

**Starting Flower Seeds Indoors.**

For starting flower beds in the house cigar boxes make satisfactory seed boxes. These, filled with light friable soil and placed in a sunny window will bring on all the seedlings that are necessary for the small garden. Low flower pots, known as pans, are quite all right as they are made for the purpose, with a drainage hole in the bottom. When cigar boxes are used drainage holes must be provided.

To prepare the pan or box lay a thin layer of charcoal or broken flower pots on the bottom. A good potting soil consists of a mixture of light loam and leaf mould or rotted sod. This should be sifted free of lumps and pressed fairly firmly into place. On this, made quite level, half an inch below the rim, sow the seed thinly, one variety only in a pot. A very thin layer of fine soil should be sifted on and pressed down. Water and place a sheet of paper over the pot, then cover with glass. This will hold the moisture. Some growers use instead of paper and the glass, a piece of heavy wooden cloth cut to fit into the box.

To induce quick germination place the pots in a warm place a little above a furnace radiator or register. The soil must not be allowed to dry out, but overwatering must be avoided. A good method of watering is to cover the pots with cellophane and water with can with rose attachment. When the plants appear admit the light and place the pots in a sunny window of a warm room. They will need to be turned from day to day to ensure a uniform growth of the seedlings.

Many seedlings are ruined by overwatering, which causes them to decay at the surface of the soil. On the other hand, too little watering will stunt the plants. Judgment must be used to give the right amount and at the right times to induce a vigorous condition.

When the young seedlings are big enough to handle—that is when they have formed about two leaves in addition to their seed leaves—other boxes of soil should be provided and the seedlings transplanted from the original boxes or pans, about two inches apart each way. After transplanting place these second boxes in the window or in other windows where there is room. Continue the same precautions as to watering and turning. When the plants are grown to fair size, the boxes may be placed out of doors on warm days to acustom the plants to outdoor conditions.—Canadian Horticultural Council.

**They Called the Service Off.**

A Sunday-school secretary tells of an interesting experience that he had on one of his field trips. One Saturday late in the fall he attended a Sunday-school convention in a prairie town. To reach his engagement for Sunday he should have to motor one hundred miles.

A young farmer cheerfully offered to take him in his small car. As soon as the evening service was concluded they started and drove all night. It was dark and rainy, and the road was bad, but the young fellow didn't seem to mind at all.

They reached their destination at breakfast time, tired but looking expectantly forward to the public worship. Shortly after the morning meal the telephone rang, and a message came from the superintendent of the local Sunday school; he said that because of the rain and the bad roads they had decided to omit the services.

The young farmer was much disappointed, and he could not understand why those folks should be afraid of rain and mud; few of them lived more than two or three miles from the church, and all had automobiles or horses. It seemed to him that a little determination would have filled the pews; but unfortunately they exaggerated the difficulties and allowed their fears to conquer.

Whether we meet with success or failure in our ordinary tasks or in our church work depends largely on our attitude toward the duties that face us. Consider the attitude of the young farmer on the evening of the convention; a hundred miles of hard driving lay before him, but he made light of the task and did it cheerfully.

**A Plain Talk.**

To tell a man how he ought to do his job is easy; to go in and do it better is hard. Life is made possible by the doers, not by the talkers. The gas-bag makes a good balloon, fit enough for the clouds. Something more dependable is needed for the solid earth.

We must learn to serve before we can command. Don't say: "If I were the boss I'd do this or that." Be a good servant; be the best workman for excellence! You'll probably get a chance of putting your theories into practice one of these days.

The good workman makes the efficient master. Sudden success is only apparent. We see a man at the summit of the peak; he, as the poet says, "was toiling upward in the night" whilst his companions slept.

**Carry It.**

The girl walked briskly into the store. "Give me a chicken," she said. "Do you want a pullet?" "No, I wanta carry it."

Less than fifty years ago a child of nine was condemned to death for stealing paint to the value of two-pence-halfpenny.

The name "Red Rose" has been a guarantee of quality for 30 years

**RED ROSE TEA "is good tea"**

The ORANGE PEKOE is extra good. Try it!

**Surnames and Their Origin**

**PATTERSON**  
Variations—Pattison, Padden, Patten, Patton, McFadden, Paterson, MacPatrick, Patrickson, MacPhater, MacFeat.

Racial Origin—English and Gaelic.  
Source—A given name.

The family name of Patterson is one to which neither the English, the Irish nor the Scots can lay exclusive claim, for there are to be found evidences of its origin in all of these countries.

There are, however, certain of its variations which can be allocated definitely to one or another of these countries.

The name of Patrickson is one of the least common forms of the name, but where it is found, there is pretty good evidence of its English origin. The given name of Patrick, or "Patrick" and "Parraig," as it occurs in Gaelic, with the addition of words meaning "son of" or "descendants of," is, of course, the origin of the family name.

The Irish name is "MacPhaidin," derived from "Paidin," which is one of the diminutive forms of Patrick, and is found with us in the nickname "Paddy." Patterson, Pattison, MacFadden, Padden, Patten and Patton all occur as anglicized versions of the Irish name.

Patterson, Paterson and Pattison also occur as straight English developments of "Patrick's son."

Patterson and McPatrick are names

of branches of the Scottish Highland clan MacLaren. MacPhatter and MacFeat are also found as the equivalents of these names in the Highlands.

**TOWER**

Racial Origin—English.  
Source—An Occupation.

One of the origins of this family name, the obvious one, has been discussed in a previous article. But the name does not always trace back to such a form as "Roger de la Tour." Often it is traced back to a form in which the "de" is present, but the "de" is missing. And this does not indicate to the philologist that the phrase "tower of strength" was commonly applied to individuals in those days.

Deeper search, however, reveals an occupation, that of the "tower," from which the name has come in many instances.

The "tower" of the medieval period was a specialist in the tanning industry, who whitened and prepared goat skins and other soft leathers, to serve as raw material for the glove and shoe makers.

It takes but a slight change in the vowel sound to transform the word "tower" into "tower," though it is one of those tricky little changes which is likely to throw us off the track, particularly when we are not familiar with the obsolete word.

The term "tower" also was sometimes applied to bleachers and finishers of flax.

**MARCH WEATHER DANGEROUS TO BABY**

Our Canadian March weather—one day bright, but sloppy, the next blizzard and cold—is extremely hard on children. Conditions make it necessary for the mother to keep the little ones indoors. They are often confined to overheated, badly ventilated rooms and catch colds which rack their whole system. To guard against these colds and to keep the baby well till the better, brighter days come along, a box of Baby's Own Tablets should be kept in the house and an occasional dose given the baby to keep his stomach and bowels working regularly. The Tablets are a mild but thorough laxative which never fail to regulate the stomach and bowels and thus they relieve colds and simple fevers and keep the baby fit. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

**He Wondered.**

They talked so nice about him, They praised him to the skies; They said they loved his genial voice, The kindness in his eyes;

They said they oft remembered The noble things he'd done; They vowed he was in all things The city's favorite son.

He heard their praise and plaudits And then in fear he said: "They talk of me so nicely, I guess I must be dead!"

**Best Training Place.**

The old-fashioned home, said a recent speaker, surpasses all modern schools for the proper training of the young. Home should be a place where the theatre has a rival in home games and home companionship; where the radio may be heard, but not to the exclusion of family story-telling, reading and conversation; and where good music is always to be found.



One of the huge trans-Atlantic liners is shown in dock at Halifax after completing a trip from the Old Country, carrying returning Canadians and others who are making their first visit to the Dominion.

**Carnegie on Poverty.**

I was born in poverty and I would not exchange its sacred memories with the richest millionaire's son who ever breathed. What does he know about father or mother? There are more names to him. Give me the life of a boy whose mother is nurse, seamstress, washerwoman, cook, teacher, angel and saint all in one whose father is guide, exemplar and friend. No servants to come between. These are the boys who are born to the best fortune. Some men think that poverty is a dreadful burden and that wealth leads to happiness. What do they know about it? They know only one side; they imagine the other. I have lived both, and I know there is very little in wealth which can add to human happiness beyond the small comforts of life. Millionaires who laugh are very rare. My experience is that wealth is apt to take the smiles away.

**Supplying London With Water.**

A waterworks which will be the largest in the world is being built sixteen miles from London. The reservoir covers 723 acres, and has a capacity of 30,133,928 tons, or 6,750,000,000 gallons, drawn from the Thames.

Three meters with throats 5 feet wide pass in 100 million gallons of water daily from a great intake channel. Roller-slices 6 feet by 5 feet send the water into a draw-off tower, standing in the reservoir, whence, finally, it is sucked down the steel throats, 6 feet wide, of three pipes, and so over the embankment into the main, for the use of London's millions.

**NATURE'S WARNINGS**

**Danger Signals That Everyone Should Take Seriously.**

Pain is one of Nature's warnings that something is wrong with the body. Indigestion, for instance, is characterized by pains in the stomach, and often about the heart; rheumatism by sharp pains in the limbs and joints; headaches are a sign that the nerves or stomach are out of order. In some ailments, such as anaemia, pain is not so prominent. In this case Nature's warning take the form of pallor, breathlessness after slight exertion, palpitation of the heart, and loss of appetite. Whatever form these warnings take, wise people will not ignore the fact that many diseases have their origin in poor blood, and that when the blood is enriched the trouble disappears. Dr. Williams' Pink Pills are most helpful in such cases because they purify and build up the blood to its normal strength. In this way it tones up the nerves, restores the appetite and gives perfect health. Miss Hazel Berndt, of Arnprior, Ont., has proved the great value of this medicine, and says: "I am a young girl and have been working in a factory for the past four years. For two years I had been in such poor health that at times I could not work. I was thin and pale, and troubled with headaches and fainting spells. I doctored nearly all this time, but it did not help me. My mother advised me to take Dr. Williams' Pink Pills, and after using them for a while I could notice an improvement in my condition. I used nine boxes and can truthfully say that my health is restored. When I began taking the pills, I weighed 97 pounds and now I weigh 114. I feel that I owe my good health to Dr. Williams' Pink Pills and hope other ailing people will give them a fair trial."

**Earliest Cross-Word Puzzles.**

The editor of an American dictionary declares that something very similar to cross-word puzzles took up much of the time of the Hindus and Chinese 1,000 years B.C.

The Indians who lived in America before the arrival of the whites used to play a cross-word puzzle with grains of corn each marked with some Indian sign.

It is probable that the Indians brought puzzle working to America from Asia, when there was a stretch of land all the way.

"The cross-word puzzle of the present is evolved by combining the anagram, the acoustic, the rebus, and so on, with ancient magic squares," the editor says. "It is also closely allied to chess, and is possibly an earlier form of that game."

"The magic squares played an important part in the occultism and mysticisms of the Middle Ages. They were known to Hindus and Chinese, however, before the Christian era, and were introduced into Europe in the fifteenth century."

The last hard pull gets us over the hill.

**Father of Medicine.**

The foundations of medical science were laid in the early part of the first century by Claudius Galen.

Galen was born at Peramum, in Asia Minor. He spent some years at Alexandria and later went to Rome, where he wrote a work on anatomy and even performed dissections upon animals.

He considered that disease was largely based upon the four humors of man—bile, blood, phlegm, and black bile—which were regarded as related to (but not identical with) the four elements—fire, air, earth, and water—being supposed to have characters similar to these.

Thus, to bile, as to fire, were attributed the properties of heat and dryness; to blood and air those of heat and moistness; and finally black bile, like earth, was said to be cold and dry.

Galen supposed that an alteration in the due proportion of these humours gave rise to disease, though he did not consider this to be its only cause.

Thus cancer, it was thought, might result from an excess of black bile, and rheumatism from an excess of phlegm.

He regarded old age as resulting from a diminution of the fiery and aqueous elements. Hence the necessity of keeping old people warm and giving them hot liquors to consume.

Where Female Rights Prevail.

The ants are described as communists, because the individual interest is merged in the community. There is a female rights colony. The workers are females, the soldiers are females, the nurses are females, and there is one queen mother for them all, who lays all the eggs for the colony. The males are but mates for the young queens.

The man who does nothing does somebody.

Minard's Liniment for Colds.

**"The Tobacco of Quality"**

**SMOKE**

**OLD CHUM**

15¢ per Package also in 1/2 lb. VACUUMIZED TINS

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**Alvan T. Simonds Economic Prizes for 1925.**

To encourage the study of Economics two prizes of \$1000 and \$500 are offered by Alvan T. Simonds, president of the Simonds Saw and Steel Company, of Fitchburg, Massachusetts, for the best two essays on the following subject: "Your Prosperity and Mine."

The contest is open to all residents of the United States and Canada. It is hoped that it will especially appeal to business executives, assistants to business executives and students of business and commerce.

Contestants, who are not well versed in economics, are advised to study elementary works, dealing with fundamentals, and to read articles on economic subjects in newspapers and magazines. The essays may be entirely original or may be based, in whole or in part, on books or articles. If the latter plan is followed, references to the books and articles should be given in footnotes.

The essays must be at least 2500 words in length and should not exceed 3500 words. They must be typewritten and on one side of the paper only. The prize winning essays, upon payment of the prizes, will become the property of Alvan T. Simonds.

The judges will be announced later. They will be selected from experts in economics, business, and related activities. Their decision must be accepted by all concerned as final.

The essays must reach the Contest Editor, Simonds Saw and Steel Company, 470 Main Street, Fitchburg, Massachusetts, on or before December 31, 1925.

**Strange!**

Clocks in Irish provincial hotels are not noted for their time-keeping qualities. They are kept more for ornament than use.

A traveller went into the coffee-room of an Irish hotel. The maid-of-all-work was dusting the mantelpiece. Suddenly the clock began striking.

The maid, with a look of surprise, turned and said, "There must be something wrong with the clock, it's going!"

**Typewriter Music.**

In order to get the proper effect of the various sounds when shrapnel breaks and scatters, a French soldier who has composed a new symphony, entitled "At the Front," has called for the use of twenty typewriters in the orchestra alongside his musical instruments.

**FOR NEURITIS**



**ASPIRIN**

Proved safe by millions and prescribed by physicians for

- Neuritis Colds
- Neuralgia Headache
- Lumbago Toothache
- Rheumatism Pain

**Fountains.**

Few things are lovelier than fountains are. Seldom in life can beauty be so free, so disengaged from complexity and clearly wondrous as a founding star.

White water stabbing at a blue sky far Or falling over in a crystal tree With frozen fire in all its veins to see Shuttled by winds into a rainbow bar.

Rarely the miracle surpasses this silver utterance of secret birth, spending the silence in a radiant rain. As eloquent to tired souls as a kiss A fountain is, flashing above the earth, driven and forceful, beautiful and vain.

—George O'Neill.

The "Queen of Queens," the girl chosen during recent festivities in Tunis as the most beautiful girl in the city, had to renounce her throne because of protests by the Mohammedan population. They objected to her violating one of the precepts of the Koran by showing her face before crowds.

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Perfect Cuisine and Service.

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**Improve Your Appearance**

More Phosphate if you want your complexion to clear, eyes to brighten, and skin to become soft and smooth. Thin, nerve-exhausted people grow strong on Bitro-Phosphate and druggists guarantee it. Price \$1 per package. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

**Classified Advertisements**

**REMNANTS.**  
BARGAIN PARCEL, \$2; 5 LBS. Patches, \$2. McCreery, Chatham, Ontario.

**FREE CATALOGUE.**  
RASPBERRY BUSHES, GLADOLIAS, Icy Peony, Fancy Dahlias and Barred Rock Eggs. The Wright Farm, Brockville, Ont.

There are only 16 bridges over the Thames between the sea and Kingston. It is now suggested that nine new ones should be built to relieve the congestion of traffic.

**DANDRUFF**  
Minard's cleanses the scalp, opens the pores, stimulates the roots of the hair to new activity. Rub Minard's into the scalp four times a week.



**Beauty Of Skin And Hair Preserved By Cuticura**

Use Cuticura Soap for daily toilet purposes, with touches of Cuticura Ointment as needed, and have fresh, clear skin and thick, glossy hair. They are ideal for the toilet as is also Cuticura Talcum for powdering and perfuming.

Sample each free by Mail. Address: Cuticura Dept., Cuticura, P. O. Box 2523, Montreal. Price: Soap, 10c; Ointment, 25c; Talcum, 10c. Try our new Shaving Stick.

**TIRED OUT ALL THE TIME Nerves Gave Little Rest**

Relieved by Lydia E. Pinkham's Vegetable Compound

Harrowsmith, Ontario.—"I took your medicine before my baby was born and it was a great help to me as I was very poorly until I started to take it. I just felt as though I was tired out all the time and would take weak, fainting spells. My nerves would bother me until I could get little rest, day or night. I was told by a friend to take Lydia E. Pinkham's Vegetable Compound, and I only took a few bottles and it helped me wonderfully. I would recommend it to any woman. I am doing what I can to publish this good medicine. I don't think little book you sent me to any one I can help. You can with the greatest of pleasure use my name in regard to the Vegetable Compound if it will serve to help others."

—MRS. HARVEY MILLIGAN, R. R. No. 2, Harrowsmith, Ontario.

In a recent canvass of purchasers of Lydia E. Pinkham's Vegetable Compound over 100,000 replies were received and 98 out of every 100 said they had been helped by its use. This medicine is for sale by all druggists.