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nvinced her that mary part of his press wagon beier. Right willvs. did the small

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ks-how they ar dreary monesk, the harder it when we have elves that "it's all the time." eem. The clerk, ker, the business

movie star, the ner's wife, each of corn-cobs to it strange that iks smaller than be all the time" afe occasionally -some incentive easier for a time.

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z news to people of Campita to e of the Superm Experimentel e. A perta, that ortation service a shou! I develop al, fairest and Z regions north Mr. W. D. Alin charge in a very optimistic. tests made by his attitude. He odge is twentyand Prairie city ling 2,500 feet

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Chan winter troublessme. rn Rye grass lifa has proved eriments have or three years. eve been going rk was started Potatoca have wo and a half 00 bushels per plots went as r scre. Other n successfully anliflowers and as strawberries. d gooseberries, success in dishave certain

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# THE INDUSTRIAL GROWTH OF ONTARIO BABY'S OWN TABLETS

POSSESSES NEARLY HALF WEALTH OF CANADA.

#### Raw Material and Fine Transportation Facilities Aid to Rapid Development.

Ontario is the richest province of Canada. Of the Dominion's wealth, estimated at \$2,801,000,000 for the year just past, Ontario's share was \$1,267 Consistent with the remain the Dominion, agriculture asserts its superiority over other lines of activity and maintains the premier place in provincial assets. Ontario is. however, the first industrial province of Canada, considerably more than fifty per cent. of the product of the Dominion's manufacturing plants being attributable to this province.

At the end of the year 1918 out a total of \$3,034,310,915 invested in industry in Canada, the sum of \$1,508, The 15,365 plants in the province had that year a production of \$1,809,067,- three medials and twelve finals. By 001, utilizing material valued at \$1,- 1915 schools to teach the phonetic 008,824,704. A total of 333,936 per-symbols had been established as an sons were employed, drawing wages experiment; lately all the normal

centres of the Dominion, as reported vinces are learning the new system by the government Bureau of Statis- and putting it into use. tics, fourteen are located in the Province of Ontario: Toronto, Hamilton, Ottawa, London, Kitchener, Brantford, Peterborough, Galt, Buelph, Welland, St. Catharines, Sarnia, Stratford and Windsor. Toronto comes second only to Montreal in industrial importance with 2,835 establishments employing 106,128 persons, with a capitalization of \$302,945,178 and a production of \$506,429,283. Hamilton, with 685 establishments, a capitalization of \$31, Racial Origin-Scottish. 901,388 and production of \$188,456,598 | Source-A given name. is the third manufacturing city of the

distributing area to a large extent, for paratively modern date with the prefix the expansive field of the great Cana- of either 'Mac" or "O' . ly an important one and accounts for cupied by the organization. a capitalization of more than \$77,000,- The Highland records show that the Source-A Iccality. 000. This is, however, exceeded by sixth chief of the Clan Mackintosh the pulp and paper industry, in which was named Angus. He had a son Ontario is proving herself a serious named John, whose son was Gilchrist, rival of Quebec with an investment of who in turn had a son named Shaw. nearly \$100,000,000. The wealthy who was surnamed "Corr Fiachiach," which the individual lived. There is forests of the province are reflected in and this chieftain was the founder of the importance of the lumber industry the sept line of Shaws, having acin which more than \$46,000,000 is in quired the lands about "Loch-an-eillan" vested. whilst many smaller allied just prior to 1400 A.D. trades help to swell the aggregate of For several centuries the castle of works dependent in the first instance Loch-an-eillan was the stronghold of | Chichester," as the case might be. upon forest growth.

Flour milling has reached important | Clan MacKintosh which they led. proportions in Ontario with over \$40.-000,000 engaged in actively propagating the industry. Several cities and towns have virtually secured a monopoly of the Canadian automobile Racial Origin-English. trade, many of the plants operating be- Source-An occupation. ing branches of United States organizations, and in all over \$50,000,000 is invested in this manufacture.

Ship and boat building is of moment on the inland waters of the province and this industry accounts for more than \$31,000,000 in the provincial capitalization. Electrical apparatus manufacture accounts for another \$25,-Clothing, textiles, and boots and shoes are all important in this province. More than \$10,000,000 is engaged in each of the industries, cot- ing the way." But in medieval times after the Romans had withdrawn. ton textiles, men's wear and boots and shoes, whilst in hosiery and knit goods nearly \$27,000,000 is invested. Also worthy of mention are Ontario's 23 rubber plants, its 88 canning factories and its 22 packing plants with 4 abattoirs.

All Facilities for Industrial Growth. Ontario has all the natural advant facilities for industrial These have already given her the ascendency in Canada in this regard, a position which she easily maintains in her rapid expansion, an augury of tremendous future manufacturing importance. She possesses within her confines a wealth of raw material and fine transportation facilities of economic operation, for import and export. Her industrial growth is aided in a powerful way by her possession of enormous water powers, for which the Hydro-Electric Commission of Ontario acts in the capacity of trustee for the people in the matter of their development, supplying electric current for lighting and power purposes at cost.

The rate at which Ontario is expanding as an industrial area may be gauged from the fact that in the year 1920 the City of Toronto, its first centre, received the addition of twenty-eight large new industries, whilst twenty-five settled at Hamilton, next in manufacturing importance. These covered many lines of manufacture, many of which were entirely new to the province. A notable reature of the province's expansion has been the large number of plants operated by United States capital and the estab-Mshment in so many cases of branch houses of United States firms. In the city of Toronto alone, there are 175 United States branch industrial plants

in operation. Lungs in a perfectly healthy state are very rare, according to the curator of a Parisian medical institute.

# SPEAKS HIGHLY OF

Once a mother has used Baby's Own Tablets for her little ones she is always pleased to speak highly of them to other mothers. She knows the good they have done her children and realizes that her experience should be of benefit to others. Concerning the Tablets Mrs. Fred Murphy, Charlottetown, P.E.I., writes: "I have used Baby's Own Tablets for the past eight months for my baby. I cannot speak too highly of them for they have been of great assistance to me in my first experience of motherhood." Baby's Own Tablets are a mild but thorough laxative which are absolutely harmless and may be given to even the newborn babe with perfect safety. They are sold by medicine dealers or direct at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

#### China's New Alphabet.

The new phonetic alphabet for China has proved a success. In 1912 the National Educational Conference recommended a Chinese alphabet of thirty-nine characters, of which there were twenty-four so-called initials. and salaries aggregating \$261,160,214. schools have given special courses in Of the twenty most important the subject, and this year all the pro-

20,000 Oranges on Tree. A single orange tree of average size will bear 20,000 oranges.

## A WOMAN'S HEALTH NEEDS GREAT CARE

The bigger the bubble, the louder Concentration should be a part of

Words of Wisdom.

the curriculum of every college. The finest people in the world are those we know least about. Be sure your bravery is not mere

Man is like a fountain pen; useful as long as there is something in him. If we always said what we meant we wouldn't say anything. Put yourself on a paying business-

ness, give the details to the squirreis ness? Of course all these symptoms in the woods and get it off your chest If your feet are not strong enough are the worse the condition of the to carry you—ride.

Wishes wear out with your clothes. Fame oftimes goes shabby. The greatest faith is faith in your

thrive on it. Study character-your own first.

Before reforming the community, reform yourself. Don't bury yourself before you are

Lock yourself up when you swear, ou won't be interrupted. If you let the little things worry you,

what are you going to do with the big

Tell your friend you haven't got ityou'll be doing him a good turn. Put your troubles on the dumb

You can't win unless you take a

Melons were first found in Asia.

# Surnames and Their Origin

Shaw does not look like a Highland or Gaelic family name. Not many A Distributing Centre for the West. | people realize that it is, for, strangely Ontario is the manufacturing and enough, it is not met with at any com-

dian West and its industrial activities It is the name born originally by a cover a wide latitude, practically every certain sept of the Clan MacKintosh, lar mercantile trade. necessity of town or rural settlement which later divided into two septs, the being supplied. The agricultural im- first or senior line eventually losing plement industry is therefore natural- ownership of the lands originally oc

his descendants and the branch of the

LEEDER

Variations - Leader, Leders, Loder, Lederer.

to pick the occupation from which name simply Chichester. this group of family names has been The place name, however, is a comdeveloped. The reason is that the bination of the Saxon given name of meaning of the word itself has changed "Cissa," and the Latin word "cas-

became a surname. knowledge to know that originally the built their camps in England, as they words "lead" and "load" had very did elsewhere, as virtual fortresses. similar meanings. We use the verb They were structures which lasted, "lead" to-day in the sense of "show- and which remained in existence long its most usual meaning was that of carrying as pulling.

bors would come to regard the name as merely distinguishing the individual, and its meaning as indicating the place from which he had come several years before would not be foremost in on land." their minds. Hence the "of," or its equivalent in the Norman tongue, would be dropped, and the individual joke, Uncle Jim?" You need more than three guesses or his sons would bear as their sur-

pulling or carrying a load; as often founded the kingdom of the South Saxons.

So, if you bear any of the family names in this group you may be reasonably sure that in the dim distant past one or more of your ancestors filled a position in the economic life of the community as a bearer of burdens, a teamster and drayman of today. He may have been either a bearer of loads himself, or an employer of such men, and more than likely specialized in the serice of some particu-

CHICHESTER

Racial Origin-English.

The use of Chichester as a family name is a matter easily and obviously explained. In its first use as such it was descriptive of the locality in a place of this name in England, and naturally persons migrating from Chichester to other sections came to be known in their new neighborhoods as "John of Chichester" or "Robert of Napoleon had so much in common,

Then, in the course of time, neigh-

since the medieval period in which it trum," which means "camp" or "mili-It's not exactly a piece of practical period before the Saxon invasion

"Cissa" was the son of "Aella," who

#### a Breakdown Follows. Every woman's health is dependent upon the condition of her blood. How many women suffer with headache "Just as far as the book is dirty, pain in the back, poor appetite, weak All for Nothing. Mother-"I've tried so hard to make

digestion, a constant feeling of weari ness, palpitation of the heart, short-If you've just got over some sick- ness of breath, pallor and nervousmay not be present-the more there blood, and the more necessary that you should begin to enrich it without delay. Dr. Williams' Pink Pills are a splendid blood-building tonic. Every dose helps to make better blood which goes to every part of the body and

When the Blood Becomes Watery

brings new health to weak, despondent people. Dr. Williams' Pink Pills are valuable to all women but they are particularly useful to girls of school age who become pale, languid and nervous. There can be neither health nor beauty without red blood which gives brightness to the eyes and color to the cheeks and lips. Dr. Williams' Pink Pills build up the blood as is shown by the experience of Mrs. Jos. E. Veniotte, West Northfield, N.S., who says: "For several years I was in a bad state of health. I was pale and nervous, my appetite was poor, and I suffered from weakness, headaches and a feeling of oppression. I got so smartly-dressed man carrying a pros- feeling for hours after eating. I had Worry is a cloud that darkens your nervous that I was afraid to stay in perous-looking bag. day; a bright thought is the sunshine the house alone. All this time I was "Give us a couple of coppers, guy'- ate would often make me deathly sick. help me, but I was growing weaker. get some bread. Think wot it is ter would burst and I was so nervous I Finally I decided to try Dr. Williams' be friendless, despised, 'ated by all-" trembled like a leaf. When I got up Pink Pills, and after using six boxes petite, slept better and felt stronger. lector!" However, I continued taking the pills for a couple of months longer and now I am feeling as well as ever I did.

> ence may be of benefit to some other weak woman." You can get Dr. Williams' Pink Pills through any dealer in medicine or by me, how far do you really think you mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

#### The Set of the Sail.

Bob was in one of his periodical fits of depression. The world had been running smoothly for some time, but now the pendulum was swinging the the Sahara Desert. "Now, say itother way, and he did not like it.

"Everything seems to be against me these days, Uncle Jim," he grumbled. "Nothing goes my way any more. I'm see?" said mother patiently. "Now going to quit-that's all. What head- say it." way can a fellow make when everything in the world is against him-

Bound to be a failure." "Humph," said Uncle Jim meditatively. "I didn't know that you and Bob. He felt that way, too, when he alike in one other point. I must really the school. look that up and see whether he too was such a different person on sea and

"No joke. Just plain facts.

Shakespeare remarks, you "suffer a sea change

Into something rich and strange. "I've been at the shore with you tary station." The Romans, in the three summers, and I've been out in your little sailboat more times than I can count, but never once have I heard you say you couldn't get anywhere because the wind or the tide was against you. As I remember, you used to go to Pine Cove pretty often last summer when the wind was dead wrong."

There was a twinkle in Uncle Jim's eyes, for the visits to Pine Cove had been a family joke. There had been a very pretty reason for those visits. But Bob loftily ignored everything except the subject in hand.

"A good sailor doesn't have to sail with the wind or the tide," he explained. "If a man knows how to set his sail right he can take advantage of the wind, whichever way it blows from. You know that as well as I do, Uncle

Jim thoughtfully. "Well, I was goof adversity, but I don't need to. You've put it into-shall I say a sea shell? If you know how to set your sail, you can take advantage of any wind and go where you please. Well now you go right out and apply that had hard features and an acid expresidea on dry land, and see if you don't sion, and she demanded to see the edimake port with a good cargo."

Bob nodded, and a dawning smile came over his face. "Master Robert Sheffield," he said, "seventeen years out from Babyhood, bound for Success boy. and the Future. Aye, aye, sir!"

Would you like to know how large 000,000,000-almost six quintillion-

His Bookmark "How far have you studied, John ay?" inquired the teacher.

you a good child, Margaret, and yet in spite of all my efforts you are still rude and naughty." Margaret (deeply moved)-"What a failure you are, mother!"

Skeptical Tommy.

"But, Tommy," said his mother, "didn't your conscience tell you that you were doing wrong?" "Yes," replied Tommy: "but I don't believe everything I hear."

The Age of Worry.

There is a time in the life of ever girl when-but this illustrates "How old is Gladys now?" Davis asked of Gladys' grandmother. "Gladys is just at the age where her mother is afraid she will get married and Gladys is afraid she will not."

#### He Knew.

The tramp shambled after

taking medicine, but it only did not nor!" he pleaded. "Just somethin' to My head ached until I felt like it "Shut up, you fool!" said the man in the mornings, I was so weak and I felt much better. I had a better ap- with the bag. "I'm an income tax col. dizzy, I couldn't trust myself to walk

#### He Could See.

"No! You cannot expect the jury to I give all the credit to Dr. Williams' believe that," said the lawyer. "Do Pink Pills, and hope that my experi- you really mean to say that although the night was pitch dark, and you were at the end of the train, you saw deceased fall from the other? Now tell can see at night?"

"Oh, about a million miles, I reckon," retorted the witness. "I can see the moon-how far's that?"

# Trying to Oblige.

Mother was teaching five-year-old Bobby geography. She had come to ---Sahara," she prompted htm. "Hara," replied Bobby.

"No, not Hara Sahara, don't you

Again Bobby replied, "Hara." That kept up for some time until finally Bobby, worn out, exclaimed, "Well, mother, didn't I say Hara?"

#### Grace's Grammar.

Grace met her uncle in the street was about seventeen. But what puz- one day. He asked her whether she zles me is whether you and he are was going out with a picnic party from "No," replied Grace, "I ain't going."

"My dear," said her uncle, "you must not say, 'I ain't going.' Bob looked puzzled. "Different on must say, 'I am not going.' " And he sea and on land? How? What's the proceeded to give her a little lesson in grammar: "You are not going. He As is not going. We are not going. They are not going. Now, can you say all

that?" "Course I can," responded Grace, Cheerily. "There ain't nobody going."

A Real Sky-Scraper. The conversation had changed from

one thing to another, finishing up wit high buildings. The American thought he had them all beaten when he said there was building in New York so high that it took a person at least twenty-four

hours to get to the top. "Sure," said Pat, "there's a little building I was working on some time ago in good ould Dublin, when one Saturday morning about 11 o'clock dropped my hammer from the top, and sure and begorro, when I went to work on Monday morning the thing hit me

### on the top of the head." Making Matters Worse.

"I can't keep visitors from coming up," said the office-boy, dejectedly "When I say you're out they won't be lieve me. They all say they must see

the editor, with a worried look. "Whatever they say just tell them, 'That's what they all say.' Be firm. See?" That afternoon a lady called. She

"Impossible," said William. "But I'm his wife," persisted the "That's what they all say," said the BAYER

tor at once.

MONEY ORDERS. It is always safe to send a Dominion Express Money Order. Five dollars costs three cents.

High Intensity of Light. High intensity of light is provided by a new are lamp for motion picture projectors that has its positive carbon in a horizontal position with its crater

Old Theatres in London London still contains two buildings

Ask for Minard's and take no other.

# Tanlac Accomplishes Remarkable Results In Geo. H. Nickel's Case

Prominent Wisconsin Man Says Tanlac Promptly Relieved Him of Bad Case of Stomach Trouble of Six Months' Standing - Gains 27 Pounds and Feels Fine As A Fiddle.

It is an unquestionable fact that Tanlac is now being more widely endorsed by well known men and wome than any other medicine on the Amer! can market. One of the latest to testify is George H. Nickels, well known lecturer, residing at 227 Wells St. Milwaukee, Wisconsin.

"Tanlac has not only completely restored, my health, but I have actually gained 27 pounds in weight," said Mr. Nickels in referring to the remarkable benefits he had derived from the medi

"For something over six months, my stomach was very badly disordered. suffered terribly from Indigestion and Dyspepsia. At times I would be in great distress and I would invariably the experience an uncomfortable bloater no appetite scarcely and the little I around and I just hurt all over.

derful change in my condition for I am only too glad to tell others about the now enjoying the very best of health. wonderful good Tanlac has done. It My appetite is splendid. I relish my has no equal." meals. Everything agrees with me perfectly. The nervousness, head- everywhere.

Changed.

L was content If my father gave Me a copper cent.

When I was nine

Now I have a nine Year youngster who Thinks nothing less Than a dime will do.

A cherry tree, at Sittingbourne, Kent, which still bears fruit, was planted in the reign of Henry VIII.

### Health Saving REMINDER:



COARSE SALT LAND'SALT **Bulk Carlots** 

# C. J. CLIFF . TORONTO

TORONTO SALT WORKS

OR forty years Sloan's Liniment has been the quickest relief for neuralgia, sciatica and rheumatism, tired muscles, lame backs, sprains and strains, aches and pains.

Keep Sloan's handy and apply freely, without rubbing, at the first twinge. It eases and brings comfort surely and readily. You'll find it clean and non-skin-staining Sloan's Liniment is pain's enemy.

Ask your neighbor. At all druggists-35c, 70c, \$1.40. Liniment (Pain's)

**ASPIRIN** 

is only 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, ralgia, Rheumatism, Barache. Toothache, Lumbago and for Part. Handy tin boxes of twelve tablets cost | than any other medicine at the wor universe could contain we refuse to Shakespeare's plays during Shake speare's life—the Middle Temple Hall speakages. Made in Canada. Aspirin is the trade mark (registered in Canada), of Bayer Manufacture of Monoaceticacidester of Salicylicacid.



GEORGE H. NICKELS

aches and dizzy spells are all gone and "Tanlac has brought about a won- I never have an ache or pain. I am

The Best Servants.

Their names are What and Why and When. And How and Where and Who

I keep six honest serving men

(They taught me all I know.)

Minard's Liniment Lumberman's rriend





Make Cuticura Soap and Ointment your every-day toilet preparations. Bathe with the Soap and hot water on rising and retiring, using plenty of Soap, best applied with the hands. Smear any signs of pimples, redness or

roughness with the Ointment and let it remain five minutes before bathing. Finally dust on a few grains of the exquisitely perfumed Cuticura Talcum, it takes the place of other perfumes for the skin.

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

# **AVOID PAIN**

This One Tells How She

Was Benefited by Taking

Lydia E. Pinkham's Vegetable Compound. Regina, Sask.—"For two years I suf-fered from periodic pains and nausea so I was unable to get around. My mother had me take Lydia E. Pinkham's Vegetable Compound, and I am much better and able to go about all the time, which I could not do before. I recom-mend Vegetable Compound to my friends

if I know they suffer the same way, and you may publish my letter if it will help any one, as I hope it will."—Miss Z. G. BLACKWELL, 2073 Osler Place, Regina, If every girl who suffers as Miss Black-well did, or from irregularities, painful periods, backache, sideache, dragging down pains, inflammation or ulceration would only give this famous root an herb remedy a trial they would soon

find relief from such suffert It hardly seems possible that there is



## This is the start of a better day

Thousands of former tea and coffee users have found that Postum meets every demand for a delicious table beverage, and brings steadier

no after-regrets. 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 bolling for 20 minutes.

As many cups as you like with any meal -

There's satisfying comfort and cheer in a breakfast cup of Postum, and there's no disturbing element to irritate nerves or digestion and leave mental energy lagging before the day is

nerves, clearer mind-better health.

"There's a Reason" for Postum Sold by all grocers

# "Well, put them off somehow," said

"And then you say you aren't dif ferent on sea and on land," said Uncle ing to read you a lecture on the uses | you.

### The Mighty Universe.

the stellar universe is? In the opinion of astronomers it is one million light years in diameter, and, since light travels 186,000 miles in a second, that means that it is about 5,869,713,600, miles from one side of the universe to | end pointing at the lens. the other. More than a million solar systems the size of our own could be placed end to end without bridging the space. How many such systems the that witnessed the performance of