

Country

vision of the pioneers... that home-making... a woman's job, but the... and sound national... the business of men and... and government. This... and the government has... a condition of affairs... a century ago... large and well qualified... staff is at the... home-makers through... Branch, the results of... and university cul... placed at their service... Extension Courses, and... Departments, especially... Education, and the... of the Institutes one of... through which... whole people.

of the first Branch... resident, Mrs. Adelaide... (Miss) President, Mrs. ... (Mrs.) Secretary, Miss ... (Miss) Treasurer.

been three Superinten... dents, Farmers' and... (Mrs.) Mr. F. W. Hodson, ... (Mr.) Creelman, and since... (Mrs.) Putnam, under whose... has been steady ex... development during the... years.

extended far beyond... Ontario now, the other... having also organized... Institutes from the... Pacific Oceans. Bel... Scotland, Wales, Aus... land, have followed... king information as... Reports, Hand... issued from time... personal investiga... themselves.

ity, and a sense of... ity, therefore, that... ing agriculture as... mothering as the... and home-making... important profes... the second quarter... of nation-build... intelligent and in... attention to the... development of a high

formed from a... set that in 1920 the... in Canada am... of forty-eight mil... six pounds per... 21,888,500 lbs. in... mo, principally in... 26,400,000 lbs. in... An account... of the Tobacco divi... 20-21, a report of... published, includes... cultural... during the crop... plant and insect... A good deal of... and the original... this connection... seed of the best... year to appli... that of late... has been paid... export markets... is encouraging.

drawers, and... stuffs, cooking... etc. The cup... likely be used... perhaps various... the tea, baking... But I have an... water will be... of this cupboard... food in it, ... into the cool... stay down... time.

comfort. ... venient side... comp in the... dishes out... give any di... very large... length of the... dual prefer... Ordinarily, ... or the table, ... will answer ... in a fairly ... size. You ... anything else

DO YOU FEEL WEAK AND RUN DOWN?

In This Condition a Tonic Medicine is Needed.

The condition of being "run down" is one that doctors do not recognize as a disease. But those who are run down in health know that it is not a fancied affliction.

The expression "run down" applied to health means a condition in which the bodily functions are enfeebled. Appetite fails, the digestion is impaired, the nerves are impoverished, the complexion becomes pale or waxy, there is no animation, but rather worry and mental depression. Fatigue is a constant symptom. No particular organ being affected, you must look for relief to the blood. As it circulates through every part of the body, any improvement in the condition of the blood is quickly felt throughout the entire system. In cases of this kind a tonic medicine is what is needed and Dr. Williams' Pink Pills are recognized as a valuable tonic because of their direct action on the blood, and through the blood to the nerves, giving tone to the system generally and restoring vigor. Where the system is run down the value of this medicine is shown by the statement of Mrs. Gregory J. Murphy, Lower Ship Harbor East, N.S., who says: "About a year ago I was completely run down. I was so nervous and weak that I could scarcely do my housework, and the least exertion left me breathless and tired out. A neighbor advised Dr. Williams' Pink Pills, and so much good did they do me I feel quite like a different woman. I hope some other suffering woman may benefit by my experience."

Dr. Williams' Pink Pills can be had through any medicine dealer, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Unvaccinated persons are not permitted to vote in Norway.

Surnames and Their Origin

BOYCE
Variations—Boice, Boies, Du-bois, Wood, Atwood, Bywood.
Racial Origin—English, Norman-French and French.
Source—A locality.

England and France are full of family names founded on the forest, for forests were more plentiful in the days of family name formations than they are to-day in both of those countries. The French family names rarely show signs of English influence, but the reverse is not true of the English names.

In fact, there were as many of these "wood" names developed in England from the Normans' speech as from the Saxons'.

The form Boyce, though so close to the French "bois" (wood), is undeniably an English name. The French tongue, uninfluenced by the Saxon, would never have developed it, though in medieval French the pronunciation was "boies" rather than the present "bwah."

It is not that the French tongue has failed to develop in the direction of the pronunciation of "Boyce," but that it has actually developed away from it. It is interesting to note, in fact, that the unschooled English tongue naturally pronounces the average French word, so that it would be likely to be recognized by a medieval Frenchman, though not at all by a modern Frenchman.

The manner in which such names as these, originally indicative of resi-

The Air We Breathe

Will the time ever come when all the oxygen gas in the air will be used up, and human beings will die for want of it?

Such a state of affairs would have come to pass long ago had it not been for a natural arrangement of continual new supplies which are provided for man by plant life.

It has been estimated that an adult human being inhales and exhales about one and a half pounds of oxygen gas, and if this is multiplied by the number of the world's inhabitants—human beings and animals—the amount of oxygen removed from the air is represented by an astounding figure.

This is where vegetable life, in a twofold manner, comes to man's aid. As it is, 100,000 parts of air ordinarily contain about thirty-three parts by volume of carbon dioxide, and if the proportion were bigger the air would be foul, and consequently be seriously prejudicial to health.

But vegetable life absorbs the excess carbon dioxide, and thus prevents this dangerous gathering of foul air. It does more, for after assimilating the carbon by a variety of chemical processes, it gives out again the precious oxygen which we breathe, thus maintaining constantly all over the world the correct composition of the air. In a word, the world is saved from disaster by the work of plants.

The immensity of this process can be imagined when we reflect upon the vast extent of the forestry and plant earth it makes up the surface of the time the great importance of carbon dioxide as a constituent of the air, side by side with that of oxygen and nitrogen, its other chief constituents.

The Wise Old Owl.
A wise old owl lived in an oak. The more he saw, the less he spoke; The less he spoke, the more he heard. Why can't we all be like that bird?

Wouldn't Need It Otherwise.
Advice that a man really needs is usually what he dislikes to hear.

Minard's Liniment for Garget in Cows.

What John Needed

When Farmer Barrett decided to send his son to college, and selected one exploiting the advantages of its physical training system, he had a plain talk with the president.

"John don't need no setting-up exercises. He sets up too late already, so I'd rather you'd cut them out. But say, if you've got any good getting-up exercises that are a sure thing, go to it with John!"

New Use for Trench Maps.
Trench maps, which were printed for military use on strong canvas, are now being used in England to make inner soles for tennis shoes.

KEEP LITTLE ONES WELL IN WINTER

Winter is a dangerous season for the little ones. The days are changeable—one bright, the next one cold and stormy, that the mother is afraid to take the children out for the fresh air and exercise they need so much. In consequence they are often cooped up in overheated, badly ventilated rooms and are soon seized with colds or grippe. What is needed to keep the little ones well is Baby's Own Tablets. They will regulate the stomach and bowels and drive out colds, and by their use the baby will be able to get over the winter season in perfect safety. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Experiment on Music Paper.
Experiments are being made to save the eyes of music readers. Green paper on which the notation appears in white has proved most successful.

Those Having Sick Animals SHOULD USE

MINARD'S LINIMENT
"KING OF PAIN"
Good for all throat and chest diseases, Distemper, Garget, Sprains, Bruises, Colic, Mange, Spavins, Running Sores, etc., etc. Should always be in the stable. SOLD EVERYWHERE.

Mountain of Sulphur.
A great mountain of sulphur has been rediscovered in the banks group of the New Hebrides Islands, in the Southern Pacific Ocean. It was called Vanna Lava fifty years ago, when a French company worked its deposits. The London Times says that the mountain is one vast mass of sulphur ash. It is 1,600 feet high and covers 100 square miles.

Peat Second Best Fuel.
Next to coal, peat is the best possible fuel. It burns longer than wood and gives more heat.

The custom of drinking "toasts" is derived from the ancient religious ceremony of pouring libations to the heathen gods.

figure prominently in most of these plays, nor were they so numerous in everyday life as might be supposed, for very often the functions they performed were also performed by the feudal overlords, which made the need for them less.

The literal and original meaning of "demester" was "doomster," meaning the one who pronounced judgment, for the older meaning of "doom" was judgment. It is only in comparatively recent times that it has come to bear a significance of destruction or punishment especially.

SALESMAN MAKES FULL STATEMENT

RESTORED BY TANLAC TWO YEARS AGO, TROTTER STILL FEELS FINE.

Gained Twenty Pounds in Weight and Was Soon Back on Job, He States.

"Tanlac soon had me feeling like a new man, and I gained twenty pounds in weight on four bottles," said Lawrence E. Trotter, well-known salesman for the Lawler's Bakery, residing at 15 Wardell St., Toronto, Ont.

"Two and a half years ago when the 'flu' epidemic was at its worst I went down with it, and was in bed for two weeks. When I got up I was thin and weak, had no appetite at all and was so nervous I could scarcely sleep any. I had no strength or energy to do a thing, and as I was eating hardly anything, I couldn't seem to take a start to mend."

"I had read a great deal about Tanlac being good to build a person up, so I got a bottle and it seemed that my appetite got better the first day I started taking it. I soon went back on the job feeling fine, even better than I did before I had the 'flu.' Since then I've been talking people about Tanlac constantly, for it did me so much good I think everybody ought to know about it."

Note—Tanlac Vegetable Pills are an essential and vitally important part of the Tanlac treatment. You cannot hope to get the most satisfactory results from Tanlac without first establishing a free and regular movement of the bowels. Tanlac Vegetable Pills are absolutely free from calomel and are sold on a positive guarantee to give satisfaction.

Tanlac is sold by all good druggists. —Adv't.

COARSE SALT LAND SALT

Bulk Carlots
TORONTO SALT WORKS
C. J. CLIFF TORONTO

The Joy of Living

When you awaken with no appetite, ached, and the day's work and your head heavy, your digestive organs are probably calling for just the help which **Sloan's Fig Syrup** can give them. The medicinal extracts of more than ten different roots, barks and leaves restore the natural healthy action of liver and stomach. Meals are enjoyed, that tired feeling disappears, and you know the joy of living. Sold in 50c. and \$1.00 bottles at drug stores.

DID PAIN DISTURB YOUR SLEEP?

THE pain and torture of rheumatism can be quickly relieved by an application of Sloan's Liniment. It brings warmth, ease and comfort and lets you sleep soundly. Always have a bottle handy and apply when you feel the first twinge. It penetrates without rubbing. It's splendid to take the pain out of tired, aching muscles, sprains and strains, stiff joints, and lame backs. 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

Fattening Girls

In Morocco the older members of the adult population follow professionally the pursuit of fattening young ladies for the matrimonial market of Barbary.

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 to-morrow. 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.

Health Affects Coral Beads

A belief exists among the negroes of the West Indies that the color of coral is always affected by the state of health of the wearer, becoming paler in disease.

MONEY ORDERS

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

Saddle-horses were used by the English as long ago as 631.

Minard's Liniment for Distemper

Shackleton.
Silence has wrought on him its spell. White wastes had set their seal. The outer light was dim but well He saw, since he could feel.

There God perhaps communes with all Who hear no outward sound, But come as to a trumpet call To icy shrines profound.

Unquenched and quenchless in him burned A spark a leaping flame, And back and back again he turned To whose his wish—death came.

He would have wished this coffin rude That island whalers gave— Have wished his well loved solitude Might too have held his grave.

But where'er now his form May haunting find its goal, His constant spirit rides the storm That sweeps the southern pole. —Maurice Morris.

Wets in the Air.
The annual migration of spiders during the recent autumn months has resulted in aeroplanes, which crossed the seas, arriving sivered from end to end with gossamer webs collected from the air.

Purple Taboo.
At a marriage ceremony in Japan a dress of purple color is taboo, lest the untimely love of the bride and groom be soon lost, as purple is a color most liable to fade.

The tope derives its name from Topazes, an island in the Red Sea.

DOG DISEASES

How to Feed and Free from any Dog Disease. Ask for the Author. Dog Disease Co., Inc., 115 West 42nd Street, New York, U.S.A.

COARSE SALT LAND SALT

Bulk Carlots
TORONTO SALT WORKS
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Classified Advertisements

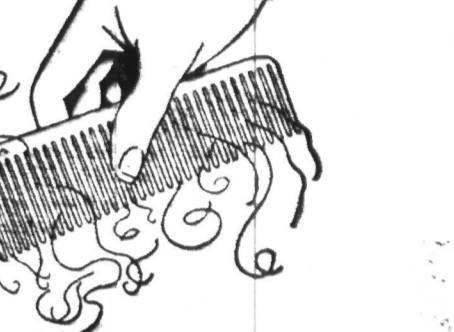
WANTED A NUMBER OF LADIES to colour Easter and birthday cards at home; light pleasant work. Enclose an address for particulars. Ladies' Supply Co., Camstock Bldg., Toronto.

CANADIAN MATRIMONIAL PAPER, 15c. No other fee. A. McGee, Chatham, Ont.

SELLING FOR SALE
ALL KINDS OF NEW AND USED clothing, suitcases, coats, hats, shoes, etc., shipped subject to approval at lowest prices in Canada. YORK FURTING CO., 115 YORK STREET, TORONTO.

DANDERINE

Stops Hair Coming Out; Thickens, Beautifies.



25-cents buys a bottle of "Danderine" at any drug store. After one application you can not find a particle of dandruff or a falling hair. Besides, every hair shows new life, vigor, brightness, more color and abundance.

NEARLY CRAZY WITH PAINS IN BACK

Read How Lydia E. Pinkham's Vegetable Compound Helped Mrs. Beecroft

Hamilton, Ontario.—"I have suffered for three years from a female trouble and consequent weakness, pain and irregularity which kept me in bed four or five days each month. I nearly went crazy with pains in my back, and for about a week at a time I could not do my work. I saw Lydia E. Pinkham's Vegetable Compound advertised in the Hamilton Spectator and I took it. Now I have no pain and am quite regular unless I overwork or stay on my feet from early morning until late at night. I keep house and do all my own work without any trouble. I have recommended the Vegetable Compound to several friends."—Mrs. EMILY BEECROFT, 16 Douglas St., Hamilton, Ontario.

For nearly fifty years women have been telling how Lydia E. Pinkham's Vegetable Compound has restored their health when suffering with female ills. This accounts for the enormous demand for it from coast to coast.

If you are troubled with any ailment peculiar to women why don't you try Lydia E. Pinkham's Vegetable Compound? It has helped others, let it help you.

To win a race a Jockey doesn't put extra weight on the horse that helps him succeed

No man or woman who wants to succeed in the race of life can afford the handicap of headaches, insomnia, indigestion and debility. Nor can they afford to take anything that may keep up a continual irritation of the nervous system.

Yet this is what many people do who drink excessive amounts of tea or coffee. For tea and coffee contain caffeine, a substance that is sometimes very injurious. Many doctors say that caffeine raises the blood pressure, irritates the kidneys, and over-stimulates the entire nervous system. Also that it is especially bad for growing children, or for anyone who has any tendency to nervousness or insomnia.

If you want to avoid a possible cause of headache, insomnia, or nervousness, it might be well to stop taking tea and coffee for awhile, and drink rich, satisfying Postum, instead.

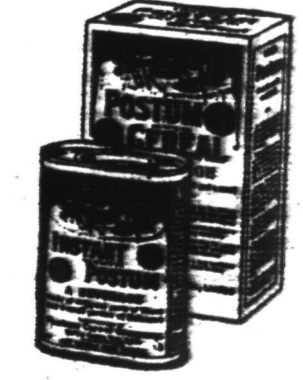
Postum is a delicately-roasted, pure cereal beverage—delicious and wholesome.

Order Postum from your grocer today. Drink this fragrant, healthful beverage for awhile, and see if you will not feel brighter, more active, and more resistant to fatigue—as so many thousands of others have felt.

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.

Postum for Health—"There's a Reason"

Made by Canadian Postum Cereal Co., Limited, Windsor, Ontario



CASCARETS 10¢

For Constipated Bowels, Sick Headache, Sour Stomach, Bilious Liver

The nicest cathartic-laxative in the world to physic your liver and bowels when you have Dizzy Headache, Colds, Biliousness, Indigestion, or Upset. Acid Stomach is candy-like "Cascarets." One or two to-night will empty your bowels completely by morning, and you will feel splendid. "They work while you sleep." Cascarets never stir you up or gripe like Salts, Pills, Calomel, or Oil and they cost only ten cents a box. Children love Cascarets too.



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 Rheumatism
Toothache Numbalgia 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 Monach, accredited of Seltzer-licences. 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."