## SYMPTOMS OF DEBILITY

### How to Tell Whether Your Blood Needs Revitalizing.

The symptoms of general debility vary according to the cause, but weakness is always present, a tendency to perspire and fatigue easily, ringing in the ears, sometimes black spots passing before the eyes, weak back, vertigo, wakefulness caused by inability to stop thinking and unrefreshing sleep. The cause of the trouble may be some drain on the system, or it may be mental or physical overwork, sometimes insufficient nutrition due to digestive disturbance.

If you have any or all of these symptoms try building up the blood with Dr. Williams' Pink Pills, and as the new blood courses through your veins there should be an increase in your appetite, a better digestion and soon a renewal of strength and vigor.

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

### Private O'Grady's Nerves.

Veterans of the Great War who served in the front-line trenches in France will be able to sympathize with Private O'Grady. Some of them can remember seeing the posts that held the barbed wire out in front come together on a moonlight night and advance in a stealthy and threatening manner. They know how they felt as evening came and they prepared to "stand to." They can understand how O'Grady felt when after a day of hard fighting under a blistering Philippine sun he was assigned to sentry duty.

The battalion camp was not more that a quarter of a mile from a curving beach, and O'Grady's post was at the water's edge. As darkness fell and the stars came out he felt weak and depressed. He glanced at the line of a fire crested wave and watched it charge toward the shore. He glanced at a flat rock lying some dozen paces away. What! Did the rock move? It certainly did!

He looked in the opposite direction. Another flame-tipped wave was rolling toward a number of rocks lying a short distance from the water. Those rocks moved too! Very slowly they started to meet the incoming wave. He shouted "Halt!" and brought his gun to bear.

The rocks halted, and O'Grady rubbed his eyes. What had happened to him? He had glanced back over his shoulder toward camp. A rock directly behind him was coming toward his. Ah! Sneaking up to bolo him in the back! O'Grady rushed madly at it and dashed the butt of his gun against its hard surface. Then he mopped his forehead. Just a common rock on the sand!

He looked up and down the shore. There they were again! Rocks everywhere were moving toward the water—edging, creeping, crawling by ones, by twos, by threes and in large groups! Then the sentinel's nerves gave way. The whole battalion was awakened by his yelling like a Comanche as his rifle spat fire in the darkness.

When it was safe to approach him it took half an hour to calm him and to prove to him that his treacherous, traveling rocks were only immense but innocent turtles, making their nightly visit to the water in search of food.

### Work.

Let me but do my work from day to day,
In field or forest, at the desk or loom
In roaring market-place, or tranquil room;
Let me but find it in my heart to say,
When vagrant wishes beckon me astray—
"This is my work; my blessing, not my doom;
Of all who live, I am the one by whom
This work can best be done, in the right way."
Then shall I see it not too great, nor small,
To suit my spirit and to prove my powers;
Then shall I cheerfully greet the laboring hours,
And cheerful turn, when the long shadows fall
At eventide, to play and love and rest,
Because I know for me my work is best.

—Henry Van Dyke.

Keep Minard's Liniment in the house.

### Pays a Man to Wed Her So She Can be Briton.

There are more ways than one of becoming a British subject, and one of the strangest yet revealed—that is, for a foreign-born woman to pay $150 for the privilege of going through a marriage form with an Englishman, whereupon she automatically takes on her husband's nationality.

It is said that recently an Austrian woman, who had difficulty in becoming naturalized and wished to take the short cut, offered an elderly, and impecunious bachelor of her acquaintance about $150 if he would marry her. On his agreement the ceremony took place at the Registry Office, the bride and bridegroom agreeing, as they left the building, never to see each other again.

The Home Office states that several marriages of this sort have taken place recently.

Allure is the only high road to

### Royalty in Hiding.

Louis Philippe, Duke of Orleans, one of the French Royalists who came back to London in very indifferent health as a result of his recent expedition to Africa, unlike his sister, Queen Amelia of Portugal, and his nephew, King Manuel, who are constantly to be seen around London, goes about very little. He is rather grieved at being exiled from France though in his young days, you remember, he more than once insisted on going there, claiming his right as a Frenchman to serve as a conscript in the Army. He used to live at York House, Twickenham—his sister Queen Amelia was born there—and at one time I was a frequent visitor to the house. The grounds are on the banks of the Thames with the most exquisite bowers of roses; but the chief thing about York House is the big marble swimming pool specially built by the Duke and decorated with the Orleans arms.

We have seen practically nothing of the Queen of the Netherlands who, with her Prince Consort and her daughter, the Princess Juliana, have been here in England for a month's holiday in the poet Wordsworth's country at Grasmere among the lakes of Westmoreland. They have had the quietest of times and their wish for unobtrusiveness has been compiled with. The Prince Consort took his daughter, Juliana, long climbs in the mountains while the Queen devoted a good deal of her time to water-color painting of the lake scenery. The Dutch royal family never came near London, really for fear they might get engulfed in the gaieties of the season.

The mother of the murdered Czar has been staying with her sister, Queen Alexandra, mother of the King. The two widowed queens are inseparable. More than once recently when I have sauntered into Hyde Park on a sunny afternoon to listen to the band of the Grenadier Guards I have seen their open automobile drawn up under the trees so they might enjoy the music. Of course, everybody knows who they are, but no one is so bad mannered as to go near and stare at them. Queen Alexandra, however, has always the brightest smile for anyone who salutes her as the car drives along, but the Dowager Empress of Russia always seems to be wrapped in sadness—as well she might be.—Sir John Foster Fraser.

### A Personal Instrument.

The general popularity of the piano, that instrument which has long been a classic unit of the furniture of the home, is not the result of some arbitrary choice of the householder. According to a famous pianist the satisfaction which the listener finds in this instrument is the result of the complex tonal effects which it is capable of producing, and also of its peculiar adaptability for conveying fully and directly the message of the performer.

What a remarkably personal instrument the piano is. It is capable of impressing upon auditors with unique thoroughness the personality of the artist or the character of a work. If music has any value that fact may be determined by playing it over on the piano. We frequently hear composers say that their compositions for orchestra show to advantage only when presented by an orchestra, and that they should never be judged when played upon the piano. This, it seems, is only an excuse for hiding utterly worthless stuff under a maze of orchestral coloring. If a composition has real musical attributes these may be easily discerned when played upon the piano. In fact the piano is such a peculiar personal instrument that it is possible for the works of certain composers to be properly set forth only by their creator.

Evidence Lacking.

"Why did she fail in her breach-of-promise suit?"

"She made the mistake of letting him make love to her by radio instead of through the mails."

What is wisdom but having a great deal to say and keeping silent?

It takes less effort to make good impressions than to re-make bad impressions.

## Surnames and Their Origin

**GOODWIN**

Variation—Godwin.
Racial Origin—Anglo-Saxon.
Source—A given name.

There is no particular distinction in being able to trace one's family name back to a Norman-French origin in old England. Probably a majority of English family names are derived from Norman sources, which is strange at first thought, considering that at no time was the bulk of the population in England Norman.

The paradox is explained by the fact that the Normans, being for several centuries the rulers of the land, dominated it in the matter of language and names, though numerically weaker than the Anglo-Saxon element, until finally they were absorbed, and following the political severance with their old land, Normandy, drifted willingly into the "melting pot."

Thus, during this period of dominance of the French tongue, say through the twelfth and thirteenth centuries, the historical records show a very small minority of the old Anglo-Saxon given names. Anglo-Saxon names, indeed, disappeared for a time more completely even than Anglo-Saxon speech.

But here and there they were to be found. Among these rare instances are several Godwins, spelled variously "Godewin," "Godwyne" and "Godun." They became familiar names, as did other given names, by the addition of the termination "son" or the prefixing of the Norman "fitz" with the same meaning, and in the course of time these again have been dropped.

The form Goodwin is explained by the fact that the "o" in Godwin originally was pronounced long, as in "hole," and that the spelling "oo" also at one time had the same pronunciation.

**OAKES**

Variations — Oake, Oakbolt, Oakley, Oakover, Oakshot, Oakslade, Oker, Nokes.
Racial Origin—English.
Source—A locality.

Here is another group of family names belonging to the locality classification. One and all of these names apparently sprang up simultaneously and quite naturally in nearly all parts of England, at least in all parts where oak trees grew. Consequently the possession of this name is no guarantee of relationship, even a remote one, with other persons bearing the same name or ones similar to it.

The original forms of the name, of course, were nearly always preceded by words that show it was at first merely a descriptive phrase. In the old records we find the Norman prefixes "del" and "de," meaning "of," used with it, and also the Anglo-Saxon "atte" ("at the").

Old spellings of the names include "dell Oke," "atte Oke," "atte Ok," "del Okes," "de Okolt," "de Okholt," "de Oclee," "de Akelegh," "de Okovere," "de Ocslade" and "Oker."

The last of these is simply "oak-er," that is, a contraction of the old "were," meaning "man," with the word "oak."

An oak "holt" is an oak thicket. An oak "s ade" is a grass-covered open space in an oak forest. An oak "lev," "lee" or "legh" is either a shelter or pasture near oaks. An "over" is flat land near the sea or a river. If oaks grew upon it, the medieval English called it an "okovere" or "okeovere." The termination "shot" in the name Oakshot is simply a contraction of "holt" to be found in a great many English place names. The name of Nokes is a contraction of the form "atten Okes," inwhich the "n" of the prefix has been carried over to the name.


## BABY'S OWN TABLETS OF GREAT VALUE

Mrs. Hermadis Chagnon, Ste. Theodosie, Que., writes:—"Baby's Own Tablets have been of great value to me in keeping my little one well and I would not be without them." Thousands of other mothers say the same thing. They have learned by actual experience the value of the Tablets in regulating the bowels and stomach; banishing constipation and indigestion; breaking up colds and simple fevers; and keeping the baby free from the many simple ailments of childhood. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.


### The Two Lovers.

"How do you know you love me?"
The modest maiden said.
The lover's eyes were big, round eyes,
And high he held his head.

"Because you're fair as angels are,
Because your eyes are dreams!
Because without you all the world
But tame and empty seems.
Because when I am far from you
Life seems but Death, alway.
I cannot live without you, dear!"
She sent the man away.

"How do you know you love me?"
Again the maiden said.
The lover's eyes were sleepy eyes,
And down he cast his head.

"Because when e'er I knot my tie,
I always think of you.
I wonder if you'd like the red,
Or would prefer the blue.
Because whene'er I shave myself,
Your face comes in the glass,
And I am sure to cut myself."
He won the little lass!

—Gelett Burgess.

### Speculation and Respectable Graft.

There is plenty of work to do. Business is merely work. Speculation in things already produced—that is not business. It is just more or less respectable graft. But it cannot be legislated out of existence. Laws can do very little. Law never does anything constructive. It can never be more than a policeman, and so it is a waste of time to look to our state capitals or to Washington to do that which the law was not designed to do. As long as we look to legislation to cure poverty or to abolish special privilege we are going to see poverty spread and special privilege grow.—Henry Ford.

Some people's idea of taking life easy seems to be making it hard for the rest of us.

She—"It's hard to realize there are thousands and thousands of people in Europe of the lower classes only half clothed."

Rector—"Yes! And there are thousands and thousands in this country of the upper classes in the same condition."

**MONEY ORDERS.**

Pay your out-of-town accounts by Dominion Express Money Order. Five Dollars costs three cents.

Oysters are nervous creatures, and it is said that a sudden shock such as a loud thunderclap will kill many hundreds of them.

Two-pronged forks were introduced into England in 1608. They were first made in Sheffield. Three-pronged forks came into use in 1750.


### Classified Advertisements

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

WASHINGTON HAND PRESS.

WE HAVE AN ENQUIRY FOR A WASHINGTON Hand Press that will take 2 pages of 7 columns long. Wilson Publishing Co., Ltd., 73 Adelaide St. W., Toronto.



## Relieved Rheumatism, Too, Says Contractor

Thousands of people everywhere have learned of Tanlac through the statements of others and have taken the treatment with such splendid results that they in turn deem it only fair to relate their experience for the benefit of suffering humanity. Such is the case with L. Desormeaux, well-known electrical contractor, living at 1066 Berri St., Montreal, who says:

"I couldn't do otherwise than publicly endorse Tanlac for I was lucky to find out about the medicine the same way myself. For nearly a year I suffered from indigestion, and also had rheumatism in my legs. About a month ago I was laid up in bed for two weeks with this rheumatism and a bad case of grippe. I lost about eight pounds and felt miserable.

"Three bottles of the Tanlac treatment, besides greatly improving my rheumatism, has made my eating and digestion better than they ever were. I have regained my lost weight, and am feeling extremely well. Tanlac is great."

Tanlac is for sale by all good druggists. Accept no substitute. Over 37 million bottles sold.

Tanlac Vegetable Pills are Nature's own remedy for constipation. For sale everywhere.

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)


**One Neighbor of Another.**

Old Mistress—"So you are going to my friend over the way, Bridget? Did you tell her that you have been with me only two months?"

Bridget—"Yes, ma'am, and she said if I could stay with you two months that was a good enough reference for her."

Ask for Minard's and take no other.

You have heard of the old lady who always had something good to say about everybody, and when someone was slandering the devil, she protested that at least he had something commendable, and that was his persistency.


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.



## CUTICURA HEALS LARGE PIMPLES

On Face. Itched and Burned. Caused Loss of Sleep.

"I was troubled awfully with pimples on my face. Little white spots formed at first which later broke out in large, red pimples that festered and scaled over. They itched and burned causing loss of sleep, and my face was disfigured.

"Other remedies were used without success. A friend recommended Cuticura Soap and Ointment so I purchased some, and after using them about a week I got relief. I continued using them and in a month was completely healed." (Signed) Miss Lilian Warner, Williamsburg, Ontario.

Daily use of Cuticura Soap, Ointment and Talcum helps to prevent skin troubles.

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.


**White Rhino's Handicap.**

African travelers tell us that the white rhinoceros frequently dies from eating poisonous plants which have no effect on the black one, probably because the fine scent of the latter tells him it is dangerous.


MURINE FOR YOUR EYES
Cleanses and Beautifies
Write MURINE CO., CHICAGO for Free Book on Eye Care



**Attractive Proposition**

For man with all round weekly newspaper experience and $400 or $500. Apply Box 24, Wilson Publishing Co., Ltd., 73 Adelaide Street West.



WARTS

Minards, applied frequently, dries up and removes Warts.

MINARD'S "KING OF PAIN" LINIMENT



Harmless, purely vegetable, Infants' and Children's Regulator, formula on every label. Guaranteed non-narcotic, non-alcoholic.

MRS. WINSLOW'S SYRUP

The Infants' and Children's Regulator

Children grow healthy and free from colic, diarrhoea, flatulency, constipation and other trouble if given it at teething time. Safe, pleasant—always brings remarkable and gratifying results.

At All Druggists



## 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 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."



## WOMAN SUFFERED FOR MONTHS

### Weak and Nervous. Made Well by Lydia E. Pinkham's Vegetable Compound

Webbwood, Ont.—"I was in a very weak and run-down nervous condition, always tired from the time I got up until I went to bed. Sleep did not rest me at all. My sister recommended Lydia E. Pinkham's Vegetable Compound to me and others told me about it, but it was from my sister's advice that I took it. It did not take long until I felt stronger, headaches left me and my appetite came back to me. I am a farmer's wife and have many things to do outside the house, such as milking, looking after the poultry, and other chores. I heartily recommend the Vegetable Compound to all who have the same trouble I had, for it is a fine medicine for women."—Mrs Louis F. Elsasser, Hillcrest Farm, Webbwood, Ont.

**Another Nervous Woman Finds Relief**

Port Huron, Michigan.—"I suffered for two years with pains in my side, and if I worked very much I was nervous and just as tired in the morning as when I went to bed. I was sleepy all the day and didn't feel like doing anything, and was so nervous I would bite my finger nails. One of my friends told me about Lydia E. Pinkham's Vegetable Compound, and it helped me so much that I soon felt fine."—Mrs. Charles Beeler, 501 14th St., Port Huron, Mich.

Women who suffer from any feminine ailment should try Lydia E. Pinkham's Vegetable Compound.