CANADA'S PEOPLE

According to the figures of the 1921 census, Canadian progress continues to be attributable to the two main peoples to first settle and develop the Canadian domain, and the British and French populations maintain their proportions in the total of the Canadian nation. Whereas the combined British and French population of Canada in 1911 constituted between 81 and 82 per cent. of the total, it has held its place with 83 per cent. in 1921 despite a voluminous and heterogeneous immigration which had aided in bolstering the population of the country some 21.95 per cent. in the decade. It is interesting to further analyse Canadian population and discover other constituents, important if of lesser magnitude.

The total British in Canada number 4,869,090, or 55 per cent. of the Dominion's population. This is divided into 2,545,496 English, or nearly 29 per cent. of the total ;1,107,817 Irish, or 11 per cent. of the total; 1,173,824 Scotch, or 13 per cent. of the total; and 41,953 from other British countries. The French in Canada number 2,452,782, or 28 per cent. of the Dominion's entire population, being of practically equal numerical strength with the English, and superior to any other race in the country.

Scandinavians High.

Further investigations disclose a few surprises. After the British and French races Germans lead in numbers, though falling far behind in the total. There are 294,636 people of this origin in Canada, constituting 3.3 per cent. of Canada's population. Following them, taking the various peoples together, come the Scandinavians, with a representation of 167,359, or nearly 2 per cent. of the total. There were in Canada at the time of the census, 21,124 Danes, 15,876 Icelanders, 68,856 Norwegians and 61,503 Swedes.

Hebrews in Canada number 126,196, or 1.4 per cent. of the Dominion population, and Dutch 117,506, or 1.3 per cent.; Indians number 110,596; Austrians 107,671; Ukrainians 106,721; and Russians 100,064, these being the last to come over the 100,000 mark and each approximating 1 per cent. of the total people of the Dominion. Others numerically strong are: Italians 66,769; Polish 53,403; Finnish 21,494; Belgian 20,234; and Negro 18,291.

Too Bad.

The school inspector was a dear old man, and in a kindly, paternal sort of manner he gathered the class round him.

"Now, supose, Willie Brown," he said to one of the boys, "that you and I are playing marbles, and that you have ten marbles and that I have six—"

In breathless, open-eyed attention the class crowded nearer as the inspector proceeded.

"At the end of the game you have won half my marbles, and, of course, I want to play again and win them back—"

Nearer still came the interested pupils.

"At the end of the second game I win half of those you had. Tell me" —excitement waxed intense — "how many have you left?"

This was too much for Willie, and, with a look of inexpressible disgust, he exclaimed:

"Crickey, blowed if it ain's a sum!"

Good Scheme.

An Englishman was staying at a swagger hotel in Berlin.

He had secured comfortable rooms, but the landlord informed him one day that he must give them up in favor of a fresh arrival, the Elector—that is to say, the Governor—of some petty German State with an unpronounceable name.

"Nonsense!" said the Englishman. "You do not know who I am. Bring the visitors' book, and I will add my title."

The book was brought, and in a bold hand he wrote after his name, "Elector of Middlesex."

He was allowed to keep his rooms.

Dick Scored.

Teacher—"Now, children, if you want to subtract one thing from another both must be of the same denomination. You cannot take three apples from four peaches. You must take three apples from four apples and so on. Do you understand?"

Little Dick—"Yes, but, teacher, couldn't you take three quarts of milk from four cows?"

"Jane is a statuesque beauty."
"Yes—even her head is stone."

Although Britons are great smokers, United States consumes more cigars in proportion to population.

RHEUMATIC SUFFERERS

May Obtain Relief by Enriching the Blood Supply.

In the days of our fathers and grandfathers, rheumatism was thought to be the unavoidable penalty of middle life and old age. Almost every elderly person had rheumatism, as well as many young people. It was thought that rheumatism was the mere effect of exposure to cold and damp, and it was treated with liniments and hot applications, which sometimes gave temporary relief, but did not remove the trouble. In these days there were many cripples. Now, medical science understands that rheumatism is a disease of the blood, and that with good, rich, red blood any man or woman of any age can defy rheumatism. Thereare many elderly people who have never felt a twinge of rheumatism, and many who have conquered it by simply keeping their blood rich and pure. The blood enriching qualities of Dr. Williams' Pink Pills is becoming every year more widely known, and the more general use of these pills has robbed rheumatism of its terrors. At the first sign of poor blood, which is shown by loss of appetite, dull skin and dim eyes, protect yourself against further ravages of disease by taking Dr. Williams' Pink Pills. They have helped thousands—if you give them a fair trial they will not disappoint you.

You can get these pills through any dealer in medicine or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Plants That Can See.

To speak of a plant being able to see seems extraordinary, but it can be proved by a simple experiment.

Tack a piece of string along the wall parallel to, but on one side of, a loose tendril of creeper. In a short time the tendril turns its tip towards the support, reaches for it, and clings to it. How could it do this without sight?

The common bramble may be noticed growing over a pile of stones or an old wall. To get food and to help itself it pokes the points of its growing shoots into any cracks or crevices where there is a little earth or mould, and the shoot, as soon as it strikes food, changes its shape and character and becmes clubbed, flinging out real roots, which take hold of the soil and feed upon it.

Plants are also sensitive to touch, taste, and thirst. The common sundew, which grows in boggy places, lives upon insects and is the best known English flesh-eating plant. All carnivorous plants have a sense of taste, and like or dislike certain things.

This can be proved by placing on their leaves morsels of various foods. The leaves will close at once upon meat, but will have nothing to do with sugar, starch, and so on!

Trees suffering from thirst will do amazing things to satisfy this craving. An elm has been known to send out a root sixty feet to reach a little pool, while a poplar has burrowed under a road, with a brick wall on one side and a hedge on the other, in order to reach a well. The roots have been found forcing their way through a brick wall in order to drink.

That First Job.

How will Miss High School go about selecting a job this fall? Blindly or carelessly or both, far to often for her own good, says Miss Emma Phinney, director of the employment work of the Young Women's Christian Association.

"If more care was given to fitting the beginner into the right job at 16 or 20, there would be fewer breakdowns at 35 among business women," says Miss Phinney. "A girl more than a man must have congenial work or an atmosphere in which she is happy or the strain tells upon her health. When a beginner doesn't know what she wants for her first job she needs some one to take time to unearth her talents or best abilities. For this the non-commercial agency has a big responsibility."

Girls seeking their first job follow the help wanted ads utterly obvious of whether the job is to fit them or they are to fit the job. Their mother's cousin works at Blank's and they go there.

"If the first job was regarded in the light of a stepping stone it wouldn't matter so much," Miss Phinney continued, "but for girls who lack initiative the first job more or less determines their future."

A Screwless Corkscrew.

The ordinary form of corkscrew, while effective enough for its purpose, often destroys or renders useless the cork on which it is used, frequently breaking it and causing particles of cork to be mixed with the liquid in the bottle. A new device recently patented in England, avoids these disadvantages. In form it is not a screw at all, but consists of two narrow strips of highly flexible spring steel fitted into an aluminum handle. The strips are not quite equal in length.

To remove a cork the longer of the two strips is inserted between the cork and the neck of the bottle and is pushed down until the shorter end can also be inserted. Then both ends are forced home by gently pushing and "rocking" the bottle so as to apply pressure to each strip alternately.

An upward pull accompanied by a twist of the "corkscrew" removes the cork in perfect condition, ready for use again.

Keep Minard's Liniment in the house.

The Diseases of Old Age.

Not all ills from which the aged may suffer from time to time are properly to be regarded as diseases of old age. The ills are of three sorts. First there are the infirmities of old age; the stoop, the stiffness of the joints, the dimness of vision and the hardness of hearing, the slowness of digestion and of all the other bodily functions. Those are not diseases, but merely the results of changes incident to old age and should be regarded as normal. Secondly there are the ordinary diseases that may attack us at any period of life from the cradle to the grave. Those, although they are not diseases peculiar to old age, may be modified in their course by the altered constitution of their victim. Finally we have what may properly be called the diseases of old age, or senile diseases. For some reason persons who are aging seem to resent the use of the word "senile"; apparently they think it implies mental weakening.

Arteriosclercsis, or thickening and hardening of the walls of the arteries, which in itself is when not excessive a normal condition of old age, however much it may be pathological in earlier life, is nevertheless the underlying cause of most of the special diseases incidental to old age or at least is associated with them. Of the same nature as arteriosclerosis and often associated with it is a degeneration of the walls of the heart; an increase of the fibrous support normally present penetrates and compresses the muscular tissue. In the lungs we find a dilation of the air cells or a breaking down of the partitions between them, the result of which is a diminution of the blood-aerating surfaces, which in turn gives rise to habitual shortness of breath. Dilation of the stomach is a not uncommon condition; it is marked chiefly by flatulent indigestion and is accompanied with constipation.

Bronchitis is one of the most common of the diseases of old age; and one of the most distressing is called senile pruritus, an intolerable itching produced because the degenerative processes in the skin compress the end of the nerves. Apoplexy is another of the recognized diseases of old age. Cancer is not so regarded; it is a disease of later adult life rather than of old age.

The action of the mind may be weakened in consequence of changes in the substance of the brain that are associated with hardening of the arteries. The weakening may amount merely to slowness of mental processes—slight forgetfulness and so on—or to actual senile dementia.

The Trees.

In the Garden of Eden planted by God
There were goodly trees in the springing sod:
Trees of beauty and height and grace
To stand in splendor in His face:
Apple and hickory, ash and pear,
Oak and beech and the tulip rare:
The trembling aspen, the noble pine,
The sweeping elm by the river line:
Trees for the birds to build and sing,
The lilac tree for the joy of spring:
Trees to turn at the frosty call
And carpet the ground for the Lord's footfall:
Wood for the bow, the spear, the flail,
The keel and the mast of the daring sail:
He made them of every grain and girth
For the use of man in the Garden of Earth:
Then lest the soul not lift her eyes
From the gift to the Giver of Paradise,
On the crown of a hill for all to see
He planted a scarlet MAPLE TREE.

—Bliss Carman.

That's All.

Two men were walking along the beach at Sunnyside when one of them accidentally stumbled against a child's pail.

"My dear friend," exclaimed the other, "I cannot tell you how much I lament your sad death."

"What ever do you mean—my death?"

"You have just kicked the bucket," replied the first, with a laugh.

"On the contrary," said the other, "I just turned a little pail."

MONEY ORDERS.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

What He Objected too.

Joan—"I hear you have given up Mabel."

John—"Yes, I thought she was perfect, but last night I found something about her I didn't like."

Joan—"What was that?"

John—"Bill's Arm."

Surnames and Their Origin

CALDER

Variations—Cawdor, Caddell.
Racial Origin — Scottish and North English.
Source—A locality.

In the majority of instances those who bear the family names in this group can trace their ancestry back to the widely known Campbells, one of the principal clans of the Scottish Highlanders.

These names are born by septs, or divisions, of that clan, which are located in the territory indicated.

Cawdor is the more truly Gaelic form of the name, Calder and Caddell being regarded as Anglicized versions. Of the latter two the form Caddell is closer to the original form. The district is generally referred to as "Caddella" in the old English documents of the north.

"Calduor" was the ancient Gaelic name applied to the river in Yorkshire, and its meaning was "the waters that enclose" or "shut in."

The sept of the clan Campbell first to bear this name was founded by Sir John Campbell, who was a son of the second Earl of Argyle, who married the heiress of Calder in the year 1510.

It is logical to suppose, however, that in some instances the family name is North English rather than Scottish, and was derived from residence on the banks of the river, or in the section named.

CALHOUN

Variation—Colquhoun.
Racial Origin—Scottish.
Source—A locality.

This family name, Calhoun being a modern variation of the true form of Colquhoun, comes from the name of one of the clans of the Scottish Highlanders, who derived it from the name of the locality in which they established themselves, the Barony in West Kilpatrick (or Kirkpatrick), in Dumbartonshire.

Beyond this, the mists of the past cloud the search for the origin of the place name. By some the name of Colquhoun is supposed to be derived from the given name of "Conachin." By others it is explained as "Colgchuoin," a personal name, meaning "war-dog," and virtually the same as the name of that great Irish warrior of antiquity, "Cuchulin." The spelling does not look alike, but remember that the gutterals of the Gaelic are rather difficult to indicate, and that the Gaelic speech itself has undergone changes from its ancient form, just as English, French and German have done.

The Clan Colquhoun, however, dates only from about the year 1240 or so. It was organized and founded by one Humphrey de Kilpatrick, who, though not himself of Gael, had received a grant of land in that section from the Earl of Lennox in the reign of King Alexander II. of Scotland.

GUARD BABY'S HEALTH IN THE SUMMER

The summer months are the most dangerous to children. The complaints of that season, which are cholera infantum, colic, diarrhoea and dysentery come on so quickly that often a little one is beyond aid before the mother realizes he is ill. The mother must be on her guard to prevent these troubles, or if they do come on suddenly to banish them. No other medicine is of such aid to mothers during hot weather as Baby's Own Tablets. They regulate the stomach and bowels and are absolutely safe. Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

King George's Wide Knowledge.

Canadian visitors who have had the honor of having been received by the king tell remarkable stories when they return home of his wide knowledge and humanity. In reality, no man in England, perhaps, has such a wide opportunity of having more things thoroughly explained to him than the king. One day he is receiving a medical specialist, the next day he is inspecting a ship yard, and the next opening a park in London.

In telling the latest bit of information the king has pickd up, a London newspaper is really giving another proof of his inveterate observation and homely good nature.

"There was drenching rain for a critical ten minutes in southwest London the other afternoon. By the irony of fate the downpour came when hundreds of thousands of people had lined the streets of wandsworth to greet the king and queen. The occasion of the royal visit was the opening by His Majesty of another suburban lung space—King George's Park it will be called henceforth.

"Their Majesties, accompanied by the mayor and mayoress and the town clerk, drove round the park to inspect the provision which had been made for cricket, football, lawn tennis and varius other games.

"The Queen had expressed a desire to visit one of the new houses on the estate, laid out under the local housing scheme, and the tenants were on the tip-toe of expectation throughout the day as to who would have the honor of thus entertaining royalty in a humble way.

"Even the back gardens of the houses were visited by the King and Queen. While Her Majesty stopped to speak to a woman and her baby, the King noticed some flower-pots upside down on the tops of poles, and inquired as to their object. The owner of the garden explained that they were earwig traps, and, to amplify his explanation, removed a pot, and showed a captured earwig. The King was very much amused, and laughed heartily."

There are not many things that the King does not sooner or later have explained.

Napoleon In Black and White.

"Two hours after he had left his room," writes Constant about Napoleon, "it often happened that his breeches were stained with ink, owing to his habit of wiping his pen on them, and scatterng ink all around him by knocking his pen against the table. Nevertheless, as he dressed in the morning for the whole day, he did not change his clothes on that account and remained in that condition the remainder of the day."

Ask for Minard's and take no other.

Scholarly Reproof.

"Don't talk to me about colleges," said the self-made man. "Look at me! Do you suppose I should have been any more successful than I am if I'd had a college education?"

"No," admitted the professor, "but you might have been less inclined to brag about it."

Strawberries are successfully cultivated as far north as 500 miles above Alberta.

Missionaries conduct services in London in sixteen different languages.

Graduate Nurse Finds "The Perfect Remedy"

"From my long experience as a professional nurse, I do not hesitate to say Tanlac is nature's most perfect remedy," is the far-reaching statement given out for publication recently by Mrs. I. A. Borden, 425 Pontius Ave., Seattle, Wash., a graduate of the National Temperance Hospital, Chicago.

"I have used Tanlac exclusively for seven years in the treatment of my charity patients," said Mrs. Borden, "and my experience has been that for keeping the stomach, liver, kidneys and bowels functioning properly, and for toning up the system in general, it has no equal.

"About a year ago I had a lady patient who could not keep a thing on her stomach, not even water. I prevailed on her to try Tanlac and after the sixth bottle she could eat absolutely anything she wanted without the slightest bad after-effects.

"I had another patient who simply could not eat. I got him started on Tanlac and by the time he finished three bottles he was eating ravenously and able to work.

"These two instances that are typical of the wonderful merits of the medicine. My confidence in Tanlac is unlimited."

Tanlac is for sale by all good druggists.

Fill your pipe with—

Ogden's CUT PLUG

"It Satisfies"

15¢ per packet

80¢ a ½ lb. tin

If you roll your own ask for OGDEN'S FINE CUT (green label)

Looks Like One.

Dragon Fly — "What's wonderful about these airplanes?"

Well-meaning Hostess (to amateur vocalist): "You must never tell us again that you can't sing, Mr. Brown. We know now."

BABIES LOVE MRS. WINSLOW'S SYRUP
The Infants' and Children's Regulator
Pleasant to give—pleasant to take. Guaranteed purely vegetable and absolutely harmless. It quickly overcomes colic, diarrhoea, flatulency and other like disorders. The open published formula appears on every lable.
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For all the Family

Strains, sprains and pains, overworked muscles, a twinge of rheumatism—all of them answer at once to Kendall's Spavin Treatment.

Kendall's penetrates right to the sore spot — soothes, cools and heals.

Kendall's Spavin Treatment, known for more than 40 years as Kendall's Spavin Cure, is economical and clean—no mussiness, no continued rubbing, no bandaging. 10

Ask your druggist for a bottle to-day

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In the Woods Always take Minard's for Sore Feet, Cuts, Sprains and Bruises.

MINARD'S "KING OF PAIN" LINIMENT

ASPIRIN

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

BAYER Genuine

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 Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Veterans.

Flapper (after the accident)—"It was all your fault. I've been driving carefully. I've had two years' experience."

Old boy (picking himself up)—"But I've always walked carefully. I've had sixty-eight years' experience."

Classified Advertisements

SILVER FOXES—NOTES FROM MY DIARY (Booklet). Nine years' experience ranching foxes. 25 cents. Dr. Rendall, Truro, Nova Scotia.

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Itching and Burning Terrible. Cuticura Heals.

"I was troubled with eczema on my hands and body. It broke out in a red rash and later formed sore eruptions containing water. The itching and burning were terrible. My hands had to be bandaged, and my clothing aggravated the breaking out on my body. The trouble lasted about three months.

"A friend advised me to try Cuticura Soap and Ointment. I did and found they helped me, and after using two cakes of Cuticura Soap and two boxes of Ointment I was healed." (Signed) Mrs. Russell Hendsbee, Sand Point, Nova Scotia.

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

Sample Each Free by Mail. Address: "Lymans, Limited, 344 St. Paul St. W., Montreal." Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Soap shaves without mug.

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Entirely Remedied by Lydia E. Pinkham's Vegetable Compound

Eberts, Ont.—"I started with cramps and bearing-down pains at the age of eleven years, and I would get so nervous I could hardly stay in bed, and I had such pains that I would scream, and my mother would call the doctor to give me something to take. At eighteen I married, and I have four healthy children, but I still have pains in my right side. I am a farmer's wife with more work than I am able to do. I have taken three bottles of Lydia E. Pinkham's Vegetable Compound and I feel that it is helping me every day. My sister-in-law, who has been taking your medicine for some time and uses your Sanative Wash, told me about it and I recommend it now, as I have received great relief from it."—Mrs. Nelson Yott, R. R. 1, Eberts, Ont.

Lydia E. Pinkham's Vegetable Compound is a medicine for ailments common to women. It has been used for such troubles for nearly fifty years, and thousands of women have found relief as did Mrs. Yott, by taking this splendid medicine.

If you are suffering from irregularity, painful times, nervousness, headache, backache or melancholia, you should at once begin to take Lydia E. Pinkham's Vegetable Compound. It is excellent to strengthen the system and help to perform its functions with ease and regularity. C

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