

ERIN
EMPATHY
WATCH
LENTLY.

Harvesting Bananas

At the fruit store you will notice that the big bunch of bananas is usually hung with the fruit bending downward. That position, we learn from Mr. Philip K. Reynolds, is not the natural position of the growing fruit. As the single flower bud on the individual banana plant increases in size it bends downward; then the covering bracts drop off and disclose the young bananas, which point outward. As they become larger they point upward toward the sun.

Each banana plant—popularly but incorrectly called a tree—bears only a single bunch of bananas, which is made up of so-called "hands," or clusters. The "hands" grow separately in spirals, and each contains from ten to twenty-five bananas, or "fingers." Commercially bananas are classed according to "hands." A bunch that has less than six is not readily marketable; the standard bunch has nine, and all bunches with nine or more clusters are classed as nine-hand fruit. A nine-hand bunch varies in weight according to the variety of the fruit and to the soil and the climatic conditions under which it is grown; the average weight is from fifty to seventy-five pounds. Occasionally you see a bunch that has as many as twenty-two "hands" and more than three hundred bananas; a bunch as large as that might weigh approximately one hundred and fifty pounds.

When a bunch of bananas is cut the individual plant is destroyed, but the root is still able to send up shoots. After the first crop of fruit from two to five of the most promising shoots are left to grow and supply fruit later. Cutting out the extra shoots is called pruning. As the season of harvest is drawing near, young plants are coming to maturity to replace those that will have to be cut down. There are areas where as a result of a single planting the plants have continued to produce bananas for twenty years.

What Shape is Your Tongue?

"Glossomania" is the name which has been given to the newest "science." It consists in reading people's characters by the shape and size of the tongue.

According to glossomanists, those who possess short and broad tongues are apt to be untruthful, while people whose tongues are short and narrow are sly and bad-tempered.

When the tongue is long and broad, it is a sign that its owner is inclined to be a gossip. A tongue that is long and narrow denotes a frank, open disposition.

Girls with small, round, plump tongues possess trustful and affectionate dispositions; but men with similar shaped tongues are apt to be inconsistent.

What glossomanists term the rectangular type of tongue—one that is almost square in shape—is indicative of a strong, virile nature. Men with these shaped tongues are ambitious, active, and likely to get on in the world. Square-tongued women, however, are likely to be self-assertive.

"One Apple a Day Keeps—"

That well sleep well, live well, and be happy by simply masticating one good apple per day! Sounds strange, but it is a fact nevertheless.

The acids of the apple, also, are of invaluable use for men of sedentary habits, whose livers are sluggish in action, these acids serving to eliminate from the body the noxious matters which, if retained, would make the brain heavy and dull, or bring about jaundice, or skin eruptions, and other allied troubles.

Some such experience must have led to our custom of taking apple sauce with roast pork, rich goose, and the dishes.

Furthermore, the apple contains a larger percentage of phosphorus than any other fruit or vegetable. This phosphorus is admirably adapted for renewing the essential nervous matter of the brain and spine.

A ripe, raw apple is one of the easiest vegetable substances for the stomach to deal with, the whole process of digestion being completed in about eighty-five minutes. Furthermore, there is nothing more conducive to a good night's rest than eating an apple before retiring.

The Spur.

When Lord Erskine was a poor struggling barrister and made his great plea in court which brought him fame and financial success, it was the thought of his starving children at home that loosed his tongue and made him measure up to the occasion that confronted him. He said afterwards that while he spoke he could feel his poor children tugging away at his coat-tail, asking him for bread. That was what stirred the depths in him and brought forth the flood of eloquence that carried me off their feet and in an hour put Erskine at the top of his profession.

Sticking Up for Father.

Three boys were boasting about the earning capacity of their fathers. The first said, "My father can write a few lines and call it poetry and sell it for twenty-five dollars." The second said, "My father can draw a few lines, put a few dots on them and call it music, and sell it for fifty dollars."

The third said, "That's nothing. My father is a preacher and he can write a few lines and get up in church and say them, and it takes six men to carry the money down the aisle."

WORRIED WOMEN NEED RICH BLOOD

If the Blood is Not Kept Pure Health Will Break Down.

It is useless to tell a hard working woman to take life easily and not to worry. To do so is to ask the almost impossible. But, at the same time, it is the duty of every woman to save her strength to meet any unusual demands. It is a duty she owes herself and family, for her future health may depend upon it.

To guard against a complete breakdown in health the blood must be kept rich, red and pure. No other medicine does this so well as Dr. Williams' Pink Pills. This medicine strengthens the nerves, restores the appetite and keeps every organ healthily toned up. Women cannot always rest when they should, but they can keep their strength by the occasional use of Dr. Williams' Pink Pills. Among those who have found benefit from this medicine is Mrs. Cora Conrad, Broad Cove, N.S., who says: "My system was very much run down, and my blood poor and watery. I suffered a great deal from headaches and dizziness; my appetite was poor, and I tired easily. I decided to try Dr. Williams' Pink Pills and have every reason to be glad that I did so. Soon I felt better, and under the continued use of the pills the headaches and dizziness were gone, and my blood seemed in a better condition than before. For this reason I recommend Dr. Williams' Pink Pills."

You can get Dr. Williams' Pink 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.

Sticks.

The Boy—"Sir, why can't Mr. Cuthbert spell his own name?"
Sister—"I don't know, Tommy. Why?"

The Boy—"Because he comes to C U, and there he sticks."

Minard's Liniment for sale everywhere

Carry yourself with a self-confident air, and you will not only inspire others with a belief in your strength, but you will come to believe in it yourself.

Surnames and Their Origin

HEBER

Racial Origin—English.
Source—A place name.

Though one of the first Milesian Kings of Ireland, back some 1,700 years or so B.C., was named Heber, it is almost impossible to trace the attempt to connect the modern family name of Heber with this ancient Gaelic chieftain.

As a matter of fact, our family name of Heber is not of Gaelic origin at all, but is the development of an Anglo-Saxon place name.

Up in the north of England is a place called Haybergh, which to-day, if we were naming it, we might call "Hedgeton." For the two names are synonymous.

And like other place names, it was often used in the Middle Ages as a personal surname, indicating that a person had come from that place. In some twelfth century records there is an entry of the name of one "Ernulph de Haybergh," and from that time on the name is clearly traceable in its various changed forms. From "Haybergh" it became "Heibire" (the "gh" having been silent), then "Heber" and finally "Heber."

On the Seaboard.

The surf is pounding on a white beach leagues away.
A ridge of snow that rides and rides Upon the shoreward moving tides That roll from half across the world beyond the gray.

A distant surging steamer trails her smoke clouds far
Paint stain upon the misty rim
A craft outboard for province dim,
Or silver bay beneath the burning tropic star.

Untiring seagulls dip and wheel in graceful arc,
White wings above the foam and spray
That swing across the seaboard day,
Until from main mysterious comes the edging dark.

—Thomas J. Murray.

Weighing Liners.

When you are told that the largest ship in the world has a tonnage of 56,551, you realize that these figures mean something enormous, but do not know how they are discovered or what they really convey.

Tonnage is of two kinds—the gross register and the displacement. The first means the cubic capacity of the whole of the interior of the ship's hull, added to that of all erections on deck but not including the space occupied by machinery. This is calculated in units of 100 cubic feet. Thus the gross register of the White Star liner Majestic is 5,655,100 cubic feet.

The displacement of a vessel is the actual weight, which is discovered by measuring the amount of water that its hull displaces. The hull under the water is measured, and the amount of water which would occupy its place is calculated in cubic feet. The result is divided by thirty-five—or, in the case of a ship measured in fresh water, by thirty-six. Thus the tonnage displaced is discovered.

This method was introduced by Archimedes, the Greek scientist, who found that the amount of water displaced by a floating object is equal to its weight.

Electric Flatiron is Made in Complete Sections.

Feeling that there was a demand for an electric iron that could be varied in weight, an inventor has developed one made in sections, each of which is a complete unit with heating element, sole and pressure plates, and terminal pins.



A NEW CHAMPLAIN MONUMENT

Which is to be erected at Orillia, Ontario. It is the work of Vernon March, an Englishman. The monument measures twelve feet, and the pedestal, which is eighteen feet, will give it a total height of thirty feet.

Never Look Back.

One of the last messages that Cardinal Gibbons left for young people was the excellent bit of advice "never look back." He said that, no matter what their age, when men begin to look backward they are getting old. He never allowed himself to look back; he was always to the last, looking forward, to something better than had ever come to him in the past.

Any one who forms the habit of looking back, of living in the past, regretting that he had done this or hadn't done that, will never accomplish much in the present; and his future will be like his present.

Another bit of advice from Cardinal Gibbons to young men was: "Expect great things of yourself."

What we expect is what comes to us, if we expect it with enough intensity, and struggle intelligently enough and persistently enough to realize the thing we want.

When you expect great things of yourself you prepare for great things; you have faith that they are coming to you, and you get ready for them. There is a mental law at work that draws to you the thing you expect and work for. If you don't expect anything unusual, anything but the ordinary experiences of ordinary mortals, you will get nothing extraordinary, nothing unusual, nothing great; for always the thing you expect, the thing you hold in mind is what will come to you whether you like it or not.—Success.

A Marital Obligation.

"I must say these biscuits are fine!" exclaimed the young husband.

"However could you say those were fine biscuits?" whispered his mother as the fair bride went to get more from the kitchen.

"I didn't say they were fine, mother," replied the young man; "I merely said I must say so."

SUMMER COMPLAINTS KILL LITTLE ONES

At the first sign of illness during the hot weather give the little ones Baby's Own Tablets or in a few hours he may be beyond aid. These Tablets will prevent summer complaints if given occasionally to the well child and will promptly relieve these troubles if they come on suddenly. Baby's Own Tablets should always be kept in every home where there are young children. There is no other medicine as good and the mother has the guarantee of a government analyst that they are absolutely safe. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Loyal to Dad.

Little John was sent alone to the barber shop for a haircut. The barber, in his joking way, inquired what kind of a haircut he wished, and then pointed to the man in the chair. "Do you want one like this man is getting?"

"No sir," the little fellow returned after he had looked at the man. "If you have to cut it like somebody's, just cut it like my dad's, with a little hole in the middle."

MONEY ORDERS.

Pay your out-of-town accounts by Dominion Express Money Order. Five Dollars costs three cents.

The Substitute.

Knicker—What has succeeded the old fashioned family album?
Bocker—"Passports, thumb prints and motorists' cards."

Minard's Liniment Relieves Neuralgia.

Settlers Thronging to British Columbia.

The plow has become the rival of the buzzsaw in British Columbia. Time was a few years ago when lumbering overshadowed all other industries in the province. The prosperity of the province depends largely upon it.

It is still a basic industry. The saw-mill has decimated the once magnificent forests of the United States. The vast virgin woods of British Columbia offer the lumberman the most profitable field on the American continent.

By wrecking the industry in Russia, the greatest lumbering nation in the Eastern Hemisphere, the war gave renewed importance to the Pacific slope of Canada. Not in history has there been such a demand for lumber as arose for home building in devastated Europe after the war. In the years following the armistice the export lumber trade of the province has broken all records.

But this is also a record era for settlement. For the first time the influx of homeseekers into British Columbia has rivaled that of the prairie provinces. The farmer has followed the lumberjacks. Where forests stood are golden grain fields.

How agriculture has gained on lumbering is shown by recent statistics of the British Columbia Manufacturers Association. According to these figures the volume of business of basic industries in the province last year was: Lumber, \$64,970,000; agriculture, \$60,065,000; mining, \$23,066,641; fishing, \$22,329,000; other industries, \$68,000,000.

Caricature is one of the oldest forms of art.

ISSUE No. 36—22.

Two in Family Are Restored By Tanlac

One of the outstanding features of Tanlac is that very often several members of the same family are restored to health by it. Thousands of such cases are on record and it is now the family medicine in countless homes throughout the U. S., Canada, Mexico and Cuba. Mrs. Bert Hewer, 193 East Ave., North Hamilton, Ont., says:

"My health was so broken down that I was unable to do my housework, but Tanlac built me up wonderfully and I now feel fine. My son and daughter also took Tanlac with good results. We call it our family medicine."

There is not a single portion of the body that is not benefited by the helpful action of Tanlac. By enabling the stomach and other vital organs to perform their functions properly, the whole system is nourished, purified and strengthened. Get a bottle to-day at any good druggist.

Why Black for Mourning?

The custom of wearing black as a sign of mourning originated with Anne, the wife of Charles VIII., of France, who, at the death of her husband, surrounded her coat-of-arms with black, and wore black in token of her widowhood. This was then in direct opposition to the usual custom, which was to wear white as the symbol of mourning. The royal fashion was adopted, and has ever since remained.

What One of the Best Known Travelers in Canada Says.

"Now I am going to give you an un-solicited testimonial as they say in the patent medicine advertising. Heretofore I have had a profound contempt for patent medicines, particularly so-called liniments. Perhaps this is due to the reason that I have been blessed with a sturdy constitution and have never been ill a day in my life. One day last fall after a hard day's tramp in the snow of Montreal, I developed a severe pain in my legs and of course, like a man who has never had anything wrong with him physically, I complained rather hysterically. The good little wife says: 'I will rub them with some liniment I have.' 'Go ahead,' I said. 'Just' to humor her. 'Well, in she comes with a bottle of Minard's Liniment and gets busy. Believe me the pain disappeared a few minutes after, and you can tell the world I said so.' (Signed) FRANK E. JOHNS, Montreal.

PETRIE'S MACHINERY TORONTO

CUTICURA HEALS SCALP TROUBLE

On Child, Broke Out in Pimples, Head Scaly. Used To Itch.

"When my little girl was two years old she had a severe case of scalp trouble which broke out on her head in pimples. When the pimples came off her head was scaly and used to itch so that she was always scratching."

"I tried all kinds of remedies but in vain. I sent for a free sample of Cuticura Soap and Ointment which helped her. I bought more and after two weeks she was completely healed." (Signed) Mrs. Lillian Fortier, 104 Unit St., Providence, R. I., Feb. 11, 1921.

Cuticura Soap, Ointment and Talcum are all you need for every-day toilet and nursery purposes.

Sample Each Free by Mail. Address: "Cuticura," Dept. 343, P. O. Box 24, Lowell, Mass., U.S.A.

Classified Advertisements

WANTED—YOUNG LADIES WITH Good Education. So. Travel. Nurses, Welland Hospital, St. Catharines, Ont.

LADIES—DO YOUR OWN HEM-STITCHING and plotting; attachment fits any machine, \$2.50; buttons, 15¢; daily free; agents wanted. STEPHENSON, 22 Quincy Street, Chicago.

AGENTS WANTED.

WHOLE OR PART TIME TO SELL our complete line of electrical fixtures and appliances from our catalogue. Liberal commission. W. P. Barle Electric Supply Co., 1254 St. Clair Ave., Toronto.

SEASON OF 1922 OFFERS AN EXCEPTIONAL opportunity to earn from ten to fifty dollars weekly with our line of personal greeting cards; there will be a big demand this year; whole or spare time may be devoted to the work; samples free; write for full details. Carlton Publishing Co., Dept. 677, 226 Spadina Ave., Toronto.

FOR SALE.

YARN—WONDERFUL VALUES AND Colors, samples free—Georgetown Woolen Mills, Ont.

HENS WANTED ALIVE 25 CENTS a pound, Albert Lewis, 666 Dundas West, Toronto, Ont.

ONE HUNDRED ACRE FARM ON Huron Road (Provincial Highway) near Clinton; two spring wells, splendid buildings, good orchard and fence; terms and further particulars apply to: G. A. P. Brickenhead & Co., Barristers, 8c., London Loan Bldg., London, Ont.

WEEKLY NEWSPAPER WANTED.

WE HAVE A CASH PURCHASER for a weekly newspaper in Ontario. Price subject to approval. Send full information to Wilson Publishing Co., Ltd., 71 Adelaide St. W., Toronto.

BELTING FOR SALE

RESHER BELTS AND SUC-TION hose, new and used, shipped subject to approval at lowest prices in Canada. York Belting Co., 115 York St., Toronto, Ont.

COARSE SALT LAND SALT

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

DOG DISEASES

WONDERFUL THE WAY IT HELPED HER

So Writes Mrs. Lemery of Brockville, Ontario, Regarding Lydia E. Pinkham's Vegetable Compound

Brockville, Ontario.—"I took Lydia E. Pinkham's Vegetable Compound for weakness and female disorders. I was so weak at times that I could not stand up. I had been this way for nearly three years and the different medicines I had taken had not done me any good. I found one of your little books in my door one day and thought I would give it a trial. I am now on my fifth bottle and it is wonderful the way it has helped me. I am feeling much better, have no weak spots and can do all my work now. I am recommending your Vegetable Compound to all I know and you can use my testimonial to help other women."—MRS. CASY LEMERY, 176 Abbott St., Brockville, Ontario.



Lydia E. Pinkham's Vegetable Compound is a medicine for women's ailments and has a record of nearly fifty years behind it.

The right breakfast makes the day's work easy

HEAVY, starchy foods slow down both body and mind. Grape-Nuts speeds them up for the day's work.

This wholesome, healthful cereal food is made from prime wheat and malted barley, baked for 20 hours to insure easy digestion and perfect assimilation.

All the nutritive and mineral elements of the grains, which Nature needs to feed the tissues, glands, bone and blood, are retained in Grape-Nuts.

Weight for weight, there is more actual nourishment in Grape-Nuts than in roast beef. A Dominion Government analysis shows that Grape-Nuts contains 1799 calories to the pound, whereas a rib roast of beef as purchased (with its 20% of refuse) is known to contain but 1110 calories to the pound.

Delicious Grape-Nuts is most economical, too, affording more breakfasts in less bulk than any other cereal food.

Sold by grocers everywhere

Grape-Nuts

—THE BODY BUILDER

"There's a Reason"

Made by Canadian Postum Cereal Co., Ltd.
Windsor, Ontario

