

High School Boards and Boards of Education
Are authorized by law to establish

INDUSTRIAL, TECHNICAL AND ART SCHOOLS

With the approval of the Minister of Education.

DAY AND EVENING CLASSES may be conducted in accordance with the regulations issued by the Department of Education.

THEORETICAL AND PRACTICAL INSTRUCTION is given in various trades. The schools and classes are under the direction of an ADVISORY COMMITTEE.

Application for attendance should be made to the Principal of the school.

COMMERCIAL SUBJECTS, MANUAL TRAINING, HOUSEHOLD SCIENCE AND AGRICULTURE AND HORTICULTURE are provided for in the Courses of Study in Public, Separate, Continuation and High Schools, Collegiate Institutes, Vocational Schools and Departments. Copies of the Regulations issued by the Minister of Education may be obtained from the Deputy Minister, Parliament Buildings, Toronto.

Surnames and Their Origin

JEFFRIES
Variations—Joffre, Jefferson, Godfrey, Jepsen, Jeff.
Racial Origin—French and Norman French.
Source—A given name.

You might easily draw all sorts of analogies among the great number of famous personages who have borne the name of Jeffries or one of its variations, starting with Godfrey, who with his crusaders of the middle ages finally wrested Jerusalem from the grasp of the Moslems, and including our own Thomas Jefferson, Jim Jeffries, of pugilistic fame, and General Joffre, right down to little Jeff, Mutt's partner of national fame—fighters all!

As a family name, Jeffries and its variations came into use simultaneously in France and England. As a given name it comes originally from France of the early Teutonic period; that is, the period of the barbarian invasions, following the fall of the Roman Empire. It was brought to England among the followers of William the Conqueror.

In France its development has been from Godfrey, through Geoffrey, Jeffrey, Joffrey, to its final form of Joffre. In England it took on many different methods of spelling, and developed in many different directions, some of them paralleling the French as far as Jeffrey, while in other instances the original form of Godfrey was maintained. In the old English records it is often found as Jefre and Jeter, and even Jephre, from which last the variation of Jepsen was developed.

Electric Bovine on Steamer Never Runs Dry or Kicks

An electric cow that gives new milk, skimmed milk, malted milk, cream, fruit-flavored milk and less cream to order, is the remarkable animal for which experimenters are building a special shed on board the African steamer Nigerian in the Hercules dock at Liverpool. This cow never kicks or flicks its tail in the milker's eye; never is seasick, never dry, and can be milked by a marine engineer in mid-Atlantic as well as by a milkmaid on a Cheshire farm. All that the Nigerian's cow needs is a diet of milk powder, fresh butter and a drink of water.

A load of two tons can be carried by a full-grown elephant.

Protect the forest is not a phrase but a piece of personal equipment. Use it every chance you get.

The first telephone exchange in London was opened forty-seven years ago, and there are now over 500,000 subscribers in the 700 square miles of the London district.

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SOLVE THIS MYSTERY MESSAGE

Win These Magnificent Prizes

1st Prize—Pontiac Sedan, Value \$1700.00.
2nd — \$200 in Gold.
3rd — \$100 in Gold.
4th — \$50 in Gold.
5th — \$10 in Gold.
6th — \$5 in Gold.
7th — \$2 in Gold.
8th — \$1 in Gold.
9th — \$0.50 in Gold.
10th — \$0.25 in Gold.
11th — \$0.10 in Gold.
12th — \$0.05 in Gold.
13th — \$0.02 in Gold.
14th — \$0.01 in Gold.
15th — \$0.005 in Gold.
16th — \$0.002 in Gold.
17th — \$0.001 in Gold.
18th — \$0.0005 in Gold.
19th — \$0.0002 in Gold.
20th — \$0.0001 in Gold.

FOLLOW THESE SIMPLE RULES

- Every contestant must be 18 or over.
- Write answers in pen and ink on one side of paper only. Put name and address and name of this paper in upper right hand corner. Seal the envelope. Mr. M. or Mrs. Do not send answers in envelopes.
- Prizes will be awarded according to puzzle displayed in correctly solving the message and submitting the answer. The following well-known gentlemen will act as Judges: G. E. ANSLEY, General Sales Manager, Pontiac Division, General Motors Products of Canada, Ltd., Oshawa.
- W. H. McLAUGHLIN, Manager, Ontario Branch, Desbarats Advt. Agency, Toronto.
- R. W. COWAN, Sec.-Treasurer, Print Craft, Toronto.

MAIL YOUR ANSWER AT ONCE and you will immediately be given an opportunity to win an EXTRA \$200 in GOLD, and there's still more to come. Full particulars will be mailed the same day your answer is received. Address: NATIONAL HOSEY CO., Dept. 1, 156 Yonge St., Toronto.

WIN THIS HANDSOME PONTIAC SEDAN

FIRST PRIZE VALUE \$1700.00

Restoration.
(To Margaret, Aged Five).
You ran up to the nursery, my beauty,
Pulled down the iron latch and tumbled in;
Tore instantly three boxes wide apart,
That held a broken doll, a wreck of the—
Once glittering train of cars—a twisted pup
With tremble tail that used to be the friend
I slept with every night; you stood these up
With magic hands, till I could see the end
Of all their imperfections in the spell
Your smile worked out before my wondering eyes;
The doll smiled, too; the cars went ding-dong-bell
And rushed off round the track; the big surprise,
However, came from that long lost white Fido
Barked in his dear old way and cut a dido.
—Wilbert Snow, "The Inner Harbor."

Prayer of the Tree.
Ye who pass by and would raise your hand against me,
Hearken ere you harm me!
I am the heat of your hearth on the cold winter nights,
The friendly shade screening you from the summer sun.
My fruits are refreshing drafts,
Quenching your thirst as you journey on.
I am the beam that holds your house,
The board of your table,
The bed on which you lie
And the timber that builds your boat.
I am the handle of your hoe,
The door of your homestead,
The wood of your cradle
And the shell of your coffin.
I am the bread of kindness and the flower of beauty.
Ye who pass by, listen to my prayer:
Harm me not!
—Eleanor Elmer.

A FINE TONIC FOR NERVOUS WOMEN

Proof That Building Up the Blood Will Strengthen the Nerves.

If you want strong nerves you must make the effort yourself. You can help yourself by refusing to worry, by taking the proper rest, sleep and out-of-door exercises. For medicine take only Dr. Williams' Pink Pills, which promptly build up the blood and thus feed the starved, shrunken nerves.

A case of extreme nervous exhaustion restored by the use of Dr. Williams' Pink Pills is that of Mrs. R. DUNDAS, Peterboro, Ont., who says: "Some years ago I suffered a complete nervous breakdown. I doctored with two local doctors, but got no relief. In fact I was growing worse and weaker all the time. In this condition my mother came to take care of me and urged me to try Dr. Williams' Pink Pills, as she had taken them all through the change of life with splendid results. At this time I felt so far gone that I did not care whether I lived or not. But the coaxing of my mother and other relatives finally persuaded me to try the pills. By the time I had taken a few boxes I was feeling a little improvement and was able to move around. As I kept on taking the pills I felt myself able to go out and made a practice of going to a near-by store every second week to weight myself, and I gained rapidly from 103 to 135 pounds. I continued taking the pills for several months, and it is impossible for me to express in words the wonders they did for me. Nobody but myself knows the tortures I endured from nerve trouble, and now, thanks to Dr. Williams' Pink Pills, I am a normal, healthy woman. I do not think anyone troubled as I was can find a better remedy than Dr. Williams' Pink Pills."

If your dealer does not keep the pills you can get them by mail at 50c a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

From the Window.

The little house wherein you dwell
Has no age-old romance to tell,
It has no pride of stately towers,
No arbors, balconies, and bowers,
Simple and unadorned and new,
Its legends will begin with you.
Its outer aspect soon will win
A graciousness from that within.
It looks upon a little street
Of houses like it, plain and neat,
Of little gardens, little gates,
With scolding names on little plates.
You sometimes wish its windows viewed
Some soaring mountain solitude,
Green fields, a river shining by,
Or else a sea and windy sky,
And not this prospect cramped and tame—
Another house so much the same!
Your little street runs south and north;
Some cloudless midnight, then, look forth
And mark how true your windows are
Towards the Pole, the Venturer's Star;
And how amongst the chimneys there
Sparkles the splendor of the Bear.
—W. Kenley Holmes, in "The Open."

The Average Man.
—It is the easier to give advice than to take it.
—It is a long time more than he regrets wanting a dollar.
—His first fault is in a friend easier than he can correct them in himself.
—When he thinks he is very unkind in some respects.
—He finds it easier to criticize those who are doing things than to be one who does.
—He holds his boy at home and brags about him at the club.
—Can see other people's stupidity easier than he can see his own opportunity.

CHILDREN LIKE BABY'S OWN TABLETS

Because They Are Tasteless and Are Easy to Take.

One of the strongest points in favor of any medicine for children is that it is so agreeable that the mother does not have to force it down the little one's throat.

Baby's Own Tablets have no drug taste, and are crushed to a powder if desired, and babies like them. They are perfectly safe for they contain no opiate or narcotic. They sweeten the stomach and remove the cause of fretfulness.

Mrs. Arthur Charlebois, Pawtucket, R.I., says: "I have found Baby's Own Tablets to be a gentle laxative and a safe remedy for stomach disorders in children. Our little boy had been given harsh cathartics but these tablets worked more effectively without the severe griping. I can recommend them to all mothers of little children."

Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

It Is Not Easy.

It is not easy, the harvest of the ocean,
Not like wheat to be reaped in a long, hot day
With cider under the hedge, not like potatoes
To be dug for leaning down to finger the clay,
Not like apples or almonds with ladders leaning
Against the fruit-filled boughs, not like milk and cream
Drumming into a pail at dawn and evening.
Not like watercress gathered in the current of a stream—

It is not easy, the harvest of the ocean,
A hard life have its gleaners and one often cut short,
But they reap without sowing, which is sweet to wild natures,
And it is as conquerors that they storm into port—
A hard life but not dull like the life of the farmyard,
The rutted long struggle with niggardly ground.
The callous go out to the curve of the ocean
And their field has no hedge and their road has no bound!
—Elizabeth J. Coatsworth.

The dahlia plant contains a very powerful narcotic element, especially in its blooms. The nectar puts bumblebees and humming birds on a drunk, but they soon revive when they fall to the ground.

Ambition often arises more from the fear of being surpassed than from the desire to surpass others.

RED ROSE TEA

"is good tea" TEA

You've been intending to try Red Rose sometime. Why not now?

Pasteurizing Milk.

The dairy cow is the most efficient of all animals in the production of human foods. The chief handicap under which she suffers is tuberculosis. In this regard, Prince Edward Island can boast of the Canadian record—99.5% of dairy cattle in the whole Island are free from tuberculosis. Because this disease affects the human food, we must build a first line of defense—pasteurize all milk to be used by human beings—and follow it up by a second—eliminate tuberculosis from the dairy cow.

It has been proven beyond all dispute that human beings can—and do—develop tuberculosis from the milk of tuberculous cows. The matter is serious, for we are face to face with the fact that one of every two cases of tuberculous glands in children under five years of age can be blamed upon tuberculous germs in milk. Further, a large amount of abdominal and bone tuberculosis among children is directly traceable to milk from diseased cows.

Milk used by human beings should be free from the germs of tuberculosis. Can we hope to supply such a milk? It is quite possible—keep the germs out of the milk, and kill them if they do get in; that's all. The milk must come from healthy cows. Milking and handling of utensils must be done by healthy persons; if a person is "not very well," let him or her help with other work, but never with milking or anything that has to do with the milk.

In spite of our best efforts, germs of tuberculosis will, however, get into milk, and before it is used as food, they must be killed. The surest way to ensure this is by pasteurizing: heat to a point in which the germ cannot live (142F. for 30 minutes), chilling immediately (45F.) and keeping it cold until used. This will make the milk free from tuberculous germs, also germs of typhoid, diphtheria, scarlet fever and septic sore throat. It is a simple matter to treat the milk which any town or country family is to use as food in this way. And so one can say it is too much bother when it means protection for your family against consumption.

Minard's Liniment relieves stiffness.

Did You Ever Hear —

—Of a man mortgaging his car to make a down payment on a home?
—Of any man who died poor because he gave too much to charity?
—Of a boy who got into trouble because he listened to his mother's advice?
—Of a business that failed because it was conducted too honestly?
—Of a man who complained much if he was long changed?
—Of a friendly man who was without friends in times of need?
—Of a grouch who had people defending him behind his back?

The name "tennis" came to us, with the game, from France. Originally the word was "tenez," meaning take, or receive, used in the same sense as we use "play!"

Are You Tired OF NORTHERN WINTERS AND 1 CROP SOIL?

100 Practical Farmers Wanted:—To take over 10 acres each, finest 4-crop combination fruit and vegetable soil in Central Florida. Railroad, schools, churches and other facilities. Only requirement, each individual must have enough money to finance himself. For further information write to-day. Geo. N. Davis, 746 Seybold Bldg., Miami, Fla.

Classified Advertisements.

CHOICE PRODUCTIVE FARMS, Western Canada, easy terms. Write for free particulars, stating what you want. Continental Home-seeker, 2061 Rose Street, Regina, Sask.

A Blunder.
Perhaps the best "blunder" of 1500 examination papers recently checked by a school examining board was one quoting Whittier's "Barefoot Boy." It read:
"Blissing on thee, little man,
Barefoot boy with shoes of tan."

Tinned meat, a relic of the Franklin Polar Expedition of 1845, was declared fit to eat after the tin had been opened and the contents examined at the Liverpool City Laboratories.

Canadian Plan Book

In co-operation with Canadian Architects designs of modern period houses are published in the MacLean Builders' Guide. Detailed information on planning, building, furnishing, decorating and gardening. Profusely illustrated. An ideal reference book. Send 25 cents for a copy. MacLean Builders' Guide, 614 Adelaide St. W., Toronto, Ont.

Sneezing?

The sign of a coming cold. Bathe the feet in Minard's and hot water. Also inhale.

MINARD'S "KING OF PAIN" LINIMENT

WOMAN COULD HARDLY WALK

Mrs. Horn Tells how Lydia E. Pinkham's Vegetable Compound Restored Her Health

Hamilton, Ont.—"I have taken Lydia E. Pinkham's Vegetable Compound and would not be without it now. I had a female trouble so badly I could hardly walk and I was all run-down and could hardly get around to do my housework. I would be in bed three or four days at a time. I was told by a friend to try your Vegetable Compound. I did, and by the time I took two bottles I was beginning to get around again. I took ten bottles in all, and now I am all right again and doing my own work. I have six grown-ups to work for, so I have plenty to do. I also used Lydia E. Pinkham's Sensitive Wash, and I think it is good. But I owe my health to the Vegetable Compound, and I think if more of it was used women would be better off. I would not be without it if it cost much more."

Mrs. NELLIE HORN, 28 St. Matthews Avenue, Hamilton, Ontario.

Do you feel broken down, nervous and weak sometimes? Lydia E. Pinkham's Vegetable Compound is excellent to take at such a time. It always helps, and if taken regularly and persistently, will relieve this condition. C

Genuine ASPIRIN

BAYER

Proved safe by millions and prescribed by physicians for

Colds Headache Neuritis Lumbago
Pain Neuralgia Toothache Rheumatism

DOES NOT AFFECT THE HEART

Safe Accept only "Bayer" package which contains proven directions.

Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

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HAIR CAME OUT IN COMBFULS

Pimples on Scalp Itched Badly. Cuticura Heals.

"After having the flu my hair fell out so that I had to have it bobbed. I also had some pimples on my scalp and it itched badly. My hair was lifeless and dry, and when I combed it, it came out in combfuls.

"I sent for a free sample of Cuticura Soap and Ointment. I helped me so. I purchased more soap after using two cakes of Cuticura Soap together with the Cuticura Ointment. I was completely healed." (Signed) Mrs. Geo. H. Elliott, West St. R. R. 4, Orillia, Ont.

Cuticura Soap, Ointment and Talcum are all you need for every-day toilet and nursery purposes.

Sample Soap Free by Mail. Address: Manufacturing Dept., "Cuticura," U.S. Mfg. Co., P.O. Box 102, Portland, Me. Enclose 25 cents for postage.

©—Cuticura Shaving Stick 25c.