the same for others."

Tanlac is sold by leading druggists everywhere. Adv.

### Of Course.

"Emma," her mother said, "did you peel your apple, as I told you to, before eating it?"

"Yes, mamma," said little Emma.

"And what did you do with the peeling?"

"Why," said little Emma, "I ate it, of course."

Minard's Liniment Relieves Neuralgia

There are 850 daily newspapers in Japan.



## You Never Tire Of Cuticura Soap

Because of its absolute purity and refreshing fragrance, it is ideal for every-day toilet purposes. Always include the Cuticura Talcum in your toilet preparations.

Soap 25c. Ointment 25c and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyons, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without mug.

## THE MISERY OF BACKACHE

### Removed by Lydia E. Pinkham's Vegetable Compound.

Meaford, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for backache, and I also had a female weakness. I felt dizzy and nervous, and was without energy. I had to force myself to do my work, and was always tired. Saw a Pinkham advertisement which induced me to take the Vegetable Compound, and my back gradually stopped aching and I felt lighter in spirits. I am recommending the Vegetable Compound with pleasure to all I meet who complain as I did."—MILDRED BROOK, Meaford, Ont.

### Woman's Precious Gift

The one which she should most zealously guard is her health, but she often neglects to do so in season until some ailment peculiar to her sex has fastened itself upon her. When so afflicted women may rely upon Lydia E. Pinkham's Vegetable Compound, a remedy that has been wonderfully successful in restoring health to suffering women.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

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## Surnames and Their Origin

### ADAMS

Variations—Adam, Adamson, Addison, Atkins, Atkinson, Adkins, Adkinson, Adie, Edie, MacAdam, MacAdie, MacKeggie, Ayson, Esson.

Racial Origin—English and Scottish. Source—A given name.

The family name of Adams is, of course, a shortened form of Adamson, or "Adam's son."

This surname, together with the many variations which have been formed from the medieval diminutives of the given name, is unusually widespread, because the given name itself was far more common in the Middle Ages than it is to-day.

The medieval English were a sturdy, simple folk, comparatively few of whom could read, and so they lacked the modern facilities to search through the Scriptures for names for their children that the modern ability to read, coupled with the development of printing, would have given them. There was little incentive to learn to read, since books could be produced only by handwriting and were exceedingly expensive. Hence they got their knowledge of the Scriptures by word of mouth, and naturally the names which stuck in their memories were those connected with the most dramatic passages. Naturally the story of the creation was among the most prominent, which explains why the name of Eve as well as Adam was so popular.

"Adcock" was a diminutive of the given name. It became a family name as "Adcockson," and was finally shortened again to Adcock. "Ad" and "Adkin" or "Atkin" were also forms of the given name, giving rise to Addison, Adkins, Adkinson, Atkins and Atkinson.

The Scottish or Celtic form of the given name was "Adhamh." A sept of the Clan Gordon bears this name, tracing it to Adam de Gordon, Anglo-Norman founder of the clan in the twelfth century.

MacAdam is a sept name in the Clan MacGregor.

The Clan Aid, or MacAdie, is a branch of Ferguson.

Adamson, Ayson, Esson and MacKeggie, all of which are said to be derived from the given name of Adam, are septs of the Clan Mackintosh.

### THOMPSON

Variations—Thompson, Thomas, Tomson, Tomlinson, Thomlinson, Thomlin, Tomlin, Taweson, MacTavish, MacTause.

Racial Origin—English and Scottish. Source—A given name.

Thomas is a given name which almost deserves to be ranked with John in the number of family names which are traceable to it; but not quite.

It was, of course, a biblical name of great popularity throughout Europe in medieval times, and especially in England. The given name is Hebrew, and it means "a twin."

About the only puzzle in connection with the rise of the family name Thompson is the insertion of the "p." This is entirely euphonic. The "p" was not there in the original descriptive form of the family name, which was simply "Thom's-son." But the quick opening of the lips after the pronunciation of the "m" to make way for the "s" gives a faint explosive sound. Try saying the name over to yourself several times, and you'll see how easily the "p" sound creeps in. And at a period when the people spelled more by ear than by book rule, it was natural that the "p" should slip into the records as well.

The other variations of the name, aside from those which include the "lin" syllable and the Scottish forms, need no explanation.

The "lin" was a diminutive added to the given name before the formation of the surname.

In Scotland there are branches of the Campbells of Argyre who bear the names MacTavish, MacTause and Tawesson, deriving it from "Taus-Corr," a chieftain of the time of Alexander II.

No hot cooking  
No trouble to serve

For breakfast or lunch, no food is quite so convenient or satisfying as

## Grape-Nuts

Served from the package, with cream or milk—full of splendid flavor-building nutrition. Its body and crispness charm the taste—a splendid summer food.

"There's a Reason" for Grape-Nuts  
Sold by grocers

