

A MOTHER'S ADVICE

Once a mother has used Baby's Own Tablets for her little ones she is always happy to recommend them to others. Her advice, given after a careful trial, can be readily followed with assured good results. The Tablets are a mild but thorough laxative which never fail to regulate the bowels and sweeten the stomach. They always do good—they cannot possibly do harm even to the youngest babe. Concerning them Mrs. P. Laforest, St. Nazaire, Que., writes:—"For three months my baby was constipated and cried continually. On the advice of a friend I gave him Baby's Own Tablets and now at the age of five months he is perfectly well and weighs twenty pounds. I am delighted to be able to advise other mothers to use 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 real name of Lenine is said to be Vladimir Ilich U-li-anoff. If his surname is accented on the second syllable, it was a mistake to change it.

Ask for Minard's and take no other.

British Company Gets Czecho-Slovak Radium.

A British company will become the largest actual and potential owner of radium in the world by an agreement between the Czecho-Slovak Government and the Imperila and Foreign Corporation, says a London despatch.

The new corporation, according to the manager, Herbert Guedella, will handle for fifteen years the radium produced at the Joachimsthal mines. The Government is handing over at once at least two grammes, and the mines are expected to produce an additional three or four grammes of radium yearly.

None of the radium will actually be sold by the company, but it will lend out the mineral for medical research purposes and sell by-product emanations used in medicine. A control depot will be established in London, where doctors will be assured of more regular and probably a cheaper supply than has been hitherto available in this country.

Better to be small and shine than to be great and cast a shadow.

The least we should do with our smallest opportunity is to make the most of it.

DELICATE GIRLS NEED NEW BLOOD

Rich, Red Blood Means Health and Strength.

The anaemia of young girls may be inherited, or it may be caused by bad air, unsuitable food, hasty and irregular eating, insufficient out-of-door exercise and not enough rest and sleep.

It comes on gradually, beginning with languor, indisposition to mental or bodily exertion, irritability and a feeling of fatigue. Later comes the palpitation of the heart, headaches, dizziness following a stooping position, frequent backaches and breathlessness. In a majority of cases constipation is present. There may be no great loss of flesh, but usually the complexion takes on a greenish-yellow pallor.

Cases of this kind, if neglected, become more serious, but if taken in time there is no need to worry. Dr. Williams' Pink Pills, which are free from any harmful or habit-forming drug, are just the tonic needed to remedy this wretched state of health. Though it is not noticeable, improvement begins with the first dose. As the blood is made rich the pallor leaves the face, strength and activity gradually return and the danger of relapse is very slight.

If any symptom of anaemia appears, prudence suggests that Dr. Williams' Pink Pills should be given at once, and the sooner they are taken the more speedily will their action improve the blood. You can get these 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.

Autumn Leaves.

How can I trample you, little friends?
How can I pass you by?
Crimson and gold with a wonderment
Caught from a sunset sky.

You with a bit of Spring's witchery
Still in your silken hold.
How can I see you, curled and brown
Heaped in the rain and cold?

You with the lure of summer woods,
Music of winds and rain—
How can I watch your winged flight
Back to the earth again?

Eyes that have loved you, little friends,
Witness your silent fall
Full of a quiet majesty
Yielding to Death's strange call.
—Amy E. Campbell.

MONEY ORDERS.

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

Saves Time.

The load is carried in front of the driver on a new motor truck of small size for industrial purposes, the designer claiming that it saves time in handling.

Minard's Liniment Lumberman's Friend

That "Stitch in the Side."

Any exercise to which we are not accustomed requires a speedy renewal of the oxygen in our blood, as the rapid movement of the muscles uses this up at an exceptionally high rate.

This extra supply of oxygen is supplied to the lungs, and through them to the blood, mainly through the operation of the large breathing muscle called the diaphragm, which, though strong and broad, is rather delicate at certain points.

The diaphragm is attached to the inner surfaces of each of the six lower ribs by fine strips of fibre, and the ribs themselves are moved by muscles between each of them.

Running, therefore, not only causes an extra strain upon the diaphragm itself, and also moves the ribs more rapidly, but puts an unaccustomed burden upon the strips of fibre which connect the two, thus causing the pain which we call a "stitch in the side."

At St. Paul's, London.

On the green space, near the South door, the gardener who looks after the beautiful little plots around St. Paul's Cathedral has composed a floral sermon. In letters formed of various dainty colored border plants, flowers, and grasses, he has "printed" the famous piece of advice in "Hamlet," given by Polonius to his son Laertes: This above all,—to thine own self be true; And it must follow, as the night the day, Thou canst not then be false to any man.

Culling should eliminate not only the poor layers, persistent sitters and all old hens, but any cripples or birds with broken-down abdomens, frozen toes, disease or poor vitality. Only the best should be kept over the winter.



The Sample.

Tommy entered the village general shop with an assured air, and said to the shopman

"I want a lamp glass, and mother says she would like it as strong as the bacon she had yesterday."

A Calamity.

"What is the matter, dearest?"

"Somefin' awful's happened, mam-ma."

"Well, what is it, sweetheart?"

"My d—doll got away from me and bwoked a plate in the pantry."

Broke the Record.

Mother—"Poor Jimmy is so unfortunate."

Caller—"How's that?"

Mother—"During the track meet he broke one of the best records they had in college."

Couldn't Be Done.

"How much pay do I get?" asked the boy who applied for a job in the butcher shop.

"Three dollars a week. But what can you do in a butcher shop?"

"Anything."

"Can you dress chickens?"

"Not on three dollars a week."

As Near as He Could Get It.

At the university examinations an unusually large number of students failed. One of the boys went to his professor and said, "I don't think this is fair, sir; I don't think I should have a zero on this examination."

"I know it," replied the professor, "but we do not have any mark lower than that."

Three Days' Grace.

Maggie's sweetheart, a proverbial tight-fisted Scot, had taken her out for the afternoon, and that was about all. They rode some distance on the trolley, turned around and rode home again. Never was mention made of food or entertainment.

Back within her own gateway, Maggie, who had keenly felt the neglect, sarcastically proffered Sandy a dime.

"For the carfare you spent on me," she said, meaningly.

"Hoots, toots, woman," returned Sandy, pocketing the coin. There was nae hurry. Saturday wad hae been time enough."

Classified Advertisements.

WANTED—YOUNG LADIES OF good education to train as nurses. Apply Wellandra Hospital, St. Catharines, Ont.

WANTED—SET USED TINSMITH'S tools or separate machines. State make, condition and lowest price. Apply E. Grove, 123 Fairleigh St., Hamilton, Ont.

One of the best known guides in Nova Scotia gives this testimonial of MINARD'S LINIMENT:

Have used MINARD'S Liniment in my home, hunting and lumber camps for years, and consider it the best white liniment on the market. I find that it gives quick relief to minor ailments, such as sprains, bruises and all kinds of wounds. Also it is a great remedy for coughs, colds, etc., which one is liable to catch when log driving and cruising during the winter and spring months. I would not be without MINARD'S LINIMENT and cannot recommend it too highly.
(Signed) Ellison Gray.

COARSE SALT LAND SALT
Bulk Carlots
TORONTO SALT WORKS
G. J. Cluff - TORONTO

ASPIRIN

"Bayer" only 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. Drug-gists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada), of Bayer Manufacture of Monoaceticacidester of Salicylicacid.

AFRAID TO GO OUT ON STREET ALONE

MRS. BEVERAGE LIVED IN FEAR OF ATTACKS.

Dizzy Spells Overcome After Taking Tanlac and Doesn't Feel Like Same Person.

"Tanlac has relieved me of my suffering and I just can't praise it enough," said Mrs. Margaret Beverage, 305 Hughson St., North Hamilton, Ont.

"For two years my appetite was very poor and I suffered a great deal from formation of gas on my stomach. I was also troubled with frequent attacks of dizziness and was actually afraid to go out or even get away from something to hold on to. One of these dizzy spells came on while I was calling on one of my grandchildren one day and I just fell right down on the lawn. Last spring, when I started taking Tanlac, I had been confined to my bed for a month and was so weak I could not walk.

"Tanlac helped me from the very start, as I have not had a weak spell since I started taking it and I feel so good I can hardly realize that I'm the same woman. The dizzy spells are gone, my appetite is fine and everything I eat agrees with me perfectly. I have recommended Tanlac to any number of my friends and, I am glad to say, it has benefited them all. I just wish I could tell everybody who suffers as I did what Tanlac did for me."

Tanlac is sold by leading druggists everywhere. Adv.

A great heart has no room for the memory of wrong.

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

PIMPLES AND RASH ON FACE
And Neck, Burned and Itched, Cuticura Healed.
"I had pimples and a sort of rash on my face and neck. They would burn and itch and when I scratched would become red and scaly and peel off. It was hard for me to sleep and I dreaded to go anywhere."
"I heard of Cuticura Soap and Ointment and used them. My face began to get smooth and stopped itching and burning, and when I had used the Cuticura Soap and Ointment for about a month I was healed."
(Signed) Miss Cora Lim, R. F. D. 2, Blackfoot, Idaho, Feb. 23, 1920.
Use Cuticura for all toilet purposes.
Soap 25c. Ointment 25c and 50c. Sold throughout the Dominion. Canadian Depot: Lyons, Limited, 344 St. Paul St., W., Montreal.
Cuticura Soap shaves without mug.

SHE TOOK HER MOTHER'S ADVICE

Now is in the Best of Health because she took Lydia E. Pinkham's Vegetable Compound

Kessock, Sask.—"My mother has taken Lydia E. Pinkham's Vegetable Compound and upon learning of my troubles advised me to try it, as I seemed all run down after the flu and had a very bad weakness. I have taken Lydia E. Pinkham's Vegetable Compound and Lydia E. Pinkham's Blood Medicine and used the Sanitive Wash also Dr. Brown's Capsules and Prescription and am much better in every way. I am willing for you to use my letter as a testimonial as I recommend your medicines."—Mrs. IRENE NELSON, Kessock, Sask.

It is not always in business that a woman is forced to give up her work on account of ill health. It is quite as often the woman who does her own work at home. When backaches and headaches drive out all ambition, when that bearing-down sensation attacks you, when you are nervous and blue, the one great help for such ailments is Lydia E. Pinkham's Vegetable Compound.

Surnames and Their Origin

GIBBS

Variations—Gibbons, Gibson, Gilbert, Gilbrecht.

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

The family name of Gibbs and Gibbons don't show their origin in the form, or rather, that simply because to us to-day, origin is not so obvious as it was in the past. They are patronymic developments of a type of nickname which is rather rare in modern times, though quite common in that period of medieval history in which family names came into being.

We would not, for instance, think of shortening the name of Gilbert into "Gib" or "Gibb," though we might make it either "Gill," or "Bert." But the twist of the medieval English tongue, under the influence of Norman-French, was different. It tended particularly to eliminate the letter "l." Hence as Walter was shortened to "Wat," and gave us "Wat-son," so Gilbert was shortened to "Gib" and gave us "Gib-son" and then "Gibbs." Just as "Diccon" or "Dickon," meant "little Dick," and by the addition of "son," gave us "Dickinson" and "Dickens," so "Gibbon" has developed into "Gibbons."

Gilbert, as a family name, is but a reshortening of "Gilbertson" into "Gilberts" and then Gilbert. Gilbrecht, of course, is a German form.

As a given name Gilbert means either "gold-bright" or "yellow-bright." The "gil" is from the same source as our "gilt," "gild" and "gold," and the German "gelt." The "bert," which appears as "brecht" in German, is a mark of Teutonic names. It means "bright," and comes, in fact, from the same source as that word. The Anglo-Saxon form was "beort" or "beohrt," the latter being the older form, with the "h" as strongly gut-

teral as the German "ch" of to-day. The "gh" in "bright" was originally pronounced in this same fashion.

MITCHELL

Variations—Mitchel, Mitchelson, Michaelson.

Racial Origin—English. Source—A given name.

This group of family names is derived from the given name of Michael, which, of course, is Hebrew, being one of the scriptural names. The meaning of the given name is "like God."

In that period of English history when the Saxon and Norman tongues had just combined, when Normans and Anglo-Saxons finally lost their pride in race for pride in nationality, there came about a change in the type of given names. This was no doubt due in part to the absolute necessity for more names, for population was increasing and the same force which finally brought about the development of a second, or family, name for the individual also tended to increase the number of given names. In that period there was a general turning to the Scriptures and to scriptural history in search of names.

Naturally Michael, the name of the archangel, was a popular one. And from it naturally developed a surname by the addition of "son." At this period, in the South, the linguistic tendency was toward a softening of pronunciation and the name became Mitchell, while it remained Michael in the North, just as the same word became "ditch" in the South and "dyke" in the North. In more modern times, owing to the recorded spellings, there has been a return to the original form in the case of the name, though there has not been in the case of the word, Mitchell and Mitchel, of course, are shortened forms of Mitchelson.

Do you discriminate at the dining table—or are you thoughtless?

In thousands of homes, a "line" is drawn at the breakfast table. Tea or coffee is served for "grown-ups" and Postum for children. But some parents do not discriminate. Tannin and caffeine, the injurious contents of tea and coffee, seriously retard the development of the delicate nerve tissues in children.

Consequently, instead of rich, satisfying Postum, children are over stimulated by the drugs in tea and coffee; and so may grow up irritable and nervous. Any doctor can tell you that this is a great evil and should be corrected.

Although some parents feel a certain justification for the personal indulgence in tea or coffee, yet the harm to them may be equally serious. It may take a little while longer for the drugs in tea and coffee to affect

an older person, but in many cases the nervous system and allied bodily functions will become weakened. The surest way to avoid such possibilities is to quit tea and coffee entirely and drink Postum instead. The change permits you to get sound, restful sleep.

Postum is the well-known, meal-time beverage. Like thousands of others you will like it because, in flavor it is rich and satisfying.

Do away with the distraction at the table. Serve delicious Postum, piping hot, to all the family. One week's trial and it is likely that you'll never return to tea or coffee.

Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes.

Postum for Health
There's a Reason