During the World War the outlooks stationed on the outposts of the battiefields sounded what they called "the alert" aten distant enemy airplanes were discovered through the telescope. They would give warning that all must In This Condition Relief Comes would soon be in danger; that everything that could be done should be done quickly to prevent disaster, to minify danger and damage as much

ourcests sounding the alert, but how then is the time you should remember stance, the heart, the lungs, the kid- feel, have been restored to the sunners, the liver, and other organs are shine of health through the use of Dr. constantly sounding the alert for some Williams' Pink Pills. The rich red

There are many danger sigcharacter, the fierce straining for the

Lot us give heed to the sounding of the alert before it is too late .- O. S.

important inventions to permit the blind to read and write, the latest being that of Andre Cantonnet, optha- a box or six boxes for \$2.50 from The been accepted by the National Congross for the Blind, follows the Braillie system of dats in relief, but has the advantage of being readable by people who are not blind without any special study. It has been adopted as a complement of the classic Braillie system in schools for the blind.

It was a Frenchman, Valentin Hauy, who conceived the first relief writing for the blind, and it was shortly after, the hardest shells without scattering 1826, that another Frenchman, the hardest should be smarted the land the state of t Louis Braille, perfected the system kernels into little bits.

#### Canada's Commercial Forest Trees.

The demand for something in compact form giving information about Canada's commercial trees has led the Dominion Forestry Branch to issue Circular No. 14, "Commercial Forest Variations-Sinnock, Sinnoch, Sceny, Trees of Canada," It gives a description of the principal species and their Racial Origin-Irish. uses and also a list of the accepted Source-A nickname. common names along with the botanical names, so that each tree may be the Fox which comes from the Angloclearly identified in any part of Cana- Norman source in the given name of da in spite of the many different local names in use. Copies of Circular No. 14 will be sent free upon application to the Director of Forestry.

#### All the Year Round. Beauty is never lost.

God's colors are all fast; The glory of this sunset heaven into my soul has passed-A sense of gladness, unconfined To mortal, date or clime; As the soul liveth, it shall live Reyond the years of time. Beside the mystic asphodels

Shall bloom the homeborn flowers. And new horizons flush and grow with sunset hues of ours

Mosquitoes Prefer Blue.

mesquitoes showed that by far the greater number of mosquitoes entered the boxes lined with dark blue. The numbers that the other boxes attractwere in this order: dark red, brown, scarlet, black, slate gray, olive green, light blue, ochre, white orange. No mosquitoes were found in the boxsoldied with yellow. It also appeared hal a person dressed in dark clothes attacked at once, whereas ones and in white flannels was unmolested.

## A Permanent Job.

"McCarthy, you are getting very old,

McCarthy had worked on the same form for the last sixty years, and he was very proud of his record. One day his employer said to him:

and I think it is about time that you retired." "Me retire, sir? Why I worked for ver grandfather, and yer father before you became the owner of this farm.

If I had known this wasn't to be a permanent job. I would never have taken It on," said the old man indignantly.

### Still to Come.

Tommy had been playing truant from school, and had spent a long. beautiful day fishing. On his way back home he met one of his young cronies, who accosted him with the usual question, "Catch anything?"

At this, Tommy, in all consciousness guilt, responded. "Ain't been home

A new commandment for which the time is now ripe is "Thou shalt not fall ill." Seventy-five per cent. of the illness in the country is the result of violations of the elementary laws of health, excess of eating, drinking, and smoking .- Sir Malcolm Morris.

Candy is an eastern measure of weight, "arying from 560 to 800 lbs.

o reduce dis-

old be a great

## IN THE SHADOW OF POOR HEALTH

Through Dr. Williams' Pink Pills

When the shadow of poor health falls upon you; when hope fades and All about us in life's battle there are life itself seems scarcely worth living, title we heed the warning. For in- that thousands just as hopeless as you giving the danger signal in blood which these pills actually make, distress, some urusual feeling, strengthens the whole system. The ttle the average man or wo- nerves are strengthened, headaches vanish, the appetite improves, and in a similar way, parents are con- once again there is joy in life. Among stantly sounding the alert, the danger the thousands benefited by the use of this medicine is Mrs. Jos. Robinson, coing the same to their pupils, but the Oshawa, who says:-"Some time ago young folks take no notice, often do I was in an anaemic condition and so what the danger signals weak I would faint away at times. I more likely to get dirt into it, which had no appetite, could not do my

hals in our life to-day; in our politi- housework; in fact life seemed scarcecal, social, economic and religious life; ly worth living. I was exceedingly in women's dress, in pale and tried doctor's medicine with orals, in our homes, demoral- no good result. Then one day I saw Dr. Williams' Pink Pills recommended for a similar condition, and I got a the cheapening of life, the belittling of until I had used about a dozen boxes, ing an eyelid, even, some of the tissue and they have made me a well woman. Teaching the Blind to Write. women, and if given a fair trial will do for them what they have done for lin to women, and if given a fair trial will that much muscle has been decom-

Nutcracker is Powerful and Easily

Perfect control of the power exerted on a nut in cracking the shell is possible with the use of a nutcracker. The appliance has a solid felt-lined base and a ratchet, or gear, arrangement operated by a long handle, that gives

Tortoises and turtles have no teeth.

#### Old Theories That Have Been Killed by Modern Thought.

Ignorance often develops into a belief, and belief in turn becomes a custom. One of the best examples of this is the placing of the engagement-ring on the third finger.

This is the result of an old belief, to do!" still widely taken for fact, that there is a nerve in the third finger in direct communication with the heart. Tihs gave rise to the idea of placing the ring on the third finger.

Of course, there is not a shred of truth in this belief. The third finger is no different from any of the others; but, all the same, it has developed in-

Another equally curious belief is that, should a person cut himself in the space between the first finger and thumb, he is more than likely to get yock-jaw. It is a belief absolutely without foundation, except, perhaps, that a wound in that part of the hand, owing to its free movement, takes long time to heal, and is therefore might cause lock-jaw.

A common belief exists that our bodies undergo complete change once seven years. As to why seven years nobody knows, but many people have that firm conviction.

Actually the human body is undersupply. I continued taking the pills going change the whole time. In mov-I can now do a good day's work about and is renewed from the blood. The the house, have no more fainting very process of seeing or thinking des- writes:—"Baby's Own Tablets were of which was morely a potton store. Such a youth needs in this country, in order spells and can go about more actively troys some of the brain. A boxer will great help to my baby. They regulated by brain a youth needs in this country, in order to make himself felt in the world. than I did before. I believe these pills lose as much as nine pounds in weight lated her bowels and stomach and of my ground at last, I asked a rosy just the thing for pale, weak girls and in a single fight, which means that

In this way it will be seen that dif-You can get these pills through any ferent peoples bodies are completely medicine dealer or by mail at 50 cents renewed in different periods of time, linelogist, of the Cochin Hospital. His Dr. Williams' Medicine Co., Brock- strenuous life, being completely renewed in the shortest time.

## Ask for Minard's and take no other.

What We Call Dust. Dust is made up of particles of un burned carbon from smoke, fragments wool, cotton and hair, living organisms and finely-divided mineral matter. All are constantly being cast into the air and they slip through cracks of houses and settle. After billions of particles have fallen we say the floor is dusty.

--so many are willing to give it.

## Surnames and Their Origin

FOX Reynard, Reynardson.

This is not the same family name as

"Fulke" or "Fulque." Though they may not look it, Fox, fat, it is quite appropriate in the his-Sinnoch, Seeny, Reynard and Ray- torical sense, for if your name traces nardson are all really variations of back to Ireland it is likely that you the same name, some of them being inherit a tendency toward corpulency. Anglicized variations of the Irish pronunciation of the name, and some of which is quite old, is "O'Mheith." It

them being Anglicized variations of had, of course, gradually become a two noteworthy figures in Irish his- clan name. It is a name which dates tory who were founders of clans or back considerably farther than the septs from which many bearing the oldest of the English family names, foregoing names take their ancestry. or those of any other country in fact. panist! One of these was "Flann," the 169th | As nearly as can be estimated from monarch of Ireland, 876 A.D., who was the ancient Irish records, the Clan

-"Teige an Sionnach." From these pire was felt in raids and invasions loo?" two surnames came the family or clan clear down into Italy. Putting boxes lined with different names "MacSionnaighe." According The clan was founded by a chieftain olored cloths in a place frequented by to sound it has become Anglicized to named "Muireadach," known as "Muir- ance and helped him to win it?" the forms Sinnoch and Sinnock. Ac- eadach Meith" ("the Fat").

Life Partners

body-building food.

healthy nerve cells.

"There's a Reason"

A partnership for life.

THE union of Nature, the Farmer and Science is

your waving, shimmering fields of barley-Nature

stores the vital elements of human power and energy.

which Science converts into Grape-Nuts-the famous

Grape-Nuts with milk or cream is a complete food,

Easily digested and perfectly assimilated, because

containing all the nutritive and mineral elements

required for making rich, red blood, and building

sturdy body tissue, sound bone structure and strong,

Sold by Grocers Everywhere

partially pre-digested by 20 hours' baking.

for Grape:Nuts

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

In your golden sheaves of living wheat-and in

Variations-Maye, Meith. Racial Origin-Irish.

The Gaelic form of this family name

It came about this way. There are through many centuries of use as a -J. G. Whittier. years later, also known as "the Fox" still pagan, and the power of their em- member who won the Battle of Water- Schumann. The science of music had

Reynard and Reynardson

Source-A sobriquet. If your name is May, and you are

family name in our modern sense

and played the whole program

certain "Teige," who lived about 100 A. D., in the days when the Irish were the juvenile history class, "you re- Haydn and Beethoven, Clementi and

"It was the Juke of Wellington." "Yes, and who came to his assist-

A Belated Discovery.

Mrs. Garker came Lome from a call one day in such a disturbed condition that it was evident that tears were not far in the background. She lost no was my first morning in old Oxford, time in beginning her explanation. "Edward," she said to her husband, should have no difficulty in a place "I am so mortified. I don't know what

"What's the matter, Jane?" "I've just been calling on Mrs. Peters. You know her husband, Marshall?"

"Well, I just learned to-day that 'Marshall' is not his title at all. Marshall is his first name." "Why, certainly. I've always known shop."

that. What is there mortifying about "Nothing," said Mrs. Garker, with a "only I've been calling him 'Marshal' every time I've met him for months and months!"

pation, indigestion, colic, colds, etc .- of white thread. can be quickly banished through the a mild but thorough laxative which in- had only at a haberhasher s." stantly regulate the bowels and sweeten the stomach. They are guaranteed who deals in men's furnishings?" to contain no harmful drugs and can

#### Should the Accompanist Not Share Honors With the Singer?

go to a concert and applaud loudly the sew a shirt waist." singing of some soloist, but the poor pianist who often gets the lion's share girl pondered. of the work goes unnoticed. It isn't I pointed desperately to the shirt

the imagination to see that a song what you wish is a reel of cotton." wihout an accompaniment is practically useless. Indeed, oftentimes it is coveted spool of thread! the accompaniment which make a song Picture, if you can, anyone attempting to sing Tennyson's "Cross-Everybody expects courtesy but not ing the Bar" without the piano or organ accompanying the soloist. And yet when the soloist finishes, the applause and cheering is directed toward the singer, seldom toward the accompanist. Sometimes an accompanist is not even mentioned in a concert

notice. He is taken for granted. Some few years ago a young lady and gentleman sought to draw attention to this anomaly by giving a "Song and Accompaniment" recital in London, England. The young man who did the accompanying, chose the songs about twenty numbers by heart-a feat of memory that surely is not common-and yet not a single critic (and there were many present) noticed it

or thought it worth recording. This aricle is not written to disparage the work of the singer. Rather is a plea for a higher appreciation of the art of accompanying. And good ness knows, with a dearth of accompanists as there is to-day, we need to encourage the art in every possible Give a thought to the accom

known as "the Fox." The other was a O'Mheith came into being about 350 "Now, Willie," said the teacher of strikingly illustrated in the music of

"A feler named Upgardson Atom."

#### Needed, an Interpreter.

All that I wanted, writes a contributor to the Youth's Companion, was a spool of white thread. So, although it I set forth on my quest. A person where his own language is spoken. Certainly not!

Nearing the business district, I stopped a bright-faced boy and asked him where I would find the nearest drygoods store.

"Dry-goods store? Store, ma'am What now would you wish to store?" "Shop, I mean," I said, correcting my mistake hastily.

"Dry goods? What would dry-goods be, ma'am?" "Why, cloth, of course, and things

of that kind. Goods, you know." "Oh, cloth! You would be wanting a draper's shop Turn to your right at yon corner, and there'll be a draper's." Thanking him, I went on and entered the draper's shop, which at first glance appeared for all the world like The ailments of childhood-consti- a dry-goods store. I asked for a spool

"Thread? Very sorry, ma'am, but use of Baby's Own Tablets. They are this is a draper's, and thread can be "But isn't a haberdasher a person

"Not in the least, madam. It is a be given to the youngest baby with shop of pins, needles, buttons, thread or muscle is literally being burnt up, perfect safety. Concerning them Mrs. and the like. There is on a bit of a

made her plump and well." The Tab. English girl for a spool of white lets are sold by medicine dealers or thread. She fetched a ladder and by mail at 25c a box from The Dr. Wil- climbed to the highest shelf, where liams' Medicine Co., Brockville, Ont. after some rummaging she found a ball of cord!

'Oh, no," I protested; "I wanted

"Certainly, ma'am; this is thread" "Help!" I almost cried. Then Why is it that an accompanist doesn't patiently explained: "What I want share equal honors with a singer? We |-is something with which to mend, to "Shirt waist? Shirt waist?"

waist that I was wearing It doesn't take any great stretch of "Oh, blouse!" she cried. "Perhaps Thereupon she produced, joy be, my

MONEY ORDERS.

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

#### The Place of Music in Our Civilization.

It has been said by a great musician that the music of the brass band is the most perfect expression of a nation's feelings, of its joys and sorrows, its hopes and aspirations. To no other appeal will the masses of people, men, women and children, rise so quickly. The music of the brass band fires ambition in the laggard. Many a soldier was inspired to bravery in battle by its music. It gives them an indefinite sense of exhibaration, it makes their hearts beat faster, it smoothes the discords of nature into harmony, it arouses the finest enthusiasm and it puts bravery in the heart that is

Music is a great force in civilization Every period of intellectual activity. social or political, reacted upon music. To illustrate, we need but refer to the formal character of the music of the period preceding the French revolution and the freedom and vigor imparted by the spirit of Romanticism which followed in the wake of that a high place in Chinese philosophy, St., Denver, Colo. the sages alone comprehended the canons, and the mandarins were considered superior in point of musical knowledge. Interesting dates are given showing how early the Chinese had developed a science of music. In 2277 B.C., for example, there were 22 writers on the dance and music, 23 on ancient music, and 25 on the construction of the scales. These facts imply many years of previous development before the time when works treating of the science of music would be pre-

### ----

Gum of Sudan. From far off Sudan comes one of our most useful commodities. The adhesive gum that sticks our stamps to our letters and which is used for so many other purposes, can be traced from our desk straight back to the bank of the crocodile infested Nile. with its overhanging palm trees and its myriad hordes of chattering monkeys. Big tawny camels and browngray donkeys heavy laden with gum from Kordofan, make their way to Durim, above Khartum, where it is unloaded by half-naked natives. The precious cargo is then placed upon various kinds of crafts for shipment to Omdurman. From this city it is sped by rail to uses which the natives never heard of.

Huge Steel Making Plant in India. Plans are already well under way for the erection of a large-capacity iron and steel works and rolling mill in India. The plans call for the use of the most modern improvements and labor-saving devices. Iron ore of high quality, suitable fluxes, and excellent cooking coal occur close together, and in large quantities. This condition, in connection with the low-priced labor available in India, should contribute to the production of steel at a remarkably low figure.

## Rheumatism And Dyspepsia Are Soon Ended

Victims of stomach trouble and rheumatism often find that when their stomach is set in order, the rheumatism disappears. Thousands of people everywhere have testified that Tanlac has freed them of both troubles simultaneously. T. G. Maitland, 147 Adelaide St., London, Ont., says:

bloat all up and I suffered from constipation and biliousness, splitting "Dry-goods headaches and dizzy spells. rheumatism in my joints and often just ached all over. I never have an ache or pain of any kind since taking Tanlac and never felt better an my

Badly digested food fills the whole system with poisons. Rheumatism and many other complaints not generally recognized as having their origin in the stomach quickly respond to the right treatment. Get a bottle of Tan-I futile as comparing the past with the

#### The Poor Boy's Keys.

The Minard's Liniment People, years ago, no mark would be seen.

signed) FRED C. ROBINSON. S .- I am a farmer and intend using Minard's Liniment on a mare for

## COARSE SALT LAND SALT

**Bulk Carlots** TORONTO SALT WORKS

Hardly Slept. Cuticura Heals. "I was troubled with eczema for about a year. It broke out in pimples on my face and in a few days would blister. At night I hardly slept a wink on account of the terrible itching, and when

figured terribly. for a free sample. I bought more, and after using two cakes of Soap and one box of Ointment I was healed." (Signed) Mrs. David Betz, 4159 Fox

and Talcum to care for your skin. Sample Each Freety Mail. Address: "Lymans, Limited, 344 St. Paul St., W., Montreal." Sold everywhere. Soap 25c. Ointment 25 and 56c. Talcum 25c. Cuticura Soap shaves without mug.

"My digestion got so bad I would

A Canadian youth who has learned the alphabet has the key to the treasure-houses of the earth, good books, and what a treasure that is. The youth who can read needs no outside help, either to make himself a highly

The Milan Cathedral is decorated with over 2,000 statues rising hundreds of feet above the streets.

Rural Route No. 1, Mascouche, Quebec. Sirs-I feel that I should be doing a wrong if I neglected to write you. I head for years. I had them cut off by a surgeon about fifteen years ago but they getting so embarrassing in public that it was a constant worry to me. About three months ago I got a bottle of your trace of the tumor, and were it not that they had been cut fifteen

strained tendon, and am hoping for some

C. J. CLIFF - TORONTO

## In Pimples For About A Year.

I scratched my face if would burn. I was dis-

"I saw an advertisement for Cuara Soap and Ointment and sent

Rely on Cuticura Soap, Ointment

## WANTED-YOUNG LADIES WITH Good Education to Train as Nurses, Wellandra Hospital, St. Cath

AGENTS WANTED HOLE OR PART TIME TO SELL

tures and appliances from our catalogue. Liberal commission. W. P. Earle Elec tric Supply Co., 1284 St. Clair Ave., Tor FOR SALE.

7 ARN-WONDERFUL VALUES AND Colors, sampler free-Georgetow WEEKLY NEWSPAPER WANTED.

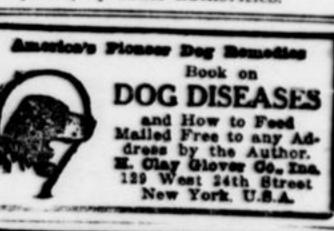
TY E HAVE A CASH PURCHASES tario. Price must be attractive. Ber full information to Wilson Publishing Co., Ltd., 73 Adelaide St. W., Toronto

THRESHER BELTS AND TION hose, new and used, shipped canada. York Belting Co., 115 York St., Toronto, Ont.

There are few occupations quite so lac to-day at any good druggist. Advt. | present—to the disadvantage of either.-Sir Philip Burne-Jones, The Famous Painter.

#### Minard's Liniment for Distemper.

Ceylon has always been the chief locality for pearl fishing. Pike are said to reach an age of 250 years, by some authorities.



Mrs. Sherman Helped by Lydia E. Pinkham's Vegetable Compound

Lake, Michigan. - "About one year ago I suffered with irregularities and a weakfeet, I doctored with our family physician and he finally said he my case, so I decided to try Lydia E. Pinkham's Vegetable

ad taken the first

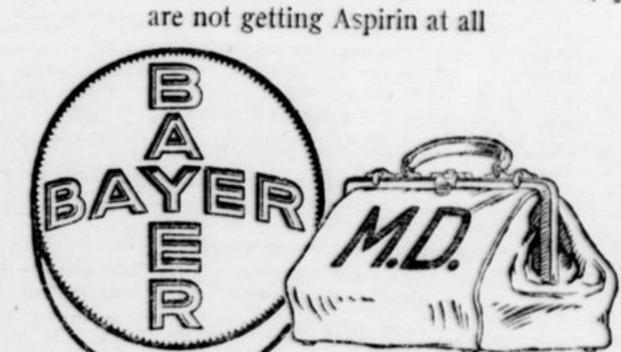
bottle I could see that I was getting bottles of the Vegetable Compound and used Lydia E. Pinkham's Sanative Wash and I am entirely cured of my ailments. You may publish this letter if you wish."-Mrs. MARY SHERMAN, Route 2,

Lake, Mich. There is one fact women should consider and that is this. Women suffer from irregularities and various forms of weakness. They try this and that doctor, as well as different medicines. Finally they take Lydia E. Pinkham's Compoun and Mrs. Sherman's experience is simply another case showing the merit of this

well-known medicine. If your family physician fails to help you and the same old troubles persist, why isn't it reasonable to try Lydia E. Pinkham's Vegetable Compound?

# ASPIRIN

UNLESS you see the name "Bayer" on tablets, you



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

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

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