

HAD NO APPETITE WEAK AND DIZZY

This New Brunswick Woman Restored by Dr. Williams' Pink Pills.

"Mrs. James Belyea, Brown's Flat, N.B., says: 'I am writing to tell you the great good I had through the timely use of Dr. Williams' Pink Pills. My health had failed and I was troubled with great weakness. I had no appetite and frequently had dizzy spells. The least exertion would make my heart palpitate violently and I felt tired at all times. I had doctored a great deal without getting much relief, and was feeling greatly discouraged when I finally decided to try Dr. Williams' Pink Pills. The happy results following the use of this medicine can best be summed up by saying that I am again perfectly well, able to do my housework and enjoy life once more. I feel it a duty to recommend Dr. Williams' Pink Pills to all weak people.'

If you have any of all the symptoms above noted, do not delay, begin treatment at once with Dr. Williams' Pink Pills. You will be surprised to note the improvement in your condition after a few weeks. You can get these pills through any dealer in medicine or by mail at 50 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont. If you will send your name and address a little booklet, 'Building Up the Blood,' will be sent free.

The Bow of Promise.

The rainbow is caused by the bending and reflecting of the sun's rays as they pass through the falling drops of water. By a law of optics the colored light beams that come from a breaking up of the sunlight are arranged according to their wave lengths, and thus appear to the eye of the observer in the form of the bow upon the rain. When the rain ceases, or is too far away for the necessary angle to be formed between sun, rain and the eye the bow vanishes.

In a perfect rainbow the seven primary colors of the spectrum are plainly distinguishable. These, according to their position, are violet, indigo, blue, green, yellow, orange and red. When there is but one bow visible the red color is at the top and the violet below. If there is a secondary bow the colors in it are reversed. Rarely, a third or even other bows, is visible.

The arch is always away from the sun, and usually late in the afternoon, though it is occasionally observed in the morning against a precipitating cumulus cloud massed in the west. It is not seen at or near midday, nor until the sun is within 42 deg. of the horizon. The nearer the sun is to the horizon, the larger appears the arch. The phenomenon is connected with the summer thunderstorm because the conditions of rain and sunlight necessary for its appearance are rarely met with in connection with other clouds.

Sometimes, especially if the rain be very heavy about the observer, with the sunlight shining through it, the bow seems very near. The writer once clearly saw a wide band of glorious colors appearing between him and a farm which was less than 200 feet distant.—Willis Edwin Hurd.

A Mountain Stream.

Cloud-Begot, mountain-bred,
Heather-nursed child,
Innocent, beautiful,
Winsome and wild:
Here she comes dancing
O'er boulder and rock
And in many a waterfall
Shakes her white frock.
—Standish O'Grady.

Jugoslavia Women Voteless.

Jugoslavia is the only Slav country that still withholds all political rights from women.

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Better Health From the Use of Sleeping Porches.

Improved health in America owes something at least to increased popularity of sleeping in fresh air. My sleeping porch opens directly from my bedroom and, as it is separated from it by a glass partition, is plainly visible to any one inside the room. For this reason it was necessary to take every measure to keep the porch in apple order. As it contains three small iron beds, the first step was to cover them in such a way that they would not be too conspicuous and would be uniform in appearance.

First, we covered the head and foot-boards of the beds with close-fitting slip-covers of linen-colored cotton homespun. These extend to the mattress on one side and to the floor on the other, thus entirely hiding the frames of the beds. Along the seams, outlining the shape of the bed, was stitched red and yellow braid about an inch and a quarter wide. Spreads for the beds were then made of the same material with the braid stitched along the edge where the straight flounce is seamed on. These covers were made about thirty inches longer than the bed to allow for folding over the pillows.

The next problem was to provide for the extra blankets and puffs. These would be very untidy if left on the beds and would spoil the trimness of the bed if piled under the covers. The problem was solved by making of the same cotton homespun, large envelopes or flat pockets the size of the springs, to which they were fastened underneath by tapes. At one side of the bed they were left open so that the extra bedding can be placed here when not used and yet be within easy reach when needed.

Old-Fashioned Flowers.

There has been a great revival of late years of old-fashioned flowers, so that old-fashioned people find once more the friends of their youth blossoming beside the lengthened pathway, and this renewal of friendship is very welcome, in spite of the development of many new flowers. We owe to florists, men whose business it is, this constant widening of the flower horizon. Of course it is not every day that one can develop a new flower, but by rummaging in old-time gardens in quiet, country villages one may come upon survivals, which are almost new to the flower lovers of new generations.

Thus we have again our tall African marigolds, our sweet Williams and beds of pinks and lychins, and live over again the days of our youth in their presence. The best-beloved of our old-fashioned flowers go back to colonial days, and suggest the clinging affection which could transcend a care as a flower root, and transmute amid the excitements and dangers of colonization the seed of home flowers. The hollyhocks and marigolds of our present gardens undoubtedly stretch an unbroken chain of linked seed back to the English gardens from which our foremothers parted. . . and this thought makes them the more welcome and the dearer, aside from the inherent qualities, which would make them welcome.—Candace Wheeler, in "Content in a Garden."



Would Be Content With Him.

He—"Wouldn't you like to go to the show with a handsome man?"
She—"Naturally, but I'm not one to long for the unattainable, you know."

A Pocket Gramophone.

The smallest gramophone in the world has just been manufactured by a London firm. It can be carried in a man's pocket!

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Surnames and Their Origin

LIND

Variations—Lynd, Lindeman, Lindstrom, Linden, Lindley, Lynn.
Racial Origin—English, also German.
Source—Geographical.

In this country to-day we pay little attention to trees, so little indeed that the average person, particularly among the city dwellers, does not know one from another. This was not the case in medieval and early modern times, when trees were widely used as landmarks in establishing locations.

All of the family names in this list belong to the geographical class, and they are all derived from the name of a tree, the linden, the name of which is now and was in the Middle Ages, when family names were formed, virtually the same in both English and German.

It is impossible to determine definitely in the cases of most of the family names given in the foregoing whether they are German or English. The name Lindstrom is certainly German, meaning "lindstream," that is, a stream or river bordered by linden trees. Dwellers in such a locality of trees were known by such a name as Hans of the Lindstream, the prefixed words being dropped in German as they have in similar circumstances in English.

Lindley is an English name formed from the name of the tree and "ley," an old English word for "shepherd." Lynd is the closest we have to the old English spelling of the name of the tree. Lynn in some cases, when it is not Celtic, is a variation of this spelling.

There is evidence that Lind, Linde-

man and Linden are of both English and German derivation.

CALVERT

Variations—Stoddard, Gaddard, Coward, Calmhart, Hoggart.
Racial Origin—English.
Source—An Occupation.

The endings "est," "ard" and "art" in family names, when they are not traceable to the old Teutonic "hard" which is compounded in so many given names, nearly always indicate an old Anglo-Saxon word of another meaning. "Herd" we use still, but except in such combinations as "shepherd" we have switched its application from the man who had charge of the animals to the animals themselves. In Anglo-Saxon speech the "herd" was the man in charge of the domestic animals.

The family name of Coward has no connection with our modern word denoting lack of courage. It is simply a corruption of the old form of "cowherd," which was "cowherde."

The family name of Calvert, though it has been borne by the English nobility, nevertheless had its beginning among simple folk whose task was to herd calves.

Gaddard was originally goat-herd. Another old English word for a bullock was "stot," from which has developed the family name of Stoddard, less frequent forms of this name, but closer to the original, being "stotherd" and "stothard."

Swinnart is from "swine-herd," and the swineherd's occupation was no whit less noble than the Calvert's nor that of the modern industrial farmer.

Hoggart (when not a corruption of Hagarth) traces back to hog-herd.

RED HOT JULY DAYS HARD ON THE BABY

July—the month of oppressive heat; red-hot days and sweltering nights; is extremely hard on little ones. Diarrhoea, dysentery, colic and cholera infantum carry off thousands of precious little lives every summer. The mother must be constantly on her guard to prevent these troubles, or if they come on suddenly to fight them. No other medicine is of such aid to mothers during the hot summer as is Baby's Own Tablets. They regulate the bowels and stomach, and an occasional dose given to the well child will prevent summer complaint, or if the trouble does come on suddenly will banish it. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



Heard it Knocking.

Prospective Autist (trying out silver)—"I think this is a great opportunity to get a good car."
Friend—"No doubt it's an opportunity—I hear it knocking now."

Sponge Wood Before Staining.

The advantages of sponging wood before staining are many. It frequently happens that the grain rises when the stain is applied but by sponging the wood first and then allowing it to dry the raised grain may be sandedpaper level and thus a recurrence of the trouble is avoided when the stain is put on.

Another advantage of sponging lies in the fact that water opens the pores of the wood, and thus any clogged condition arising from previous sandpapering is remedied and furthermore the stain is enabled to sink deeply into the wood. This produces a very even color capable of standing light sandpapering if such is found necessary to produce the smooth surface on which the success of good varnishing depends. Another great advantage is this—that when a filler is used without previously sponging, the old sandpaper dust and other material which clogs the pores absorbs water from the stain and remains damp, thus the wood in contact with the air. When the foreign material dries out it does so by absorption through the surrounding wood which causes shrinkage and settlement and pulls the varnish coat down into the pores. Or again, the same moisture may, by expansion, force the varnish out in small spots, especially if the varnish is applied in an excessively warm atmosphere.

Dawn.

"All suddenly the wind,
And it is still!"

The lime leaves whisper,
And a blackbird's thrill
Sends gladness to the grove
With silver dew:
Bidding the songsters
Never more be mute,
When bridal day
Steps from her chamber
In a golden gown.
—Robert H. Roy.

Minard's Liniment for Burns.

Just a Child Out of Doors.

Slowly he came along the little path, which ran, a narrow white track, beside a field of high-growing grain. The sunlight fell on his fair hair as he bent his head a little, engrossed in contemplation of the ear of corn which he held in his chubby hand. Such a quaint little figure he seemed in his snowy white jacket embroidered in gay colors around the shoulders, sleeves, and neck.

Beyond him were the mountains, their heads crowned with snow, their lower slopes tree-clad and smiling; but he had no eyes for the beauty of his surroundings, or for the strangers who watched him. Oblivious of all but that which he held in his hand he wandered on, unaware that he was being made into a picture. And the sun shone over all, that wonderful sunlight of Switzerland, which seems to soak the landscape in clear, pure radiance. The beauty of the mountains with all their delicate gradations of tone and color, the green of the fir trees, the waving barley in the field all became a background for the simplicity of this childish figure so completely aloof from its surroundings—a background for the unconscious loveliness of childhood.

Taps should never be screwed down hard. If this is done their washers wear out quickly, and the taps begin to leak.

Search-marks on linen may be removed by rubbing with a freshly-cut onion and afterwards soaking in cold water.

Minard's Liniment for all pains.

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"Tell Him Now."

If with pleasure you are viewing
Any work a man is doing,
If you like him or you love him, tell him now;
Don't withhold your approbation
Till the person makes oration
And he lies with snowy Millies o'er his brow.
For no matter how you shout it,
He won't know how many teardrops you have shed;
If you think some praise is due him
Now's the time to slip it to him,
For he cannot read his tombstone when he's dead.

More than fame and more than money
Is the comment kind and sunny,
And the hearty, warm approval of a friend;
For it gives to life a savor,
And it makes him stronger, braver,
And it gives him heart and spirit to the end;

If he earns your praise, bestow it;
If you like him, let him know it;
Let the words of true encouragement be said;
Do not wait till life is over
And he's underneath the clover,
For he cannot read his tombstone when he's dead.

—George A. Turner.

AN INTERNAL BATH DAILY RECOMMENDED

A prominent physician made the remark recently that if people were half as particular in regard to internal cleanliness as they are about external appearance three quarters of our ordinary ailments would be eliminated. This medical man said people did not stop to think of the importance of keeping the system just as clean as one is careful to keep hands, face and body. The result is that the intestinal tract becomes clogged and waste material which should leave the body daily stays there for an indefinite period doing a harm few people realize. So many ills are traceable to these clogging poisons! An internal bath sounds novel, but it is much easier to take than any other kind! A spoonful of Sal Lithofos before breakfast (or any other meal), dissolved in a glass of tepid water acts as a gentle cleanser of the bowels—provides a soothing internal bath that rids the body of dangerous toxic poisons and gives one that feeling of freshness, vigor and well-being. A further advantage of the internal bath lies in the fact that a healthy body ensures an alert and active mind which makes for greater efficiency and happiness in one's daily work.

Carp can readily be taught to come for their food at the sound of a bell; but, on the whole, fish do not hear nearly so well as land animals, nor do they possess any strong sense of smell or of taste.

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You may be having an experience similar to Mrs. Giffin's 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 96 out of every 100 women who take it.
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