

THE CAUSE OF BACKACHE

Only in Rare Cases Does Backache Mean Kidney Trouble.

Every muscle in the body needs constantly a supply of rich, red blood in proportion to the work it does. The muscles of the back are under a heavy strain and have but little rest. When the blood is thin they lack nourishment, and the result is a sensation of pain in those muscles. Some people think pain in the back means kidney trouble, but the best medical authorities agree that backache seldom or never has anything to do with the kidneys. Organic kidney disease may have progressed to a critical point without developing a pain in the back. This being the case, pain in the back should always lead the sufferer to look to the condition of his blood. It will be found in most cases that the use of Dr. Williams' Pink Pills to build up the blood will stop the sensation of pain in the ill-nourished muscles of the back. How much better it is to try Dr. Williams' Pink Pills for blood than to give way to unreasonable alarm about your kidneys. If you suspect your kidneys, any doctor can make tests in ten minutes that will set your fears at rest, or tell you the worst. But in any event to be perfectly healthy you must keep the blood in good condition, and for this purpose no other medicine can equal Dr. Williams' Pink Pills.

You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Songs of Birds.

The duration of birds' songs greatly varies. It is two or three seconds for thrushes and chaf-finches, four to five seconds for blackcaps, but from two to five minutes for the lark.

Many a man who has energy enough to start a riot has not strength enough to hold his tongue.

Minard's Liniment for Garget in Cows.

Our Great Dominion.

Statistics show shipments of wheat and flour from the Columbia River and Puget Sound district of British Columbia to have been 64 per cent greater during July, August, and September than during the same period last year. Shipments to the United Kingdom and Continental ports from the Pacific in September alone amounted to 7,843,000 bushels. One great change in the export grain business is the large movement now being made to the Orient.

W. L. Clark, of the Pacific Steamship Company, at a meeting of the United States Shipping Board, made the assertion that thirty-eight United States railroad lines were controlled or influenced by Canada.

It is reported that a number of Canadian capitalists have under consideration the project of constructing a large elevator at Kobe, Japan. The movement of Canadian wheat which commenced this fall to Japan is responsible. So far 750,000 bushels have been booked to that country.

New buildings and improvements to the extent of \$325,000 have been completed at the Brandon Manitoba, Exhibition grounds during the past year, according to a report of the directors.

The Canadian system of taxation was made the subject of special study by members of the United States House of Representatives and Senate who arrived at Ottawa on November 30th for the purpose. The party consisted of about fifty members of Congress which spent three days studying under the guidance of the Department of Finance. The operation of the sales tax was made the subject of a special study.

Construction has commenced on the addition to the Northwestern Elevator Company's plant at Fort William, Ont., and it is announced that the building will be completed next spring. The elevator addition will cost approximately \$700,000, consisting of 60 concrete tanks, 22 feet in diameter and 95 feet in height, which will give the entire plant an aggregate capacity of more than 900,000 bushels. Cleaning machinery will be installed adapted to clean 8,000 bushels of grain an hour.

Surnames and Their Origin

HARPER

Racial Origin—English. Source—An occupation.

If you want to know just what sort of a position the harper held in medieval times, you should read the historical romances of Sir Walter Scott dealing with medieval life in the Scottish borderland.

Persons bearing the family name of Harper may count upon it, unless the name was arbitrarily adopted at some later period, that their ancestors in the Middle Ages were bards, traveling entertainers, who derived their sustenance from the donations of the nobility; men who travelled about from castle to castle, chanting their songs of history and tradition.

They were by no means looked down upon as persons of inferior position. They were, in fact, honored and respected in much the same fashion that the professional musician is today, and they lived on "charity" only in the sense that authors, physicians and members of other respected professions did, for in those days it was not possible to commercialize art, and virtually all members of professional and artistic callings had to rely upon the patronage of some member of the nobility for their support.

The harp was probably a more popular musical instrument along the Scottish border and in Wales than in other

sections of England, though the harpers travelled the entire island.

MOWAT

Racial Origin—Scottish. Source—A place name.

Here is a family name to puzzle you. From the sound of it you might think it of East Indian origin. As it stands there is nothing to indicate its origin.

Fortunately there are records to prove its origin, though even then it is a little more difficult to grasp the manner in which the change has come over the name from its original form.

The family name of Mowat is a Scottish evolution of a Norman French place name. It is borne by a certain branch of the Clan Sutherland.

The original Norman form of the name was "de monte Alto," and in some of the old records it is found as "de Montealto." There is a record of the grant of lands in Loeschraggy and Culpedauchs by King Robert Bruce to one "Patricius de Monte-alto."

According to history and tradition, the Norman family was one of the first to leave the domain of William the Conqueror and attach itself to the court of the Scottish monarchs, and upon receiving the grant of lands in Sutherland, the family attached itself to that clan. Through the centuries which have followed the name "Monte-alto" has been boiled down by Gaelic speaking tongues to Mowat.

More than two hundred exhibits of grain, grasses, clovers and alfalfa from Alberta, from seed grown from the International boundary as far north as the Peace River country, are being sent to the International Grain and Hay Show at Chicago. All of the seed has been grown by farmers and the collection is considered unsurpassable.

The establishment of a finishing station in Belgium, Holland or France for finishing Canadian cattle prior to their being slaughtered and delivered as fresh beef to London and other British centres is proposed by the Alberta Minister of Agriculture. In these countries a shortage of livestock and surplus of pasture is said to exist, and these cattle could be brought to the peak of condition after undergoing the long voyage. Canadian grain would be shipped overseas for this purpose.

Alberta's exhibits at the International Live Stock Show at Chicago include two Clydesdale mares and a colt; two Percheron fillies and a colt, and a Shorthorn heifer. All these are provincial prize winning stock and Alberta is confident of repeating her successes of last year. The animals are travelling to Chicago in a special car.

"Cascarets" if Sick, Bilious, Headachy from the Bowels

Get a 10-cent box now.

You men and women who can't get feeling right—who have headaches, coated tongue, bad taste and foul breath, dizziness, can't sleep, are bilious, nervous and upset, bothered with a sick, gassy, disordered stomach, or have a bad cold. Are you keeping your bowels clean with Cascarets, or merely forcing a passageway every few days with salts, cathartic pills or castor oil? Cascarets work while you sleep; cleanse the stomach of sour, fermenting food and foul gases; take the excess bile from liver and carry out of the system all the constipated poison in the bowels. A Cascarets physic to-night will straighten you out by morning.

Protecting Warriors of the Present Day.

When body armor "came back" during the late war, the United States authorities sought hints from the great collection of medieval armor at the Metropolitan Museum of Art in New York City, and consulted specialists in that branch of archeology, says a Philadelphia despatch.

So admirable was the craftsmanship of the old-time armorers that improvement on their work was obviously out of the question. But the modern war experts were quick to see that they had at their command two very noteworthy advantages. One of these was steel made extraordinarily hard with alloys of tungsten, nickel or vanadium. The other was machinery.

An old-fashioned suit of armor may have required the labor of a year or more for a skilled hand in its production. Modern machinery can chop out the requisite parts from sheets of steel by thousands at small cost. It is not required that the metal clothing shall be decorative, but merely that it shall be bullet-proof.

In the war good alloy steel hardly thicker than ordinary blotting paper proved an effective protection against pistol bullets, the light weight of modern armor being one of its most notable advantages as compared with the old style. French hospital records proved that 70 to 80 per cent of the wounded were injured by missiles of small fragments which steel of this small thickness would have stopped.

Steel alloyed with manganese was found best adapted for helmets of which 7,000,000 were ordered and 2,700,000 delivered for the American troops before the war's end. To prevent the helmets from reflecting light, they were painted, and while the paint was wet a coat of sawdust was bestowed upon them with a blower.

A Pocket Movie.

A remarkable instrument has been invented by two Italians. It is a cinematograph camera and projector combined, so small in size that it will slip easily into the pocket.

In appearance it resembles an ordinary folding film camera. On one side of the magazine is a spool containing a roll of film 40 ft. in length, which is sufficient for more than 600 pictures. The end of the film is attached to another spool, which is driven by a small clockwork motor.

To take a "movie" you simply wind up the works, point the camera in the right direction, and press the button. The little motor draws the film across, and at the same time opens and closes the shutter at the rate of 900 times a minute.

The camera is used also to throw the picture on to the screen. The film is wound round a spool, the back of the camera is removed, and a lantern attachment is fixed on. Then the motor is wound up, the button is pressed, and there you are!

Such an instrument will enable amateur photographers to keep motion records of friends, relations, and children.

Shelter-Belts and Soil Fertility.
A blanket of four or five inches of snow over a prairie farm during winter and until early spring means a large amount of moisture for the soil. The problem is to keep it there and not have it blown away by high winds. This is where shelter-belts on the farm prove their value by preventing drifting and thus retaining moisture and fertility.

WOULD NOT BE WITHOUT BABY'S OWN TABLETS

Once a mother has used Baby's Own Tablets for her little ones she would not be without them. The Tablets are a perfect home remedy. They regulate the bowels and stomach; drive out constipation and indigestion; break up colds and simple fever and make baby healthy and happy. Concerning them, Mrs. Noble A. Fye, Ecum Secum, N.S., writes:—"I have found Baby's Own Tablets of great benefit for my children and I would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Devastating.

Talking of school answers, a rather devastating one was given a member of a certain education committee, who thought it well to visit the schools occasionally and ask questions in the classes.

Once he spoke about Mr. Lloyd George, who, he said, was a statesman. "Now, can you tell me what a statesman is?" he finished up by asking.

Up shot one hand. "Please, sir, a statesman is a man who makes speeches."

"Well, hardly that. I sometimes make speeches, but I am not a statesman."

The little hand went up again. "I know, sir, a statesman is a man who makes good speeches."

MONEY ORDERS.

Remit by Dominion Express Money Order. If lost or stolen you get your money back.

Equal to the Occasion.

"Waiter, if this is spring chicken where is the wishbone?"
"It was too young to wish, sir."

Minard's Liniment for Distemper.

Cabbages in Cuba grow to such a size that a head often weighs 20 lbs.

His Hearing Restored.

The invisible ear drum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York City. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or perforated, or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth Avenue, New York City, will be given a prompt reply.

LUMBERMAN'S FRIEND

The Original and Only Genuine



COARSE SALT LAND SALT
Bullk Carlots
TORONTO SALT WORKS
C. J. CLIFF - TORONTO

When your head is heavy

THIS ARTICLE REMOVED

BITS OF HUMOR FROM HERE & THERE

Deep.
Sea Scout—"Well, what do you think about the ocean?"
Land Scout—"It's too deep for me."

His Safe Attraction.
Ancient Adorer—"I could sacrifice all my wealth for your love."
Young Adorer—"If you did anything so foolish I should never love you."

That's All.
A six-year-old girl submitted the following composition on "People" to her teacher:

"People are composed of girls and boys, also men and women."

"Boys are no good at all until they grow up and get married."

"Men who don't get married are no goc either."

"Boys are an awful bother. They want everything they see except soap."

"My pa is a woman, and my pa is a man. A woman is a grown-up girl with children."

"My pa is such a nice man that I think he must have been a girl when he was a boy."

A Dubious Outlook.

The wealthy young man who was trying to learn to work had fallen in love with the daughter of his employer, but he found that his path was by no means clear of obstacles.

"You tell me that your father objects to your marrying me," he said, in a crestfallen way. "Is it because I am in his employ? I can leave it and go back to a life of idleness if he prefers."

"Oh, no, that isn't what he wants," said the fair one. "He says I may marry you just as soon as you're valuable enough to have your salary raised."

Mother! Clean Child's Bowels With California Fig Syrup

Even a sick child loves the "fruity" taste of "California Fig Syrup." If the little tongue is coated, or if your child is listless, cross, feverish, full of cold, or has colic, give a teaspoonful to cleanse the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste out of the bowels, and you have a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful to-day saves a sick child to-morrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

America's Pioneer Dog Remedies
Book on **DOG DISEASES** and How to Feed Mailed Free to any Address by the Author, H. Clay Glover Co., Inc., 115 West 31st Street, New York, U.S.A.

USE SLOAN'S TO EASE LAME BACKS

YOU can't do your best when your back and every muscle aches with fatigue.

Apply Sloan's Liniment freely, without rubbing, and enjoy a penetrative glow of warmth and comfort.

Good for rheumatism, neuralgia, sprains and strains, aches and pains, sciatica, sore muscles, stiff joints and headache after effects of weather exposure.

For forty years pain's enemy. Ask your neighbor. Keep Sloan's handy. At all druggists—35c, 70c, \$1.40. Made in Canada.

Sloan's iniment Pain's enemy



Never say "Aspirin" without saying "Bayer."

WARNING! Unless you see name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances?

Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 21 years and proved safe by millions for

Colds, Headache, Rheumatism, Toothache, Neuralgia, Neuritis, Earache, Lumbago, Pain, Pain.

Handy tin boxes of 12 tablets—Bottles of 24 and 100—All Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Mono-acetic acid ester of salicylic acid. It is well known that Aspirin means Bayer manufacture, to avoid the public sale it is well known that Aspirin means Bayer manufacture, to avoid the public sale it is well known that Aspirin means Bayer manufacture, to avoid the public sale it is well known that Aspirin means Bayer manufacture.

PAGE'S PAY CHECK NOW MUCH BIGGER

CAN WORK EVERY DAY SINCE TAKING TANLAC.

Troubles Gone, He Eats Anything and Feels Fine All the Time Now.

"I am putting in full time at work since Tanlac has got me in such fine shape," said William Page, 29 Hamilton St., Toronto, Ont.

"My troubles had been pulling me down for six years and during all that time I hardly know what it was to ever feel good. My stomach was all out of order and as regular as I ate anything I had to pay for it in suffering. There was a burning like fire in my stomach, I would blot all up with gas that nearly cut off my breath and at times I had such smothering spells that I thought each breath would be my last. I had frequent attacks of rheumatism in both knees and ankles and sometimes these spells nearly laid me out altogether. My nerves were all unstrung, I was restless all night long and could sleep but little, and when morning came I never felt fit for work."

"But Tanlac straightened me out and to-day I am feeling fine and in absolutely sound health. I have a corking good appetite and can eat anything set before me and digest it as good as I ever could. My nerves are strong as steel and the rheumatism has just about completely gone. I sleep like a top and get up mornings ready for a big day's work."

Tanlac is sold by leading druggists everywhere.

Modern "Mummies" Now? That he has rediscovered the ancient Egyptian process for mummifying human bodies is the claim of a Paris physician.

Classified Advertisement

HELP WANTED.
LADIES WANTED TO DO PLAIN and light sewing at home. Abols or spare time; good pay; work worth any distance; charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

PLAYER PIANO FOR SALE.
BELL PLAYER PIANO IN GOOD condition, with a large number of music rolls, for sale at a bargain. L. Costello, 73 West Adelaide Street, Toronto.

BELTING FOR SALE.
ALL KINDS OF NEW AND USED belting, pulleys, saws, cables, hose, rockers, etc., shipped subject to approval at lowest price in Canada. YORK BELTING CO., 115 YORK STREET, TORONTO.

DANDERINE

Stops Hair Coming Out; Thickens, Beautifies.

55-cents buys a bottle of "Danderine" at any drug store. After one application you can not find a particle of dandruff or a falling hair. Besides, every hair shows new life, vigor, brightness, more color and substance.

THE MISERY OF BACKACHE

Removed by Lydia E. Pinkham's Vegetable Compound.

Meaford, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for backache, and I also had a female weakness. I felt dizzy and nervous, and was without energy. I had to force myself to do my work, and was always tired. Saw a Pinkham advertisement which induced me to take the Vegetable Compound, and my back gradually stopped aching and I felt lighter in spirits. I am recommending the Vegetable Compound with pleasure to all I meet who complain as I did."—MARGARET BROOK, Meaford, Ont.



Woman's Precious Gift

The one which she should most zealous guard is her health, but she should neglect to do so in seasons as fastidious as this, when so many are affected by the ailments peculiar to her sex. Lydia E. Pinkham's Vegetable Compound, a remedy which has been wonderfully successful in restoring health to suffering women.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham, Medicine Co., (confidential), Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

Aspirin

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