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OF BOOKS

TO PROF.
PRINCETON

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SAVING LIGHT BY
COLORS

With the passing of oil and candles
and the increasing use of electricity,
there is a chance for light to play a
large part in our ordinary life at night
as well as during the day.

Light comes in by the electric wires,
is produced by the lamps, but so often
it gets waylaid by a dark greasy wall
or ceiling instead of being gently fit-
ted back and forth by a good light-
reflecting surface. Illuminating experts
have determined that the surfaces of
the room and its contents are nearly
as important in obtaining satisfactory
light as the electric bulbs or the
power that supplies them.

If the lighting engineer would care
only about how much light he could
force the ceilings and walls to produce
as mirrors or secondary sources of
light he would probably urge that you
build them of blocks of magnesium
carbonate, freshly scraped each day.
Such a surface sends back up 98
per cent. of the light that falls upon it.
Although magnesium carbonate as
building material would hardly be
practicable, such blocks are used as
the standard surface in calibrating the
instruments that have been developed
for measuring the quantity of light re-
flected by various surfaces. It is an
easy standard to obtain, because a
chunk of magnesium carbonate can
be obtained at any drug store for a
few cents. The light-measuring in-
struments are called photometers, and
they allow the lighting expert to com-
pare the light given off by a wall with
that emitted by the standard.

Such tests show that even though
walls and ceilings cannot be made of
the best light-reflecting material,
paints and other finishes applied to
different materials will give very sat-
isfactory results. As would be ex-
pected, white paint uses less of the
light than any other, as it will reflect
82 to 89 per cent. of the light when
new and from 75 to 85 per cent. when
old, depending on the kind of paint.

Other colors of paint, wall papers
and wood finishes are efficient as light
reflectors as indicated by the follow-
ing percentages: Cream, 62 to 80;
buff, 49 to 66; ivory, 73 to 78; gray,
17 to 63; light green, 48 to 75; dark
green, 11 to 25; light blue, 34 to 61;
pink, 36 to 61; dark red, 13 to 30; yel-
low, 61 to 75; dark tan, 30 to 46; nat-
ural wood brown stain, 17 to 29; light
wood varnish, 42 to 49.

If you wish to use gray for your
walls and ceilings be sure that it is
made by mixing vermilion and emerald
green paint to give black, then thin-
ning out with a white, as the
shade produced in this way has a
markedly higher reflection than has a
gray tone made by mixing lampblack
with a white paint.

The reason why a colored surface
reflects less light than a white one is
that it absorbs more light. White
light is not simple, but very complex,
made up of all the colors of the rain-
bow. Nature's display of colors in
the sky when the sunshines through
rain is a brilliant proof of the com-
plexity of white light. A colored sur-
face selects and retains those rays
falling upon it which are not needed
to produce the color that our eyes see.
The sun itself as well as the electric
light can be aided in its work by the
selection of surfaces with the best
lighting qualities. Tanks or machinery
set in a dark corner will be brightened
and seeing will be aided if they are
painted with the proper paint. Often
less illumination is required, and in
such cases a light-absorbing surface
can be used.

It is often just as easy and cheap
to paint or paper with an eye to light
as not to. A little planning and
thought in advance will pay dividends
in less eyestrain and lower cost of
lighting.

Ten Long-Life Hints.

Food—Most people overeat. Too
much food clogs the digestive tract,
generates putrefactive products, which
poison the tissue cells and which the
body finds increasingly difficult to
throw off.

Tea and Coffee—Be moderate in tea
and coffee drinking, but generous in
drinking pure water.

The Hands—Keep your teeth clean
and in good repair. Frequent visits
to a good dentist is a good investment.

The Bath—Bathe regularly—at least
twice a week. It is of the greatest im-
portance that the many miles of tiny
sewers of the skin be kept active and
the discharges from the mouths of
these sewers (grease and sweat pores)
be washed away.

Exercise—Take some kind of real
physical exercise every day. Walk at
least two miles daily. Indulge in some
kind of play and recreation.

The Mind—Why worry over things
you cannot help or for which you are
not responsible? Worry saps the
energy and vitality, sours the dispo-
sition, blunts the appetite, retards di-
gestion, and poisons the whole sys-
tem. Be cheerful.

Taking Stock—Have a thorough
physical examination by a good doctor
at least once each year and follow his
advice.

Sleep—Sleep at least eight hours
each night with the bedroom windows
open, or better, on a sleeping porch.

Work—Work regularly at some task,
occupation or profession in which you
believe, and in which you have the joy
of accomplishment. Life without work
is uninteresting, unprofitable and un-
bearable.

RED ROSE
TEA 'is good tea'

Next time try the finest grade—
RED ROSE ORANGE PEKOE

Surnames and Their Origin

PENNINGTON Racial Origin—English. Source—Geographical.

The first syllable in the name of Pennington might lead you to suppose that it is of Welsh origin, for the word "pen" in the Cymric tongue means a "head" in the geographical sense. The rest of the name, however, belies any Celtic origin.

As a family name Pennington, or Penington, as it is sometimes spelled, is traceable directly to Pennington as a geographical name. And it is found as the designation of a township in Lancashire, England, and of a tithing in Hampshire.

English geographical family names of this sort are likely to denote an origin among the nobility, for of course the old Norman feudal chiefs naturally took as their family names the names of the territories over which they held leadership. As a matter of fact one Pennington family does trace directly back to one Camel de Pennington, overlord of a place of that name, who had his seat in Mulcaster (or Manchester) county. Certain branches of the family have taken the latter name as their family name.

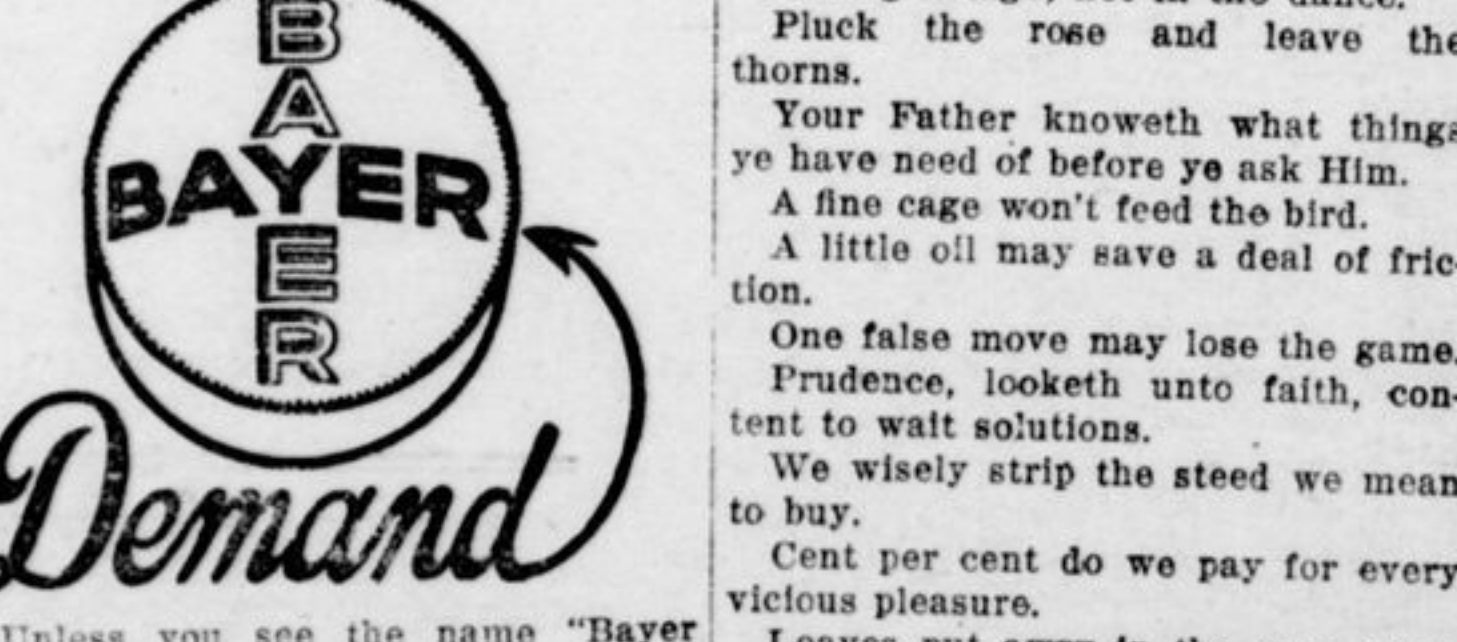
But this does not mean at all that all Penningtons trace back to this or any other of the Norman overlords. In many instances humble dwellers in the various Penningtons moved to other parts of England, and there became known by the names of the places where they had come, as "Roger de Pennington," etc. In nearly all English family names such prefixes as "de" (of) and "the" have either been eliminated as superfluous on the tongue, or have been incorporated into the name. In the case of Pennington it is easy to see that the latter would produce a combination rather hard to pronounce as a single word, which explains why such a variation is never met with.

Love and Life at Vigo.

Love at a distance until you are engaged is the rule in Spain. As a result of that somewhat inconvenient custom lovers are driven to strange expedients to communicate with each other. Consider the gentleman of Vigo whom Mr. Ralph Stock tells about in the Cruise of the Dream Ship. Picture if you can, says Mr. Stock, a well-dressed Spanish gentleman standing in the middle of one of the main thoroughfares and gazing toward one of the housetops; he is apparently engaged in practicing the deaf-and-dumb alphabet. No one of the stream of pedestrians passing along the sidewalks takes the slightest notice of him; neither does the wheeled traffic, except to avert obligingly out of his path. It is his affair and a love affair at that. He is conversing with his innamorata at the third-floor balcony window yonder. It needed three vulgar sightseers such as the crew of the Dream Ship to find anything unusual in the proceeding. I am ashamed to say that the lady caught sight of us and pointed in alarm; whereupon the gentleman turned with an excusable frown of annoyance, and we hurried on our way.

ASPIRIN

Beware of Imitations!



Unless you see the name "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians over twenty-three years for
Colds Headache
Toothache Lumbago
Neuritis Rheumatism
Neuralgia Pain, Pain
Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proven directions. Handy boxes of twelve tablets cost few cents. Drug-
gists also sell bottles of 24 and 100. 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."

Snowflakes.

Sound is deadened by snow. Snow will not quench thirst. No two snowflakes are alike. Snow prevents plants from becoming frost-bitten.

There is nothing on earth whiter than newly-fallen snow. Salt, added to snow, gives it an even lower temperature.

Carbonic acid is a component of snow, which is therefore a splendid fertilizer.

Snow is white because its crystals and prisms reflect only the white light rays.

Snow on some mountain-tops never melts because the rarefied air abstracts all the heat from surrounding objects.

ALMOST HELPLESS AFTER INFLUENZA

Left Weak, Nervous and Broken Down—Health Regained.

"A few years ago," says Miss Frances Hankla, of Plenty, Sask., "my mother, Mrs. Walter Hankla, was stricken with influenza which was then epidemic, and for a time was in a critical condition. She appeared to get over the prominent symptoms of the trouble but did not regain her strength. Some weeks later her weakness developed into sinking spells in which she would almost smother. Notwithstanding medical aid these spells continued and she was constantly growing weaker, until she was practically reduced to skin and bone. Her lips and gums were colorless, she was nervous, and suffered from indigestion and palpitation of the heart. At this stage a friend of mother's, who lived at a distance, came to see her and strongly advised her to try Dr. Williams' Pink Pills, which, she said, had greatly helped her in a critical illness. We got these pills and mother began taking them. The improvement was slow at first, but we could see that the sinking spells were growing less frequent, and that strength was returning. The treatment with Dr. Williams' Pink Pills was continued, and day by day health and strength returned, until she was again able to get about, and help with the work of the house. The improvement this medicine made in her case was simply remarkable.

"I may also say," adds Miss Hankla, "that in my own case these pills were of the greatest benefit. Last winter I was in a badly run-down condition and very nervous. My appetite failed and I had no color. Knowing what Dr. Williams' Pink Pills had done for mother, I began taking them with the result that they soon made me as strong and full of vigor as the other girls of my age. I may just add that I think we owe mother's life and my good health to the pills and I hope our experience will be of benefit to some other sufferer."

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



Haven't Descended As Yet.

"Do you believe that men have descended not only from monkeys, but farther back, from fishes?"
"No—most of 'em are poor fish still."

Words of Wise Men.

Virtue is a quality more admired than rewarded.

When the music plays, the heart is light.

Ships that are badly navigated hit the rocks and human beings are often ships without rudders.

It is astonishing how little one feels poverty when one loves.

You must judge a maiden at the kneading trough, not in the dance.

Pluck the rose and leave the thorns.

Your Father knoweth what things ye have need of before ye ask Him. A fine cage won't feed the bird.

A little oil may save a deal of friction.

One false move may lose the game. Prudence, looketh unto faith, content to wait solutions.

We wisely strip the steed we mean to buy.

Cent per cent do we pay for every vicious pleasure.

Leaves put awry in the oven come out crooked.

He overcomes a stout enemy who overcomes his own anger.

"Men go to books—Heaven forbid—for instruction, but for warmth and light, for a thousand new perceptions that struggle inarticulately within themselves, for the enlargement of their experience, the echo of their dis-
cords and the companionship of beauty and terror for their troubled souls. They go to literature for life, for more life and keener life, for life as it crystallizes into higher articulateness and deeper significance. The enlargement and clarification of men's experience—that is the function of literature."
Ludwig Lewisohn.

Ask for Minard's and take no other.

The Pewter Pitcher.

Great-great-grandmother Gertrude Gray Got the set on her wedding day; Pewter graceful of curve and fare As costly and delicate silverware; Not of lead and soft all through, Lusterless, and a dead dull blue, But with copper enough in the tin to hold

A patina rich akin to gold.

Porringer, charger, bowls and spoons To stir the tea of afternoons

When a gossiping crowsy came to call, With half-knit stocking and woolen ball,

And needles flickering in and out Turning a gray yarn heel about, While the pewter sugar bowl, plain and plump,

Yielded many a luscious lump.

But the pewter pitcher with flowering lip, Like a calla lily's lovely tip, And handle looping its fluted side, Was the joy and pride of the happy bride.

It held the cream at the evening meal For the lovers wedded for woe or weal, And later milk for the babies four That played in turn by the cottage door.

Great-great-grandmother Gertrude Gray Folded her hands and passed away, And out of her cherished pewter set Only the pitcher survives her yet. It stands in a mansion now between A Chinese vase of apple green And Venetian glass as thin as air, Like a bubble blown from a jewel rare.

The old collector of precious things, Cups and ewers and coins and rings, Its weight in gold twice over paid For the pitcher of lead and copper made;

For the atmosphere of the long ago Clings to the humble metal, lo! Homely virtues, and simple joys, And the merry prattle of girls and boys.

The pewter pitcher is full of dreams Of bowery woods and crystal streams, A farmhouse brown with mossy eaves, Rosy apples and golden sheaves, Amber lamplight and bread and milk, And yellow cream as smooth as silk. Of all his treasures of gems and art, The pitcher is dearest to his heart.

—Mina Irving.

A Modern Maid.

Mrs. Jones advertised for a woman to do general housework and a colored girl applied for the place.

"What sort of a cook are you?" was the first question put.

"Ah can't cook," was the reply.

"Are you a good laundress?"

"Ah don't do no washin' an' ironin'; it's too hard on mah hands."

"Can you sweep?"

"No, lady; I ain't strong enough to sweep."

"What on earth can you do?"

"Ah dusts," the applicant answered.

The Drawback.

Eastman—"So your hired man's quit smoking?"

Westerman—"Yes—found it too much work to open his tobacco pack-
ages."

Keep Minard's Liniment in the house.

Free Ride to School.

Carefare is not needed by school children in Victoria, Australia. They are carried in street cars to and from school free of charge.

Crossgrained.

"Who is that woman?" inquired Rogers.

"That" answered his friend. "Why, that is Alvira Cross. And rightly named she is too. I haven't a doubt but what that woman would climb a fence, just to be on the other side."

GIRLS! HAIR GROWS THICK AND BEAUTIFUL

35-Cent "Danderine" Does Wonders for Lifeless, Neglected Hair.

A gleamy mass of luxuriant hair full of gloss, lustre and life shortly follows a genuine toning up of neglected scalp with dependable "Danderine."

Falling hair, itching scalp and the dandruff is corrected immediately. Thin, dry, wispy or fading hair is quickly invigorated, taking on new strength, color and youthful beauty. "Danderine" is delightful on the hair; a refreshing, stimulating tonic—not sticky or greasy! Any drugstore.

DON'T TRY THE DO THIS WATCH TEST

Can You Hear? Place watch on ear then draw away. You should hear tick at 36 inches. Does a ringing in your ears prevent your proper hearing?

LEONARD EAR OIL relieves both Head Noises and Deafness. Just rub it back of ears and insert in nostrils. Price \$1.25 For Sale Everywhere. Interesting descriptive folder sent upon request.

A. O. LEONARD, Inc. 70 8th Ave. New York

Now! Vacuum

at \$2.00 a year in advance. To United States, C. RAMAGE & SON, Publishers



80¢ the 1/2 lb.

Always - fragrant Always - the same Always - in good condition Wherever and whenever you buy it. Ogden's Liverpool.



Depends on the Form.

Betty—"Is it bad form to appear in knickers?"

Bess—"That depends on the form."

When making a baked custard the milk should be brought almost to boiling point before it is poured over the eggs. This will prevent the custard from turning watery, as so often happens when cold milk is used.

MURINE Keeps EYES Clear, Bright and Beautiful

Write Murine Co., Chicago, for Eye Care Book

Is Your Blood Starving For Want of Iron?

Without Plenty of Iron in Your Blood You Don't Get the Strength and Nourishment Out of the Food You Eat.

When over-work, lack of sleep, improper food and impure air sap the iron from your blood and make you feel weak, nervous, irritable and out-of-sorts, it is important that you should at once get more iron into your blood. Without iron the blood loses the power to change food into living tissue and therefore nothing that you eat does you the proper amount of good because you don't get the full strength out of it. Your food never passes through your system like corn through a mill with the rollers so wide apart that the mill can't grind because of the steady starvation of the blood and nervous people often become weakened, tired-out, nervous and run-down and frequently develop all sorts of symptoms. But the moment organic iron—Nourished Iron—is supplied a multitude of dangerous symptoms disappear in short order, the flesh becomes firmer, the muscles get back their strength and the roses of health bloom in cheeks that were pale and sickly before.

No matter what other so-called remedies you may have tried, if you are not strong, vigorous, hearty and well, you owe it to yourself to make the following test: See how long you can walk or how far you can walk without becoming tired. Next, take two five-grain tablets of ordinary Nourished Iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. You can obtain Nourished Iron from your druggist on the distinct understanding that if you are not fully satisfied your money will be refunded.

MRS. MISENER'S AGES AND PAINS

Vanished After Using Lydia E. Pinkham's Vegetable Compound

"Branchton, Ont.—"When I wrote to you for help my action was mostly prompted by curiosity. I wondered if I, too, would benefit by your medicine. It was the most profitable action I have ever taken, I heartily assure you, for through his results I am relieved of most of my sufferings. I have taken six boxes of Lydia E. Pinkham's Vegetable Compound Tablets and a bottle of Lydia E. Pinkham's Blood Medicine, and I can honestly say I have never been so well before. I had suffered from pains and other troubles since I was fifteen years old, and during the "Great War" period I worked on munitions for two years, and, in the heavy lifting which my work called for, I strained myself, causing pelvic inflammation from which I have suffered untold agony, and I often had to give up and go to bed. I had doctored for several years without getting permanent relief, when I started to take your medicines."—Mrs. GOLDWIN MISENER, Branchton, Ont.

Children Delight In Cuticura Soap Baths

Because they are soothing and refreshing for tender skin, especially if assisted by Cuticura Ointment on first signs of redness or roughness. The Cuticura Talcum also, delicately medicated and exquisitely perfumed, is excellent for little ones.

Sole U.S. Wholesaler, Talcum Co., Sold throughout the Dominion, Canadian Dispensary, Limited, 324 St. Paul St., Montreal.

Cuticura Soap shaves without razor.

Write to the Lydia E. Pinkham Medicine Co., Colburn, Ontario, for a free copy of Lydia E. Pinkham's Private Part-Book upon "Ailments of Women."

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