

NEARING A BREAKDOWN

A Condition That Calls for a Reliable Tonic.

Many women give so much of their time to the cares of their household that they neglect their own health and sometimes reach the verge of a breakdown before they realize that their health is shattered. Often the heart palpitates violently at slight exertion, the stomach fails to digest food and discomfort follows. The nerves become weak and headaches grow more frequent. The body grows weak and they are always depressed. This condition requires immediate treatment with such a reliable tonic as Dr. Williams' Pink Pills, which enrich and build up the blood, carrying renewed energy to every part of the body. The value of Dr. Williams' Pink Pills in a rundown condition is proved by the following statement from Mrs. Alex. McInnis, Bowsman River, Man., who says: "About a year ago I had a serious illness which left me very anaemic. I was not able to get around to do my work; in fact I could scarcely walk. I was troubled with palpitation of the heart with the least exertion. One day a friend advised me to try Dr. Williams' Pink Pills as they had done her much good. I followed this advice and took the pills for some weeks when I felt as well as ever. I have since been able to attend to all my household duties. The dizziness and palpitation have left me and I bless the day I tried Dr. Williams' Pink Pills. They are just the medicine for those who are weak and run down."

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

Vatican to Settle 348-Year-Old Case

Ruling Expected Soon on Claims to Beatification for Early English Martyrs

A case which was first presented in 1580 under the Pontificate of Gregory XIII, with certain supplements made in the seventeenth century, will probably be settled in the new year, it was learned from Rome, where the Sacred Congregation of Rites met recently in final session to settle the affair. The case concerns the claims to beatification of George Haydock, John Ogilvie, Sr., and about 300 other priests and laymen who were executed at Tyburn and other places during the Tudor and Stuart periods on account of their being Catholics.

In 1642, sixty-two years after the first claim was lodged, Pope Urban VIII instituted a more thorough inquiry and a list of the martyrs was prepared by Dr. Richard Smith, Bishop of Chalcedon, and Dr. Richard Challoner. It was not, however, until 1855 that the claims were pressed by prominent English Catholics headed by the late Canon John Morris, and not until 1874 that a papal decree was issued ordering an investigation. This investigation showed that two difficulties were at once encountered: the contemporary destruction of many of the records and the great number of candidates, which was holy disputed by the Anglican church authorities with proof that many of the supposed martyrs had been executed for high treason, and even for highway robbery.

Then the Oratorian Fathers at Brompton, aided by Cardinal Gasquet, the Rev. Bede Camm and the Rev. J. H. Pollen, undertook the investigation with the result that the candidates were divided into the Venerables (more than sixty in number), already sanctioned, and forty-four held over for "later decision, known as "Dilatati." In 1888 a new case was started at Westminster which was made to include many who had died in connection with the Mary Stuart intrigues and the Oates accusations. It is admitted, however, that most of these stand little chance of recognition.

Haydock's claim to be numbered among the "beati" has always been favorably considered by the Vatican authorities. He was born in 1556 and was educated at the English colleges of Douai and Rome, being ordained at Rheims in 1581. Soon after returning to London he was sent to the Tower; then, after an imprisonment of two years, was charged with five other priests, James Fenn, William Deane, Thomas Hemersford, John Munden and John Nutter with conspiracy against Queen Elizabeth. The six were drawn to Tyburn on hurdles and hanged.

John Ogilvie, born at Drum, near Keith, in 1580 and reared as a Calvinist, entered the Roman church at Louvain and became a Jesuit in 1697. While on a special mission to Scotland in disguise he was betrayed at Glasgow and imprisoned for many months. One of his judges, Archbishop Spottiswood, has left a monograph describing his courage and humor during the trial, which resulted in his condemnation to the gallows. The grisly details of his execution were pretermitted owing to popular sympathy and he was buried in the yard of Glasgow Cathedral.

Farmer—"It is a bad season—my corn is hardly an inch high." Colleague—"That is nothing—the sparrows have to kneel to eat mine."

Chinese Changing Their Food Habits of Many Centuries

Milk Now Common Part of Diet; Tomatoes and Asparagus Gain in Favor

Peking (Peking)—The food habits of the Chinese people have been changing rapidly during the past two or three years, owing to the growing popularity of foreign foods. The most important of these changes is the introduction of milk into the Nation's diet.

Milk and cheese have always been staple food products among the Mongolians, and the Manchus have enjoyed a clabber delicacy, but milk was unwelcome in China proper until quite recently, when foreign advertising and the recommendations of Chinese who had lived abroad finally became effective.

Tomatoes and asparagus are two foreign vegetables which have become an integral part of the Chinese menu within the last few years. Canned asparagus is especially liked when served in soups. Oranges and lemons from California are in great demand in the China seaports. Sweet potatoes and peanuts, indigenous to China, have been greatly improved by the introduction of foreign stock. Together with corn on the cob, in season, they now form a cheap and substantial part of the national diet. Peanuts are also an important export.

Tending against the general popularity of foreign dinners, is the fact that Chinese cooking is excellent and varied, while good cooks trained in the Occidental manner are rare. As a result, many Chinese are led to believe that all foreign cooking consists solely of soup, fried fish, beefsteak, salad and ice cream.

Naturally such a restricted menu cannot compare with an old-fashioned Chinese banquet of 40 courses, but its effect is being noticed indirectly in the simplifying of modern native dinner parties.

WHY TORTURE THE LITTLE ONES

Mothers, do you think it fair to torture your little ones by forcing them to take ill-tasting oils when they need a laxative medicine? Don't you find that the child's dread of these medicines often do more harm than good? Baby's Own Tablets are the modern substitute for these nauseous doses. They are the very medicine the child requires and are so pleasant to take that they are as easy to administer as a glass of water. They are the perfect remedy for all the minor ailments of little ones, being absolutely guaranteed free from injurious drugs.

Baby's Own Tablets accomplish all that castor oil and other bad-tasting remedies can do. In fact they accomplish more, as they do not leave the child exhausted from its struggle against taking medicine. They relieve teething pains, banish indigestion and constipation, break up colds and simple fevers and promote healthful, refreshing sleep. They are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Soccer

We are back between the goals, And we strain our very souls To be first—and always first—upon the ball; For the sudden rush and kick, More than any clever trick, Is the deadliest offensive to forestall.

There are many who are neat With a clever pair of feet; They will sit about and let you kick the air; But they fail in the attack When they meet the fast halfback, Who is not a thing of beauty, but is there.

You may feint and heel and turn, And the lesson that you learn Will be much the same wherever teams are nursed, And the School will find a place For the fellow with the pace, Who can see the chance and get his foot there first!

Pres. S. S. Thompson of the American Farm Bureau Federation said on his return from Europe, where with 30 farmers he had been studying European agriculture: "European farmers know nothing about motor ploughs or electrical milkers. They are living now pretty much like the farmer's wife of a generation ago. A generation ago a preacher held up a farmer and said: 'How's your wife today?' 'About the same, reverend. Certainly no better.' 'Dear me! Too bad. What seems to be the matter with her?' 'Well, reverend, I can hardly tell ye, but if she don't get better pretty quick, me and the boys 'll be all knocked out doing her work.'"

When a millionaire's money talks, it usually talks about more money.—Dallas News.

A honest confession is good for the soul, but sometimes bad on the reputation.

A New King Crowned



CORN LAURELS GO TO ILLINOIS

The Chicago Live Stock Show saw many changes in the grain winners. Rome Workman of Waverly, Ill. (shown above), won the premier corn honors with ears 10 1/4 inches long weighing over a pound each.

Odd Names Prompt Question: Did Egypt Colonize Britain?

Dr. Rendel Harris Instances Cogent Reasons for Belief, Linking Names With Circles Like Those at Stonehenge and Worship of Sun as Ra

London, Eng.—The interesting theory that the Egyptians had settled colonies in Great Britain about 1400 B.C., and that there are even a number of places in England still bearing names in the original Egyptian tongue, was the subject of the tenth lecture given a short while since by Dr. J. Rendel Harris at Birmingham.

Dr. Rendel Harris is known on both sides of the Atlantic, not only as a great Biblical scholar who has been a professor at Johns Hopkins University and at Haverford College, Pennsylvania, as well as librarian of the Rylands Library, Manchester, but also particularly for his well-grounded views put forward a few years ago that the great Barn at Jordans, Buckinghamshire, the famous Quaker center, is built of the timbers of the Mayflower.

"A Common Highway"

Speaking at the Woodbrooke Educational Settlement of the Society of Friends to the students of the associated colleges at Selby Oak, Dr. Harris stated that he had suspected for some time that the prefix "Wa" or "Wat" in a British place name was a survival of the Egyptian word for "way." Following up this clue, he now found that the name of Watendeth, a hamlet in Cumberland, not far from Derwentwater, was pure Egyptian for "the road of all men," that is "a common highway."

Dr. Harris then set himself to inquire whether there was any reason why Egyptians had placed colonies so far away from Egypt, and also if there were any Egyptian remains in the area. The search for gold, he said, was likely to be a lure to their colonists, and on the bank of Derwentwater there is still a disused mine, erroneously thought to be an ancient lead mine, called Goldscoops. On the other side of Derwentwater there is an ancient stone circle hardly less interesting than that at Stonehenge, and clearly the temple of worshippers of the Sun God, whose Egyptian name was Ra. There was a smaller circle in the same neighborhood at Setmurthy, near Lake Bassenthwaite. This was a name which in his opinion was obviously connected with the Egyptian Setes and Merti, which are invoked in the Egyptian "Book of the Dead."

West Indians Discuss Union Next January

Conference at Barbados May Result in British Federation of Caribbean Isles

MANY EXPECTED

Bridgetown, Barbadoes.—With a population of 10,000,000 of brown, black and yellow people, scattered among seventeen distinct colonial governments which have jurisdiction over several hundred islands, the West Indies will be represented here next January at the West India conference by nearly 1,000 delegates. The movement for a general conference has been under way for a number of years.

If, as the delegates contemplate, a West India federation is eventually formed, it will mean the pooling of the financial resources of the whole group of British islands, and, it is believed, will be a benefit to the smaller islands, as in the case of Tobago, which bettered its condition by becoming a dependency of Trinidad.

Called "Little England."

Barbados was selected for this conference because that island has al-

Names With Egyptian Tinge

But this amazing theory of the perpetuation of the memory and of the language of ancient Egypt in the Lake District of England, did not complete the highly interesting case that this great and ingenious scholar has built up. He began looking for places the names of which seemed to have some Egyptian tinge. Presuming that the colonists would have reached England by coasting round Europe and crossing the Straits of Dover into Kent, Dr. Harris suggested that the village of Sarre, in Kent, was obviously the Egyptian Sa-Ra (Son of Ra, or the Sun), and that the same memories by these people of Ra is to be found in the villages of Rayleigh and Rawreth in Essex.

Following their likely movements and settlements up the Thames Valley, he drew attention to the number of places with names suggesting that they had been the habitations of a tribe or family named the Sonnings, such as Sunninghill, Sunningdale, Sonning and Sunningwell. He suggested that the descendants of the Egyptians had maintained their sun worship right into the Christian era, and that when the Saxons came into the land they called them the Sonnings. To confirm this supposition, Dr. Harris points out that near Sunningwell, a spot not far from Oxford (a city which also might have had an Egyptian origin), there is a spot called Rollright, which he thought was a corruption of Rawreth. And at Rollright there is to be found a small circle of stones, obviously erected for similar purposes to those at Stonehenge and Keswick.

Dr. Rendel Harris even goes so far as to suggest that the family name of Lord Rayleigh or Rayleigh, Essex, which is Strutt, "a very uncanny and undignified name," probably ought to have an "A" in front of it, and that then the first syllable "Ast" is one of the forms of the Egyptian deity Isis. In "The Book of the Dead" Isis is named a personage called "Rut-ast," which probably meant "Steward of Isis," and if this is correct, he points out that "it takes the Strutt family back to an earlier origin than he much-vaunted Norman Conquest, and leaves them on the spot where they originally settled" as Egyptian colonists!

Old Idea

Years ago the West Indian Federation was first proposed for the twofold purpose of promoting economy and greater efficiency in administration and also to give the ancient island colonies their proper place in the councils of the British Empire. A member of the Legislative Council of Jamaica first suggested the formation of the Federated League of the West Indies, with branches in the various colonies and for the political union for the Caribbean units of the Empire.

The time is now approaching for the delegates to the Barbados conference to weld the constitutions of the various islands into one central form of government, bringing them in line with other self-governing dominions of the British crown.

Minard's Liniment for Grippes.

Fish Lovers Have Conference

The Devotees of the Rod and Fly Also the Worm Are to Meet and Discuss Our Depleted Waters

ACTION NEEDED

On behalf of the Ontario Government Game Fish Committee, composed of the Hon. F. G. Macdormid, chairman, Mr. C. N. Candee and Professor B. A. Bensley, with Professor W. J. K. Harkness as secretary, letters are being addressed to sportsmen association and individuals throughout Ontario requesting opinions and comments on the game fish situation. It is the wish of the committee that the widest possible publicity should be given to this opportunity to the citizens of the province to submit their views.

There will also be a public conference beginning at 10 a.m. on January 9, 1929, at the Parliament Buildings, Toronto at which time full opportunity will be given to present any suggestions personally.

The letter reads as follows: Re Game Fish Recommendations The Ontario Government Game Fish Committee is desirous of obtaining expressions of opinion on the present situation with respect to game fish from as many sections of the province as possible.

It is desired to know (a) which waters are badly depleted; (b) what, in the opinion of the local and summer residents, are the chief causes contributing to depletion, and (c) what steps would be suggested for the rehabilitation of the fisheries, so far as possible with particular reference to individual species. It is also important to know of any waters where the game species are maintaining themselves and what are the factors contributing to this desirable result.

This enquiry refers principally to the purely game fishes, speckled, rainbow and brown trout, large and small-mouthed black bass and muskellunge, but also to the semi-game fishes, such as pike, pickerel (wall-eye) and lake trout.

If you have an organized sportsmen's association in your district it is suggested that your local committee get in touch with the Federated Anglers of Ontario, through their secretary, Mr. Stanley N. Schatz, 86 Bloor St. W., Toronto, send your report to them and have them embody it in the comprehensive report which the government committee is going to ask them to prepare. This would have the advantage of concentrating attention upon matters applicable either to the province as a whole, or to larger local areas, and would reflect the combined sentiment of anglers as regards constructive measures requiring general support.

This, however is optional and the reports from local associations, clubs and individual citizens will be given the same consideration by the committee as those from the Federated Anglers of Ontario or other large associations.

This matter should be given your immediate attention as the committee will be meeting in a short time for the purpose of going through these reports.

If you desire to submit personal recommendations or to send the report of your local organization directly to the committee, address it Professor W. J. K. Harkness, Secretary, Game Fish Committee, Parliament Buildings, Toronto.

It is the intention of the committee to summarize the results of these enquiries as well as their own efforts both in the province and in the United States, embodying the findings in a report which will be submitted to the Hon. Charles McCrea, Minister of Mines, during the early part of 1929.

New Rubber Uses

Rubber Upholstered Armchairs Among Exhibits at London Fair

London, Eng.—A block was taken from a stretch of rubber road paving in New Bridge Street, which has in the last two years had 32,000,000 tons of traffic pass over it, is exhibited side by side with a new one, so that comparisons can be made at the "Rubber Fair" opened recently at the Royal Agricultural Hall by Princess Louise.

Other exhibits include rubber upholstered armchairs, which are guaranteed never to get "lumpy"; artificial flowers of rubber with bowls and vases of the same material to hold them, and shaving brushes which, it is claimed, give a perfect lather without splashing.

H. Greville Montgomery, the organizer, said to a reporter: "This is the first big all-British exhibition of its kind and comes at a time when owing to the removal of restrictions, rubber is cheaper than it has ever been."

Minard's Liniment for Chapped Hands.

Lives of great men all remind us, As their pages o'er we turn, That we're apt to leave behind us, Letters that we ought to burn.



Eyes of Blue—true to you
Eyes of Gray—love white away
Eyes of Green—jealousy between

The color and shape of the eyes reveal character and disposition. They indicate types and racial origin. They form an interesting psychological study.

What are Your eyes saying today?
Your eyes have no voice, but they speak—they show moods and temper. They do more, they show your physical condition. Are they clear, bright, sparkling with health—or dull, with a yellowish tinge to the whites? This yellowish tinge is the signal of intestinal sluggishness—auto-intoxication and liver trouble. Don't neglect this warning of poor health to follow.

REMOVE YELLOW TINGE WITH BEECHAM'S PILLS
Try a regular daily course for a short period. Your eyes will soon tell the story of improved health. A Vegetable Product

Read about Character from the Eyes in future Beecham Advertisements.

African Diamond Region Enjoys Vast Prosperity

\$80,000,000 Yield Expected in Alluvial Area

Cape Town.—The government estimates that the Namaqualand diamond field at Alexander Bay will yield approximately \$80,000,000 in diamonds. Thus far stones worth between \$3,000,000 and \$27,000,000 have been obtained.

To allay fears of diamond owners and dealers, it is authoritatively stated that the government will not put stones upon the market in quantities likely to disturb prices.

Recent reports of leakages in the state alluvial diamond diggings at Namaqualand and of the disposal of smuggled stones to buyers in the Transvaal and Kimberly brought forth an official statement emphasizing the impossibility of smuggling from the government diamond fields under the present strict system of surveillance.

It was reported that the diamond detective department of the government had confiscated parcels of stones valued at between \$10,000,000 and \$20,000,000.

IRISH FREE STATE ENGAGES IN EXTENSIVE REFORESTATION

Dublin—Ireland has been largely denuded of its trees, and the Free State government is interesting itself seriously in the question of reforestation. This year it is planting 7,000,000 trees, roughly 2,000 to the acre, in several counties, and its record of planting already reaches a total of 27,000,000 trees, all planted since 1923.

Classified Advertisements

RAW FURS
RACON, FOX, WEASEL, MINK, etc. wanted. Flat average for skunk—Black, \$3; Short, \$2.25; Narrow, \$1.75; Broad, \$1. Try Carl Lehrbass, Inwood, Ont.

STOCKING YARD
\$1.15 PER POUND UP TWENTY-ONE POUNDS FREE. Stocking & Lard, Dept. 1, Orillia, Ont.

MENEELY BELL CO
TROY, N.Y. AND 220 BROADWAY, N.Y. CITY
BELLS

SUPERIOR

The Famous Stool with the FOLDING STEP makes countless risky and tiresome household tasks safe and restful—the Stool for Womanhood. A necessity in every home. An ideal Christmas Gift to Mother. Delivered anywhere. Avoid disappointment—Order Mother's Stool Now. Superior Barn Equipment Co., Ltd., Fergus, Ontario.

Break Colds

Colds are quickly broken with Minard's. Rub it on chest and throat and also inhale.



MINARD'S KING OF PAIN LINIMENT

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