Birds Versus Bugs.

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A woodlet that is sufficiently protected to serve as a bird sanctuary is a beauty spot where wild flowers and wild fruits will flourish. Moreover, it would be growing valuable timber for future generations, and during the Poor Blood the Cause of Head- eyes, and every time we blink these trial wars may make them more valuable in the future. Even in Western Ontario there is much land that would either through household duties or the tile, that is, on reaching the air it be better if planted to trees than go- care of children, or both—Dr. Wil- quickly turns into vapor and releases ing on as weedy pasture. One might liams' Pink Pills are a positive liess. a sulphur compound which it contains. go on to a great length showing why ing. The average woman has too little This surplur makes the eyeball what is left of our woodlots should be blood. Her nerves are easily 'rritated smart, and the eye nerves at once sigpreserved, and, where the cattle have and she worries over little things; has nal to the brain for an additional supbeen allowed to run in them, why they severe headaches and backaches and ply of tears, as an added protection should be fenced in and replanted with generally feels worn out. With the against the sulphur. This extra supyoung trees to give them a proper woman who uses Dr. Williams' Pink ply is produced so rapidly that it canstart. But I do not think any better Pills the condition is different. She is not be carried away perceptibly down argument can be found for this re- always well and the care of her child- the nose in the usual way, but overforestation than that it will provide ren or household duties is a real plea- flows and so we weep. farmers with innumerable helpers in sure. This is because Dr. Williams' the strenuous business of keeping Pink Pills enrich and purify the blood down insect pests. Every once in a supply which brings vigorous health while the entomologists issue a warn- and strength. Mrs. H. Everitt, Parry ing that unless insects are kept in Harbor, Ont., has used these pills with check, food production will rapidly be. benefit and says:-"I cannot recomcome unprofitable, if not impossible, mend Dr. Williams' Pink Pills too Some of the most eminent of them do highly. I was run down and very not hesitate to assert that unless the weak, and after using the pills I felt insects are fought methodically and like a different woman. They are wonstrenuously they will render the earth derful strength builders. For nursing uninhabitable for human beings. We mothers they are a blessing, at least I But in the brown dxerted fields sprays and poisons as the munitions for this war, but I am inclined to think dition due to poor, watery blood, or that the natural method is the best. Start a back-to-the-land movement for liam's Pink Pills now, and note how our native insectivorous birds by providing the necessary nesting places You can get these pills through any and hiding places for them, and protecting them from enemies. If it were possible to start the opposite of a sanctuary for house sparrows and cow-liams' Medicine Co., Brockville, Ont.

THE FALL WEATHER

Yellow bring ducing vulgariand revenge.

Red excited the second sparrows and cow-liams' Medicine Co., Brockville, Ont.

Red excited the second sparrows and cow-liams' Medicine Co., Brockville, Ont. ing in every township, but I hardly see how it could be managed. How would it do to start to work with a slogan: "Bird sanctuaries instead of bug sanctuaries?"-Peter McArthur.

Mother Prayer to the God of the Forest.

God of the sunlit spaces, God of the silent wood, I, who am weak, beseech Thee Strength for my motherhood.

How shall be climb to manhood, Son of my frailty. Save as he grows in wisdom Nurtured and taught by Thee?

Fashion his feeble body After the forest plan, Even as strong trees flourish Make of my son a man.

Even as forest wind storms Lull at Thy calm behest, Curb Thou the young emotions Surging within his breast.

Cradle his timid spirit: Even as Thou hast planned Nurture for seed and blossom-

So shall his youth expand. This is the prayer I make Thee Out of my mother-fear-

God of the sunlit spaces, God of the wood, give ear! -Helen Frazee-Bower.

healthy women and fifty-one healthy both, but that in the majority of cases Such names would have been borne in any direction. the former and 20.7 in the latter. In gees. nineteen patients with circulatory dis- At one period in France it was cus- but who had removed to other locali- seeds from which various kinds of oil three times as long, the range being ren after feast days (and in Spain also differentiated from others bearing the from 30 to 63 seconds. Of the seven where it is the custom to-day) and in same given names by references to the Avoid overwork. It weakens the patients with an interval over 50, six this instance the given name is simp- places from which they had come. died within a few weeks. About one cubic centimeter of the stain is inject ed into a vein at the bend of the elbow. A delay in the appearance of the stain in the other arm is an early sign of incipient insufficiency of the circu-

This stain tes is simple and harmless, he says, and can be repeated at will. His tables show the findings in five diabetics, five pneumonia patients. thirteen convalescents, six with polycythaemia, leukaemia or pernicious anaemia, nine with the high blood pressure of kidney disease, and other groups, to a total of 400 applications

Pat is a Linguist.

Pat and Norah were sitting in the theatre before the performance began, when the girl observed the word "Asbestos" on the fire curtain and inquired what it meant,

"Whisht!" said Pat, "and don't be displayin' your ignorance. Don't ye know that 'Asbestos' is the Latin word for 'welcome'?"

Unimaginative.

Mother was going through some "old things" in her writing desk when she came upon an old brooch.

"Clarence,' she asked her young son, then at hand, "do you see the hair in this old brooch? It was your great-grandfather's."

"I say, mother," observed Clarence, "he didn't have much, did he?"

Mt. Everest, the highest mountain. towers 29,002 feet above sea level, while the deepest depression in the earth's surface is known as "Philippine Deep," which is east of the Philfppine Islands. It is 32,089 feet below the surface of the sea. Think of it, more than six miles down!

THE AVERAGE WOMAN NEEDS MORE BLOOD

aches and Run Down Feeling.

To the woman in the home—the wo-

If you are suffering from any con- Where but the withered memory weak nerves, begin taking Dr. Wil- That ragged gypsy crone who goes

Sultan Gets Biggest Pay. The Sultan receives the largest in come paid to any earthly sovereign.

MONEY ORDERS. Pay your out-of-town accounts by Dominion Express Money Order. Five

Dollars costs three cents. Aid to Reading.

A new rectangular reading glass is supported by a frame at the correct distance above printed matter so that it does not have to be held in the

Minard's Linimert for Distemper. The One on Trial.

Mrs. Hiram-Offen-"Would you be willing to come on trial for a week?" Prospective Cook-"A wake is it? toothbrush is a small bunch of bris-Shure Oi could tell whether Oi'd loike tles suitable curved to cleanse the inyez in wan day."

Canadian fall weather is extremely

Why Do Onions Make Us

In a sense, we are always "crying,"

the ball of the eye in order to clean it.

Sumac.

Stripped of their gold by robber winds

heard the wild geese in the night

Lost in gray clouds that o'er the moon

Slain by the silver swords of frost

Bare boughs beseech the skies;

The last bright blossom lies,

Go honking overhead,

About foretelling snow,

hard on little ones. One day is warm most peaceful kind. and bright, and the next wet and cold. little stomach is kept right the result | ment or contest. may be serious. There is nothing to the little ones well. They sweeten the ice are the most active. stomach, regulate the bowels, break up colds and make baby thrive. The Tablets are sold by medicine dealers ings, life degenerates. It is every bit or by mail at 25 cents a box from The as black as it is painted. Dr. Williams' Medicine Co., Brockville,

Improved Toothbrush.

At the end of the handle of a new ner surfaces of teeth.

Surnames and Their Origin

PANCOAST Variation-Pancost. Racial Origin-French and English. Source-A given name.

Here is a family name which has nothing to do with either a pan or a coast, nor yet with the cost of any-

in a thoroughly normal way, so far as the most prolific of all, with the pos- all good men to come to the aid of the the old records reveal, from a given sible exception of given names. name. Originally French, it is not How Fast the Blood Flows. possible, however, to state exactly at belong to this classification. There writer, each by a single touch. Koch estimates the speed of the flow what time it came over into English were numerous towns in England in Mr. Bennington uses a standard keyof the blood by injecting a stain into (though apparently subsequent to the hiddle Ages bearing one or the board with extra keys for these words one arm while the blood is dripping Norman Invasion), nor whether it other of these names, the meaning of arranged on three sides of it. from a corresponding vein in the other came over as a given name before the which is virtually the same in all The machine itself has several other arm. Every five seconds the escaping family name was formed, or as a cases, either "new-town," "new-features, which, it is claimed, are imblood is examined for the first appear- family name already developed. The borough" or in the case of the French provements, including an escapementance of the stain. In sixty-eight chances are there are instances of name 'neu-ville" or "new city."

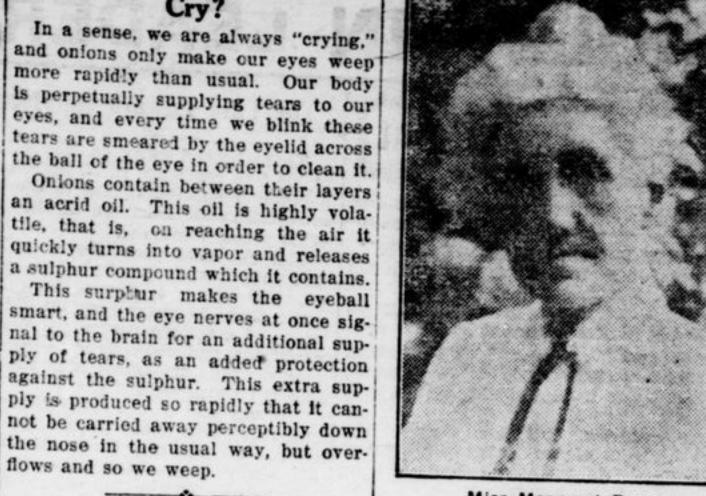
It has for the most part developed liftic source of family names, perhaps example being: "Now is the time for The family names listed above all words may be written on his type-

turbances the interval was nearly tomary for parents to name their child- ties in which they were most naturally are made annually.

ly the name of the feast of Pentecost, in shortened or changed form.

NEWTON Variations-Newbury, Newberry, Newburg, Neville, Nevil. Racial Origin-English, French. Source-A locality.

men the interval was 20.8 seconds in it came over with the Huguenat refu- in the first instance by men who formerly had lived in such named places,



adian Book Week was Miss Margaret Ross, who, at the age of seventy-seven, makes her first contribution to literature in the form of a biography of her brother, Sir George Ross, once premier of Ontario.

When we understand all about col

ducing vulgarity, noisiness, jealousy, Red excites one, and produces vio-

lent effort-sometmes for good, but generally for bad. It is the color of Green promotes joy, if not of the

These sudden changes bring on colds, duces placid happiness, a desire not

White brings out one's activity, and equal Baby's Own Tablets in keeping people who live among the snow and Black, appropriately, is the hue of

sorrow and evil. Amid black surround-

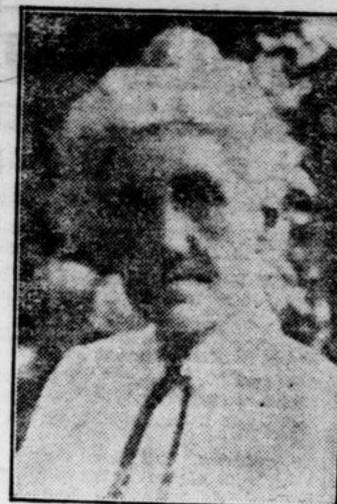
The painter, and not the politician, is needed to put our old world right.

Typewriter That Writes Words.

words that he found to be in most com- by druggist to overcome stomach

for, he, it, in, is, if, not, of, on, to, the, we, was, you," which, according to the inventor, constituted approximately 31.8 per cent, of the words in every-Place name constitute a very pro- day use, the sentence he selects as an party," in which nine of the sixteen

lock when makes it possible to write

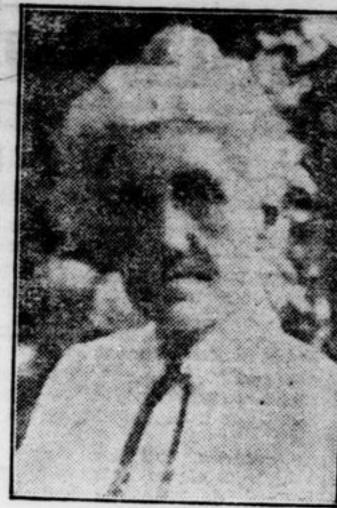


All the Colors.

ors, we shall be able to regulate our emotions and attain our ideals of perfect peace. Meanwhile, color experts continue to advance their theories, and the latest comes from a famous eye specialist, who has studied colors November keeps the smoldering blaze and their effects upon human passions. Here, briefly, is his list:

If these deductions are correct, why not paint the whole world blue and green, and make other colors illegal?

These are: "As, at, all, are, be, but,



An interesting discovery during Can-

touch of a finger, words as well as iet | acra, apset stomach. No flatulence, ters, has been put on the market by a heartburn, palpitation or misery-mak-British inventor.



Yellow brings out bad qualities, in-

Blue is the peaceful color. It incramps and colic, and unless baby's to be disturbed, and a dislike of argu-

India raises about 5,000,000 tons of



Look ahead!

TNSTEADY nerves and sleepless nights are fore-runners of mental and physical collapse.

Watch your nerves. When tea or coffee sets them on edge, switch at once to Instant Postum.

The change is usually permanent, because Postum brings health and comfort. It is free from any element of disturbance to nerves, heart or digestion, and its delicate aroma and full, rich flavor are pleasing and satisfying.

At your Grocer's in sealed, air-tight tins.



A BEYERAGE

ate of Colorest parts of Mile of a small particul of Periods

Instant Postum "There's a Reason"

A generous sample tin of Instant Postum sent, postpaid, for 4c in stamps. Write:

Canadian Postum Cereal Co., Ltd., 45 Front St., E., Toronto. Factory: Windsor, Ont.

All Her Friends See A Great Change

When a medicine produces the desired results its praise is sure to be heard. That is why Mrs. Katrine Neilsen, Holmpatrick, Calgary, as well as thousands of other men and women throughout Alberta, has become such

an ardent champion of Tanlac. "Not in a long, long time," says Mrs. Neilsen, "have I enjoyed such good health or felt so well as I do since taking Tanlac. For several years past I have felt all run down and have been extremely nervous. I had no relish for any kind of food and what I did eat seemed to do me very little good. I felt tired all the time and my sleep was so unsound that it did not rest me. I somehow managed to keep going, but it taxed me to the utmost to

do my housework. "So many people here in Calgary were taking Tanlac and praising it that I began taking it myself and the first bottle made a great difference in my feelings. It was only a few weeks until I was enjoying splendid health and since that time, which was about a year ago, I have taken a bottle of Tanlac now and then with the result that I feel strong and well all the time. Everyone speaks of how much better I look than I did before I started taking 'Tanlac."

Tanlac is sold by all good druggists.

A Poor Scholar. The family gathered in the living room were talking of a certain professor of their acquaintance when Aunt Mary chanced to observe: "The professor is such a learned

man! I understand that he speaks no pended. less than ten languages." "And what does that amount to?" demanded the pride of the family, Harold, aged fourteen. "I saw him try to stop a car by whistling on his fin- feathers yearly.

gers, and do you know he couldn't do

it? Talk about learning!"

INDIGESTION, GAS, **UPSET STOMACH**

Instantly! "Pape's Diapepsin" Corrects Stomach so Meals Digest

The moment you eat a tablet "Pape's Diapepsin" your indigestion is A typewriter that writes, at the gone. No more distress from a sour, ing gases. Correct your digestion for First, he selected the twenty-one a few cents. Each package guaranteed

One of Them. "Now," said the school teacher during reading lessons, glancing round the class, "can any of you tell me what is the meaning of 'divers diseases'?" "Please, sir" said Tommy, with superb confidence, "divers diseases is water on the brain."

Keep your Health!



Minard's Liniment Co., Ltd. Yarmouth, N.S.

A Mystery of Space. It is an established fact that the earth is drawn by the sun about a million miles through space every day. In this connection it has been suggested that in the course of this mighty journey we encounter different patches of ether, some of which are not at all good for the inhabitants of this globe in that these patches are laden with dust containing germs of a

harmful nature Hence the suggestion that these encounters are responsible for some of the terrible epidemics which from time to time devastate the ranks of human-

What however, is more plausible is a theory that space contains masses of different kinds of star-making gaseous elements, and that it should thus be possible to tell from the star's spectrum the particular part of the universe from which the star has

to the sun or was simply captured by it during the sun's tremendous journey through space. Of course, we can at present only theorize on this matter, so far as the earth is concerned, because our globe would first have to be made as hot as

It might also be possible to tell, for

example, if the earth really belonged

be forthcoming.

the sun itself before a true test could

Cause of Dew. It was the terminal examination, and a budding philosopher concluded his essay on Mother Earth with this startling etatement: "The earth revolves on its own axis 365 times in 24 hours. This rapid motion through space causes its sides to perspire; that is called dew."

19SUE No. 46--'22.

Clean Child's Bowels with "California Fig Syrup"



Even a sick child loves the "fruity" 115 York St., Toronto. 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, give a teaspoonful to cleanse the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste out of

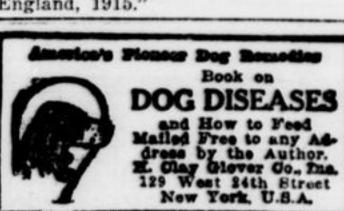
the bowels, and you have a well, playful child again. Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful to-day saves a sick child tomorrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

26 Holidays for Turks. Turkey has twenty-six official holidays in the year, when business is sus-

An ostrich yields about 3 pounds of

Minard's Liniment for Garget in Cows.

Coal briquettes recently sent from Germany to a French merchant were found to be stamped: "Gott Strafe England, 1915."



COARSE SALT LAND SALT

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

Itched and Burned. Lost Rest. Cuticura Heals.

"My skin became irritated by using different kinds of ointments and when I scratched it pimples formed on my face and forehead. The pimples itched and burned and I scratched them, and my face was disfigured. I lost rest at night because

"The trouble lasted six weeks before I began using Cuticure Soap and Ointment, and after using four cakes of Soap and three boxes of Ointment I was healed in one month." (Signed) Miss Elizabeth Stevens, 1215-52nd St., Oakland, Calif. Use Cuticura Soap, Oirtment and Talcum for all toilet purposes. Sample Each Free by Mail. Address: "Lymans, Limited, 344 St. Paul St., W., Montreal." Sold everywhere. Sonp 25c. Ointment 25 and 50c. Talcum 25c.

Cuticura Soap shaves without mug.

RIDOUT & MAYBEE, KENT BLDG. l'atent Attorneys. Send for free bookle

END QUESTIONS, BIRTHDATE Silver Lake, Oregon. Psychologis

Classified Advertigement

POR SALE.

YARN-WONDERFUL VALUES AND colors, samples free-Georgetown Woollen Mills, Ont.

AGENTS WANTED. A GENTS-150% PROFIT. SELL THE Makes starting easy; cuts running costs; increases efficiency. Quickly installed without removing carburetor. Moderate price. Write for particulars now! Airmeter Manufacturing Company, Dept. I 219 York St., Ottawa, Ont.

BELTING FOR SALE

ELTING OF ALL KINDS, NEW OR used, pulleys, saws, cable, hose, etc., shipped subject to approval at lowest prices in Canada. York Belting Co.

Constipation Banished

A druggist says: "For nearly thirty years I have recommended the Extract of Roots, known as Mother Seigel's Curative Syrup, for arresting and permanently relieving constipation and indigestion. It is an old reliable remedy that never fails to do the work." 30 drops thrice daily. Get the Genuine. 50c. and \$1.00 bottles.

For Sluggish Liver or Constipated Bowels

Clean your lowels. Feel fine! When you feel sick, dizzy, upset, when your head is duil or aching, or your stomach is sour or gassy, just take one or two Cascarets to relieve constipation. No griping-nicest laxative-cathartic on earth for grown-ups and children. 10c a box. Taste like

E. Pinkham's Vegetable Compound Cobourg, Ontario,-"For many years have had troubles with my nerves and have been in a general run-down not do my work half the time because

Relieved by Taking Lydia

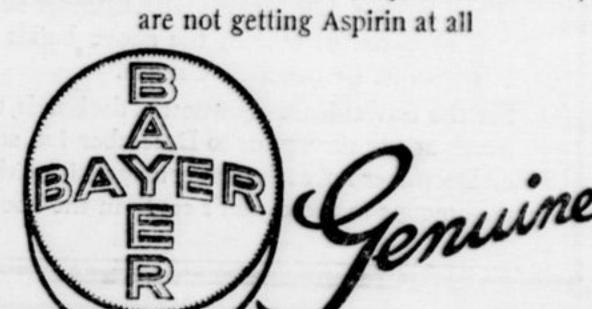
friends who have found it good. You can use these facts as a testimonial." -Mrs. Ellen Flatters, Box 761, Cobourg, Ontario. Any woman in this condition should take the Vegetable Compound, for it

has helped other women and so it should help you. For nearly fifty years this good which centains no narcotics nor harmful Crugs, has been the standard medicine for female ills, and has restored the lealth of thousands of women who have been troubled with such ailments as displacements, in-

flammation, ulceration, irregularities,

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to The Lydia E Pinkham Medicine Co., Lynn, Mass

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 Headache Toothache Earache

Rheumatism Neuralgia Neuritis 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 Manufacture of Mone-aceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Table's of Bayer Company will be stamped with their general trade mark, the Bayer Cara."