

## SAVING LIGHT BY COLORS

With the passing of oil and candles and the increasing use of electricity, there is a chance for light to play a large part in our ordinary life at night as well as during the day.

Light comes in by the electric wires, is produced by the lamps, but so often it gets waylaid by a dark groody wall or ceiling instead of being gently flitted back and forth by a good light-reflecting surface. Illuminating experts have determined that the surfaces of the room and its contents are nearly as important in obtaining satisfactory light as the electric bulbs or the power that supplies them.

If the lighting engineer would care only how much light he could force the ceilings and walls to produce as mirrors or secondary sources of light he would probably urge that you build them of blocks of magnesium carbonate, freshly scraped each day. Such a surface sends back for use 98 per cent. of the light that falls upon it.

Although magnesium carbonate as building material would hardly be practicable, such blocks are used as the standard surface in calibrating the instruments that have been developed for measuring the quantity of light reflected by various surfaces. It is an easy standard to obtain, because a chunk of magnesium carbonate can be obtained at any drug store for a few cents. The light-measuring instruments are called photometers, and they allow the lighting expert to compare the light given off by a wall with that emitted by the standard.

Such tests show that even though walls and ceilings cannot be made of the best light-reflecting material, paints and other finishes applied to different materials will give very satisfactory results. As would be expected, white paint uses less of the light than any other, as it will reflect 82 to 89 per cent. of the light when new and from 75 to 85 per cent. when old, depending on the kind of paint.

Other colors of paint, wall papers and wood finishes are efficient as light reflectors as indicated by the following percentages: Cream, 62 to 80; buff, 49 to 66; ivory, 73 to 78; gray, 17 to 63; light green, 48 to 75; dark green, 11 to 25; light blue, 34 to 61; pink, 26 to 61; dark red, 13 to 30; yellow, 16 to 75; dark tan, 30 to 46; natural wood brown stain, 17 to 29; light wood varnish, 43 to 49.

If you wish to use gray for your walls and ceilings be sure that it is made by mixing vermilion and emerald green paint to give black, then thinning out with a white, as the shade produced in this way has a markedly higher reflection than has a gray tone made by mixing lampblack with a white paint.

The reason why a colored surface reflects less light than a white one is that it absorbs more light. White light is not simple, but very complex, made up of all the colors of the rainbow. Nature's display of colors in the sky when the sunshines through rain is a brilliant proof of the complexity of white light. A colored surface selects and retains those rays falling upon it which are not needed to produce the color that our eyes see.

The sun itself as well as the electric light can be aided in its work by the selection of surfaces with the best lighting qualities. Tanks or machinery set in a dark corner will be brightened and seen will be added if they are painted with the proper paint. Often less illumination is required, and in such cases a light-absorbing surface can be used.

It is often just as easy and cheap to paint or paper with an eye to light as not to. A little planning and thought in advance will pay dividends in less eyestrain and lower cost of lighting.

## Ten Long-Life Hints.

Food—Most people overeat. Too much food clogs the digestive tract, generates putrefactive products, which poison the tissue cells and which the body finds increasingly difficult to throw off.

Tea and Coffee—Be moderate in tea and coffee drinking, but generous in drinking pure water.

The Hands—Keep your teeth clean and in good repair. Frequent visits to a good dentist is a good investment.

The Bath—Bathe regularly—at least twice a week. It is of the greatest importance that the many miles of tiny sewers of the skin be kept active and the discharges from the mouths of these sewers (grease and sweat pores) be washed away.

Exercise—Take some kind of real physical exercise every day. Walk at least two miles daily. Indulge in some kind of play and recreation.

The Mind—Why worry over things you cannot help or for which you are not responsible? Worry saps the energy and vitality, sours the disposition, blunts the appetite, retards digestion, and poisons the whole system. Be cheerful.

Taking Stock—Have a thorough physical examination by a good doctor at least once each year and follow his advice.

Sleep—Sleep at least eight hours each night with the bedroom windows open, or better still, a sleeping porch.

Work—Work regularly at some task, occupation or profession in which you believe, and in which you have the joy of accomplishment. Life without work is uninteresting, unprofitable and unbearable.

# RED ROSE TEA 'is good tea'

Next time try the finest grade—  
RED ROSE ORANGE PEKOE

## Surnames and Their Origin

### PENNINGTON

Racial Origin—English.

Source—Geographical.

The first syllable in the name of Pennington might lead you to suppose that it is of Welsh origin, for the word "pen" in the Cymric tongue means a "head" in the geographical sense. The rest of the name, however, betrays any Celtic origin.

As a family name Pennington, or Penington, as it is sometimes spelled, is traceable directly to Pennington as a geographical name. And it is found as the designation of a township in Lancashire, England, and of a tithing in Hampshire.

English geographical family names of this sort are likely to denote an origin among the nobility, for of course the old Norman feudal chiefs naturally took as their family names the names of the territories over which they held leadership. As a matter of fact one Pennington family does trace directly back to one Camel de Pennington, overlord of a place of that name, who had his seat in Macclesfield (or Manchester) county. Certain branches of the family have taken the latter name as their family name.

But this does not mean at all that all Penningtons trace back to this or any other of the Norman overlords. In many instances humble dwellers in the various Penningtons moved to other parts of England, and there became known by the names of the places whence they had come, as "Roger de Pennington," etc. In nearly all English family names such prefixes as "de" (of) and "le" (the) have either been eliminated as superfluous taxes on the tongue, or have been incorporated into the name. In the case of Pennington it is easy to see that the latter would produce a combination rather hard to pronounce as a single word, which explains why such a variation is never met with.

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### FISK

Source—Geographical.

Racial Origin—Anglo-Saxon.

Source—An Occupation.

The family name of Fisk, of Fiske, is another one of those surnames which illustrate vividly the changes which take place in a language in the matter of twenty-five generations, for it has been no longer than that since our modern word "fish" was so pronounced. Virtually all of these "fish" names have arisen from the occupations of those to whom they were first applied. It is possible, of course, but hardly likely, that there were a few rare instances in which the first use was as a nickname, denoting a fancied likeness to a fish.

All variations, however, may be taken for granted as having been derived from either of two occupations, the selling of fish or the catching of them. These occupations were tremendously important in the middle ages, for the English nation subsisted largely on fish both as an economic and religious necessity. Medieval England was Catholic, and in the middle ages the fasts of the church were more rigorous and numerous than to-day. Indeed, the Fishmongers' Guild of old London was the most powerful of the merchants' associations for many generations.

The Anglo-Saxon name appears on the old records variously as "le Fische," "le Fyske," "le Fyscer," and sometimes softened into "le Fische" (the Anglo-Saxon "ch" had the "s" sound). The Norman forms, "Fischer" and "Fescheur," and "Pessoner" have only a few survivals in the last mentioned surname, though originally the Anglo-Saxon and Norman forms were often used interchangeably by the same family, as in the case "Egeas Fisher, or Pessoner," who was mayor of Gloucester in 1241.

## HEALTHY CHILDREN ALWAYS SLEEP WELL

The healthy child sleeps well and during its waking hours is never cross but always happy and laughing. It is only the sickly child that is cross and peevish. Mothers, if your children do not sleep well; if they are cross and cry a great deal, give them Baby's Own Tablets and they will soon be well and happy again. The Tablets are a mild but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation, colic and indigestion and promote healthy sleep. They are absolutely guaranteed free from opiates and may be given to the newborn babe with perfect safety. The new sales tax will not increase the price of Baby's Own Tablets, as the company pays the tax. You can still obtain the Tablets through any medicine dealer at 25 cents a box, or by mail, post paid, from The Dr. Williams' Medicine Co., Brockville, Ont.

## Words of Wise Men.

Virtue is a quality more admired than rewarded.

When the music plays, the heart is light.

Ships that are badly navigated hit the rocks and human beings are often ships without rudders.

It is astonishing how little one feels poverty when one loves.

You must judge a maiden at the kneading trough, not in the dance.

Pluck the rose and leave the thorns.

Your Father knoweth what things ye have need of before ye ask Him.

A fine cage won't feed the bird.

A little oil may save a deal of friction.

One false move may lose the game.

Prudence, looketh unto faith, content to wait solutions.

We wisely strip the steed we mean to bay.

Cent per cent do we pay for every vicious pleasure.

Leaves put away in the oven come out crooked.

He overcomes a stout enemy who overcomes his own anger.

"Men go to books—Heaven forbid—for instruction, but for warmth and light, for a thousand new perceptions that struggle inarticulately within themselves, for the enlargement of their minds and the companionship of beauty and terror for their troubled souls. They go to literature for life, for more life and keener life, for life as it crystallizes into higher articulateness and deeper significance. The enlargement and clarification of men's experience—that is the function of literature."—Ludwig Lewisohn.

Ask for Minard's and take no other.

## Snowflakes.

Sound is deadened by snow. Snow will not quench thirst. No two snowflakes are alike. Snow prevents plants from becoming frost-bitten.

There is nothing on earth whiter than newly-fallen snow. Salt, added to snow, gives it an even lower temperature.

Carbonic acid is a component of snow, which is therefore a splendid fertilizer.

Snow is white because its crystals and prisms reflect only the white light rays.

Snow on some mountain-tops never melts because the rarefied air abstracts all the heat from surrounding objects.

## ALMOST HELPLESS AFTER INFLUENZA

Left Weak, Nervous and Broken Down—Health Regained.

"A few years ago," says Miss Frances Hankla, of Plenty, Sask., "my mother, Mrs. Walter Hankla, was stricken with influenza, which was then epidemic, and for a time was in a critical condition. She appeared to get over the prominent symptoms of the trouble but did not regain her strength. Some weeks later her weakness developed into sinking spells in which she would almost smother. Notwithstanding medical aid these spells continued and she was constantly growing weaker, until she was practically reduced to skin and bone. Her lips and gums were colorless, she was nervous, and suffered from indigestion and palpitation of the heart. At this stage a friend of mother's, who lived at a distance, came to see her and strongly advised her to try Dr. Williams' Pink Pills, which, she said, had greatly helped her in a critical illness. We got these pills and mother began taking them. The improvement was slow at first, but we could see that the sinking spells were growing less frequent, and that strength was returning. The treatment with Dr. Williams' Pink Pills was continued, and day by day health and strength returned, until she was again able to go about, and help with the work of the house. The improvement this medicine made in her case was simply remarkable."

"I may also say," adds Miss Hankla, "that in my own case these pills were of the greatest benefit. Last winter I was in a badly run-down condition, and very nervous. My appetite failed and I had no color. Knowing what Dr. Williams' Pink Pills had done for mother, I began taking them with the result that they soon made me as strong and full of vigor as the other girls of my age. I may just add that I think we owe mother's life and my good health to the pills and I hope our experience will be of benefit to some other sufferer."

You can get these pills from any medicine dealer or by mail at 50c, a box, from The Dr. Williams' Medicine Co., Brockville, Ont.

Keep Minard's Liment in the house. Free Rides to School. Carfare is not needed by school children in Victoria, Australia. They are carried in street cars to and from school free of charge.

Crossgrained. "Who is that woman?" inquired Rogers.

"That?" answered his friend. "Why, that is Alvira Cross. And rightly named she is too. I haven't a doubt but what that woman would climb a fence, just to be on the other side."

Girls! Hair Grows Thick and Beautiful.

35-Cent "Danderine" Does Wonders for Lifeless, Neglected Hair.

A gleamy mass of luxuriant hair full of gloss, lustre and life shortly follows a genuine toning up of neglected scalp with dependable "Danderine."

Falling hair, itching scalp and the dandruff is corrected immediately. Thin, dry, wispy or fading hair is quickly invigorated, taking on new strength, color and youthful beauty. "Danderine" is delightful on the hair; a refreshing, stimulating tonic—not sticky or greasy! Any drugstore.

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

The sheep in Taranto, Italy, wear blankets to protect their fleeces. This place is noted for its fine wool and for the purple mussels from which a dye is secured for fabrics of fine tissue.

Mother! Give Sick Baby "California Fig Syrup"

Harmless Laxative to Clean Liver and Bowels of Baby or Child.

Even constipated, bilious, feverish, or sick, colic babies and children love to take genuine "California Fig Syrup."

No other laxative regulates the tender little bowels so nicely.

It sweetens the stomach and starts the liver and bowels acting without griping. Contains no narcotics or soothing drugs. Say "California" to your druggist and avoid counterfeit! Insist upon genuine "California Fig Syrup."

Can You Hear?

Place watch to ear then draw away. You should hear tick at 56 inches. Does a ringing in your ears prevent your proper hearing?

For Sale Everywhere. Internationally recognized. Send coupon request.

A. O. LEONARD, Inc., 70 8th Ave., New York.

Children Delight In Cuticura Soap Baths

Because they are soothing and refreshing for tender skins, especially if assisted by Cuticura Ointment on first signs of redness or roughness. The Cuticura Talcum also, delicately medicated and completely perfumed, is excellent for little ones.

See The Ointment 25 and 50c. Talcum 25c. Sold through-out the Dominion, Canadian Depot: 1401-1403, 1405 St. Paul St., W. Montreal.

Cuticura Soap shaves without mes-

## The Pewter Pitcher.

Great-great-grandmother Gertrude Gray Got the set on her wedding day; Pewter graceful of curve and flare As costly and delicate silverware; Net of lead and soft all through, Lusterless, and a dead dull blue, But with copper enough in the tin to hold

A patina rich akin to gold.

Porringer, charger, bowls and spoons To stir the tea of afternoons When a gossiping crouy came to call, With half knit stocking and woolen ball.

And needles flickering in and out Turning a gray yarn heel about, While the pewter sugar bowl, plain and plump, Yielded many a luscious lump.

But the pewter pitcher with flowering lip, Like a calla lily's lovely tip, And handle looping its fluted side, Was the joy and pride of the happy bride.

It held the cream at the evening meal For the lovers wedded for woe or weal, And later milk for the babies four That played in turn by the cottage door.

Great-great-grandmother Gertrude Gray Folded her hands and passed away, And out of her cherished pewter set Only the pitcher survives her yet. It stands in a mansion now between A Chinese vase of apple green And Venetian glass as thin as air, Like a bubble blown from a jewel rare.

The old collector of precious things, Cups and ewers and coins and rings, Its weight in gold twice over paid For the pitcher of lead and copper made;

For the atmosphere of the long ago Clings to the humble metal, lo! Homely virtues, and simple joys, And the merry prattle of girls and boys.

The pewter pitcher is full of dreams Of bowery woods and crystal streams, A farmhouse brown with mossy eaves, Rosy apples and golden sheaves, Amber lamplight and bread and milk, And yellow cream as smooth as silk.

Of all his treasures of gems and art, The pitcher is dearest to his heart.

—Minna Irving.

A Modern Maid.

Mrs. Jones advertised for a woman to do general housework and a colored girl applied for the place.

"What sort of a cook are you?" was the first question put.

"Ah, can't cook," was the reply. "Are you a good laundress?"

"Ah, don't do no washin' an' ironin'; its too hard on mah hands."

"Can you sweep?"

"No, lady; I ain't strong enough to sweep."

"What on earth can you do?"

"Ah, dusts," the applicant answered.

The Drawback.

Eastman—"So your hired man's quit smoking?"

Westerman—"Yes—found it too much work to open his tobacco package."

Keep Minard's Liment in the house.

Free Rides to School.

Carfare is not needed by school children in Victoria, Australia. They are carried in street cars to and from school free of charge.

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# Now Packed in Vacuumized Tins



Always - fragrant  
Always - the same  
Always - in good condition  
Wherever and whenever you buy it.  
Ogden's Liverpool.

Size of Lake Winnipeg.  
Lake Winnipeg is more than 1,000 square miles greater in area than Lake Ontario.  
A Captive Tiger's Food.  
Tigers in captivity consume from 14 to 16 pounds of beef a day.  
Classified Advertisements  
FOR SALE  
WOOLGROWERS, YOUR OWN wool manufactured or exchanged for yarn or blankets. Woolen Mills, Georgetown, Ontario.  
MAH JONG, FASCINATING Chinese game. Complete set, with full instructions, one dollar postpaid. W. Aslett, Sarnia, Ont.  
WONDERFUL DISCOVERY. Charges batteries in 10 minutes. Gallies free to Agents. Radiolite Co., St. Paul, Minn.

When making a baked custard the milk should be brought almost to boiling point before it is poured over the eggs. This will prevent the custard from turning watery, as so often happens when cold milk is used.

MURINE Keeps Eyes Clear, Bright and Beautiful  
Write Murine Co., Chicago, for Eye Cure Book.

Is Your Blood Starving For Want of Iron?  
Without Plenty of Iron In Your Blood You Don't Get the Strength and Nourishment Out of the Food You Eat.

When over-work, lack of sleep, improper food and impure air sap the iron from your blood and make you feel weak, nervous, irritable and out-of-sorts, it is important that you should at once put more iron into your blood. Without iron the blood loses the power to change food into living tissue and therefore nothing that you eat does you the utmost amount of good because you don't get the full strength out of it. Iron food serves to strengthen the system like corn through a mill with the rollers so wide apart that the mill can't grind. Because of this steady starvation of the blood and nerves people often become weakened, tired-out, nervous and rundown and frequently develop all sorts of symptoms. But the moment organic iron—Nuxated Iron—is supplied a multitude of dangerous symptoms disappear. In most cases, the flesh becomes firmer, the muscles get back their strength and the roses of health bloom in cheeks that were pale and sickly looking.

No matter what other so-called remedies you may have tried, if you are not strong, vigorous, healthy and well, you owe it to yourself to make the following test: See how long you can walk or how far you can walk without becoming tired. Next, take two five-grain tablets of ordinary Nuxated Iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. You can obtain Nuxated Iron from your druggist on the distinct understanding that if you are not fully satisfied your money will be refunded.

Branchton, Ont.—"When I wrote to you for help my action was mostly prompted by curiosity. I wondered if I too, would benefit by your medicine. It was the most profitable action I have ever taken. I heartily assure you, for through its results I am relieved of most of my sufferings. I have taken six boxes of Lydia E. Pinkham's Vegetable Compound. I have suffered from pains and other troubles since I was fifteen years old, and during the 'Great War' period I worked on munitions for two years, and, in the heavy lifting which my work called for, I strained myself, causing pelvic inflammation from which I have suffered untold agony, and I often had to give up and go to bed. I had doctors for several years without getting permanent relief, when I started to take your medicines."—Mrs. GOLDWIN MISENER, Branchton, Ont.

Write to the Lydia E. Pinkham Medicine Co., Coughing, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments of Women." 6

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