

Birds Versus Bugs.

A woodlot 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 war we found our supplies of fuel of great importance. Strikes and industrial wars may make them more valuable in the future. Even in Western Ontario there is much land that would be better if planted to trees than going on as weedy pasture. One might go on to a great length showing why what is left of our woodlots should be preserved, and, where the cattle have been allowed to run in them, why they should be fenced in and replanted with young trees to give them a proper argument can be found for this restoration than that it will provide farmers with innumerable helpers in the strenuous business of keeping down insect pests. Every once in a while the entomologists issue a warning that unless insects are kept in check, food production will rapidly become unprofitable, if not impossible. Some of the most eminent of them do not hesitate to assert that unless the insects are fought methodically and strenuously they will render the earth uninhabitable for human beings. We have already developed all kinds of sprays and poisons as the munitions for this war, but I am inclined to think that the natural method is the best. Start a back-to-the-land movement for our native insectivorous birds by providing the necessary nesting places 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 cowbirds I wouldn't mind having one blazing 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 he 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 your 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.

How Fast the Blood Flows.

Koch estimates the speed of the flow of the blood by injecting a stain into one arm while the blood is dripping from a corresponding vein in the other arm. Every five seconds the escaping blood is examined for the first appearance of the stain. In sixty-eight healthy women and fifty-one healthy men the interval was 29.8 seconds in the former and 20.7 in the latter. In nineteen patients with circulatory disturbances the interval was nearly three times as long, the range being from 39 to 63 seconds. Of the seven patients with an interval over 50, six died within a few weeks. About one cubic centimeter of the stain is injected 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 circulation.

This stain test 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 of the test.

Pat is a Linguist.

Pat and Norm 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 Philippine Islands. It is 32,689 feet below the surface of the sea. Think of it, more than six miles down!

THE AVERAGE WOMAN NEEDS MORE BLOOD

Poor Blood the Cause of Headaches and Run Down Feeling.

To the woman in the home—the woman closely confined to the house, either through household duties or the care of children, or both—Dr. Williams' Pink Pills are a positive blessing. The average woman has too little blood. Her nerves are easily irritated and she worries over little things; has severe headaches and backaches and generally feels worn out. With the Pink Pills the condition is different. She is always well and the care of her children or household duties is a real pleasure. This is because Dr. Williams' Pink Pills enrich and purify the blood supply which brings vigorous health and strength. Mrs. H. Everett, Parry Harbor, Ont., has used these pills with benefit and says:—"I cannot recommend Dr. Williams' Pink Pills too highly. I was run down and very weak, and after using the pills I felt like a different woman. They are wonderful strength builders. For nursing mothers they are a blessing, at least I have found them so."

If you are suffering from any condition due to poor, watery blood, or weak nerves, begin taking Dr. Williams' Pink Pills now, and note how your strength and health will improve. You can get these pills through any dealer in medicine, or they will be sent by mail, post paid, at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Why Do Onions Make Us Cry?

In a sense, we are always "crying," and onions only make our eyes weep more rapidly than usual. Our body is perpetually supplying tears to our eyes, and every time we blink these tears are smeared by the eyelid across the ball of the eye in order to clean it. Onions contain between their layers an acrid oil. This oil is highly volatile, that is, on reaching the air it quickly turns into vapor and releases a sulphur compound which it contains.

This sulphur makes the eyeball smart, and the eye nerves at once signal to the brain for an additional supply of tears, as an added protection against the sulphur. This extra supply is produced so rapidly that it cannot be carried away perceptibly down the nose in the usual way, but overflows and so we weep.

Sumac.

Slain by the silver swords of frost
The last bright blossom lies,
Stripped of their gold by robber winds
Bare boughs beneath the skies;
I heard the wild geese in the night
Go honking overhead,
Lost in gray clouds that o'er the moon
Like frightened phantoms fled.

But in the brown deserted fields
And lonely country lanes
Where but the withered memory
Of summer's green remains,
That ragged egypty crane who goes
About foretelling snow,
November keeps the smoldering blaze
Of sumac fires aglow.

THE FALL WEATHER HARD ON LITTLE ONES

Canadian fall weather is extremely hard on little ones. One day is warm and bright, and the next wet and cold. These sudden changes bring on colds, cramps and colic, and unless baby's little stomach is kept right the result may be serious. There is nothing to equal Baby's Own Tablets in keeping the little ones well. They sweeten the stomach, regulate the bowels, break up colds and make baby thrive. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Improved Toothbrush.

At the end of the handle of a new toothbrush is a small bunch of bristles suitable curved to cleanse the inner surfaces of teeth.

Surnames and Their Origin

Variation—Pancoast.
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 anything.

It has for the most part developed in a thoroughly normal way, so far as the old records reveal, from a given name. Originally French, it is not possible, however, to state exactly at what time it came over into English (though apparently subsequent to the Norman invasion), nor whether it came over as a given name before the family name was formed, or as a family name already developed. The chances are there are instances of both, but that in the majority of cases it came over with the Huguenot refugees.

At one period in France it was customary for parents to name their children after feast days (and in Spain also where it is the custom to-day) and in this instance the given name is simply 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.

Place name constitutes a very prolific source of family names, perhaps the most prolific of all, with the possible exception of given names.

The family names listed above all belong to this classification. There were numerous towns in England in the Middle Ages bearing one or the other of these names, the meaning of which is virtually the same in all cases, either "new-town," "newborough" or in the case of the French name "neuve-ville" or "new city."

Such names would have been borne in the first instance by men who formerly had lived in such named places, but who had removed to other localities in which they were most naturally differentiated from others bearing the same given names by references to the places from which they had come.



Miss Margaret Ross
An interesting discovery during Canadian 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.

All the Colors.

When we understand all about colors, 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 and their effects upon human passions. Here, briefly, is his list:

Yellow brings out bad qualities, including vulgarity, noisiness, jealousy, and revenge.

Red excites one, and produces violent effort—sometimes for good, but generally for bad. It is the color of crime.

Green promotes joy, if not of the most peaceful kind.

Blue is the peaceful color. It induces placid happiness, a desire not to be disturbed, and a dislike of argument or contest.

White brings out one's activity, and people who live among the snow and ice are the most active.

Black, appropriately, is the hue of sorrow and evil. Amid black surroundings, life degenerates. It is every bit as black as it is painted.

If these deductions are correct, why not paint the whole world blue and green, and make other colors illegal? The painter, and not the politician, is needed to put our world right.

Typewriter That Writes Words.

A typewriter that writes, at a touch of a finger, words as well as letters, has been put on the market by a British inventor.

First, he selected the twenty-one words that he found to be in most common use.

These are: "As, at, all, are, be, but, 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 everyday use, the sentence he selects as an example being: "Now is the time for all good men to come to the aid of the party," in which nine of the sixteen words may be written on his typewriter, each by a single touch.

Mr. Pennington uses a standard keyboard with extra keys for these words arranged on three sides of it.

The machine itself has several other features, which, it is claimed, are improvements, including an escapement-lock which makes it possible to write in any direction.

India raises about 5,000,000 tons of seeds from which various kinds of oil are made annually.

Avoid overwork. It weakens the body.

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 Neilson, 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. Neilson, "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 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 fingers, 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 of "Pape's Diapepsin" your indigestion is gone. No more distress from a sour, sour, upset stomach. No flatulence, heartburn, palpitation or misery-making gases. Correct your digestion for a few cents. Each package guaranteed by druggist to overcome stomach trouble.

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!

USE
MINARD'S "KING OF PAIN" LINIMENT
The Old Reliable. Try It!
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 humanity.

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 come.

It might also be possible to tell, for example, if the earth really belonged 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 the sun itself before a true test could be forthcoming.

Cause of Dew.

It was the terminal examination, and a budding philosopher concluded his essay on Mother Earth with this startling statement: "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."

MOTHER!

Clean Child's Bowels with "California Fig Syrup"

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, 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 today 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 Turka.

Turkey has twenty-six official holidays in the year, when business is suspended.

Minard's Liniment for Garget in Cows.

An ostrich yields about 3 pounds of feathers yearly.

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

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." 20 drops three times daily. Get the Genuine. 50c and \$1.00 bottles.

"Cascarets" 10c

For Sluggish Liver or Constipated Bowels

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

NERVOUS AND RUN DOWN

Relieved by Taking Lydia E. Pinkham's Vegetable Compound

Cobourg, Ontario.—"For many years I have had troubles with my nerves and have been in a general run-down condition for some time. I could not do my work half the time because of trouble every month. I was told of Lydia E. Pinkham's Vegetable Compound by friends and advised to try it. It has done me good and I strongly recommend it. Since I have taken it I have been able to do all my own work and I also know friends who have found it good. You can use these facts as a testimonial." —Mrs. ELLAN PLATTEN, 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 old-fashioned root and herb medicine, which contains no narcotics nor harmful drugs, has been the standard medicine for female ills, and has restored the health of thousands of women who have been troubled with such ailments as displacements, inflammation, ulceration, irregularities, etc.

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

COARSE SALT LAND SALT

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

FACE DISFIGURED WITH PIMPLES

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 of the irritation.

"The trouble lasted six weeks before I began using Cuticura 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, 1215-62nd St., Oakland, Calif.

Use Cuticura Soap, Ointment and Talcum for all toilet purposes.

Sample Each Free by Mail. Address: "Lydia E. Pinkham Medicine Co., Dept. 246, 108 South State St., Lowell, Mass. Send no money. Soap, Ointment and Talcum free. Cuticura Soap shaves without razor.

ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all

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 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 Monach. Aspirin is well known that Aspirin means Bayer manufacture, to get the public against imitations, the Bayer Company will be stamped with their general trade mark, the "Bayer Cross."



Look ahead!

UNSTEADY 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.

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.