

NEGLECTED ANAEMIA

Often Leads to a Decline—Enrich the Blood by Taking Dr. Williams' Pink Pills.

In their early teens it is quite common for girls to outgrow their strength, and mothers should carefully watch the health of their daughters at this time, for it is when strength is sapped by rapid growth that anaemia develops. The first signs may be noticed by peevishness, languor and headaches. The face grows pale, breathlessness and palpitation follow, with low spirits.

At the first symptom of anaemia mothers should act at once. Neglected anaemia often leads to decline, but if you see that your daughter's blood is enriched there need be no cause for anxiety. The finest blood enricher ever discovered is Dr. Williams' Pink Pills. The pure, red blood created by these pills will quickly banish all signs of anaemia. They will build up your girl's health and ensure her a robust girlhood. Give your daughter a course of Dr. Williams' Pink Pills now. Make her strong like thousands of girls who have been rescued from the clutches of anaemia by Dr. Williams' Pink Pills. Here is a bit of proof. Miss Mary Venditti, Catamount, N.B., says:—

"Three years ago while attending a convent, I studied very hard to graduate. The result was I became very nervous and got so thin and pale my teachers thought they would have to send me home. I took different kinds of medicine which my parents sent me, but my condition remained unchanged. At last one of my teachers gave me a box of Dr. Williams' Pink Pills, and I had hardly finished it when I could feel an improvement in my condition. I continued the use of the pills for some time longer, and I can hardly tell all the good they did me. I gained in strength and weight, and the color returned to my cheeks, and at the end of the term I graduated. I never fail to recommend Dr. Williams' Pink Pills to my friends and acquaintances when a tonic is needed."

You can get these pills from your druggist, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Dog That's Lost.

You may have scattered bounty
With your right hand and your left;
You may have sat beside the sick,
And wept with the bereft;
You may have cheered the weary on,
And helped some one doubt-tossed;
But have you ever found a home
For a wistful dog that's lost?
—Claire Tower Allen.

Her Own Fault.

The train was about to start when the door of a compartment containing a solitary commercial traveler was flung open and a young woman entered and dropped into a corner seat.

After a while the traveler said, politely: "Excuse me, miss, but—"

"If you speak or annoy me I'll call the conductor," snapped the girl.


The train rolled on, and after a lengthy pause the young man made another attempt to speak, but again the girl threatened to give the alarm.

At last the train slowed up at a station and the traveler rose to his feet.

"I don't care whether you like it or not," he said, "but I want that bag of strawberries you've been sitting on for the last six miles."

Few Wild Animals in Japan.

No poisonous reptiles and few wild animals are to be found in Japan.



Free Government Pamphlet Reveals HOW TO GET MORE MONEY FROM HOGS

How to avoid breeding short, thick pigs, and how to develop those of a suitable breed type; how to feed a sow to prevent her dropping her litter; methods of breeding to be avoided; how to get two good litters a year; how to pick the best breed sows—these are just a few of the helpful facts contained in the free pamphlet "Breeding and Feeding the Market Hog" issued by the Department of Agriculture, Ottawa. It will pay you to get it. Use the form below.

"The Grading and Marking of Eggs"

Another helpful pamphlet. Tells the law relative to grading, inspecting, shipping of eggs, etc. Every poultry farmer should get this.

There are over five hundred free government pamphlets on all the different branches of farming. Write for the list of these publications. Fill in and mail this slip TODAY.

PUBLICATIONS BRANCH
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Ottawa, Ontario.

Please send me free pamphlets on _____ together with list of all free pamphlets.

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Lord Mayor's Show Has Usual Progression.

Sir Ralph Blakes, Lord Mayor-elect of London, was inducted into office with the customary old world ceremonial. A feature of the procession was a pageant of road passenger transport, the Wonderful companies of Froemen, Carmen, Wyre-drawers, Wheelwrights, Felt-makers, Farriers, Honors and Pavions being conveyed through the streets in passenger vehicles of the past and present from sedan chairs and pack horses to the latest models of British automobiles and airplanes the latter including the machine flown by Sir Alan Cobham from London to Australia and back.

Another striking pageant represented the London fire brigade of to-day and the famous Thames watermen, its predecessors, the "fusty, able-bodied" firemen of the ancient city. The discovery in Herefordshire is announced of a seal attached to an ancient document which was used by Dick Whittington, who 500 years ago held the office to which Sir R. Blakes has succeeded. The seal shows Whittington as a "citizen and mercer" and "restorer-general" for Great Britain under Edward Plantagenet.

Beauty in Our Work.

We do not know that when a man makes anything he ought to make it beautiful for the sake of doing so, and that when a man buys anything he ought to demand beauty in it, for the sake of that beauty. We think of beauty, if we think of it at all, as a mere source of pleasure; and therefore it means to us ornament added to things, for which we can pay extra if we choose. As we do not value the aesthetic activity in ourselves, so we do not value it, do not even recognize it or the lack of it, in the work of others.

The artist, of whatever kind, is a man so much aware of the beauty of the universe that he must impart the same beauty to whatever he makes. He has exercised his aesthetic activity in the discovery of beauty in the universe before he exercises it in imparting beauty to that which he makes. . . . And we should know, also, that work without beauty means unsatisfied spiritual desire in the worker; that it is . . . like thought, without truth or action without righteousness. —A. Clutton-Brock, in "The Ultimate Belief."

IS THERE A BABY IN YOUR HOME?

Is there a baby or young children in your home? If there is you should not be without a box of Baby's Own Tablets. Childhood ailments come quickly and means should always be at hand to promptly fight them. Baby's Own Tablets are the ideal home remedy. They regulate the bowels; sweeten the stomach; banish constipation and indigestion; break up colds and simple fevers—in fact they relieve all the minor ills of little ones. Concerning them Mrs. Moise Cadotte, Makamik, Que., writes: "Baby's Own Tablets are the best remedy in the world for little ones. My baby suffered terribly from indigestion and vomiting, but the Tablets soon set her right and now she is in perfect health." The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Sunrise and Sunset.

I'll tell you how the sun rose—
A ribbon at a time.
The steeples swam in amethyst,
The news like squirrels ran.

The hills untied their bonnets,
The bobolinks began.
Then I said softly to myself,
"That must have been the sun!"

But how he set, I know not.
There seemed a purple still
Which little yellow boys and girls
Were climbing all the while.

Till when they reached the other side,
A dome in gray
Put gently up the evening bars
And led the flock away.
—Emily Dickinson, Collected Poems.

Her Choice.

"Now," said the bridegroom to the bride, when they returned from their honeymoon trip, "let us have a clear understanding before we settle down to married life. Are you the president or the vice-president of this household?"

"I want to be neither president nor vice-president," she answered. "I will be content with a subordinate position."

"What position is that, my dear?"

"Treasurer."

A practical man is the upholsterer; he's always getting down to brass tacks.

SOUR STOMACH

Dr. Franklin's DIGESTIN

Strengthens the Stomach, relieves and prevents Dyspepsia, Indigestion, Heartburn, Bloating, Nausea, Flatulence, Headache, and all other troubles caused by disordered Stomach and Bowels. Buy at your drug store or mail fifty cents to our address.

Dr. Franklin Laboratories
Toronto

Surnames and Their Origin

COLLINS
Verdun—Collins, Giffitt, Galt.
Racial Origin—Norman-French.
Origin—A given name.

Here is another group of family names derived from the given name of Nicholas, only this time more in accordance with Norman than Anglo-Saxon custom.

Even before the Normans invaded and conquered England the given name of "Cole" or "Colin" was popular and widespread among them. They had formed this name as a diminutive of Nicholas, the name of the famous saint who was archbishop of Myra in the fourth century, and who already had become the patron saint of children.

Incidentally, this tendency among the people of Europe in the early Middle Ages to take a single given name and split it up into all sorts of diminutives and variations was not due entirely to the natural inclination to form nick-names, but in large measure was due to that same dearth of sufficient names that go around which, intensified as populations became larger, finally grew into the formation of family names.

The family of Collins, when it is not traceable to Irish sources, is simply the modern form of "Colin's son," as also is the family name of Collinson.

The Normans quite frequently formed diminutives of given names by the endings "el" and "ot," and it is from names so formed that the family

WHY DON'T WE HELP?

By Florence Jones Hadley

I sat at my window one cold winter day, watching a flock of tiny brown birds hunting their dinner—or very likely it was breakfast—for food was pretty scarce then.

The little fellows flew from one tall weed to another, from one bush to another, hunting for some tiny seed or dry red berry that might have been left from some former breakfast.

Sometimes a berry was found, dropped in the snow, and it was greedily picked up, and I shivered as I thought of the icy morsel going down the warm little throat. My own breakfast had been warm, still I grumbled a bit because the coffee was not quite hot enough. But the tiny feathered hunter never grumbled—just twittered his thanks for every seed, every berry found.

At last there seemed to be not a seed or berry left, and away they all flew to see what could be found elsewhere. Such a scanty meal divided among so many was not very satisfying, you know.

I felt a throbbing pity as I watched them in their search, then something said to me, "Why didn't you help them, instead of wasting your time pitying them? Why didn't you?"

"Help them? But what can I do to help?" was my first thought. Then I knew. I decided that every day I would save the crumbs that always gather on table and dishes—every meat scrap, everything that a bird can eat with a relish.

This I did, and with it I served a nice piece of suet for dessert, hanging it by a stout string to a limb of a tree near by. Another day I hung a small bone with a good serving of meat on it, and it is a question as to whether the birds that found it or I who had given it to them, enjoyed it the most.

Such a twittering, such a scrambling from one side to the other as there was! I wished with all my heart that I could understand bird language so I could know just what they were saying. From crumbs to meat, from meat to crumbs they flew, until at last the meal was consumed and away they flew with happy twitterers.

The next morning there was a surprise for me. For there were not only the birds who came for breakfast yesterday, but nearly as many again, and as I watched, they still came from all directions. I almost held my breath in amazement.

Where did the others come from? How did they know about the food put out for them? Surely, surely there must have been some way of communication between them, for it just did not happen, but how can they tell one another of such things?

Well, I really got myself into deep waters, for as I increased my food allowance, just so often did the little flocks come for it. And sometimes it puzzled me how to feed so many, but at last I dipped down into my corn chops, my kafir corn, which they seemed to like very much, and more bones had to be kept ready. And now I know what I am going to do next year.

I am going to save all the melon seeds that we have, dry them thoroughly and put them away for the birds' dinners and breakfasts. Many kinds of seeds can be used this way.

Let's all do it. Let's all save seeds, crumbs, scraps of bread, meat, from our tables, and scatter them, like seeds of kindness, where they will do good. I am going to—will you?

In 1926.
Mother Eagle—"Children! You come right in out of that air! The idea of playing up there where all those airplanes are!"

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"is good tea" TEA

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The Solution.
Husband—"Isn't supper ready yet?"
Wife—"No, dear."
"Well, I'll step over to the restaurant."
"Wait just five minutes."
"Will it be ready then?"
"No, but then I'll go with you."

Too often the mark a person wishes to make in the world is the dollar mark.

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Her Suffering Relieved and Health Restored by Lydia E. Pinkham's Vegetable Compound

Toronto, Ontario.—"I am certainly very grateful for the benefit I have received from Lydia E. Pinkham's Vegetable Compound, also the Sensitive Wash and the Liver Pills. In the early spring I was suffering so much from less of blood that I thought I would never be any better as a doctor's medicine relieved me only for the time being. I saw the Vegetable Compound advertised in the 'Toronto Star,' and I find the Vegetable Compound Tablets the best for me. I have been taking them since spring, and I intend keeping them by me all the time. After reading your Private Text-Book I saw it was necessary to use Lydia E. Pinkham's Sensitive Wash, and I can safely say I feel a different woman. My friends remark how well I look. I am a very busy woman, but I am ready at all times to boost your medicines. —Mrs. CHARLES GIBBS, 249 Lansdowne Avenue, Toronto, Ontario.

You may be having an experience similar to Mrs. Gibbs' and will be interested to know what she did. Every sick woman can feel confident that Lydia E. Pinkham's Vegetable Compound will help her, since we are told that it does help 98 out of every 100 women who take it.

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for Colds



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Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 21 and 100—Druggists.

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