WHY BEAUTY FADES

A Condition Due Entirely to Poor, Watery Blood.

The girl who returns home from school or from work thoroughly tired out will be fortunate if she escapes a physical breakdown, because this getting tired so easily is probably the first warning symptom of a thinning blood that must not be disregarded if her health is to be preserved.

When the blood becomes thin and impure the patient becomes pale, haggard and angular. She not only tires out easily but suffers from headaches, palpitation of the heart, dizzy spells and a loss of appetite. This condition will go from bad to worse, if prompt steps are not taken to increase and enrich the blood supply. To make the rich, red blood that brings the glow of health, no other medicine can equal Dr. Williams' Pink Pills. If given a fair trial their use brings rosy cheeks, bright eyes, a good appetite and good spirits. Dr. Williams' Pink Pills have made thousands of pale, languid girls active and strong. On the first sign of poor, thin blood mothers should insist upon their daughters taking a fair course of these pills. They will not only restore health, but will save further doctor bills.

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

Mrs. Bullion to the principal of the school attended by her daughter: "Dear Madam,—My daughter informs me that last term she was obliged to study vulgar fractions. Please do not let this happen again. If my child must study fractions, let them be as refined as possible."

Minard's Liniment for Garget in Cows.

Grain Shipments from the Pacific.

After years of controversy, with on the one hand ingrained conviction that Canadian grain would never leave from the Pacific coast, and on the other a sanguine assurance that ultimately this would come to pass, Vancouver is coming into its own as a port of outlet for part of the crop of the Prairie Provinces. Though the first shipment was made only last year, developments since that time, and the volume of grain in prospect for export from the Pacific, leave no doubt as to the future status of Vancouver as a grain shipping port for the product of the prairies.

The movement of the first big shipment of Canadian wheat to Europe by way of the Pacific was watched with considerable interest, and attention from many quarters was directed to its reception at the English port. There was general apprehension that the grain would suffer passing through the tropical region of the Panama zone, but, when unloaded in England, grain experts stated that grain had never been received there in better condition. Pacific coast exporters breathed easily, and saw a wonderful future opened up for the Pacific coast in sharing with the East the business of carrying the grain product of the West to Europe. Other shipments followed immediately upon the first, and by the end of the season sixteen thousand tons of grain, mostly wheat, had left Vancouver for Europe via the Panama canal. This year shipments from the Pacific coast to Europe began just as soon as the movement of the threshed crops from the prairies got under way and the export business has been busy since that time. Grain dealers at the coast estimate that during the present season, approximately ten times as much grain will pass through Vancouver for Europe as left last season. This will amount, according to estimate, to at least 160,000 tons. There will be, it is considered, about forty cargoes.

Another departure in the export of grain this year has been the shipment of sacked wheat from Vancouver to Japan. Hitherto Japan has been contented with the softer grains of the United States, but that the Canadian product is now held in high favor is evidenced in the extensive demand. November consignments to the Orient from the Pacific coast port totalling seven thousand tons. In the same month a shipment of two thousand tons will leave for England, whilst shipments commenced last year to San Francisco mills are continuing.

The success of initial export shipments of Canadian grain from Vancouver to all parts of the world leaves no shadow of doubt as to the great future of this port, lying so convenient to the Western grainaries, as an outlet for a portion of their annual crop, and the success of shipment through the Panama canal to Europe is fraught with significance to the Dominion grain export movement. Every year a certain amount of congestion occurs with the enormous product of the Prairie Provinces flooding the terminal elevators and export shipping points at the same time. The heavy increases in annual production which will probably continue in greater proportion in the future, will tax the eastern ports of outlet to a yet greater extent, and the success of Vancouver shipments will considerably relieve the situation as well as substantially augment the importance of the British Columbia port.

Surnames and Their Origin

MacKENNA

Variations — McKenna, MacKinney, McKinney, Kinney.
Racial Origin—Irish.
Source—Given names.

There are two forms of this name, or rather two separate names in Gaelic from which the anglicized family names in this group have been derived. It is unfortunate that in so many family names the Irish and the English forms should be so different as to cause confusion in the translation of the name from one language into the other.

Here is another case where you'd have some genealogical record to make sure whether your ancestors were members of that clan known as the "MacIonagh," which played a vivid part in the wars of Irish rebellion in the early seventeenth century, or of the ancient "Clann Cionaotha."

The early records of this latter clan are clear. It was founded by a chieftain named Cinaoth (the meaning of the given name being "without servile work") about the year 250 A.D., thus establishing this family name as about twice as old as the majority of English family names. The stronghold of this clan was in Tirowen.

The name "MacIonaigh" is derived from the given name "Ionach," which means a "dirk." It is not certain at just what period the clan was established, but it was a branch of the ancient clan of the O'Harts, and it was well established in Ardmore, County Waterford, as well as in Dundalk and in Truagh, County Monoghan.

LAUDER

Racial Origin—Scottish.
Source—A locality.

Who had not heard of this name, the name of the famous Scottish comedian? But how many know what the origin of the name was?

It is not, however, as one might suspect from the costume so often worn by its widely known bearer, a Highland name. It is just a place name, indicating that the original Lauders came from, or dwelt in that section.

Lauder is a burgh in the County of Berwick, Scotland, near Edinburgh. Near it is the Castle of Thirlestane, which in olden days was the seat of the Earl of Lauderdale.

Such names as these grew up naturally as addition to given names at a period when populations were increasing so rapidly that given names were no longer sufficiently numerous to indicate a man's identity. The name of the place in which a man dwelt or that where he had previously dwelt often was added to his given name to distinguish him from others in the same community of the same name. In the course of time their descriptive meaning became lost, and they were accepted merely as the "tage" of the individuals or families, just as the meanings of given names were early lost in the thought of the person whose identity was indicated.

"Those Who Dance Must Pay The Fiddler"

There's a settlement in profit or loss, for nearly every indulgence.

Sometimes the pay day is long deferred, and in that case the settlement may bear compound interest.

Often a payment in ill health is required for the dance had with tea or coffee during earlier years. Sometimes the collection comes in sleeplessness, sometimes in headaches, sometimes in high blood pressure, or in nervous indigestion—sometimes in all these penalties.

Nerves won't always stand the whipping of tea and coffee's drug, caffeine.

If you've been dancing to tea or coffee's fiddling, why keep on till payment time comes? If you're beginning to pay, now, why not cancel the contract?

There's an easy and pleasant way to avoid tea and coffee's penalties, as thousands have found who have changed to Postum. It is a delight with any meal—rich, comforting and satisfying—and it never harms. Even the little children can have a breakfast cup of Postum, with no fear for what may happen to sensitive nerves.

Instead of paying penalties for your meal-time drink, let it pay benefits to you, by giving natural health a full chance—and begin the new arrangement today. Any grocer will sell you, or any good restaurant will serve you Postum.

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"

Boys' and Girls' Club Work in New Zealand.

A little over a year ago the first boys' and girls' clubs were organized in New Zealand, and the movement, which started in the South Taranaki district, bids fair to extend widely. Mr. J. W. Deem, Field Instructor of the Department of Agriculture at Manganui, in an article in The New Zealand Journal of Agriculture for July, gives a full account of the methods adopted and the results of the first contest. A committee representing the Farmers' Union, the Agricultural Department, the Education Board, and the school teachers had the matter in charge, and the success achieved was largely due to their enthusiastic and united efforts. For local supervision, a resident member of the Farmers' Union was appointed in each school district; the school teachers were asked to assist, and the writer states that, after a season's experience, he can testify to the great importance of the teacher's influence, as on their attitude largely depends the success or failure of the work.

The first contest was limited to the growing of mangolds and swedes, and it is interesting to note that the two most successful schools had a lady teacher in charge, and that the champion mangold and swede crops were grown by girls. Nineteen schools entered the competition with 140 entries for mangolds and 52 for swedes. The Department of Agriculture supplied the seeds, the manures, and the printed instructions.

In judging the crop a scale of points was used: one-half point for each 5 cwt. of roots; quality 10 points, cultivation 20 points, and records 40 points. Cultivation and records were thus made the strong feature of the work.

An arrangement was made whereby the competitors accompanied the local supervisor and judge from plot to plot. In several instances during the judging, the supervisors of adjoining clubs brought their members along. The opportunity thus afforded for comparison aroused keen rivalry, and many a competitor who had a poor plot, on seeing a good one and listening to the complimentary remarks of the judge, resolved to do better next year. Each school was allotted a first, second and third prize, while each group of schools was awarded three prizes for the three best crops in the group. There were also three championship prizes for the three best crops in the whole district. A handsome challenge shield was also presented by a business firm to the school securing the highest aggregate number of points.

In addition to field root clubs, calf clubs are being started for the coming season and are attracting good entries. Accounts that have appeared from time to time in the Agricultural Gazette of the methods of conducting Boys' and Girls' clubs in Canada were of much assistance in planning the work in New Zealand.

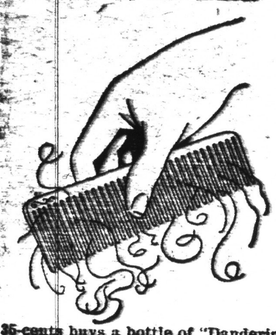
Recruits for the Guards Regiment must be of British birth.

KEEP LITTLE ONES WELL IN WINTER

Winter is a dangerous season for the little ones. The days are so changeable—one bright, the next 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 wil 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 their use the baby will be able to get Brockville, Ont.

DANDERINE

Stops Hair Coming Out; Thickens, Beautifies.



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

Original Bluebeard

The original Bluebeard was the hero of a well known story of that name, written in French by Charles Perrault. It is claimed the character in real life was Giles De Laval, Lord of Raiz, made marshal of France in 1429. He was distinguished for military genius and intrepidity, and was very wealthy, but made himself infamous by the murder of his wives and his extraordinary impiety. He was sentenced to be burned alive at Nantes in 1440.

MONEY ORDERS.

Buy your out-of-town supplies with Dominion Express Money Orders. Five Dollars costs three cents.

Giraffe Disappearing.

The giraffe seems to be disappearing from its native haunts in Africa. A few years ago it was quite common to encounter them in herds of 80 or 100, but now herds of twenty seem to be the average.

That's the Question.

Freddie—"Ma, what is the baby's name?"

Ma—"The baby hasn't any name yet."

Freddie—"Then how did he know he belonged to us?"

TAKE NOTICE.

We publish simple straight testimonials from well known people, not press agents' interviews.

From all over America they testify to the merits of Minard's Liniment, the best of household remedies.

Minard's Liniment Co., Ltd.
Yarmouth, N.S.
Branch Factory, St. John's, Nfld.

Most Sensitive Part.

It is a mistake to suppose that the tip of the tongue is the most sensitive part of the body. Those engaged in polishing billiard balls, or any other substances that require a very high degree of smoothness, invariably use the cheek-bone as their touchstone for detecting any roughness.

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

Kind of Kind.

Old Scot—"Dinna cry, ma wee laddie. If ye dinna find yer penny afore dark here's a match!"

Fair Offer.

Woman—"You are certain that this young century plant will bloom in a hundred years?"

Florist—"Positive of it, madam. If it doesn't, bring it back."

In the Movies.

"Be careful of that tiger!"

"Oh, we are not afraid of him hurting anybody."

"I know that. But I don't want the comedian to maul him to death. Tigers cost money."

Sure Ruin.

"What ruined your business?"

"Advertising."

"How's that?"

"I let it all be done by my competitors."

Minard's Liniment for Distemper.

Classified Advertisements.

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.

Cascarets To-night for Liver, Bowels, if Bilious, Headachy

Get a 10-cent box now.

You're headachy! You have a bad taste in your mouth, your eyes burn, your skin is yellow, your lips parched. No wonder you feel mean. Your system is full of bile not properly passed off, and what you need is a cleaning up inside. Don't continue being a bilious nuisance to yourself and those who love you, and don't resort to harsh physics that irritate and injure. Remember that most disorders of the stomach, liver and bowels are gone by morning with gentle, thorough Cascarets—they work while you sleep. A 10-cent box will keep your liver and bowels clean; stomach sweet, and your head clear for months. Children love to take Cascarets too because they never gripe or sicken.

CUTICURA HEALS RASH ON CHILD

On Body and Face. Red and Itchy. Cried For Hours. Lasted a Year.

"A rash started all over my little girl's body, and she had some on her face. It started in a pimple that was full of water, and it got red and itchy. She cried for hours. This trouble lasted a year.

"Then I started with a free sample of Cuticura Soap and Ointment. I bought more, and I used four cakes of soap and three boxes of Ointment which healed her." (Signed) Mrs. Dora Langly, 1032 Gertrude St., Verdun, Que., August 11, 1918.

The Cuticura Toilet Trio

Consisting of Soap, Ointment and Talcum is an indispensable adjunct of the daily toilet in maintaining skin purity and skin health.

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

LIKE LIVING OVER DAYS OF GIRLHOOD

TORONTO WOMAN SAYS TANLAC CAME UP TO EVERY EXPECTATION.

Eats Anything, Sleeps Like a Child and Gets Up Feeling Fine Every Morning.

"I had heard so much about Tanlac I expected great things from it, and I was not disappointed, for it does just what they say it will," said Mrs. Wm. Robinson, 331 Gladstone Ave., Toronto, Ont.

"I simply feel like a different person since taking this grand medicine. For two years I was in wretched health, and then, to cap the climax, I had the 'flu,' which left me in a worse condition than I had been before. What I needed was something to build me up, and this is exactly what Tanlac has done.

"I have a splendid appetite now, nothing I eat gives me any bad after effects, and I sleep like a child all night long. I feel so well and happy in the morning that it is just like living my girlhood days over again. Tanlac has certainly been a wonderful blessing to me."

Tanlac is sold by leading druggists everywhere.

Canada'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.

Mother, Quick! Give California Fig Syrup for Child's Bowels

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, a teaspoonful will never fail to open the bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste from the tender little bowels and gives you 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.

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.

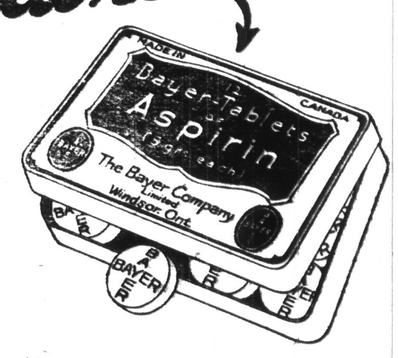
For forty years pain's enemy. Ask your neighbor.

At all druggists—35c, 70c, $1.40.

Made in Canada.

Sloan's Liniment (Pain's enemy)

Genuine



ASPIRIN

WARNING! Always say "Bayer" when you buy Aspirin.

Unless you see name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances?

Accept only an unbroken "Bayer" package which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds	Headache	Neuralgia	Rheumatism
Toothache	Neuritis	Lumbago	Pain! Pain

Handy "Bayer" boxes of 12 tablets—Also 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."