of butter in othing better For further ribbon sandmber of slices ead, perhaps bread. Butter rate the white nt fillings that down as you WIRD.

like are Gra-, put together liting or plain or raising. hocolate, auft with cream, and raising m every point ve the stems sins or choco-

is so unusual me for making

atin in a half in hour. Add a he juice of two of salt and a et cool, but not cold water and cooked vegeatoes and curchopped cooknuts. er of sardines.

f this, with a d some sandtellent and apthe schoolhouse

over these and

to drink from. gulp down the hastily swallow way out to play. k of some kind. chocolate in a mes milk, some-

kle Recipes.

ICKLES. -sized pickies. dry. Sprinkle salt, cover with stand overnight. d wipe dry. Put and cover with tablespoons suit, ar, one-half cup he vinegar and and pour over id set away in a ut three pounds ting stir in oner has been used.

um-sized cucumiches long to fill rs. Wash. Fill bers and a head rt vinegar, three ne cup sait. Heat pour into jars bers are covered.

er wither or be-

LISH. ins, 1 quart corn, as, I pint green mbers, 2 bunches ts, 1 small head ad cauliflower, 6 weet peppers. one-half gallon of

wo cups brown ablespoons of salt, und mustard, one il for a half-hour

dils and Get Bloom. affodils or narcis-

n growing in one rs and have ceasctorily, dlg them he bulbs and re-

d be lifted out of

y with a spading t with the fingers. ave started much d back to an inch fore replanting. nd and place sevps of large bulbs tached, in a place. pread them around "naturalize" them a stream or too They require no cautifui anywhere.



THE CROWING CIRL

Care and Watchfulness.

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 too rapid growth that anaemia develops. The first signs may be noticed by peevishness, langour and headaches. The face grows pale, breathlessness and palpitation follow, with low spirits.

At the first symptom of ansemi mothers should act at once. Neglected seemia often leads to decline, but if you see that your daughter's blood is suriched there need be no cause for sixiety. The finest blood enricher ever discovered is Dr. Williams' Pink Pills. The pure, red blood created by these ptils will quickly bantsh all signs of ansemia. They will build up your the health and ensure her a robust sirihood. Give your daughter a course of Dr. Williams' Pink Pills now. Make her strong like thousands of girls and women throughout Canada who have been rescued from the clutches of anaemia by Dr. Williams' Pink Pills.

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.

One of the Flower Secrets.

Flowering depends on reserves, whether in bulb or tree, in oak or datfodil. "The power to form flowers is bound up with the power of the plant to lay by stores of reserve material." And though, as Ward reminds us, some herbaceous plants flower a few weeks after sowing, whilst some trees produce no flower until they are fifty or sixty years old, they share a common secret. Within wide margins of difference they obey the great law of reserve. The beauty that sooner or later finds expression must first of all be stored.

How impressive is the patience and restraint in the trees of the forest! No oak is to be hustled. Cedars cannot be "forced" like rhubarb. Their growing forms are quietly serene. Most great productions in art or in character have something of the same serenity. They are not born of haste to make an impression. They grow quietly in the background. They come of lifelong patience and faith, of that patience which has been defined as "faith with her lamp lit."

So grew the cathedral at Amiens, and dad Vinct's "Last Supper" and Dante's dad Vinci's "Last Supper" and Dante's

Those who are wise pluck the early flower buds that rootage may be the

child's future. "He refused all offers Williams' Medicine Co., Brockville, around her, she's got eyes." and, setting stoically to work, toiled Ont. as never before, to win, penny by penny, money for the boy's education."

For six years Kubelik worked at his violin at the Conservatoire at Prague. like you every day." When his triumphs began it was the Husband (meekly) — "What's he father who had earned the applause. been up to now?" No wonder the son said he always played best when he imagined his father was in the audience.

Surely that gardener-father had learned the lesson among his flowers.

It sometimes happens that the things we get for nothing cost us more than the things we buy.

causes the wheels to revolve upon paying their gasoline bill.

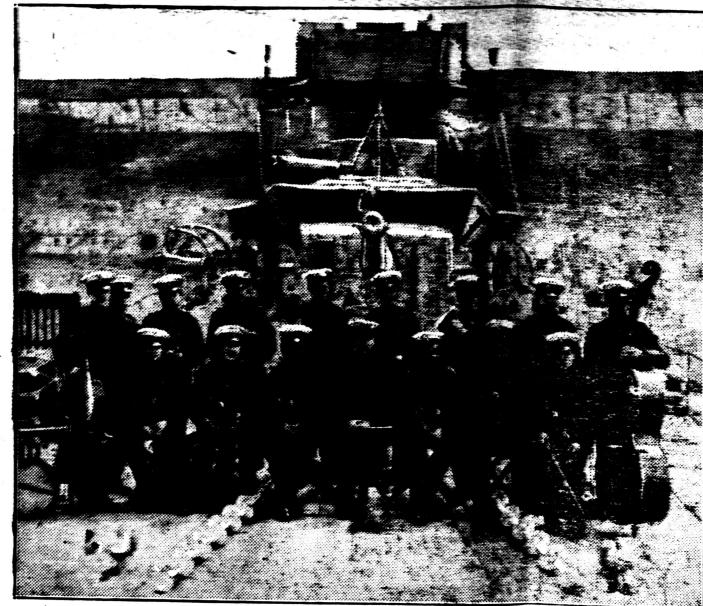


Delicious Salads, Sandwiches, Egg Dishes, Cheese Dishes, Pickles and Relishes.

Write for a copymailed Free.

eens le digestion

Broadcast From War Ship Is Novel CHARL Feature



Tradition in the British Navy ing to the most populous section of harks back to Nelson and a great North America the opportunity of hardward features of daily routine on listening-in to a most unusual broad.

A.M., will commence at 9 o'clock board ship date from the time of the famous Admiral. However, the many is at all times equally ready to establish precedent and the Commantal Railways clinic with a medicy, "Sea Songs of the Canadian National Railways clinic with a medicy, "Sea Songs of the Canadian National Railways clinic with a medicy, "Sea Songs of the Canadian National Railways clinic with a medicy, "Sea Songs of the Canadian National Railways clinic with a medicy, "Sea Songs of the Canadian National Railways clinic with a medicy, "Sea Songs of the Canadian National Railways clinic with a medicy, "Sea Songs of the Canadian National Railways clinic with a medicy, "Sea Songs of the Royal Railways clinic with the march past of the Royal Marines, and after a programme of the Canadian National Railways clinic with a medicy, "Sea Songs of the Royal Railways clinic with the march past of the Royal Marines, and after a programme of the Royal Railways clinic with the march past of the Royal Marines, and after a programme of the Royal Railways clinic with the march past of the Royal Railways clinic with the march past of the Royal Railways clinic with the march past of the Royal Railways clinic with the march past of the Royal Railways clinic with the march past of the Royal Railways clinic with the march past of the Royal Railways clinic with the march past of the Royal Railways clinic with the march past of the Royal Railways clinic with the march past of the Royal Railways clinic with the march past of the Royal Railways clinic with the march past of the Royal Railways clinic with the march past of the Royal Railways clinic with the march past of the Royal Railways clinic with the march past of the Royal Railways clinic with the march past of the Royal Railways clinic with the march past of the Royal Railways clinic with the march past of the Royal Railways clinic with the march past of the Royal Railways clinic with the Ra

der-in-Chief of the North America and most graciously and expressed his Old England." An added feature of West Indies Squadron, Vice Admiral pleasure at the unusual opportunity this programme will be the rendi-Sir Walter Cowan, Bart., K.C.B., of giving entertainment to such a tion of the bugle calls of the British D.S.O., M.V.O., has given permission vast army of radio enthusiasts as is Navy with an explanation of each for an event of absolutely novel reached from Montreal and Ottawa. call. character, nothing less than a radio The musicians will be stationed on broadcast from the deck of a war- the upper deck of H.M.S. Calcutta Lieut-Commander W. V. Heaybeard, ship. The broadcast will take place where three microphones will gather R.N.R., entitled, "Our First Line of on the night of Thursday, September in their performances. Telephone cir- Defence. 16, on board His Majesty's Ship Calcuits will carry the music to the cutta, moored in the Port of Mont- studio of CNRM and from the latter hand of H.M.S. Calcutta in a studio real, when special programme will studio lines of the Canadian National programme, the first broadcast of be played by the Royal Marine Band. Telegraphs will connect with CNRO such a character, while the coming The transmission will be effected at Ottawa and the latter station will broadcast is said to be the first ever through CNRM, which on this occa-sion will be tied in with CNRO, giv- on its regular wave length. transmitted from the deck of a

An address will be delivered by

A year ago CNRM broadcast the

DURING HOT WEATHER

secure. In the case of the great- Every mother knows how fatal the est, a stern face has been set against hot summer months are to small childimmediate bearing. The richer the na- ren. Cholera infantum, diarrhoea, tive talent, the sterner the discipline dysentry, colic and stomach troubles As a child, Kubelik was a musical clous little life is lost after only a few prodigy. People came miles to hear hours illness. The mother who keeps him, and almost worshipped him. No Baby's Own Tablets in the house feels end of offers came to his father; man- safe. The occasional use of the Tabagers, we are told, were only too anxi-lets prevent stomach and bowel trouous to pave his cottage with gold. bles. or if trouble comes suddenly-But that father was a gardener— as it generally does—the Tablets will Brown?" poor enough in earthly things yet wise bring the baby safely through. They, in his craft. He knew that to strain are sold by medicine dealers or by for immediate result would mar the mail at 25 cents a box from The Dr.

Like Dad.

Wife-"That boy of ours gets more



Eyes That See Not. He-"Does Be'le go with that fellow

She-"Yes."

She-"Of course she sees he's We plunged into the pool, He-"Still I don't think she sees he's

Minard's Liniment relieves stiffness. Related by Refusal.

riage?"

He-"Does she see he's a rounder?" And when the sur had risen,

if she has eyes."

"Are you related to her by mar-

Rub your scalp with Minard's Liniment "No; I'm her brother by refusal."

Surnames and Their Origin

MULVANEY Variations - O'Mulvaney, Motorists usually discover what O'Mulvena, Melvin, MacIlvena, Mac-Ilwaine, MacIlvain. Racial Origin-Irish; also Scottish.

> Source-A given name. family names in one group which are Source-A given name.

come from the same source. haps more commonly found among ence in the Bible. families of Scottish blood in this coun- While Matheson is not a Celtic form try. The Mulvaneys, O'Mulvaneys, of name, it is nevertheless the name

the great diversity of spelling in these clan was "Clann Mhathain," from different forms is the result of the at- which the family names of MacMath, tempt to spell the names in English MacMathan and Mathie have been as they sound in their original Celtic evolved, the last named through a tongue rather than to transcribe the dropping of the "Mac" which originally Celtic spelling into the English equiva- preceded it, and which in the Gaelic

of its pronunciation into "MacIlvain." change complete).

even of Mohammed, the first prohibi-Mulleny, tionist.

MATHESON.

Variations-Mathie, MacMathan, Mathieson, MacMath, Mathewson Mattison, Mathison, Mattie, Matson. It would be hard to find a set of Racial Origin-Scottish and English.

so little associated with one another All of these family names are dein the average mind. Yet they all rived from the given name of Matthew, which itself means "Gift of God," and Certain of them, such as Melvin, is Hebrew. Its spread throughout Eur-MacIlwane and MacIlvain, are, per- ope, of course, was due to its promin-

Mullengs and O'Mulvenas are more of a clan which was once one of the likely to be of Irish extraction, cer- most important in the Scottish. Hightainly so in those names which are lands. The form Matheson, like that of Mathieson is but an English ren-Like virtually all the Gaelic names, dering. The Gaelic designation of the denoted "descendant of," just as the If this latter was done the correct termination "son" in Anglo-Saxon and form of the name would be "O'Maolf- the prefix "Fitz" in Norman-French hiona," or "MacMaolfhiona." It is did, and as the endings "Witz" and from the latter form that the Scottish "vitz" do to-day in the Slavic tongues. variations of the same are derived these "itzes" all being corruptions or through the elimination, for easier pro- developments of the Latin "fillus," nunciation, of the initial "M" in the which was abbreviated "fils." (Give body of the name, thus, "Mac (M) Aolf- the "s" a "z" sound, then make the "z" hiona" is easily transformed, in view sound sharper, and you have the

The family or clan name comes from Mattison and Mattis are shortened the given name of "Maolfiona," the forms of the English family name of meaning of which is "devotee of wine." Mathewson. To these should be added Such a name, of course, was considered Matson which was formed by the adno disgrace in the distant past, when dition of the ending to the shortened it was formed, long before the period form of the given name.

Woodchucks.

We walked all night along a road That we could never see, Lulled in larches by the croon Of wind that passed along the lane,

We sat at dawn upon a rock Beside the little house, With Puck, the bushy, tawny squirrel, As noisy as a mouse, Scampering up the window-sill And down again like Jack, or Jill. And only stopped his dancing fuss

And oh! it was blue, and oh! it was

To watch the Morning Star with us.

cool! a rounder when he's around her even. We spattered the water in a silver

rain, And just to keep dry we plunged in

And rose splashing water upon the sun. He thought it impudent, we thought it



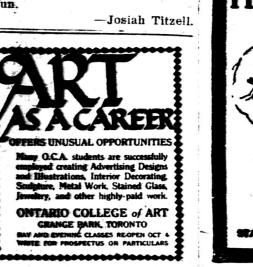
BAYER

Headache

Neuralgia

Colds

Stars in our hair, the moon in a tree, And wind that soon came back again.



Proved safe by millions and prescribed by physicians for

DOES NOT AFFECT THE HEART

Neuritis

Toothache

"is good tea" TEA The Serbans you use good tea. We think Red Rose extra good.

The Health of School

and prosy books.

The importance of education has Murray. long been realized, by all individuals and agencies. Many plans have been and distributed. A generation ago few berry." if any of these dealt with anything but the question of intellectual attainment; all now realize the fundamental importance of the present health and the continued well-being of the child

The Inspector, Principal and teacher are equally interested with the school doctor, dentist or nurse, in the physical condition of the boy or girl. The interest of the parent is taken for granted. The school health authorities manifest their interest by attempting to safeguard the child from contagious disease, by supplying school buildings with modern sanitary equipment, by the regular inspection by the teacher and nurse, and the examination by the physician and dentist. Are parents realizing their responsibilities? Has advantage been taken of the oppor-

tunities during the summer vacation. to have the children immunized against diptheria or scarlet fever? Have they been vaccinated against smallpox? Have the physical defects noted by the school or family physician been corrected? Has the advice of the school dentist been followed?

Frankly, are you sending your children back to school, physically equipped to profit by the educational advantages available, or are you one of ignore such worthwhile advice and are resting in a false sense of health security? The health of the school-age child is the most important question that faces either teacher or parent.

"Sterling" means a coin of true weight, and is derived from the "Easterlings," German traders, who coined pure money in England in the thirteenth century.



Lumbago

Accept only "Bayer" package

which contains proven directions.

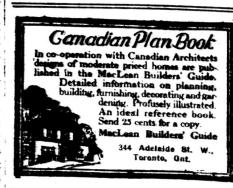
Handy "Bayer" hoxes of 12 tablets Also bettles of 24 and 100—Druggists.

Rheumatism

Progress.

The history of the world consists The month of September has certain | mostly in the memory of those ages, logical claims to prominence, it is the quite new in number, in which some first month of autumn; it is the tran- part of the world has risen above itsition period between Summer, with self and burst into flower or fruit. We all its joyous outdoor activities, and ourselves happen to live in the midst Fall with its evidence of winter's ap or possibly in the close of one such proach; it is the harvest month, and period. More change has probably is often depicted as a period of thanks taken place in daily life, in ideas, and giving. It has, however, one other in the general aspect of the earth durclaim to everlasting prominence, it is ing the last century than during any the month with which is associated the other four centuries since the Chrisreturn of children to school. Play is tian era; and this fact has tended to a natural child activity, school is a make us look on rapid progress as a simile for work, long confining hours, normal condition of the human race, which it has never been. -Prof. Gilbert.

The goeseberry gets its name from conceived as to how it may be acquired an old German word meaning "crisp



Rheumatism.

Apply Minard's to the painful spot and get speedy relief.



WIFE TO BED

Suffered So She Could Not Walk. Restored to Health by Lydia E. Pinkham's Vegetable Compound

Minesing, Ontario. - "I am a prac-tical nurse and I recommend Lydia E. Pinkham's Vegetable Compound to suffering women. For three months I was almost helpless and could not sit at the table long enough to drink a cup of tea. Many a time my husband carried me to bed, I would be so weak. Then he read in the paper of a woman suffering as I did who got better after taking the Vegetable Compound, so he went and got it for me. When I had taken three bottles I was just like a new woman and have had splendid health ever since. When I feel any bearing-down pains I always take it; sometimes a half bottle or whatever I need. It is my only medicine and I have told many a one about it. Any one wanting to know more about Lydia E. Pinkham's Vegetable Compound, I will gladly write to her. I do all I can to recommend it for I feel I owe my life and strength to it." - Mrs. NEAL BOWSER, R. R. 1, Minesing, Ontario.

Do you feel broken-down, nervous, and weak sometimes? Do you have this horrid feeling of fear which sometimes comes to women when they are not well? Lydia E. Pinkham's Vegetable Compound is excellent to take at such a time. It always helps, and if taken regularly and persistently

Lasted Three Years. Healed by Cuticura.

"My trouble began with pimple reaking out all over my face. They were hard, large and red, and fee tered and scaled over. The pimples used to burn, causing me to scratch, and my face looked so badly that I was ashamed to go anywhere The trouble lasted three years.

"I read an advertisement for Cuticurs Soap and Ointment and sent for a free sample. I purchased more and I was healed after using three cakes of Cuticura Soap and four boxes of Cuticura Ointment.' (Signed) Miss Reta F. Warren

Diligent River, Nova Scotia. Rely on Cuticura Soap, Ointme and Talcum to keep your skin class. mple Rack Free by Mail. Address Canada spet: "Stadense, Ltd. Mastral" Fries, Sac . Olutment 25 and 50c. Talenm He. Cuticara Shaving Stick 25c.

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