

LOOKING UNTO JESUS.

A good farmer; the furrows of his plow stretched straight to the fence a mile away.

That slender pole with a red and the top of it? He says: "Well, I set that pole where I want my furrow to be. I keep my eye on it all the time, and I can make a furrow straight as a row on a fly, depends on the first furrow. I get a crook in the first furrow. Get your first one of the rest will be straight."

That as much depends on the man as the plow. As I looked at the man and saw in it the work of a plowman, I thought that they all belong to the same class.

I thought of the crooked furrow when my eyes were fixed on the man. I recalled that, God would plow my furrows, then on and that I was looking unto Jesus, the Prince of our Faith.

How to Save Labor.

And I've found I have my hands do less and my feet do more. I've been to the store to get every farm need, and I've always needed some things that have

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Science in Russia.

Uniform testimony as to the status of men of science in Russia presents a dismal and depressing picture.

A professor of philosophy deposed: "In my room the water is freezing and I am eating oats instead of bread and meat."

"These years have been one continuous horror," wrote another. "We were declared by the Bolsheviks to be parasites and drones, and we were deprived even of that miserable food allowance which the workers and the soldiers have been receiving."

One of the 420 Russian scientists who have starved to death in the last three years was Prof. E. S. Federoff, the crystallographer.

Another man of learning whose aged wife was begging in the streets bemoaned the fact that his ten years of research on the leprosy bacillus had gone for naught.

There are many reports of Bolsheviks who smile indulgently when the tally is Bolshevikism, and say: "This is only the price that is paid for progress."

But there are few laboratory Bolsheviks. Science cannot surrender to the commissars. Truth cannot change because of a Soviet decree.

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JUNE, THE BEST MONTH OF THE YEAR

SUPERSTITIONS HOARY WITH AGE.

Curious, Quaint and Beautiful Customs of Various Lands Are Here Described.

Why are May weddings regarded as unlucky? Why are June weddings specially propitious? And why, oh why, should old shoes be flung after and, indeed, at the bride? What say the poets?

Marry in May, And rue the day. But on the other hand: Marry in June, All life be in tune.

All three of these superstitions are hoary with age. They were already antiquated when the legend about St. Swinith's Day was invented.

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tisement. The same custom of carrying a slipper or sandal has prevailed from ancient times among other Oriental peoples, and is still familiar.

Among the Nestorians it was once the custom for the groom to kick the bride and for her then to remove from his foot the sandal with which he had kicked her.

Some Jews struck their brides light blows with a slipper, as a token that they must thereafter be submissive to their will.

A variant of this was practiced by Martin Luther, who, after performing the wedding ceremony, took off a shoe of the bridegroom and placed it upon the bride's pillow, as a reminder that she must always be subservient to her husband.

The wedding ring, now so essential a part of the service and so indispensable an object seems to have come into use at a comparatively recent date, and to have had at first less significance than now.

There is much other care given to the hands, including massages—the last of special importance because it tends to keep the flesh plump and discourages wrinkles.

The skin on the back of your hand shows how old you are. Pinch it and you will see. If you are young the skin will almost instantly become smooth again.

Old man, old man, sitting in the sun, What was the struggle worth now that race is run? How does life look to you now its all behind?

Under your bald pate what lingers in your mind? I wonder if you cherish still The blue day on the windy hill When first your eyes met hers, and things

Bright as a pigeon's sheeny wings Flashed through you, and delight Burned you with kisses white.

I wonder do you dwell with pride On those rough days in which you tried Your strength against your fellow men, And won and lost and won again— Happy to toil and strive That you should be alive!

Is gladness hid in moonlit eyes When love comes sighing through the leaves? Or is it garish, stressful days To which your hungry fancy strays— Green seas, the busy mart, Which wrote upon your heart?

Have you regret for marriage ties? Did children make you sad and wise? What mattered much? What, not at all? And, prithee, what would you recall And leave undone, to reap Sounder and sweeter sleep?

Old man, old man, drawing near the night, Speak wisely through your beard, answer me aright— That I may have good dreamings when life is done, Leaving me to bide as you, cold in the sun.

Explorers Advance Toward Mt. Everest. Somewhere in the tangled maze of the southern Himalayan Mountains three parties of British engineers are working their way through unexplored gorges and passes toward the base of Mount Everest.

A Poem. Seeing, it is a gladdening thing; White birds against a morning sky. Blowing poppies, nodding grasses, Light that grows and fades and passes, Young leaved poplars shining high.

And God be thanked that gave us hearing For children's laughter, sweet and bold, For winds that whisper old hills round, For every intimate sweet sound, The quiet golden evenings hold.

But oh, 'tis scent that makes immortal The little lives of mortal men! Roses with haunting sweetness riven, Incense, to lift men's hearts to Heaven, Lilacs, to draw them home again.

After correcting Tommy for the thousandth time for talking in school, his teacher decided to speak of this fault to the lad's father. She therefore added this remark to her next report: "Tommy talks a great deal."

"In two days the report came back, correctly signed by Tommy's father, with the comment: "You ought to hear his mother!"

The sun gives 800,000 times more light than the moon.

A DESIRE TO EAT WHAT YOU WANT

Stomachs Can Be Restored to a Healthy Condition.

Not to be limited in diet, but to eat whatever he pleases is the dream of every dyspeptic. No one can honestly promise to restore any stomach to this happy condition, because all people cannot eat the same things with equally satisfactory results.

When the stomach lacks tone there is no quicker way to restore it than to build up the blood. Good digestion without rich, red blood is impossible, and Dr. Williams' Pink Pills offer the best way to enrich the blood.

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AFRAID TO GO OUT ON STREET ALONE

MRS. BEVERAGE LIVED IN FEAR OF ATTACKS.

"Tania 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.

"Tania 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 Tania 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 Tania did for me."

Tania is sold by leading druggists everywhere.

New French Stamps.

The French recently held a competition for designs intended for a new issue of postage stamps. Nearly all of the designs submitted were suggested by the war; the best ones show a splendid Gallic cock crowing in triumph, the head of a poulin in a steel helmet and a head representing France in a winged cap.

Being a very cautious man, he worded his prayer in this way: "Be with our brethren stranded in the Falkland Islands, which are situated in the South Atlantic ocean."

Following Advice. "He's perfectly quiet, ladies," remarked the man to the two girls who were about to hire a pony and trap. "Only you must take care to keep the reins off his tail."

"We won't forget," they said. When they returned he asked them how they got on. "Splendidly," they explained. "We had one sharp shower, but we took it in turn to hold the umbrella over the horse's tail, so there was no real danger."

A country clergyman was preaching on an obscure point of theology, which he explained in an original and striking manner. He concluded by saying: "This is entirely my own view. Commentators do not agree with me."

The next day he was informed that one of his parishioners wished to see him. Going into his study he was greeted with cordiality by one of his scribes, who happened to be a market gardener.

"Morning, sir," beamed the caller. "Heard you say yesterday as common taters didn't agree wi' yer, so I've brought a sack of my best. Hope you'll get on better with them."

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

Why He Was Late. Amongst the many stories that are current concerning the new Unionist leader, Mr. Austin Chamberlain, is one about an incident that happened at Highbury, his father's seat near Birmingham.

Mr. Joseph Chamberlain had laid out a plantation of younger fir trees in the grounds, of which he was exceedingly proud, notwithstanding the fact that the majority of the sapplings measured no more than two or three feet in height.

One evening it chanced that Mr. Austin turned up late at a dinner party to which a number of notables had been bidden. The son entered in fear and trembling, for he knew that unpunctuality was the one unpardonable sin in his father's eyes.

"You are very late, Austin," said the latter reprovingly. "Yes, I'm sorry," replied the culprit, at a loss for a moment for a suitable excuse. Then his face brightened and a twinkle came into his eyes. "Couldn't possibly get here before, father," he said. "I lost my way in your new forest."

"Milk" manufactured from chopped oats, ground peanuts, and a little water, is said to resemble the creamiest product of the cow.

Rural Route No. 1, Magouche, Quebec. The Minard's Lintment People. "Sir, I feel that I should be doing a little for you. I have had four tumors growing on my head for years. I had them cut off by a surgeon about fifteen years ago, but they grew again till about three years ago. I had them cut off, but they grew again. I had them cut off, but they grew again. I had them cut off, but they grew again."

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BITS OF HUMOR FROM HERE & THERE

Good Joke: Few Clothes. He—"Will you marry me?" She—"Do you think you could keep me in clothes?" He—"Well, partly in. You wouldn't want to dress out of style, would you?"

In the Good Old Summer Time. "How's this back to the farm movement progressing?" "Fine right now," said Mr. Cobble. "All the town kin I've got want to come out an' pay me a visit."

Not So Fast. Uncle Hayseed: "Then city folks ain't so fast as I was supposin'." Aunt Furry: "How's that, John?" Uncle Hayseed: "I went to one of them theatres and they were still a playin' 'Hamlet' that I seed ten years ago."

Parting For Ever. He (tremblingly): "I have one last wish to ask you be-before we part in anger for ever." She (sobbingly): "Wha-what is it, Geo-George?" He: "Wi-will you me-meet me next Thursday as-us-usual?" She: "I wi-will, Geo-George."

Definitely Located. An emigrant ship was wrecked, and many survivors landed on the Falkland Islands. When the news reached home, the minister of a church to which some of the emigrants had belonged included in the service a prayer for the victims of the wreck.

Being a very cautious man, he worded his prayer in this way: "Be with our brethren stranded in the Falkland Islands, which are situated in the South Atlantic ocean."

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Surnames and Their Origin

BENNETT. Variations—Bennis, Bennison, Benn, Benedetto, Di Benedetto, Bennewitz, Benedict, Benedict. Racial Origin—English, German, Italian, Slav. Source—A given name.

Family names in this group are quite widespread, not only among English-speaking peoples, but among virtually all the countries of Europe. So many variations are there, in fact, that it is not practicable to discuss them all in one article.

The group, of course, is the outgrowth of the given name of Benedict, or, to give it the original Latin form, Benedictus. This given name has a meaning of "blessed," or more literally, "well spoken of." It naturally ranked high in the Middle Ages as a given name, and quite logically there developed from it a host of family names.

Bennett is the survival as a surname of a Norman diminutive of the given name. Bennis represents a shortening from Bennison, which in turn was a development of "Bennetton." Bennis is a still further shortened example. Benedetto and Di Benedetto are Italian forms, the latter being closer to the original, the "di" meaning "of" and standing for "son of." In this country there has been a strong tendency to drop the "di" from transplanted family names.

Benedict appears for the most part to be a straight English development from the given name, while the "k" in Benedikt betrays German influence. Bennewitz in its ending, which also

indicates "son," comes from farther east, in view of which it is interesting to notice the similarity of this ending and the old Norman-French prefix "Fitz," with exactly the same meaning.

SELLERS. Variations—Seller, Seeler, Sadler. Racial Origin—English. Source—Occupation.

It is not possible to tell with accuracy in the the individual case which of two sources these family names have come from, with the exception of the last named.

It may be taken for granted, however, that, like Sadler, the rest of them in the vast majority of cases come from the occupation of making saddles. The assumption that Cere is any connection with our modern word "seller," or salesman, is erroneous, for the medieval English did not use this word to designate tradesmen.

Sadler is a form of the name traceable to the Anglo-Saxon word "Sall," however, was the word most often used by the Normans in the early period to denote a saddle, and it endured for a long time. In fact, it did not become obsolete until after Spencer wrote: "He left his lofty steed with golden sell, And godly gorgeous barbes."

The form Sellers, Seeler and Seeler, however, may also be derived from the old word "seler," which was the appellation of those craftsmen who manufactured seals.

Saves Time - Saves Health Here is a table drink made as quickly as you can pour hot water into the cup INSTANT POSTUM delights the taste, and causes none of the harm that often comes from tea and coffee. There's a Reason

The largest book in the world, over six feet in height, is in University of Rostock, Germany. This remarkable volume is over 400 years old and contains maps of Holland.