

PROGRESS IN WESTERN CANADA

A total of 1,057 cars of grain were inspected at Calgary during the month of February, according to the official returns of the Government Grain Inspector. These consisted of 712 cars of wheat, 259 cars of oats, 80 cars of barley and 6 cars of rye.

Contract for the development of the Pakowski Bird Reserve, consisting of approximately 1,900 acres, located in Southern Alberta, near the United States boundary, has been completed between the Canadian Government and P. Chester Thompson, managing director of the Thompson Oil Syndicate. The development will be for oil and gas, and active work, it is stated, will be commenced by June first this year.

Diamond drilling at the White Lake coal mine near Pentecost, B.C., has revealed a six-foot seam at 250 feet and a three-foot seam at 400 feet, with intermediary series of lesser dimensions. An analysis of the coal runs 75 per cent carbon; it is low in sulphur and moisture, and is not badly crushed. The property is believed to be a valuable one and the promoters hope to induce the government to put down a 2,000-foot drill.

Recent investigations have disclosed the presence of many minerals in close proximity to Vancouver. The mountains on the north side of the city have been found to be rich in molybdenite, lead, iron and copper. Capelan, Lepur and Superior show fine mineral outcroppings.

The annual value of goat products in British Columbia exceeds that of sheep, and goat raising is now regarded as an important industry of the province. The milk yield during the past year increased forty per cent, over 1929, and still the supply is inadequate to meet the steady demand for this product.

From the first to the fourth of July next will be celebrated by Vancouver as a Race Festival, to which the people from the States of California, Oregon and Washington, British Columbia's rivals in the production of gorgeous blooms, will be invited to be the special guests of the city.

Among the minerals found in the Wapawicka Lake district by the exploration party sent into the far northern part of the province of Saskatchewan by the provincial government are ochres, umbers, joint clays, bog iron ore, carbonaceous sands, shales, fire clay, glass sands and coal. Commenting upon the ochres and umbers found in the mineral waters of the lake, the ceramic engineer of the University of Saskatchewan and geologist of the party, is reported to say that the samples have proven very satisfactory, particularly the ochres.

When Elephants Race

Despite its great bulk and lumbering gait, the elephant has been known to exceed fifteen miles an hour and to have kept up a rate of ten miles an hour for a long run.

It is said that an elephant does not reach proper maturity until it is forty years old, and that it may live for over a century. Darwin calculated that after a period of seven hundred and fifty years, if breeding were not interfered with, there would be nineteen million elephants alive, descended from a single pair.

Good Advice

Colds are contagious; avoid them like measles.

The best place for your cold is in bed.

Regular meal hours spell healthy children.

Invest 10 cents in a pair of shoe trees and save dollars in prolonged life of your footwear.

Gran'ma says: "Don't judge grouchy folk too harshly. Probably it isn't so much disposition as dyspepsia."

Beware serving raisins and nuts as delicacies for the end of a heavy meal; both are high in food value.

The cure of the child is an index of civilization, and infant mortality is the most sensitive sign we possess of social welfare.

Shift Your Lymph

"Shift Your Lymph," urges a London physician and so gives a new catch phrase to health seekers. Lymph derived from the blood permeates every part of our bodies and acts both as nourishment to the organs and as a flush for the waste products. It is not controlled by the action of the heart and consequently is easily retarded or hampered in its flow, for the pressure of an active muscle may urge it on, or the constriction of a tight belt or collar may hold it back. "Shift your lymph" is therefore the latest way of saying, "Get out and get some exercise."

The Origin of Soap

Soap is first mentioned by Pliny, who states that it was prepared from goat's tallow and beech-tree ashes, and was employed for giving brilliancy to the hair.

Grain harvests may be a complete failure one year and be compensated for the next year, but the destruction of a forest area by fire cannot be made good in half a century. Hence no efforts ought to be spared to keep the fire out of the forest.

A GOOD MEDICINE FOR THE SPRINGTIME

Do Not Use Harsh Purgatives—A Tonic is All You Need.

Not sick—but not feeling quite well. That is the way most people feel in the spring. Easily tired, appetite feeble, sometimes headaches and a feeling of depression. Pimples or eruptions may appear on the skin, or there may be twinges of rheumatism or neuralgia. Any of these indicate that the blood is out of order—that the indoor life of winter has left its mark upon you and may easily develop into more serious trouble.

Do not dose yourself with purgatives, as so many people do, in the hope that you can put your blood right. Purgatives grip through the system and weaken instead of giving strength. Any doctor will tell you this is true. What you need in the spring is a tonic that will enrich the blood and build up the nerves. Dr. Williams' Pink Pills do this speedily, medicine helps to enrich the blood, which clears the skin, strengthens the appetite, and makes tired, depressed men, women and children bright, active and strong.

Each year, Miss S. L. McClellan, Nain, N.B., says: "I have been in the habit of taking Dr. Williams' Pink Pills in the spring and they keep me in the best of health. I think it is entirely due to the use of these pills that I always have such good health."

Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Every man is a fool at least ten minutes a day. Don't exceed the limit.

Minard's Liniment prevents Spanish Flu

Surnames and Their Origin

LIPPINCOTT

Racial Origin—Anglo-Saxon.
Source—A locality.

Lippincott is a family name that is peculiar in that it has many more past than present forms.

It is not mere surmise that it came from the name of a place in Devonshire. The old records prove it to be derived from that place, which is now called Luffingcott.

To begin at the beginning, "Leaf" was a given name among the Anglo-Saxons. It meant "beloved," and came in fact the same word root as our modern word "love" and its German equivalent "lieb." The following variations of the name, some of which suggest more strongly the modern words, were in common use: "Lef," "Lefa," "Lief," "Lib," "Libb," "Lub" and "Luf."

Though it disappeared later, the first Teutonic invaders of England had tribal systems and tribal names. The latter were formed by the addition of "ing" or "inga" to the given name of the chief. Thus the followers of "Leof" were the "Leofingas." This period of invasion and colonization, the period when the tribal names were in more general use than later, was the period in which the Teutonic settlers gave their names to the places they occupied. Thus "Leofingcote" became a place name.

The old documents show that at various periods the name of this same place, from which the family name has come, was spelled in no less than the following number of ways: "Loglyncoite," "Loffyncoite," "Logynbetot," "Lughencot," "Luffyncoite," "Loughwyn"



THE IMAGE

The children were suffering their periodical written examination, and all the morning their pens spluttered and scratched.

"Bring me your papers when you have finished," said the teacher.

Little Mary came first and handed in her work with a bright smile.

And teacher smiled, too, when she read:

"An image is an idle maid with hands!"

HIS BETTER HALF

As Tompkins was on his way home after nightfall he collided with Jenkins, who was running as fast as his bulk would allow him.

"Why this hurry, Jenkins?" he inquired.

"I'm going for the police," said Jenkins, between pants. "We've got a burglar in our house."

"But, surely, you haven't left your wife alone?"

"Oh, no! She's holding the burglar!"

ANOTHER MATTER

A minister, on the occasion of a marriage, was at a loss in trying to discover the bridegroom among the company of young men present.

Fixing on a young man with a large flower in his buttonhole, he asked him, quietly: "Are you the happy man?"

"That remains to be seen," was the solemn answer.

"But are you the man who is to be married?"

"Oh, that's another matter."

FORCING BABY'S EDUCATION

Yella from the nursery brought mother, who found the baby gleefully pulling small Billy's curls.

"Never mind, darling," she comforted. "Baby doesn't know how it hurts."

Half an hour later wild shrieks from

the baby made her run again to the nursery.

"Why Billy," she cried, "what is the matter with baby?"

"Nothing, muzzer," said Billy calmly; "only now he knows."

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MISS DESAUTELS IS LIKE A NEW WOMAN

POPULAR YOUNG WOMAN SAYS TANLAC WAS A WONDERFUL BLESSING TO HER.

Gives Details of Recovery for Benefit of Others Who Suffer As She Did.

"Tanlac has been a wonderful blessing to me and I will praise it the longest day I live," said Miss Aline Desautels, St. Laurent, Que.

"My only regret about Tanlac is that I did not learn about it sooner, as I know I would have been saved many hours of misery and suffering. This grand medicine has brought me the wonderful blessing of health and peace that I am simply doing my duty in helping to let people know that no matter how much they may suffer from stomach trouble, there is hope for them if they take Tanlac."

"I am no more like the same person now that I was before I took this grand medicine than day is like night."

Tanlac is sold by all good druggists.—Adv.

Bank of England's "Great Balance"

The "great balance" stands in the bullion room of the Bank of England. It is a machine that has been constructed, primarily, for testing light gold coins.

Standing approximately seven feet high and weighing nearly two tons, this wonderful piece of mechanism can weigh a piece of thistle-down or a 400 pound gold bar with equal accuracy.

Before it can be used it must always be carefully dusted, for otherwise the dust that has settled upon it, even in the course of a few minutes, although invisible to the naked eye, would cause it to register inaccurately. So responsive is the machinery that a postage stamp placed on one of the two weighing pointers moves the index six inches.

When the new English currency notes were issued the grand balance was kept busy virtually day and night weighing the gold coinage that was called in and replaced by notes. It has now been found that the total loss of gold, owing to the abrasion of the coins as they passed from hand-to-hand in the course of circulation, amounts to nearly \$5,000,000.

That, however, is not quite so alarming as it sounds, for the loss is spread over a period of twenty-five years. Twenty-five years is reckoned in England to be the legal "life" of a sovereign at its full face weight.

MONEY ORDERS

A Dominion Express Money Order for five dollars costs three cents.

Sixty Million Trees Planted

The shipments of tree seedlings and cuttings going out this spring from the Dominion Forest Nursery Station at Indian Head, Saskatchewan, will be among the largest in the past five years. The kinds sent out are chiefly Manitoba maple, green ash, Russian poplar, willow, and caragana. They are used solely for planting shelter-belts on prairie farms. Since the nursery station was established about sixty million seedlings and cuttings have been distributed to prairie farmers.

Fairy Orchid

In Java there is an orchid, the grammatophyllum, all the flowers of which open at once, as if by the stroke of a fairy wand, and they all wither together.

Every man throws a rock now and then that he would like to have back in his hand.

It is claimed that workers in the radium mines of Colorado enjoy extraordinary health, thanks to drinking water charged with radium.

The workers, it is said, are immune to influenza and laugh at rheumatism, gout and neuritis.

To the Victors Belong the Slides

During the Allied occupation of Germany, an amusing encounter took place between a British soldier and a German baroness.

The baroness, writes Miss Violet R. Markham in Watching on the Rhine, told a British officer that one of his men insulted her. Indeed, she declared, she had never been so insulted in her life. The officer at once began inquiries and finally learned that the lady had found two British soldiers whistling and sliding down the banisters of her back stairs. She had told them sharply that whistling and sliding on the banisters were forbidden. Whereupon Thomas Atkins, genial and undefeated, had turned to her and remarked pleasantly, "Aye, missus, but yer should have won the war, and then yer could have come and slid down our back stairs and whistled."

A Tree for a Tree

When a forest administrator says that he hopes to see the time when a tree will be planted for every tree cut down on non-agricultural land he does not mean this literally. What he means is that when an acre of forest land is cut over that acre should be planted or seeded at once to bring off another crop. If this is done by planting it will mean that five or six times as many trees will be planted as are cut down, because to induce high-growth forest trees are planted much closer together than the mature trees stand when cut down. The trees that do not reach maturity are either thinned out and used for rails or fuel, or die off because the trees that have forged ahead have shut off their supply of sunlight.

William found a pocketbook
But the string jerked it back

It looked like a happy discovery as it lay there on the sidewalk—until the discoverer reached to pick it up. Then the hidden string jerked it away. All William got was disappointment.

That's the way a good many people have found it to be with the comfort and cheer they thought they had secured in tea and coffee. When they came to depend on it—there was a hidden string, and nothing left but disappointment.

The drug, caffeine, in tea and coffee, is a nerve stimulant. Constant stimulation of the nerves often produces rebellion that takes the form of sleeplessness, headaches, irritability, high blood pressure. That's the string to tea and coffee.

Postum, that wholesome and delightful cereal beverage, is completely satisfying and there's no harmful quality whatsoever, to jerk away the comfort which you find in this splendid table drink. Any member of the family may enjoy Postum with any meal—and there will be no after-regrets.

Postum for Health—“There’s a Reason”
Made by Canadian Postum Cereal Co., Limited, Windsor, Ont.

The Advantages of Thrift.
"If a man had put a hundred dollars in a savings bank twenty years ago," said the statistician after dinner, "it would amount to over two hundred dollars now, and he could buy almost as much for it now as he could have got for the original hundred at the time he began to save."

"He who hates is an assassin"—and he is also a suicide.

Nerve us with incessant affirmatives. Don't bark against the bad, but chant the beauties of the good.

Keep Your Health

TO-NIGHT TRY
Minard's Liniment
for that cold and tired feeling.
Get Well—Keep Well.

KILL SPANISH FLU
by using the OLD RELIABLE!
Minard's Liniment Co., Ltd.
Yarmouth, N.S.

ITCHING BURNING PIMPLES ON FACE

Festered and Scalded Over. Face Disfigured. Cuticura Heals.

"My face was almost covered with pimples which festered and scalded over. They itched and burned so that I could hardly stand them, and my face was so disfigured I was unable to go anywhere. I lost so much sleep that I was about crazy. The trouble lasted two months. I started using Cuticura Soap and Ointment and after I had used two boxes of Cuticura Soap and two boxes of Cuticura Ointment for three weeks I was completely healed." (Signed) Miss Dorothy Danielson, Jackson, Calif.

Cuticura Soap daily, with Cuticura Ointment occasionally, prevents pimples or other eruptions. They are a pleasure to use, as is also Cuticura Talcum for perfuming the skin.

Prepared by F. D. Tracy, M.D., Address: "LYNCHBURG, VA., U.S.A." (In Canada, 245 St. Paul St., W. Montreal, P. Q.)
Price: Soap 25c, Ointment 25c and 50c, Talcum 50c.
Cuticura Soap shaves without stung.

Rupture Kills 7,000 Annually

Seven thousand persons each year are laid away—the burial certificate being marked "Rupture." Why? Because the unfortunate ones had neglected themselves or had been merely taking care of the sign (swelling) of the affliction and paying no attention to the cause. What are you doing? Are you neglecting yourself by wearing a truss, appliance, or whatever name you choose to call it? At best, the truss is only a makeshift—a false prop against a collapsing wall—and cannot be expected to act as more than a mere mechanical support. The binding pressure retards blood circulation, thus robbing the weakened muscles of that which they need most—nourishment.

But science has found a way, and every truss sufferer in the land is invited to make a test right in the privacy of their own home. The PLAPAO method is unquestionably the most scientific, logical and successful self-treatment for rupture the world has ever known.

The PLAPAO PAD when adhering closely to the body cannot possibly slip or shift out of place, therefore cannot chafe or pinch. Soft as velvet—easy to apply—inexpensive. To be used whilst you work and whilst you sleep. No straps, buckles or springs attached.

Learn how to close the hernial opening as nature intended so the rupture CAN'T come down. Send your name and ten cent coin or stamps, to-day, to PLAPAO CO., 765 Stuart Bldg., St. Louis, Mo., for FREE trial Plapao and the information necessary.

Women Should Know How Lydia E. Pinkham's Vegetable Compound Helps at This Trying Period

Sheboygan, Wisconsin.—"I was run down, tired and nervous. I could not even do my own household, could not sleep at night and all kinds of queer thoughts would come to me. Finally I gave up going to the doctor and a friend told me of Lydia E. Pinkham's Vegetable Compound. After the first bottle I could sleep better and I have kept on improving ever since. I have taken seven bottles now and am so happy that I am all over these bad feelings."—Mrs. L. LANSER, 1639 N. 3rd St., Sheboygan, Wisconsin.

For the woman entering middle age Lydia E. Pinkham's Vegetable Compound can be of much benefit. During this time of life certain changes take place which sometimes develop into serious trouble.

Melancholia, nervousness, irritability, headache and dizziness are some of the symptoms. Lydia E. Pinkham's Vegetable Compound is a natural restorative, especially adapted to assist nature in carrying you safely past this time. Why not give it a fair trial?

Genuine

ASPIRIN

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 Headache Rheumatism
Toothache Neuralgia Neuritis
Earache Earache Lumbago 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 Manufacturers of Acetanilide and Salicylic Acid. While it is well known that Aspirin is a Bayer product, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."