

FREQUENT HEADACHES

A Sure Sign the Blood is Watery and Impure.

People with thin blood are more subject to headaches than full-blooded persons and the form of anaemia that affects growing girls is almost always accompanied by headaches, together with disturbances of the digestive organs.

Whenever you have constant or recurring headaches and pallor of the face, they show that the blood is thin and your efforts should be directed toward building up your blood. A fair treatment with Dr. Williams' Pink Pills will do this, and the rich red blood made by these pills banishes the headache.

More disturbances to the health are caused by their blood than most people have any idea of. When your blood is impoverished, the nerves suffer from lack of nourishment, and you may be troubled with insomnia, neuritis, neuralgia or sciatica. Muscles subject to strain are undernourished and you may have muscular rheumatism or lumbago. If your blood is thin and you begin to show symptoms of any of these disorders, try building up the blood with Dr. Williams' Pink Pills, and as the blood is restored to its normal condition the trouble will disappear. There are many people who owe their present state of good health to Dr. Williams' Pink Pills, and most of them do not hesitate to say so.

If you are suffering from any condition due to poor, watery blood, or weak nerves, begin taking Dr. Williams' Pink Pills now, and note how strength and health will improve. 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.

Daddies.

I would rather be the daddy
Of a romping, laughing crew,
Of a bright-eyed chubby laddle,
And a little girl or two,
Than the monarch of a nation,
In a high and lofty seat,
Taking empty adoration
From the subjects at his feet.

I would rather own their kisses
As at night to me they run,
Than to be the king who misses
All the simpler forms of fun,
When his dreary day is ending,
He's dismally alone,
But when my sun is descending,
There are joys for me to own.

He must ride to horns and drumming,
I must walk a quiet street,
But when once they see me coming,
Then on joyous flying feet,
They come racing to me madly,
And I catch them with a swing,
And I say it proudly, gladly,
That I'm happier than a king.

You may talk of lofty places,
You may boast of pomp and power,
Men may turn their eager faces
To the glory of an hour,
But give me the humble station,
With its joys that long survive,
For the daddies of a nation
Are the happiest men alive.

—Edgar A. Guest.

Canadian Exhibits Ready at Empire Fair by April 1.

The Department of Trade and Commerce has received a cable stating the Canadian building at the British Empire Exhibition, Wembley Park, will be completed February 1st, and the exhibits in place April 1st. The Canadian building is much further advanced than any of the others. Much difficulty has been met through lack of facilities for transporting supplies and materials to the grounds. Labor costs have been greater than anticipated, but it was felt it would be more economical to go ahead and secure early completion than to be at the mercy of employees toward the opening of the exhibition, when all buildings would be necessarily completed at any costs. Both Australia and New Zealand admit that Canada has stolen a march on them and secured greater results.

"I wish now," said the lecturer, "to tax your memory." A wall in the audience: "Has it come to that?"

Ask for Minard's and take no other.

Come to the Lectures, Demonstrations and Practices at the

Ontario Agricultural College

1924 — SHORT COURSES — 1924

Stock and Seed Judging — Two Weeks — January 8th - 19th.
Poultry Raising — (Four Weeks — January 8th - February 2nd).
Horticulture Courses:
Fruit and Vegetable Growing — January 21st - February 2nd.
Floriculture and Landscape Gardening — Feb. 4th - Feb. 16th.
Dairy Courses:
Courses for Factory Cheese and Buttermakers — January 2nd — March 14th.
Cow Testing — Jan. 7th - Jan. 19th.
Farm Dairy — Jan. 21st - Feb. 2nd.
Factory Milk and Cream Testing, including Factory Management — These courses are planned to meet the requirements of farmers, ranchers, stock, dairymen, poultry-keepers and horticulturists who may be able to leave home for but a short period during the winter months.

All courses are free, with the exception of the dairy courses, for which a small registration fee is charged.

A change from the home surroundings, meeting other people interested in the things in which you are interested, exchange of experience, and the acquirement of knowledge, will do you good.

Please to attend some of the appeals to you. Reduced rate on railways. Write for booklet containing courses and fees for many subjects.

J. B. REYNOLDS, M.A. L. STEVENSON, A. M. PORTER, B.S.A., President Director of Extension Registrar

Surnames and Their Origin

ROWAN

Variations — Rohan, Roan, Reughan, Ruane.

Racial Origin — Irish, also English. Source — Given name, also geographical.

By far the majorities of families bearing names in this group are of Irish origin, but not all; for one variation of the name also developed in medieval England from an independent source.

The larger of the two Irish sources of the name is the given name of "Rohan," which, literally translated, means "the chosen one." The "O'Roghain," to use the nearest equivalent to the old Irish spelling, trace back in nearly every case to a chieftain of this name who was a descendant in the line of O'Dea.

The other source is from the given name, or sobriquet "Ruadh," meaning "red." Ruadh is met with most frequently in the Irish nomenclature, but always in the form of a descriptive addition to the family name, distinguishing one branch of a family from another by its coloring, which explains why we so often meet such terms in Irish, and even Scottish history as "The Red O'Connor," "The Black Douglas," and the like. But only under very exceptional circumstances have such qualifying terms developed into real family names in the Gaelic tongue. The usual course would be for such a word first to become a given name, and from this develop into a family name. So with "Ruadh," the family name developed from which is properly Ruane. But the similarity of sound between Rowan and Ruane has often led to their interchange in English spelling.

The English family name is properly Roan, which was the common medieval spelling of the name of the city Rouen, in France. Settlers in England from foreign cities quite commonly came to be known by the names of the cities or countries whence they

Select Your Hens for Breeding Now.

By Sam W. Kniffa.

Too many poultry breeders leave the selection of their breeding hens till January or February, instead of selecting them in the Fall, when they go into their winter quarters. Of course it is not suggested that they should be mated then, but by picking out the most desirable birds for next year's breeders they can be separated, allowed free range, if it's available, until real severe weather sets in. Eggs from these birds during the winter months should be a secondary consideration only. The main point is to have them healthy and in good vitality when eggs are required for hatching. Therefore mash and other egg producing feeds should be limited, supplemented by a body and muscle building ration. Care must be taken not to over feed, or by spring the hens will be too fat to lay.

If you have any hens which have laid right up to October or November, hang right onto them; also if you have trap-nested keep your 150-egg birds and over. If you have a surplus of hatching eggs from such stock they are readily disposed of, and even if they only lay a couple of settings of eggs you know you may have chicks well worth while from their eggs.

While your breeders should have good care and attention, abundant exercise is absolutely necessary, without which you cannot expect the muscles and functional-organs to have the energy needed for subsequent utilization or the power to resist adverse influences.

Do not contemplate using pullets and hens which you have "forced" for eggs, under artificial lights, as the results in fertility are usually disappointing. Keep an eye on your cockerels, pick out the quick maturing, large framed and good typed birds to head your pens. If two or more males are to be used in one pen, get them accustomed to each other before breeding season; this will insure peace and contentment in your breeding quarters.

Breed only from good males, for remember, the male bird is 50% of your breeding pen.

"The future of the Nation cannot be entrusted to the children, unless their education includes their spiritual development." — President Harding.

Same. Picardy, Antwerp, Cologne and Lyons have given many English family names.

WALLACE

Variations — Wallis, Wales, Welsh. Racial Origin — Middle English. Source — Descriptive of nationality.

In tracing back the family name of Wallace, you run across a number of instances in which peculiar changes have taken place. For the most part, however, the name's development has been regular.

It originated as a surname. But there are evidences that at an early period, before the formation of family names had become general and complete throughout England, it also came to be used as a given name, with cases here and there where its use of a family name developed anew from the given name of Wallace.

In the beginning it was a surname, purely descriptive of nationality, and you run across it in the old records in such forms as Owen le Walys, meaning "Owen the Welsh." It was very common, too, for even in those days the close knitting of the bonds between England and Wales had been great, and there were many men of Welsh blood scattered throughout the former country. It was just the sort of distinctive description that a man's neighbors would pick out by which to differentiate him, and it was also natural that the same appellation should be applied to his sons. Thus it became a family name of sorts quite early, and even developed a use as a given name, though as a rule the use of family names for baptism did not become a custom until long after the formation of family names was complete.

Thus in some instances those bearing the name of Wallace are descendants of some one who bore the given name of Wallace. But for the most part they are descendants of ancestors originally Welsh.

Mrs. Alfred Tranchemontagne, St. Michel des Saints, Que., writes: "Baby's Own Tablets are an excellent medicine. They saved my baby's life and I can highly recommend them to all mothers." Mrs. Tranchemontagne's experience is that of thousands of other mothers who have tested the worth of Baby's Own Tablets. The Tablets are a sure and safe medicine for little ones and never fail to regulate the bowels and stomach, thus relieving all the minor ills from which children suffer. They are sold by medicine dealers or by mail, at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

SAVED BABY'S LIFE

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Short-Lived Joy.

Little Thomas' mother was an invalid, and so his aunt looked after his religious instruction, and let no occasion pass to enforce some precept.

One day, Thomas suddenly said:

"Oh, dear, I wish I had wings."

This angelic aspiration was regarded with great joy by the two sisters, and they eagerly asked why he wished for wings.

"Oh," said Tommy, "I'd fly up into the air, and take Aunt Susan with me."

Aunt Susan was delighted — and when I couldn't go any higher — I'd let her drop!"

Collapse of Aunt Susan.

The Alberta provincial mines branch reports that the coal production of the province for 1922 exceeded that for 1921 by 50,434 tons, the figures for these years being 5,959,651 and 5,909,217 tons respectively.

The Everlasting Lamp.

In one of the cemeteries near Paris a small lamp was kept burning under an urn over a grave, and an inscription on the gravestone ran thus, when translated into English: "Here lies Pierre Victor Fournier, Inventor of the Everlasting Lamp, which consumes only one centime's worth of oil in one hour. He was a good father, son and husband. His inconsolable widow continues his business in the Rue aux Trois. Goods sent to all parts of the city. Do not mistake the opposite shop for this."

Got a COLD?

Take a small pan of boiling water and put half a teaspoonful of MENTHOLATUM in the hot water, then breathe the steam. It's the best and also the quickest way to get relief.

For sale at all Drug Stores. Write for Free Sample.

THE MENTHOLATUM CO., Pittsburgh, Pa.

Box 63

ASPIRIN

Say "Bayer" and Insist!

BAYER

Genuine

Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians over twenty-three years for colds.

Headache

Toothache

Barache

Neuralgia

Accept "Bayer" Tablets of Aspirin only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Drugists also sell bottles of 24 and 100. Aspirin is the trade mark registered in Canada of Bayer Manufacture of Monosaccharide Salicylic acid.

While it is well known that Aspirin relieves pain, it is also known that it assists the public against imitations. The Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

CHILBLAINS

Rub the feet well with Minard's.

A few applications and the soreness is gone.

MINARD'S LINIMENT

Minard's Liniment

Liniment