

DYSPEPSIA ENDED IN A SHORT TIME

CHAPLEAU SUFFERED SO MUCH HE DREADED FOR MEAL TIME TO COME.

"The Way Tanlac Overcame My Trouble Was the Happiest Surprise of My Life," He Declares.

About the biggest and happiest surprise of my life was the quick way in which Tanlac brought me complete relief," said Victor Chapleau, 375 Sangumett Ave., Montreal, Que.

"I was in a terribly run down condition for three years as a result of stomach trouble. I actually got to the point where even the smell of food cooking would nauseate me and I dreaded to see meal time come round, as I knew that no matter how careful I was I would suffer agonies afterwards. I was so nervous at times that my hands shook like a man's with the palsy and I could hardly hold a pencil to sign my name.

"I am like a new man in every way now. Everything I eat agrees with me, my nerves are as steady as a clock and I feel just brimful of life and energy all the time."

Tanlac is sold by all good druggists. —Adv.

A Slogan.

Bite off more than you can chew,
Then chew it.
Plan for more than you can do,
Then do it.
Hitch your wagon to a star,
Keep your seat, and there you are!

Minard's Liniment for Coughs and Colds

Surnames and Their Origin

CONWAY
Variation—Conwy.
Racial Origin—Welsh.
Source—Locality.

Most people are under the impression that the family name of Conway is exclusively Irish. It "sounds" Irish, people will tell you. As a matter of fact, it has a Welsh origin also, and the evidence goes to show that the name more often traces to this Welsh origin than to any other.

And if it "sounds" Irish, it must be remembered that while the Welsh are not Gaelic, and, therefore, not so close to the Irish in language and blood as are the Highland Scots, they are nevertheless decidedly Celtic.

But you must look for the origin of Welsh names not so much in clan names and given names as in the names of localities. For a long time, considerably beyond the period in which family names had become established and fixed in England, the Welsh followed their original and very simple, though cumbersome system of identifying the individual. A man was referred to as "John-son-of-Richard-son-of-Evan-son-of-Ithel-son-of-etc.," back as far as it was necessary. But this system finally had to give way to the shorter family name, and under English influence, the Welsh, for the most part, adopted either the simple "son" form of family name, or the family name denoting locality or residence. Conway is the name of a river (from "con," "principal" and "wy," "river"), which flows into the Irish Sea at Aberonwy and which rises in Merionethshire.

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.

Meat and Drink for the Mind.

Great books are meat and drink for the mind. They have a wonderful sustaining and steady power. Thousands of youths have been saved from moral shipwreck by their influence. Many a boy has been preserved from the evil associations of bad companions by the power of an inspiring book, which held him at home in spite of temptations to follow his associates to low places of amusement and dissipation. The possession of a small library—even if it be only half a dozen of the great books of the world—is worth a fortune to a young man or a young woman.

The largest artificial reservoir in the world is being built at Littleton, to help London's water supply; it will have a surface area of 800 acres.

This is a wonderful power which God gives us when He first blesses us, and then sends us forth to bless others. But it costs self-sacrifice to be a blessing.—C. L. Goodell.

Pyramid Your Efforts.

Success is the result of pyramiding experiences and efforts. For instance, if you follow a profession or a trade, you should try to make everything that comes to you count, so far as possible, in that direction. By this, I do not mean that you should become a narrow specialist, but that if you would make a large success of your life you must be an expert in your specialty.

Apart from the financial side of it, there's a wonderful satisfaction in the feeling that you're a king in your line, that you are regarded as an authority in all that relates to your profession, your trade, or your particular business.

And if, like Michael Angelo, you grind everything into paint for your life masterpiece; if you make every advance a stepping-stone to something higher, nothing can keep you from being a great success in your line, because your work will be cumulative, you will pyramid your efforts.—Success Magazine.

WINTER WEATHER HARD ON LITTLE ONES

Our Canadian winters are exceedingly hard on the health of little ones. The weather is often so severe that the mother cannot take the little one out for an airing. The consequence is that baby is confined to overheated, badly ventilated rooms; takes cold and becomes cross and peevish. Baby's Own Tablets should be given to keep the little ones healthy. They are a mild laxative which regulate the stomach and bowels and thus prevent colds. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

There's No Fun Washing Dishes.
"What's the matter, Dillie?" a lady asked when her colored maid declared that she would stay no longer. "Don't we treat you right? Don't we pay you enough?"
"Yassum, dat's so all right; but dey is too much shiffin' dishes for de fewness of de vittuals."

MONEY ORDERS.
Send a Dominion Express Money Order. They are payable everywhere.

Family Album of the Future Will Talk.

The family portrait album of the future will talk, according to the makers of photograph records in London, who declare that the demand for private discs is increasing daily. They say that persons are having records of their own accomplishments made and are sending them to friends. Also, instead of sending letters or gifts, some people now talk on a disc and send that by way of greeting. The talk of children at various ages is being filed away with their baby clothes.

A Wreath in Ice.
The anniversary of the battle of Trafalgar is always celebrated by the decoration with flowers and wreaths of the great monument in Trafalgar Square, London, which was erected in honor of Nelson. Last year a wreath was sent all the way from New Zealand preserved in the centre of a block of ice weighing 600 pounds. It reached the monument in good condition, and in time to take its place among the other decorations.

Writing ink made of lamp-black and glue is believed to have been in use 4500 years ago.

A pretty good firm is Watch & Waite, and another is Attie, Early & Layte; and still another is Doo & Dairet; but the best is probably Grin & Baret.

GENERAL DEBILITY FOLLOWS INFLUENZA

The After Effects Often More Serious Than the Disease Itself.

No reasonable precaution to avert an attack of influenza should be spared. The disease itself often proves fatal and its after effects among those who are spared, make the life of the victim one of almost constant misery. Ask almost any of those who have been attacked by this trouble what their present condition of health is and most of them will answer: "Since I had the influenza I have never been fully well." This trouble leaves behind it a persistent weakness of the limbs, shortness of breath, bad digestion, palpitation of the heart and a tired feeling after even slight exertion. This is due to the thin-blooded condition in which the patient is left after the fever and influenza have subsided. This condition will continue until the blood is built up again, and for building up the blood and strengthening the nerves nothing can equal a fair treatment with Dr. Williams' Pink Pills. The value of this medicine in cases of this kind is shown by the statement of Mr. Edward J. McGuire, Pembroke, Ont., who says:—"In the fall of 1918 I was attacked with the influenza—and not in a mild form either. I was confined to my room for three weeks, and although the influenza subsided I did not regain my health. As a matter of fact I seemed to be growing weaker. I had no appetite, was subject to fainting spells and my feet and ankles were badly swollen. The doctor told me that my condition had developed into a serious case of anaemia, and although I was under his care for over two months I was not improving in any way. At this stage one of my friends advised me to try Dr. Williams' Pink Pills. I was loath to do so, as I began to think my case hopeless. However, I was finally persuaded to try them, and by the time I had used two bottles there was no doubt they were helping me. I continued taking the pills until I had used a dozen boxes, when I found that every symptom of the trouble had left me and I was again enjoying the best of health. I returned to my work and have ever since been in good health and feel that I owe it entirely to Dr. Williams' Pink Pills. I think that anyone who is suffering from the after effects of influenza, or any form of anaemia should give this medicine a fair trial."

You can get Dr. Williams' Pink Pills through 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.

USE SLOAN'S TO WARD OFF PAIN

LITTLE aches grow into big pains unless ward off by an application of Sloan's. Rheumatism, neuralgia, stiff joints, lame back won't fight long against Sloan's Liniment. For more than forty years Sloan's Liniment has helped thousands, the world over. You won't be an exception. It certainly does produce results. It penetrates without rubbing. Keep this old family friend always handy for instant use. Ask your neighbor. At all druggists—35c, 70c, \$1.40. Made in Canada.

Sloan's Liniment

Teach Children To Use Cuticura Soap

Because it is best for their tender skins. Help it now and then with touches of Cuticura Ointment applied to first signs of redness or roughness. Cuticura Talcum is also excellent for children.

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.

Sliding Down Hill and Don't Know It.

"He is sliding down hill and don't know it," said a friend to me, the other day, speaking of a mutual acquaintance who had started out in life with great promise, but had gradually lost his grit and ambition, and had completely slumped. Instead of being the first-rater all his friends expected him to become, he is only a second or third-rater.

Are you sliding down hill? Is the edge wearing off your ambition? Are you conscious that there is some deterioration going on within you; that you are not quite what you once were? Have you a feeling that you are slipping down; that your life-standards are dropping; that you are not quite as progressive, not quite as up-to-date, in your dress, your manner, your appearance, not quite as interested in your work, or as ambitious to climb to something higher as you once were?

If you are, it is time for you to call a halt, see where the trouble is, and remedy it. If you don't turn about face immediately and get on the upgrade again you are in danger of slumping to a second or third-rater.—Success.

The Librarian Mind.
"Sergeant," said the commanding officer, "I was looking last evening for some records concerning the religious services held every Sunday morning, but could not find them in the files. Where are they?"
"They are filed under 'H,' sir," answered the sergeant in charge of the files.
"Why under 'H'?"
"Because they began at half-past nine, sir."

Talk is the only article that is as cheap as ever.
Minard's Liniment prevents Spanish Flu.

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

American's Favorite Dog Remedy
Book on
DOG DISEASES
and How to Feed Mailed Free to any Address by the Author.
E. Gray Glover Co., Inc.
129 West 24th Street
New York, U.S.A.

Fulness After Eating

If you have fulness after meals, a bad taste in your mouth in the morning, fur on the tongue, flatulence after meals and no appetite, take Nether Seiger's Syrup. It will clean your tongue, renew your appetite, give you relief for food and the power to digest it thoroughly and easily. Sold in 50c. and \$1.00 bottles at drug stores.

USE SLOAN'S TO WARD OFF PAIN

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Classified Advertisements
LADIES WANTED—TO DO FRANK and light housework at home, whole or spare time; good pay; work sent any day; charges paid. Send stamp for particulars. National Manufacturing Company, Montreal.
EARN \$10.00 TO \$50.00 PER DAY by vulcanizing. Be independent; we teach you. Write for particulars. Chief Instructor, Canada, Vulcanizer, London, Ont.
FARM WANTED. SEND DESCRIPTION and price. John J. Black, Chippewa Falls, Wis.
CANADIAN MATRIMONIAL PAPER, 25c. No other than A. McGreer, Chatham, Ont.

DANDERINE

Stops Hair Coming Out
Thickens, Beautifies.



85-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.

NERVOUS AND RUN DOWN

Relieved by Taking Lydia E. Pinkham's Vegetable Compound

Cobourg, Ontario.—"For many years I have had troubles with my nerves and have been in a general run-down condition for some time. I could not do my work half the time because of trouble every month. I was told of Lydia E. Pinkham's Vegetable Compound by friends and advised to try it. It has done me good and I strongly recommend it. Since I have taken it I have been able to do all my own work and I also know friends who have found it good. You can use these facts as a testimonial."
—Mrs. ELLEN FLATTERS, Box 761, Cobourg, Ontario.

Any woman in this condition should take the Vegetable Compound, for it has helped other women and so it should help you.
For nearly fifty years this good old-fashioned root and herb medicine, which contains no narcotics nor harmful drugs, has been the standard medicine 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.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Mass.

Did you ever try Grape-Nuts? with stewed prunes or peaches?

THERE isn't anything better for breakfast or lunch than a dish of Grape-Nuts, with cream, or milk, and stewed prunes or peaches.

This delicious combination gives you the elements of a well-balanced food. For it contains not only the material needed to build tissue and furnish energy, but it also supplies fruit acids, that help keep the system in good order.

Go to your grocer today and order a package of delicious Grape-Nuts. You will find that it will digest more readily than most other cereals, and it will "stay by" you longer—because it's so richly nourishing.

Grape-Nuts for Health "There's a Reason"



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