an's sore throat." of chronic pharynpecially conspicuous. roat is usually not feels in the morning scomfort in swallowappears as he eats wever, the sufferer. a smoker, is aware st of the time and t hacking cough. hronic pharyngitis

healthy. He has digestion, a furred a bowels. In longvoice loses its renes not only thick

difficult and tedik is to find out the . Any obviously must be changed; tonsils must be nasal catarrh w treated; and a e tendency of rected if possible dies and by dietg and entiseptic

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TIMBER SUPPLY OF CANADIAN FARMER

VALUABLE ASSET TO AG. They Can be Had by Keeping the RICULTURAL DISTRICTS

Prairie Provinces Possess More Than 32,500 Square Miles of Forest Reserves.

The various phases of work which together with the various allied indusrun the aggregate value each year to a handsome revenue. This, nevertheless, does not comprise by any means Howell, Petitcodiac, N.B., tells of what the entire value of Canada's timber to Dr. Williams' Pink Pills did for her as the country, and there is a large do- follows: - "For some time I had not mestic consumption of which no re- been feeling well. I had been gradualber plays no small part in relation to stantly growing harder to do my the Dominion's first industry of agri-housework. I was very pale and had with apples and currants, and you will culture, and the presence and availafrequent headaches. . consulted a be delighted with the combination. bility of timber in agricultural sec- doctor and took his medicine for some

the Prairie Provinces of Western CaPills, and although I had nearly lost
which describes to be more from the province of the ground and the come one of the first agriculturally and have of the spectros. producing regions of the world, are found they were helping me, and I We all eat cucumber with cold salcopularly supposed to be bare of any gladly continued taking them, and ulti-Those who know the region, however, had afflicted me had vanished. I am cellence of hot boiled salmon. Those who know the region, however, had afflicted me had vanished. I am cellence of hot boiled salmon, are aware to what an extent the name giving this statement in the hope Every country has its own peculiar is a misnomer. While the southern that my experience will be of benefit mixtures of savouries and sweets, and provinces takes in appears to be a bald, denuded stretch, clumps of brush through any dealer in medicine, or by Marshal Foch, during his recent ingly hard on the health of little ones. and trees are always to be found in the mail at 50 cents a box or six boxes visit to the United Stated, travelled The weather is often so severe that rying his mother with questions, a visinity of watercourses, which are for \$2.50, from The Dr. Williams 13,000 miles, and made 164 speeches the mother cannot take the little ones habit little boys seem to possess in a well as providing shade and shelter to

When one travels north, however, the prairie is left behind and one reaches what is a fairly, clearly defixed division between the bald plain Racial Origin-Scottish. and the timber country This growth is not in the nature of forest, but from the scattered and somewhat orderly distribution, with the appearance of name derived from a given name having been especially laid out, has given to the country the description of the Scotland from Ireland in name of Grant is that it is a variation tail ordinary farming operations, yet and settlement won the dominance of seniority in Norman-French days, and which a tree growth possesses for a farming community. For his stock it traditionally descended from "Loarn"

Government Reserves Available.

Where farmers have settled on the its name. clearer sections of the parklands, or The clan, for the MacLarens once Gaelic, not Norman, and as some pieces. When completed, the sock or are indisposed to cut down their own constituted one of the leading clans in times has happened with the Scottish stocking was joined together on either trees, timber for their many needs can the Highlands, was for a long time a Gaelic names, but virtually never with side of the ankle, a process which nabe cut on adjacent unfiled lands or on big factor in Scottish history. As ear the Irish, it is derived from the name turally left an unsightly seam. the Government forest reserves which ly as the reign of King Kenneth Mac- of a place. This place was an extenhave been held back from settlement Alpin it appears to have acquired consive moorland near Strathspey known piece of embroidery was placed over and are to be found in many parts of siderable territories in Strathearn and as "Griantach" or "Sliabh-Griannais." the seams. The operation, on account the Western Provinces. Though these Balquhidder. In 1138 they played a The clan itself traces back in its of the stitch used, was referred to as reserves have been made for the preprominent part in the Battle of the chieftainship to Gregor Mor MacGreservation of the timber, cutting is perStandard under the leadership of gor, who it is claimed settled to the chieftainship to Gregor Mor MacGrethe "clocking" on the stocking. The all ages printed on bottle. Mother! servation of the timber, cutting is perservation of the mature timber to enable.

"Malian" the Farl of Stration about the tree of the "clocking" on the stocking. The
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section about the tree of the "clocking" on the stocking. The section about the tree of the "clocking" on the stocking. The section about the tree of the "clocking" on the stocking. The section about the section for other reasons. There are more status of proprietorship over its land than 32,500 square miles of forest re- in 1138, when the earldom of Strathserves in the Prairie Provinces which earn became the property of the Scot- seventeen countries a faucet which re-

Saskatchewan, for instance, there is a rising which attempted to put the forest reserve which is one of the most Stuart line, in the person of "Bonnie valuable assets of the rich farming Prince Charlie," back on the throne Farmers, who have a greater and wider need for timber than others, draw their supplies of fuel, fencing. and building material from this source. Small private mills have been erected for the purpose of manufacturing lumber, and the farmer secures the necessary material for his house and buildings very economically, from timber he has cut himself.

Nature in creating Western Canada has provided for many of the needs of the settlers to come, and in the timber, with which she dotted the country, is one of the farmer's most valuable as-

Brain's Balance-Wheel.

Using it unconsciously, we are apt to forget that the brain is an extremely delicate mechanism which may be thrown off its accustomed track by anything out of the ordinary.

The sense of balance is one of the functions of this mechanism which we have developed by constant use, and which we employ unconsciously. Sometimes we find that unusual surroundings impair its proper usage.

Such, for example, is the effect of looking down from a high building when one is unaccustomed to heights. The eye notes the sheer drop into space, and unconsciously transmits a "fear message" to the brain, which, in turn, augments the trouble by disturbing the delicate fluid which acts as a "balance wheel."

As a result the person becomes dizzy, and is as prone to fall as if he had been whirled around rapidly a number of times.

Science is performing marvels in restoring old prints and other antiquities; what was apparently a block of wood found in Peru beneath 14 feet of guano proved, on expert treatment, to be a carving of great age

WOMEN AND GIRLS WANT ROSY CHEEKS

Blood Rich and Pure.

Every woman-every girl-wants lives? rosy cheeks. They mean not only tates after slight exertion. Some the result is not excellent. times this trouble is accompanied by Apple sauce with pork is more na. Next in line to his fishing rods was directly upon the blood, and in this there is no doubt about their being Club, the ancestor of the Alpine Club weak, ailing people. Mrs. Isaac W. ly growing weaker, and found it con- made with fruit as well as onions, tions means a great deal to the farm- time, but it did me no good. I found out a stuffing of sage and onions, but ers in those areas, and makes for a myself growing weaker, and taking What are generally designated as vised me to try Dr. Williams' Pink

Have you ever tried cheese with cold them. If worn all together, would have

Culinary Curios.

Visiting a Chinese restaurant recent-And, curious as it sounds, the mixture

was a very good one. Has it ever occurred to you how pe- this pursuit, of course, as Lord Grey,

Who, for instance, was the first perbeauty, but good health. When a wo- son to eat currant jelly with roast mut- fished in it, whether it was the Neva man's blood is scanty or anaemic her ton? No one knows, and on the face at Petrograd, the Seine in Paris, the color fades, she looks debilitated, is of it, it seems absurd to eat jam with Manzares in Madrid, the Humber in meat, yet no person can assert that Toronto or the Potomac in Washing-

severe headaches, or pain; in the back tural, for the acidity of the apple coror sides. This condition is entirely rects the extreme richness of the pork. It is this hobby of Lord Bryce that due to weak, watery blood, and can In Europe you will find stewed apri- made him a popular hero in the Rocky only be cured by making the blood cots served with pork and stewed Mountain district, and especially in rich, red and pure. For this purpose prunes with veal. Although both these the city of Calgary. For two years try Dr. Williams' Pink Pills, which act combinations may seem startling, Bryce was president of the Alpine

In Canada cranberry jelly goes with roast turkey, and here again the result | had an unequalled collection. He held is all that can be desired.

A real Indian curry, which we practically never see in this country, is

Surnames and Their Origin

MacLAREN

Source-A given name. Here is another Scottish family which the progenitors of its bearers the ancient days when the Dalriacke of Grand or "le Grand," originating as

The MacLaren's, or MacLarens are natural growth of such nicknames. is summer shade and winter shelter; or "Laurin," who was the son of Erc, to a Highland Scottish source as the

of England and Scotland.

Variation-Grand. Norman.

Source-A locality: also a character- Co., Brockville, Ont.

have at all times a large supply of surplus timber available for the many status as perpetual tenants.

Seventeen countries a faucet which replus timber available for the many status as perpetual tenants.

Seventeen countries a faucet which replus timber available for the many status as perpetual tenants.

Seventeen countries a faucet which replus timber available for the many status as perpetual tenants.

Seventeen countries a faucet which replus timber available for the many status as perpetual tenants.

According to an omeian estimate the contains phosphate reserves sufficient contains phosphate reserves sufficient

The largest camera in the world has survey experts, weighing 3½ tons and need no cleaning are being made by

Racial Origin-Scottish; also Anglo-

Gaels crossed over and by conquest a sobriquet denoting superiority or later becoming a family name in the

one of the Dalriadic chieftains who name of one of the clans which desettled in Argyle in the sixth century. veloped from the ancient Clan Aplin, the present type of machinery. which This "Loarn" is the same chief who is of which group the MacGregors were works automatically and turns out a

Lord Bryce's Hobbies.

Among the prized trophies of the , the writer had a dish made of late Viscount Bryce were fishing rods, chicken stewed with sweet almonds. alpenstocks and academic gowns. Lord Bryce was always fond of angling. He never attained such fame in

culiar are the mixtures of food which but he was a keen fisherman neverthewe find on our plates every day of our less, and had a valuable collection of fishing rods.

of Canada.

As for university gowns, Lord Bryce degrees, actual and honorary, from colleges and academies all over the world. From Oxford he had gowns of Trinity and Oriel; gowns, too, from Heidelburg, Turin, Brussels, Nayles, Petrograd, Stockholm, Toronto (Trinity College), Rome, Glasgow, Michigan, Edinburgh, Budapest, Harvard, Jena, Princeton, Leipzig, Buenos Aires, Ade-

colors rivaled those of the spectros-

out for an airing. The consequence marked degree. is that baby is confined to overheated, badly ventilated rooms; takes cold and becomes cross and Baby's Own Tablets should be given ly, "they have so much work to do that to keep the little ones healthy. They their brains get tired, and they lose are a mild laxative which regulate the their hair." stomach and bowels and thus prevent colds. The Tablets are sold by medi- I know why women don't wear whiscine dealers or by mail at 25 cents a kers!" box from The Dr. Williams' Medicine

Why Clocks on Socks.

What we describe to-day as clock" on a sock or stocking is nothing more than a piece of embroidery, which appears to have been placed in position in order to make the ankle of the wearer look more slender. Originally it was designed to cover a natural

has long since passed, but the "clocks" You must say "California" or you may

and dentists, weighing but twenty 200 years. been built by United States geological appearance of polished steel and yet a new Sheffield process.

RHEUMATIC ACHES

THE racking, agonizing rheumatic ache is quickly relieved by an application of Sloan's Liniment. For forty years, folks all over the world have found Sloan's to be the natural enemy of pains and aches. It penetrates without rubbing.

You can just tell by its healthy. timulating odor that it is going to do you good. Keep Sloan's handy for neuralgia, sciatica, lame back, stiff joints, sore

muscles, strains and sprains. At all druggists—35c, 70c, \$1.40.

America's Pioneer Dog Bemedies



RHEUMATISM

HARD ON LITTLE ONES Liniment to the aching the remedy your grandmother used. There is nothing to equal it.

"Why, dear?" asked mother. " 'Cos they have so much work of the jaw," was the illuminating reply.

Mother, Quick! Give California Fig Syrup For Child's Bowels

Even a sick child loves the "fruity" taste of "California Fig Syrup." If the little tongue is coated, or if your child is listless, cross, feverish, full of cold, or has colic, a teaspoonful will never fail to open the bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste from the tender, little bowels and gives you a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a tearemain as a reminder of an old cus- get an imitation fig syrup.

of the fitting surface of the value pre- chine has been invented for physicians to meet the demands of the world for

MONEY ORDERS. When ordering goods by mail send a Dominion Express Money Order.

Topsy's Flock.

Topsy, a half-grown shepherd dog, has a flock of her own. It is an unusual flock, too, for every one of the members of it has, not wool, but feathers! The mother of the flock is a Plymouth Rock hen, but Topsy is the shepherd. Whenever the chicks scatter she will run round them and gradually bring them nearer the clucking

One day some of them had wandered off, and Topsy, much distressed, was making every effort to round them up, when a passer-by who thought she was going to hurt them struck her with a folded paper. At once the dog set up an agonized barking, and finally her mistress hurried out to explain. Left alone again, the little dog brought the chicks into close formation and delivered them to the hen in a fairly compact group.

Topsy was never trained to do that sort of thing and has never been with older shepherd dogs. Apparently "blood will tell."

Making Bad Worse.

Thomas Fiddle was a very learned young man. At school he shone like all the stars and planets lumped together. A sixty candle-power lamp wasn't in it beside the burning flame of his genius.

But his friends were frightfully disappointed when he refuted to accept the degree of Doctor of Divinity. One of them tackled him on the sub-

"Ah, well," replied the genius, "it's bad enough to be named Fiddle, without being Fiddle, D.D.

The child of a father over fifty rears of age has ten times as good a chance of peconing eminent as he would if his father were a younger

188UE No. 6-21.

Classifier Advertisements MANADIAN MATRIMONIAL PAPER cuatham, Ont.

BELTING FOR SALE ALL KINDS OF LEW AND USED belting, pulleys, saws, cable, hose, packing. MONTREAL GIRL SAYS prices in Canada. YORK BELTING CO.

Best Map of Moon.

After taking more than 8,000 photographs in 16 years a French astronomer has prepared what is believed to be the most complete map of the moon ever made.

Minard's Liniment for Distemper.

In Denmark we have a fine demon- to me when I saw Tanlac was restertration of how common folks may be- ing my health," said Miss Yvonne come highly enthusiastic for the arts Ray, 3 Hotel de Villex St., Montreal.

THIN, FLAT HAIR

GROWS LONG, THICK AND ABUNDANT

"Danderine" only 35 cents a bottle. One application ends all dandruff, stops itching and falling hair, and, It will appear a mass, so soft, lustrous, and easy to do up. But what please you most be after a few weeks use, when you see new hair-fine and downy at first-yes-

but really new hair growing all over the scalp. "Danderine" is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. This delightful,

One day he wanted to know why men were bald.

Stimulating tonic helps thin, lifeless, faded hair to grow long, thick, heavy and luxuriant.

WOMAN TOG



CUTICURA

FOR HAIR AND SKIN For promoting and maintaining beauty of skin and hair Cuticura Soap and Ointment are unexcelled. Cuticura Talcum is an ideal powder, refreshing and cooling to most delicate skins.

Seep 25c. Oistmost 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lymens, Limited, 344 St. Paul St., W., Montreal.

Cuticura Seep shaves without usage. COARSE SALT

LANDISALT **Bulk Carlots** TORONTO SALT WORKS C. J. CLIFF - TORONTO

"Well, the first thing Tanlac did for me was to give me a splendid appetite. Then all my troubles gradually disappeared, my nerves got better and [could enjoy a good night's sleep. My whole system is now in excellent condition and I'm enjoying the best of health. Tanlac is certainly a wonderful medicine." Tanlac is sold by all good druggists. Everybody in the world depends upon somebody else

Minard's Liniment for Garget in Gows

It takes a vigorous and highly moral

MISS RAY ELATED

OVER FINE RESULT

EVERY ONE OF HER

TROUBLES HAVE

DISAPPEARED.

Nerves Steady, Eats Anything

and Sleeps Like a Log Since

Taking Tanlac.

"It was certainly a happy surprise

"For a year and a half before I got

Tanlac my health was simply awful.

I slept so fitfully I gained no real rest

and I woke up mornings feeling all

tired out. My nervous system just col-

lapsed and I would jump at any little

noise. I frequently turned so dizzy

and sick I could hardly stand the

smell of food cooking. My condition

seemed to get worse constantly and I

worried all the time

WEAK TO WALK

Now Works Nine Hours a Day .-Lydia E. Pinkham's Vegetable Compound Restored Her Strength

Union Village, Vt. - "I was weak and nervous and all run-down. I could not without resting and I had been that way for weeks, I saw your advertisement in the paper and after tak-ing one bottle of Lydia E. Pinkham's Vegetable Compound I felt the good it was doing me and

I took seven more in all. Before I finishe I was able to work nine hours a day in a steam laundry. cannot say too much in favor of your medicine. I trust all sick and suffering women will take it. It has been two years since I took it and I am strong and well." -Mrs. L. A. GUIMANN, Union Village,

This is only one of such letters we are continually publishing showing what Lydia E. Pinkham has done for women, and whether you work or not Mrs. Gumann's letter should interest you. Many women get into a weak, nervous run down condition because of ailments take Lydia E. Pinkham's Vegetable Com-

pound at the first sign of trouble. Good health is necessary and this splendid medicine will help you to keep it. CASCARETS 10

For Constipated Bowels-Bilious Liver

The nicest cathartic-laxative to to-night will empty your bowels comhysic your bowels when you have Headache Biliousness Colds Indigestion

Sour Stomach

Dizziness

pletely by morning and you will feel splendid. "They work while you sleep." Cascarets never stir you up or gripe like salts. Pills, Calomel, or Oil, and they cost only ten cents a candy-like Cascarets. One or two box. Children love Cascarets too.



WARNING! Say "Bayer" when you buy Aspirin. Unless you see the name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances?

Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds Toothache Earache

Headache Neuralgia Lumbago

Rheumatism Neuritis Pain, Pain

Handy "Bayer" boxes of 12 tablets-Also bottles of 24 and 100-Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Mone-aceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Caupan will be stamped with their general trade mark, the "Bayer Cross."



Save the bird in hand—

and enough luck, a man may get back the health he has lost-or part of it.

It takes patience, too. And then there may be no success,

or only a little. It's better to save what you have than hunt for what you've lost -as the most successful health-restorers will tell you.

organs' with elements of destruction, or starve the tissues and glands of needed elements.

which has the qualities of scientific nutrition. It supplies the full richness of those splendid food grains, wheat and malted barley, together with the vital mineral elements, so often lacking from foods. Served with cream or good milk, Grape-Nuts gives full nourishment

times load the long-suffering digestive

"There's a Reason" Made by Canadian Postum Cereal Company, Limit



The others may be hard to catch

Grape-Nuts is a delicious cereal food

without over-loading the stomach. A splendid thought for breakfast or lunch, for those who would keep

Grape Nuts-the Body Builder



With enough money, enough time

Much of the loss of health is due to faulty, careless diet. Wrong meals at all times and right meals at wrong