

ROSY CHEEKED HEALTHY WOMEN

Know the Full Value of Rich, Red Blood.

Robust, healthy, red-cheeked women seldom worry. Their condition of mind and body is such that they can rise above the causes that bring melancholy and brooding. It is the woman with weak, watery blood who is thrown into nervous unrest by little annoyances that grow so great in the imagination that it seems as if she must scream to relieve her feelings.

A woman's health quickly falls when her blood becomes thin and weak. The stomach is disordered and all appetite vanishes. The nerves lose their strength and so sleep is not regular and does not refresh the body. A state of weakness arises that increases gradually and gives further cause for worry. Good blood is necessary to every woman who has grown pale and weak, and in this condition Dr. Williams' Pink Pills will be found of great benefit, because they enrich and purify the blood. Women who are anaemic, suffer from indigestion, palpitation, headaches and nervous attacks will find new strength through a fair use of these pills. Among the women who have proved the value of this medicine is Mrs. Enos Levy, Hackett's Cove, N.S., who says: "About two years ago I began to fail in health and was very weak. My constitution was all run down, and my blood was weak and watery, as was manifest every month. I had heard of Dr. Williams' Pink Pills and what they would do for the blood; and being in such a low condition I decided to try them. By the time I had finished the fourth box I found to my great delight that I was a great deal stronger, and my blood a deep red color. I have a lot of work to do besides taking care of my little one, and with my good health I enjoy it, and I can truthfully say I owe this condition to Dr. Williams' Pink Pills."

Dr. Williams' Pink Pills can be obtained through any medicine dealer, or may be had by mail, post paid, at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Avenging Kitchener.

The London Times tells in a recent issue how the British steamship Palmbranch—laden most inconspicuously for her name, with ammunition, poison gas, and high explosives—destroyed in the Arctic Ocean the submarine which sunk the cruiser bearing Lord Kitchener.

It was a quarter to four of a clear, sunny afternoon. Land had already been sighted about fifteen miles distant. Captain Malling, the master, had received no warning that submarines were about. But he was an alert officer who left nothing to chance, and had his ship and crew organized to a man-of-war's pitch. The gun's crew were standing by the gun, an American 13-pounder, with a cartridge inserted but the breech open, and they were ready for anything.

Suddenly one of the gun's crew saw a stationary periscope sixty yards distant on the port beam. At the same moment a white track of bubbles revealing a torpedo's course raced towards the ship. The track passed two or three feet from her stern; the torpedo had gone under the ship, running too deep to strike her. The men at the Palmbranch's gun slammed to the breech and laid their sights to zero. As they did so, the conning-tower of a submarine rose on the port quarter, barely forty yards away. Then the deck itself emerged from the water.

Naval gunners are rarely gifted with such a target at point-blank range. They accepted it with due thanksgiving. A flash, a roar; the Palmbranch's first shell struck the U-boat at the base of the conning-tower, just where it joined the deck, and tore great gaps and rents. Five seconds later a second shell burst against the waterline forward. Two rounds with a small gun. They sufficed. The submarine, which appeared to be stopped, rolled slightly. Then, taking heavy list, and tilting on end with stern high out of the water, she sank vertically out of sight.

Point.

Teacher—"William, what is income tax?"

Willie—"It is when you sit on a tack."

Teacher—"No, I'm afraid you don't see the point."

Willie—"You don't sir, you feel it."

Ice Can Now Be Compressed.

Experiments recently made with enormously high pressures—up to 20,000 atmospheres, or the equivalent of 300,000 pounds per square inch—have developed results as remarkable as they were unexpected. Up to now 3,000 atmospheres was the maximum tried. Under a pressure of 6,000 atmospheres mercury passed through walls of massive steel.

Hitherto water has been supposed to be an incompressible substance, but under 12,000 atmospheres it was reduced 20 per cent. in volume. Nor was it previously known that liquids could be made to freeze by mere compression. Water, when the pressure is pushed high enough, turns to ice, no matter how high the temperature. Water at 150 degrees Fahrenheit will freeze under a pressure of 20,000 atmospheres. Ice, under a pressure of only 2,000 atmospheres, collapses 15 per cent in volume, assuming a different appearance and new physical properties. A piece of it will sink in water. If more pressure be applied another kind of ice is produced. Phosphorus under 12,000 atmospheres turns black and assumes an appearance resembling graphite. Under the same pressure soft rubber becomes harder than mild steel.

Inasmuch as all materials far down toward the centre of the earth are subjected to tremendous pressures, the laboratory observations above quoted must be particularly interesting to geologists.

KEEP LITTLE ONES WELL IN WINTER

Winter is a dangerous season for the little ones. The days are so changeable—one day bright, the next cold and stormy, that the mother is afraid to take the children out for the fresh air and exercise they need so much. In consequence they are often cooped up in overheated, badly ventilated rooms and are soon seized with colds or gripe. What is needed to keep the little ones well is Baby's Own Tablets. They will regulate the stomach and bowels and drive out colds, and by their use the baby will be able to get over the winter season in perfect safety. The Tablets are sold by medicine dealers or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Payment Deferred.

Alice, the five-year-old, entered the general store of Mr. Smith, with whom she was a great favorite, and announced that, to make her dolly a dress, she needed "some red, blue and yellow."

"When Mr. Smith had brought out the required amount of material she asked how much it was."

"That will cost you just one kiss," replied the storekeeper.

Whereupon Alice answered: "Mamma will come in and pay you to-morrow."

The human brain contains 300,000,000 nerve cells.

Cape Horn was so named by the Dutch navigator who discovered it in 1616, and called it Cape Horn after his birthplace.

ended from kings, all earls from earls, or all Keyzers from kaisers. There weren't enough kings, even if you counted in those of Ireland, to account for all the kings among English-speaking races to-day.

The alternative, and undoubtedly the true explanation in the vast majority of cases, is that men were given such nicknames as "the prior," "the king," and so on, either from peculiarities of bearing or from taking part in the very popular "mystery plays" which in medieval times were held in every little village.

BLUNDEN IS BACK ON JOB EVERY DAY

DARTMOUTH CITIZEN FEELS YOUNG AND ACTIVE AS A BOY.

Was Losing Much Time From Work Because of Stomach Trouble But Eats Anything on Table Now.

"Think of it, a short time ago I could hardly push a plane or use a hand saw and to-day I feel as young and active and vigorous as I ever did in my life," said Harry J. Blunden, well-known carpenter of Hester St., Dartmouth, N.S.

"For three years before I started taking Tania I didn't know what it was to have a single day's good health, and for the last two years my stomach has been in such a disordered condition that I was just in misery all the time. Nothing in the world will pull a man down as quick as not being able to digest what he eats, and I lost weight and strength all the time. "I am on the job now working every day and feeling fine all the time. I certainly enjoy making the shavings fly now. Tania has just made a brand new man out of me."

Tania is sold by all good druggists.—Adv.

Tone Producer for Violins and Similar Instruments.

It is said that a modern violin, of any ordinary make, can be converted into the equivalent of a Stradivarius, or other violin of Italy's golden days of string-instrument making, by the attachment to it of a newly invented tone producer. The device is applicable to any kind of string instrument, is made of specially prepared wood, and is so constructed that it conforms to the shape of the instrument to which it is attached.

Mother, Quick! Give California Fig Syrup For Child's Bowels

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, a teaspoonful will never fail to open the bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste from the tender, little bowels and gives you a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful to-day saves a sick child to-morrow. 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.

Green.

"Your grandfather lived to a green old age, didn't he?"

"I'd certainly call it that. Why, the old gentleman allowed himself to be outrageously swindled a dozen times after he was seventy."

MONEY ORDERS.

It is always safe to send a Dominion Express Money Order. Five dollars costs three cents.

The harp is believed to have originated from the hunting bow, the tightly stretched string of which will emit a musical note.

Minard's Liniment prevents Spanish Flu

Here is a Useful Tree.

Probably no other tree in the world, unless it is the bamboo, is useful in so many different ways as the carnauba, a species of palm that grows in northern Brazil. Not only is the tree pretty, says Mr. Harry A. Franck, but it is useful from root to crown.

Fibres and wax from the leaves were used to make the first phonograph records and some of the first electric-light filaments. The wax indeed is one of the important exports of Brazil. To get it the natives thrash the leaves until the wax falls from them in the shape of a white powder. The powder is later worked up into many forms, from seals to shoe polish. The natives make their candles of it.

The fibres of the leaves they weave into hats, mats and baskets. They also make brooms of them, and they use the leaves to roof their houses and to make palm-leaf fans. Useful fibres also come from the inside of the trunk, the iron-hard wood of which they use to make many things, from musical instruments to water pipes. From the roots they make a purgative and a kind of farinina that is of inestimable value to them in times of famine.

The pulp of the fruit has an agreeable taste; and from the seed, which is of agreeable taste when roasted, comes a saccharine substance that can either be used as food or turned into wine or vinegar. Finally they use the seed as birros; that is, the knobs to which the lace makers tie the ends of their threads. The clinkety-clink of the birros can be heard all over northern Brazil.

No one is useless in the world who lightens the burden of it for anyone else.

The coast of Heligoland, which measured 120 miles in A.D. 1300, had been reduced to three miles in 1900 by coast erosion.

THIN, FLAT HAIR GROWS LONG, THICK AND ABUNDANT

"Danderine" costs only 35 cents a bottle. One application ends all dandruff, stops itching and falling hair, and, in a few moments, you have doubled the beauty of your hair. It will appear a mass, so soft, lustrous, and easy to do up. But what will please you most will be after a few weeks use, when you see new hair—fine and downy at first—yes, but really new hair, growing all over the scalp. "Danderine" is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates, stimulates, tonic helps thin, lifeless, faded hair to grow long, thick, heavy and luxuriant.



America's Pioneer Dog Remedies Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author, H. Clay Glover Co., Inc. 129 West 24th Street New York, U.S.A.

A Health Saving Reminder Don't Wait

until you get the Spanish Influenza

USE Minard's Liniment

At the first sign of it. Its Healing Qualities are Amazing. THE OLD RELIABLE.

FACE COVERED WITH PIMPLES

Hard and Red, Festered and Itched Badly. Cuticura Heals.

"My trouble began with a roughening of the skin and itching scalp. Later hard, red pimples broke out on my face and completely covered it. Some of the pimples festered and itched badly at times. I began using Cuticura Soap and Ointment and after a few days my face felt better. I continued using them and in three weeks was completely healed, after using one cake of Cuticura Soap and one box of Cuticura Ointment." (Signed) Leslie Gray, 10 Chestnut St., Plymouth, Mass., Feb. 28, 1921.

Cuticura Soap, Ointment and Talcum promote and maintain skin purity, skin comfort and skin health. The Soap to cleanse and purify, the Ointment to soothe and heal, the Talcum to powder and perfume.

Sample Each Free by Mail. Address: "Eugene Limb, 114, 244 St. Paul St., W. Montreal." Sold everywhere. Soap 2c, Ointment 2c and 6c, Talcum 2c. Cuticura Soap shaves without razors.

Classified Advertisements

IS THERE A VULCANIZER IN YOUR TOWN? You can earn \$25.00 daily. We teach you. Write Chief Instructor, Canada Vulcanizer, London, Ont.

CANADIAN MATHEMATICAL PAPER, 25c. No other fee. A. McCree, Chatham, Ont.

BELTING FOR SALE

ALL KINDS OF NEW AND USED belting, pulleys, saws, cables, hoists, etc., shipped subject to approval at lowest prices in Canada. YORK BELTING CO., 115 YORK STREET, TORONTO.

The man who feels certain he will not succeed is seldom mistaken. Minard's Liniment for Coughs and Colds

COARSE SALT LANDSALT

Bulk Carlots TORONTO SALT WORKS G. J. CLIFF TORONTO

ACHES AND PAINS—SLOAN'S GETS 'EM!

A VOID the misery of racking pain. Have a bottle of Sloan's Liniment handy and apply when you first feel the ache or pain. It quickly eases the pain and sends a feeling of warmth through the aching part. Sloan's Liniment penetrates without rubbing.

Fine, too, for rheumatism, neuralgia, sciatica, sprains and strains, stiff joints, lame back and sore muscles. For forty years pain's enemy. Ask your neighbor.

At all druggists—35c, 70c, \$1.40. Made in Canada.

Sloan's Liniment (Pain's Enemy)

SO WEAK COULD HARDLY DO ANYTHING

Now Looks After Home, Thanks to Lydia E. Pinkham's Vegetable Compound

Meaford, Ontario—"I was so weak I could hardly do anything and my work seemed the worst. I read so much about Lydia E. Pinkham's Vegetable Compound for women that I thought I would try it. I feel that it did help me for I am looking after my own home now and seem quite strong again. I have recommended your Vegetable Compound to quite a few friends and you can use my name if you wish to do so." Mrs. H. Porter, Box 440, Meaford, Ontario.

In your own neighborhood there are doubtless women who know of the great value of Lydia E. Pinkham's Vegetable Compound. Women everywhere, either by word of mouth or by letter, recommend this splendid medicine. Those who have suffered from female weakness, change of and similar troubles know of wonderful relief brought to them by the Vegetable Compound.



Surnames and Their Origin

MACCAUSLAND

Variations—MacCoston, Caston, MacCian, MacAnselan.

Original Origin—Scottish.

Trace—A given name.

You would not think, perhaps, that family name of MacCausland had anything to do with the given name of Selma. But it has.

The forms MacCausland and MacCian appear to be the ones most frequently met with to-day, though you will often run across the others. These names are all derivatives of the Gaelic given name of "Anselan," which is equivalent to "Anselm," the latter being the Teutonic form, with "Anselmus" as the Latin rendition.

It is interesting to note in this connection that many given names have been developed independently in the Gaelic and Teutonic tongues, but along virtually parallel lines, and when you trace back the connection, you do not find it until you arrive at that prehistoric and misty speculative period before the Celts and the Teutons branched off from the parent Aryan stock and subsequently split again into many races and nations. For comparative analysis of Celtic and Teutonic tongues, as well as the Latin and Greek shows that a large proportion of their fundamental vocabularies, stripped of their variations, inflections and changes, are from the same word roots. In other cases, however, given names have been imported from one language into another, and subsequently have developed into different forms.

The family name of MacCausland or "MacAnselan," which is the Gaelic form, appears to have developed in the Clan Buchanan of the Scottish Highlands.

PRYOR

Variation—Prior.

Racial Origin—English.

Source—A title, or a nickname.

Here is another of the type of family names which cause the evil-minded of limited knowledge concerning medieval social conditions to smile knowingly and refer to what is termed "the bar sinister," in short, to illegitimacy.

What the origin of a family name is in the specific, individual case, only a dependable genealogical tracing of it back to its source will establish.

About the family name of Pryor in most cases founded upon the word "prior," with its well-known meaning in religious life. The explanation that the name was first borne by actual children of priors, assumed to have been bound by vows of celibacy, is plausible, but it doesn't bear deep analysis, any more than does the shallow theory that all kings are descended from kings, all earls from earls, or all Keyzers from kaisers. There weren't enough kings, even if you counted in those of Ireland, to account for all the kings among English-speaking races to-day.

The alternative, and undoubtedly the true explanation in the vast majority of cases, is that men were given such nicknames as "the prior," "the king," and so on, either from peculiarities of bearing or from taking part in the very popular "mystery plays" which in medieval times were held in every little village.

He beat the train to the crossing a good many times

"It's never touched me yet," he explained when they pointed out the risks.

That's the answer a good many people make when they hear that the drug element in tea and coffee often harms nerves and health. They say it's never touched them yet.

Sometimes they only think it hasn't.

Wakeful nights, drowsy days, headaches that keep coming more frequently—often are blamed on bad luck when the blame belongs on bad

judgment in taking needless chances with harm.

Over on the safe side is Postum, a pure cereal beverage, delicious and satisfying—containing nothing that can harm nerves or digestion. Thousands who used to try their luck with tea or coffee are enthusiastic over having found safety and satisfaction in Postum.

It's worth your while to make the test with Postum for ten days. Postum is a delightful drink for any member of the family, at any meal.

Your grocer has both forms of Postum: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes.

Postum for Health

"There's a Reason"

Made by Canadian Postum Cereal Co., Limited, Windsor, Ont.

ISSUE No. 10--22

CASCARETS 10c

For Constipated Bowels—Bilious Liver

The nicest cathartic-laxative to physic your bowels when you have

Headache	Biliousness
Colds	Indigestion
Dizziness	Sour Stomach

is candy-like Cascarets. One or two to-night will empty your bowels completely by morning and you will feel splendid. "They work" while you sleep. Cascarets never irritate your or gripe like salts, Pills, Calomel, or Oil, and they cost only ten cents a box. Children love Cascarets too.



ASPIRIN

WARNING! Say "Bayer" when you buy Aspirin.

Unless you see the name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances?

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 Manufacturers of Mono-nitroacetate of Salicylic Acid. 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."