WHEN NERVES ARE NEAR EXHAUSTION

A Tonic Should be Taken to Enrich the Blood.

When you become so exhausted after a day's work that you cannot sleep, or sleep fails to refresh you, it is time to look after your health. Failure to act at once means a steady drain on your health reserve, which can result in but one thing—a nervous breakdown.

Do not wait for a breakdown. The treatment is simple enough if you do not let your condition become too far advanced. The treatment is one of nutrition of the nerve cells, requiring an effective tonic. As the nerves have to be nourished by the blood, the vital fluid must be built up. Dr. Williams' Pink Pills act directly on the blood, and with proper regulation of the diet have proved of the greatest benefit in nervous troubles.

Mrs. Mary McAdam, Sydney Mines, N.S., is one of the many who has proved this tonic treatment. She says:- "Last winter my health completely gave out. I was all run down and my nervous system in a condition that greatly alarmed me. I often had nervous headaches, and at times severe pains in the region of my heart. I felt as though I would never be well again. My husband got me a supply of Dr. Williams' Pink Pills and before the second box was finished I began to improve and under a further use of the pills I felt as well as ever. I would advise all weak and nervous women to give this medicine a trial."

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

Canada has over 38,000 miles of railway, or one mile for every 224 persons.

Minard's Liniment for Distemper.

The Common Things.

The common things of life are all so dear!
The waking in the warm half-gloom
To find again the old familiar room,
The scents and sights and sounds that never tire,
The crackle of the open fire.
The homely work, the lilt of baby's bliss,
The waiting, then the footsteps coming near,
The opening door, the handclasp and the kiss—
Is Heaven not, after all, the now and here,
The common things of life are all so dear!

A New Danger Signal.

At a bad curve a night danger signal, successful in attracting the attention of motorists, is a red reflector so placed that the lights of approaching automobiles are reflected in it a hundred feet before the point of danger is reached. As the lights of the car strike the red mirror the signal flashes for a few moments and then, passing out of focus, it fades into the darkness.

Too Short Notice.

Sammy's father met him just as he was trying to steal unnoticed into the house after a harrowing experience with a mud puddle.

"Well, sir," he inquired grimly, "and where have you been?"

"I—I fell in a mudhole."

"What! And with your new trousers on!"

"Yes, sir; I didn't have time to take 'em off."

Not So Catching.

"I hear your father is ill."
"Yes, quite ill."
"Contagious disease?"
"I hope not; the doctor says its overwork."

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

HEALTHY CHILDREN ARE HAPPY CHILDREN

The well child is always a happy child—it is a baby's nature to be happy and contented. Mothers, if your little ones are cross and peevish and cry a great deal they are not well—they are in need of medicine—something that will set their bowels and stomach in order, for nine-tenths of all childhood ailments arise from a disordered state of the bowels and stomach. Such a medicine is Baby's Own Tablets. They are a mild but thorough laxative which regulate the bowels, sweeten the stomach, and thus drive out constipation, colic, indigestion; break up colds and simple fevers and make the baby healthy and happy. Concerning them, Mrs. Albert Hamel, Pierreville, Que., writes:—"Baby's Own Tablets are the best medicine I know of for little ones. They relieved my little girl from constipation when nothing else would and I can strongly recommend them to other mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Wisps of Wisdom.

Luck is pluck's shadow.
Fear pays no dividends.
Don't expect applause. Deserve it.
He who sows courtesy reaps friendship.
When in doubt mind your own business.
Incompetence springs from indifference.
Sorrows, like babies, grow bigger by nursing.
Triumph is satisfying only if it leads to further victories.
The man who is not afraid of failure seldom has to face it.
Luxuries breed laziness and laziness breeds failure.
The longer you gaze on an obstacle the bigger it becomes.
There's no ill-luck in turning back if you are on the wrong road.
To make a mistake and then wail about it is to make two mistakes.
Unless you conduct your business in a way that profits your character, your other profits won't do you much good.

Convenient Barns.

When it comes to building convenient barns we must take off our hats to the Hollanders. For instance, they construct their stables so as to have a covered shed with only a low partition between immediately behind the cow stalls. The manure is thrown from the stables into this shed, where it is trampled upon by the animals running loose. This arrangement not only makes for convenience in cleaning the barns, but it also preserves the manure in the best possible shape and makes it possible to remove it when desired.

Once a Week.

Angry Purchaser—"Didn't you tell me that you had got as many as twelve eggs in one day from those eight hens you sold me?"

Poultry Raiser—"Yes, ma'am."

Angry Purchaser—"Then why is it that I'm never able to get more than two eggs from them and sometimes not so many in one day?"

Poultry Raiser — "I don't know, ma'am, unless it's because you look for eggs too often. Now, if you look for them only once a week I feel quite positive that you will get just as many eggs in one day as I did."

Efficiency.

It ain't a senseless hoardin'
Nor stinting of our need,
But efficiency in spendin'
That should become our creed.

Minard's Liniment for Colds, etc.

Barber Business Barometer.

Barbers claim that their trade is one of the best barometers of general business conditions. When times are bad men let their hair go much longer without attention.

The loss of two consecutive nights' sleep puts a strain on the human body from which it takes fifteen days to recover.

Dumb-bells were first used, it is said, in the time of Queen Elizabeth, the earlier forms being sticks loaded with lead at the ends, these being bell-like in shape.

New York City has 281,121 persons ten years old and above unable to write in English or any other language.

Deputy Fire Marshall Lewis of Ontario says "The most prolific cause of preventable fires in all walks of life is unquestionably the careless user of matches."

A net total of $28,925.50 will be distributed between the Disabled Soldiers' Employment Association of Montreal and the Children's League of Paris as the result of collections from the sale of poppies on Armistice Day in the province of Quebec.

A new market for Canadian granite is being developed by the Granite Island Quarries of Jervis Inlet, British Columbia. Sample blocks sent to Australia and New Zealand were very well received, because of splendid coloring and freedom from rust stains and from them have come the orders. The last ship to Australia carried a comparatively large consignment.

Surnames and Their Origin

FILMORE

Variations—Filmur, Fullmer, Fulmer.
Racial Origin—English.
Source—A locality.

More anciently this family name had the variations "Fylmere" and "Filmour," but these spellings apparently have disappeared completely in recent generations.

A quite plausible argument that this name is of Celtic origin and that it was developed from the words "filea," meaning a bard, and "mor," meaning great, has been advanced from time to time, the argument that some ancient ancestor of the Filmores was a "famous bard."

But the theory does not stand up in the light of research which shows first, no evidence of Celtic origin, and, second, that there were so many "famous" bards among the Celts of England, Wales, Scotland and Ireland that it would have meant little for a man to refer to his ancestry in such vague terms.

But in the speech of the Saxons, "fille" meant fertility as applied to the land and "mere" meant either a lake or a moist section of ground, it is easy to see, therefore, that the combination of these two words might easily have been applied by the Saxons to many spots in England as local names, and indeed there are records to be found of several places so named. Quite naturally the surname arose as indicating residence at or near such a spot.

Fulmer and Fullmer are sometimes variations of Filmore, but also have another source which will be discussed in a future article.

RYAN

Variations—O'Ryan, Ryne.
Racial Origin—Irish.
Source—A Given Name.

Unless we include the old Roman family names, which now are virtually extinct (though they formed the most perfect system of family nomenclature of all), the family or clan names of Ireland are the oldest, with Scotland and England and Wales next in order, together with the Normans. German and Dutch family names are a comparatively modern development.

The use of clan names as family names, together with the laws governing their use, was crystallized in Ireland about the year 1000 A. D. by one of the greatest of that country's 3,000-year line of "High-Kings," Brian Boru.

And among the clan-families which came into being as a separate entity about this period were the O'Ryans, who held the territory about Idrone, in what is now County Carlow.

But such forms of the name as O'Ryan, Ryan and Ryne are but English traditions of the Gaelic, in which language the clan name is "O'Righin." At the time these English spellings were developed, it is interesting to note, the English "y" and "i" had not developed the "long" sound, as in "like." So Ryan was a pretty close copy of "Righin" when you consider that the "gh" in the latter was but a sort of aspirate separating the two vowel sounds.

What Kind of a Day Do You Wish Yourself?

Suppose you could make a wish at the breakfast table and finally have the wish come true. Would you say,

"I want this to be a good day," or—"I am willing for this day to drag along?"

If you keep on wishing your days with the food you eat, finally the wish is likely to come true.

Grape-Nuts helps your wish for a good day. Nothing miraculous; just the natural result from right food with the right taste.

There is a charm of flavor and crispness in Grape-Nuts that is like the smile of a good friend at the breakfast table—

And Grape-Nuts, with cream or milk (fresh or tinned), is fully nourishing—feeding the tissues and glands, the bone and blood, with just those elements which Nature requires — building strength without any "heaviness."

Grape-Nuts is the perfected goodness of wheat and malted barley, scientifically developed—ready to eat from the package. A Grape-Nuts breakfast or lunch is a practical wish for good luck.

"There's a Reason"

Sold by all grocers

BITS OF HUMOR FROM HERE & THERE

Quite Right.

Teacher—"What is a coat of mail?"
Bright Boy—"I know."
Teacher—"Well, tell us, Percival."
Bright Boy—"It's a knight shirt."

Infant Curiosity.

"I've got to go home and lick my boy."

Why, I didn't know that was done now."

"It isn't; but he's taking a course in psychology and he said he wanted to know how it felt."

His Difficulty.

Real Estate Agent—"This tobacco plantation is a bargain. I don't see why you hesitate. What are you worrying about?"

Purchaser—"I was just wondering whether I should plant cigars or cigarettes."

Moth Food.

Teacher—"Now, boys, what creature is satisfied with the least amount of nourishment?"

Up shot the hand of Johnnie Thomson, the dunce of the class.

"Well, Johnnie," said the teacher, "and what creature is it?"

"The moth, miss," replied Johnnie, "becos it only eats 'oles."

Very Ignorant.

A little girl was spending a night away from home. When it was time to go to bed she knelt at the knee of her hostess to say her prayers, expecting the usual prompting.

This not coming, she was heard to remark: "Please 'scuse me. I can't remember my prayer, and I'm staying with a lady that don't know any."

Buttons Not Needed.

There had been a missionary sermon and collection in the church. A little girl who had been there seemed perplexed and thoughtful. When she reached home she asked her mother whether the people of Africa, of whom she heard, wore clothes.

"No," replied the mother.

"Then," said the child, "what is the use of the button that father put in the plate?"

An Experienced Child.

Mrs. Jones was entertaining some of her son's little friends. "Willie," she said, addressing a six-year-old, who was enjoying a plate of cold beef, "are you sure you cut your own meat?"

The child, who was making desperate efforts with his knife and fork, replied:

"Yes, thanks. I've often had it as tough as this at home."

A Narrow Escape.

A lady who kept a little curly poodle lost her pet and called on the police to find it. The next day one of the force came with the dog very wet and dirty. The lady was overjoyed, and asked a number of silly questions, one being:

"Where did you find my darling?"

"Why, Ma'am," said the officer, a fellow had him on a pole and was washing windows with him!"

Mother! Clean Child's Bowels With California Fig Syrup

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, give a teaspoonful to cleanse the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste out of the bowels, and you have a well, playful child again.

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

PNEUMONIA

and other Lung Diseases

Claim many victims in Canada and should be guarded against.

MINARD'S LINIMENT

Is a great preventative, being one of the oldest remedies used. Minard's Liniment has relieved thousands of cases of Grippe, Bronchitis, Sore Throat, Asthma and kindred diseases. It is an enemy to Germs. Thousands of bottles being used every day. For sale by all druggists and general dealers.

Minard's Liniment Co., Ltd.
Yarmouth, N.S.

COARSE SALT
LAND SALT
Bulk Carlots
TORONTO SALT WORKS
C. J. CLIFF - TORONTO

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.
118 West 31st Street
New York, U.S.A.

ACHES AND PAINS—SLOAN'S GETS 'EM!

AVOID 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

"Cascarets" To-night For Liver, Bowels

You're bilious! You are headachy, constipated, your eyes burn, skin is yellow; your stomach is sour, gassy, upset. No wonder you feel miserable. You need a thorough physic with "Cascarets" to-night to cleanse the stomach of sour, fermenting food and foul gases; take the excess bile from the liver and carry out of the system all the constipated poison in the bowels. Get a 10-cent box now and let "Cascarets" straighten you out by morning.

Cuticura Will Help You Look Your Best

Make the Cuticura Trio your everyday toilet preparations and watch your skin, hair and hands improve. The Soap to cleanse and purify, the Ointment to soothe and heal, and the Talcum to powder and perfume.

Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without mug.

Genuine BAYER ASPIRIN

Never say "Aspirin" without saying "Bayer."

WARNING! Unless you see 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 21 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

Handy tin boxes of 12 tablets—Bottles of 24 and 100—All 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."

MRS. MARY WILHELM
Pittsburg, Pa.

"No matter what I should say about Tanlac, it wouldn't be half good enough," said Mrs. Mary Wilhelm, 716 Mint Way, South Side, Pittsburg, Pa. "I never dreamed it possible for a medicine to restore me to the splendid health I now enjoy. In fact, I had almost resigned myself to being an invalid, as I could see I was losing weight and strength every day, and no relief was in sight. For three years stomach trouble, headaches and nervousness made my life miserable.

"The first bottle of Tanlac acted almost like magic and it wasn't long until I was so well and strong that I could hardly realize I had ever known a sick day. I am like a different person in every way now, eating, sleeping, feeling and looking better than in years."

Tanlac is sold by leading druggists everywhere.

Adv.

Classified Advertisements.

PLAYER PIANO FOR SALE.

BELL PLAYER PIANO IN GOOD condition, with a large number of music rolls, for sale at a bargain. L. Costello, 73 West Adelaide Street, Toronto.

BELTING FOR SALE

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

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 and strengthens them. This delightful, stimulating tonic helps thin, lifeless, faded hair to grow long, thick, heavy and luxuriant.

I SUFFERED FIVE YEARS

Finally Was Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Paris, Ont.—"For five years I suffered from pains caused by displacement of my organs and in my back. All of this time I was unfit for work and was taking different medicines that I thought were good. I saw the advertisement in the papers of Lydia E. Pinkham's Vegetable Compound and took it faithfully. I am now in perfect health and do all my own work. I recommend it to others, and give you permission to publish this letter in your little books and in the newspapers as a testimonial."—Mrs. D. CASSADY, Box 461, Paris, Ont.

Why women will continue to suffer so long is more than we can understand, when they can find health in Lydia E. Pinkham's Vegetable Compound!

For forty years it has been the standard remedy for female ills, and has restored the health of thousands of women who have been troubled with such ailments as displacements, inflammation, ulceration, irregularities, etc.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.