

## A GOOD MEDICINE FOR THE SPRINGTIME

Do Not Use Harsh Purgatives—  
A Tonic is All You Need.

Not sick—but not feeling quite well. That is the way most people feel in the spring. Easily tired, appetite flake, sometimes headaches and a feeling of depression. Pimples or eruptions may appear on the skin, or there may be twinges of rheumatism or neuralgia. Any of these indicate that the blood is out of order—that the indoor life of winter has left its mark upon you and may easily develop into more serious trouble.

Do not dose yourself with purgatives, as so many people do, in the hope that you can put your blood right. Purgatives grip through the system and weaken instead of giving strength. Any doctor will tell you this is true. What you need in the spring is a tonic that will enrich the blood and build up the nerves. Dr. Williams' Pink Pills do this speedily, safely and surely. Every dose of this medicine helps to enrich the blood, which clears the skin, strengthens the appetite, and makes tired, depressed men, women and children bright, active and strong. Miss S. L. McEachron, Nairn P.O., N.B., says: "I have been in the habit of taking Dr. Williams' Pink Pills in the spring and they keep me in the best of health. I think it is entirely due to the use of these pills that I always have such good health."

Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Every man is a fool at least ten minutes a day. Don't exceed the limit.

Minard's Liniment prevents Spanish Flu

## LOTS OF HUMOR FROM HIS MOUTH

Did He Take It as a Compliment?  
Reggie Lefteright—"Can you truly tell me that you've never loved before?"  
Helen—"Truly, Reggie, I can. I've often admired men for their strength, good looks, courage, or intellectuality, or something like that; but for you, Reggie, dearest, it's all love—nothing else."

A Canny Answer.  
While making a visit to town a Scotchman was knocked down in the street by a motor.  
"Are you hurt, my friend?" kindly asked a gentleman who was first among the rescuers, as he helped the man and dust from his clothes.  
"Well," came the cautious reply, "it ain't done me no good."

Another Matter.  
A minister, on the occasion of a marriage, was at a loss in trying to discover the bridegroom among the company of young men present.  
Fixing on a young man with a large flower in his buttonhole, he asked him, quietly: "Are you the happy man?"  
"That remains to be seen," was the solemn answer.  
"But are you the man who is to be married?"  
"Oh, that's another matter."

Forcing Baby's Education.  
Yells from the nursery brought mother, who found the baby gleefully pulling small Billy's curls.  
"Never mind, darling," she comforted. "Baby doesn't know how it hurts."  
Half an hour later wild shrieks from

## THE CHILDREN'S IS LIKE A NEW WOMAN

POPULAR YOUNG WOMAN SAYS TANLAC WAS A WONDERFUL BLESSING TO HER.  
Gives Details of Recovery for Benefit of Others Who Suffer As She Did.  
"Tanlac has been a wonderful blessing to me and I will praise it the longest day I live," said Miss Aline Desautels, St. Laurent, Que.  
"My only regret about Tanlac is that I didn't learn about it sooner, as I know I would have been saved many hours of misery and suffering. This grand medicine has brought me the wonderful blessing of health and I feel that I am simply doing my duty in helping to let people know that no matter how much they may suffer from stomach trouble, there is hope for them if they take Tanlac."  
"I am no more like the same person now that I was before I took this grand medicine than day is like night."  
Tanlac is sold by all good druggists.—Advt.

His Better Half.  
As Tompkins was on his way home after nightfall he collided with Jenkins, who was running as fast as his bulk would allow him.  
"Why this hurry, Jenkins?" he inquired.  
"I'm going for the police," said Jenkins, between pants. "We've got a burglar in our house."  
"But, surely, you haven't left your wife alone?"  
"Oh, no! She's holding the burglar!"

## SPRING WEATHER HARD ON BABY

The Canadian spring weather—one day mild and bright; the next raw and blustery, is extremely hard on the baby. Conditions are such that the mother cannot take the little one out for the fresh air so much to be desired. He is confined to the house which is so often overheated and badly ventilated. He catches cold; his little stomach and bowels become disordered and the mother soon has a sick baby to look after. To prevent this an occasional dose of Baby's Own Tablets should be given. They regulate the stomach and bowels, thus preventing or banishing colds, simple fevers, colic or any other of the many minor 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.

## To Have an Ordered Brain.

An eminent gentleman, who in addition to his regular business engagements was also distinguished as an essayist and a speaker, when asked the secret of his accomplishing so much work gave an interesting leaf that as a lad he was very careless about the order of his room and in his belongings generally. But when he began to study, his teacher observing the habit into which he was falling, said to him: "If you want facts and find them, put your hat, shoes, and you." Thus early he learned that orderly habits cultivate orderly brains. And to that one thing he attributed much of his success.

## Fairy Orchid.

In Java there is an orchid, the grammatophyllum, all the flowers of which open at once, as if by the stroke of a fairy wand, and they all wither together.

## Every man throws a rock now and then that he would like to have back in his hand.

It is claimed that workers in the radium mines of Colorado enjoy extraordinary health, thanks to drinking water charged with radium. The workers, it is said, are immune to influenza and laugh at rheumatism, gout and neuritis.

## THE GREAT BALANCE

Bank of England's "Great Balance."  
The "great balance" stands in the bullion room of the Bank of England. It is a machine that was constructed, primarily, for testing light gold coins. Standing approximately seven feet high and weighing nearly two tons, this wonderful piece of mechanism can weigh a piece of thistle-down or a 400 pound gold bar with equal accuracy.

Before it can be used it must always be carefully dusted, for otherwise the dust that has settled upon it, even in the course of a few minutes, although invisible to the naked eye, would cause it to register inaccurately. So responsive is the machinery that a postage stamp placed on one of the two weighing portions moves the index six inches.

When the new English currency notes were issued the grand balance was kept busy virtually day and night weighing the gold coinage that was called in and replaced by notes. It has now been found that the total loss of gold, owing to the abrasion of the coins as they passed from hand to hand in the course of circulation, amounts to nearly \$5,000,000.

That, however, is not quite so alarming as it sounds, for the loss is spread over a period of twenty-five years. Twenty-five years is reckoned in England to be the legal "life" of a sovereign at its full face weight.

## MONEY ORDERS.

A Dominion Express Money Order for five dollars costs three cents.

## Sixty Million Trees Planted.

The shipments of tree seedlings and cuttings going out this spring from the Dominion Forest Nursery Station at Indian Head, Saskatchewan, will be among the largest in the past five years. The kinds sent out are chiefly poplar, willow, green ash, Russian poplar, and caragana. They are used solely for planting shelter-belts on prairie farms. Since the nursery station was established about sixty million seedlings and cuttings have been distributed to prairie farmers.

## Minard's Liniment for Coughs and Colds

To the Victors Belong the Slides.  
During the Allied occupation of Germany, an amusing encounter took place between a British soldier and a German baroness.  
The baroness, writes Miss Violet R. Markham in Watching on the Rhine, told a British officer that one of his men insulted her. Indeed, she declared, she had never been so insulted in her life. The officer at once began inquiries and finally learned that the lady had found two British soldiers whistling and sliding down the banisters of her back stairs. She had told them sharply that whistling and sliding on the banisters were forbidden. Whereupon Thomas Atkins, genial and undefeated, had turned to her and remarked pleasantly, "Aye, missus, but yer should have won the war, and then yer could have come and slid down our back stairs and whistled."

## A Tree for a Tree.

When a forest administrator says that he hopes to see the time when a tree will be planted for every tree cut down on non-agricultural land he does not mean this literally. What he means is that when an acre of forest land is cut over that acre should be planted or seeded at once to bring on another crop. If this is done by planting it will mean that five or six times as many trees will be planted as are cut down, because to induce high-growth forest trees are planted much closer together than the mature trees stand when cut down. The trees that do not reach maturity are either thinned out and used for rails or fuel, or die off because the trees that have forged ahead have shut off their supply of sunlight.

## Surnames and Their Origin

LIPPINCOTT  
Racial Origin—Anglo-Saxon.  
Source—A locality.

Lippincott is a family name that is peculiar in that it has many more past than present forms.

It is not more surmise that it came from the name of a place in Devonshire. The old records prove it to be derived from that place, which is now called Luffingcot.

To begin at the beginning, "Leaf" was a given name among the Anglo-Saxons. It meant "beloved," and came in fact the same word root as our modern word "love" and its German equivalent "lieb." The following variations of the name, some of which suggest more strongly the modern words, were in common use: "Lef," "Lefa," "Lefel," "Lef," "Lef," "Lef," "Lef," and "Luf."

Though it disappeared later, the first Teutonic invaders of England had tribal systems and tribal names. The latter were formed by the addition of "ing" or "inga" to the given name of the chief. Thus the followers of "Leof" were the "Leofings." This period of invasion and colonization, the period when the tribal names were in more general use than later, was the period in which the Teutonic settlers gave their names to the places they occupied. Thus "Leofingcote" became a place name.

The old documents show that at various periods the name of this same place, from which the family name has come, was spelled in no less than the following number of ways: "Log," "Lofynette," "Loffynote," "Loeynabetot," "Lughencot," "Lefynote," "Loughwyn-

cothe," "Loyhincote," "Luffingcott," "Luffingcote" and "Lippincote." In 1296 the family name was "de Lywenscote."

HUDSON  
Variations—Hudson, Hodges, Hodge-son.  
Racial Origin—English, Dutch, German.  
Source—A given name.

While for the most part the family names of Hodson, Hodges and Hodge-son take their origin from another source, there is little doubt that in a limited number of cases they have been derived from the same given name which has developed into Hudson.

This given name is still to be found as such in Germany, and in one of its ancient forms, "Udo," it was one of the basic Teutonic names, apparently, for the still more ancient form of "Udr" is found, the meaning of which is 'son of the night.'

Frankish and Gothic forms of the name, in the days preceding the Norman rise to domination, were "Udo" and "Udy," while among the Teutonic races along the shores of Flanders it became "Uden."

Although the name was not altogether unknown among the Anglo-Saxons of England, it was not so widespread on the continent, and there is good reason to believe that as a family name its principal development was in that section of northern Europe mostly included in what is now Holland.

The name became a patronymic quite regularly, by the addition of "son," "sen" and sometimes "syn."

## William found a pocketbook

But the string jerked it back  
It looked like a happy discovery as it lay there on the sidewalk—until the discoverer reached to pick it up. Then the hidden string jerked it away. All William got was disappointment.

That's the way a good many people have found it to be with the comfort and cheer they thought they had secured in tea and coffee. When they came to depend on it—there was a hidden string, and nothing left but disappointment.

The drug, caffeine, in tea and coffee, is a nerve stimulant. Constant stimulation of the nerves often produces rebellion that takes the form of sleeplessness, headaches, irritability, high blood pressure. That's the string to tea and coffee.

Postum, that wholesome and delightful cereal beverage, is completely satisfying and there's no harmful quality whatsoever, to jerk away the comfort which you find in this splendid table drink. Any member of the family may enjoy Postum with any meal—and there will be no after-regrets.

Postum comes in two forms: 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. Sold by grocers.

Postum for Health—"There's a Reason"  
Made by Canadian Postum Cereal Co., Limited, Windsor, Ont.

## KEEP YOUR HEALTH TO-NIGHT TRY

Minard's Liniment  
for that cold and tired feeling. Get Well—Keep Well.  
KILL SPANISH FLU by using the OLD RELIABLE!  
Minard's Liniment Co., Ltd.  
Yarmouth, N.S.

ITCHING BURNING PIMPLES ON FACE  
Fostered and Scaled Over. Face Disfigured. Cuticura Heals.  
"My face was almost covered with pimples which fostered and scaled over. They itched and burned so that I could hardly stand them, and my face was so disfigured I was unable to go anywhere. I lost so much sleep that I was about crazy. I started using Cuticura Soap and Ointment and after I had used two boxes of Cuticura Soap and two boxes of Cuticura Ointment for three weeks I was completely healed."  
(Signed) Miss Dorothy Danielson, Jackson, Calif.  
Cuticura Soap daily, with Cuticura Ointment occasionally, prevents a plan for performing the skin.  
Solely Each Party by Mail: Cuticura, Ltd., 244 St. Paul St., W. Montreal. Sold every-where. Soap, 5c. Ointment, 10c. and 25c. Talcum, 10c. Cuticura Soap always without soap.

Rupture Kills 7,000 Annually  
Seven thousand persons each year are laid away—the burial certificate being marked "Rupture." Why? Because the unfortunate ones had neglected themselves or had been merely taking care of the sign (swelling) of the affliction and paying no attention to the cause. What are you doing? Are you neglecting yourself by wearing a truss, appliance, or whatever name you choose to call it? At best, the truss is only a make-shift—a false prop against a collapsing wall—and cannot be expected to act as more than a mere mechanical support. The binding pressure retards blood circulation, thus robbing the weakened muscles of that which they need most—nourishment.

But science has found a way, and every truss sufferer in the land is invited to make a test right in the privacy of their own home. The PLAPAO method is unquestionably the most scientific, logical and successful self-treatment for rupture the world has ever known.

The PLAPAO PAD when adhering closely to the body cannot possibly slip or shift out of place, therefore cannot chafe or pinch. Soft as velvet—easy to apply—inexpensive. To be used whilst you work and whilst you sleep. No straps, buckles or springs attached.

Learn how to close the hernial opening as nature intended so the rupture CAN'T come down. Send your name and ten cents, coin or stamps, to-day, to PLAPAO CO., 765 Stuart Bldg., St. Louis, Mo., for FREE trial Plapao and the information necessary.

## Women Should Know How Lydia E. Pinkham's Vegetable Compound Helps at This Trying Period

Sheboygan, Wisconsin.—"I was run down, tired and nervous. I could not even do my own housework, could not sleep at night and all kinds of queer thoughts would come to me. Finally I gave up going to the doctor and a friend told me of Lydia E. Pinkham's Vegetable Compound. After the first bottle I could sleep better and I have kept on improving ever since. I have taken seven bottles now and am so happy that I am all over these bad feelings." Mrs. B. LANSER, 1639 N. 3rd St., Sheboygan, Wisconsin.

For the woman entering middle age Lydia E. Pinkham's Vegetable Compound can be of much benefit. During this time of life certain changes take place which sometimes develop into serious trouble.

Melancholia, nervousness, irritability, headache and dizziness are some of the symptoms. Lydia E. Pinkham's Vegetable Compound is a natural restorative, especially adapted to assist nature in carrying you safely past this time. Why not give it a fair trial?



## 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  
Toothache Neuralgia  
Earache Lumbago  
Rheumatism  
Neuritis  
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 Monocarbonyl-acetic-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."

## WOLLE MADE INTO BLANKETS

Wool made into blankets and other goods. The Wool Manufacturers' Association, London, Ont.

## DOG DISEASES

How to Feed Mailed Free to any Address. Dog Diseases, 127 West 24th Street, New York, U.S.A.

## COARSE SALT LAND SALT

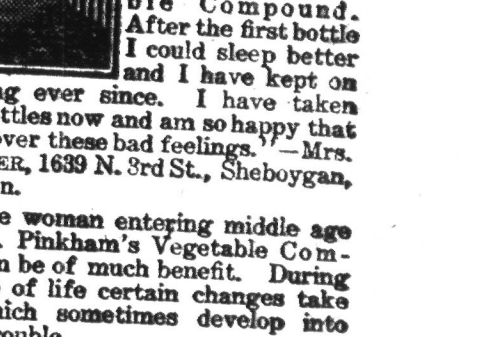
Bulk Carlots TORONTO SALT WORKS G. J. GLIFF - TORONTO

## SLOAN'S RELIEVES NEURALGIC ACES

FOR forty years Sloan's Liniment has been the quickest relief for neuralgia, sciatica and rheumatism, tired muscles, lame backs, sprains and strains, aches and pains.

## Sloan's Liniment

QUEER FEELINGS AT MIDDLE AGE  
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