THE CAUSE OF BACKACHE

Only in Rare Cases Does Backache Mean Kidney Trouble.

Every muscle in the body constantly a supply of rich, red blood in proportion to the work it does. The s of the back are under a heavy strain and have but ittle 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 Orient. trouble, but the best medical authori-ties agree that backache seldom or never has anything to do with the kid neys. 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 sideration the project of constructing a large elevator at Kobe, Japan. The 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 blood will stop the sensation of pain in the ill-nourished muscles How much better it is to back Williams' Pink Pills for the try Dr. blood than to give way to unreason able alarm about your kidneys. If you suspect your kidneys, any doctor make tests in ten minutes that 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 pur-pose 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 from two seconds for blackcaps, but from two from two seconds for blackcaps, but from two from the lork for the lark to five minutes for the lark.

Many'a man who has energy enough to hold his tongue. Minard's Liniment for Garget in Cows. to start a riot has not strength enough to hold his tongue.

HARPER

Racial Origin-English. Source-An occupation.

If you want to know just what sort Racial Origin-Scottish. of a position the harper held in Source-A place name. medieval times, you should read the

historical romances of Sir Walter Scott dealing with medieval life in the Scott dealing with medieval life in the there is nothing to indicate its origin. Scottish borderland. Persons bearing the family name of Harper inay count upon it, unless the name was arbitarily adopted at some manner in which the change has come

name was arbitarly adopted at some later period, that their ancestors in the Middle Ages were bards, traveling entertainers, who derived their sus-tenance from the donations of the nobility: men who travelled about from castle to castle, chanting their songs of history and tradition.

name was "de monte Alto," and in some of the old records it is found as They were by no means looked down upon as persons of inferior posi-"de Montealto." tion. They were, in fact, lionized and the grant of lands in Losscraggy and culpedauchis by King Robert Bruce to tion. that the professional musician is to-day, and they lived on "charity" only one "Patricius de Monte-alto.

the sense that authors, physicians the Norman family was one of and members of other respected pro-first to leave the domain of William fessions did, for in those days it was ressions due, for in these areas and court of the Scottish monarchs, and not possible to commercialize art, and virtually all members of professional upon receiving the grant of lands in and artistic callings had to rely upon the territory dominated by the the patronage of some member of the Sutherland, the family attached itself nobility for their support.

to that clan. Through he centuries which have followed the name "Mon harp was probably a more popu-The narp was proparly a more popu-lar musical instrument along the Scot-tish border and in Wales than in other speaking tongues to Mowat.

More than two hundred exhibits of grain, grasses, chovers and alfalfa from Alberta, from seed grown from the in-fernational boundary as far north as BABY'S OWN TABLET Statistics show shipments of wheat ad four from the Columbia River and

and four from the Columbia River and Puget Sound district of British Colum-bia to have been 54 per cent. greater than during July, August, and September than during the same period last year Shifyments to the United Kingdom and Continential poris from the Pacific in September alone amounted to 7,843. 000 bushess. One great change in the export grain busines. is the large movement how being made to the

Our Great Dominion.

influenced by Canade

by

Surnames and Their Origin

the extent of \$325,000 have been com-

hibition grounds during the past year

according to a report of the directors.

The Canadian system of taxation

entire plant an aggregate capacity of

sections of England, though the harp-ers travelled the entire island.

MOWAT

Here is a family name to puzzle you

over the name from it. original form

tish evolution of a Norman French

place name. It is borne by a certain

The original Norman form of the

and in

branch of the Clan Sufferland.

was made the subject of special study

finishing Canadian cattle prior to their being slaughtered and delivered as movement now being made to the being slaughtered and delivered as fresh beef to London and other Bri-tish centres is proposed by the Alberta Minister of Agriculture. In these countries a shortage of livestock and L. Clark, of the Pacific Steamship Company, at a meeting of the United States Shipping Board, made the assertion that thirty-eight United countries a shortage of livestock and aurplus of pasture is said to exist, and these cattle could be brought to the phrk of condition after undergoing the long koyage. Canadian grain would States railroad lines were conrolled o It is reported that a number of Canadian capitalists have under con-

long koyage. Canadian grain would Ont. be stipped overseas for this purpose. Alberta's exhibits of the international Live Stock Show at Chicago include two Clydesdale mares and a coli; two a rarge elevator at Kobe, Japan. The movement of Canadian wheat which commenced this fall to Japan is re-sponsible. So far 750,000 bushels have been booked to that country. New buildings and improvements to the extent of \$325,000 have been com-Percheron filles and a colt, and a Shorthorn heifer. All these are pro-yincial prize winning stock and Alber-ta is confident of ropeating her suc-cesses of last year. The animals are thought it well to visit the scho casionally and ask questions in the classes. George, who, he said, was a statesman. pleted at the Brandon Manitoba, Extravelling to Chicago in a special car.

"Cascarets" if Sick, Bilious, Headachy

from the Bowels

members of the United States House of Representatives and Senate who arrived at Ottawa on November Get a 10-cent box now You men and women who can't get eeling right—who have headache, coated tongue, bad taste and foil 30th for the purpose. The party con sisted of about fifty members of Con gress which spent three days studying coated breath, dizziness, can't sleep, are biliunder the guidance of the Department 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 your bowels clean with Cascarets, or Construction has commenced on the merely forcing a passageway every addition to the Northwestern Elevator few days with salts, cathartic pills or Company's plant at Fort William, Ont., and it is announced that the building 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

crete tanks, 22 feet in diameter and 95 feet in height, which will give the poison in the bowels. A Cascaret poison in the bowels. A Cascaret physic to-night will straighten you out Minard's Liniment for Distemper. Cabbages in Cuba grow to such a size that a head often weighs 20 Hos by morning.

Protecting Warriors of the Present Day.

When body armor "came back" during the late war, the United States The invisible ear drum invented by A. O. Leonard, which is a miniature authorities sought hints from the great collection of medieval armor at the

LUMBERMAN'S FRIEND

An old-fashioned suit of armor may have required the labor of a year of more for a skilled hand in its produc

of It steel by thousands at small cost. is not required that the metal clothing

There is a record of In the war good alloy steel hardly thicker than ordinary blotting pape proved an effective protection According to history and tradition, pistol bullets, the light weight of mo dern armor being one of its most dern 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 upon receiving the grant of lands in wounded were injured by missiles or shell fragments which steel of this small thickness would have stopped. Steel alloyed with mangaraze was ound best adapted for helmets of found 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 bestow ed upon them with a blower.



Devastating

Once he spoke about Mr. Lloyd

"Now, can you tell me what a states

"Please, sir, a statesman is a man who makes speeches.".

make speeches, but I am not a states

MONEY ORDERS.

"It was too young to wish, sir."

His Hearing Restored.

The Original and Only Genuine

C. J. CLIFF

.

When your head is

"Well, hardly that. I sometimes

man is?" he finished up by asking.

Up shot one hand

man.

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

His Sole Attraction. Ancient Adorer.—'I could sacrifice all my wealth for your love." Young Adored.—'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:

Talking of school answers, a rather "People are composed of girls and boys, also men and women. "Boys are no good at all until they devastating one was given a member of a certain education committee, who

want everything they see except soap. rheumatism in both knees and "My ma is a woman, and my pa is a and sometimes these spells children.

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 cf 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 cresifallen way. "Is it because I am in his employ? I can leave it and go back to a life of idleness if he pre-

fers. "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." I the little tongue is coated, or if you 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 tea-spoonful to-day saves a sick child to Ask your druggist for genu prrow. ine "California Fig Syrup" which has directions for bables and children of all ages printed on bottle. Mother! You must say "California" or you may



advt

You can't do your best when your back and every muscle aches with fatigue. Apply Sloan's Liniment freely, with-out rubbing, and enjoy a penetrative glow of warmth and comfort. Good for rheumatism, neuralgia, sprains and strains, aches and pains, ciatica, sore muscles, stiff joints and he after effects of weather exposure. For forty years pain's enemy. Ask For forty years pain's enemy. Ask our neighbor. Keep Sloan's handy.

At all druggists-35c, 70c, \$1.40. Made in Canada.

iniment

oan's

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 Tanjac has got me in such fine shape," said William Page, 29 Hamil-ton St., Toronto, Ont

"My troubles had been pulling me down for six years and during all that time I hardly knew 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 suffer ing. There was a burning like fire in my stomach, I would bloat all up with grow up and get married. "Men who don't get married are no goc either. ges that nearly cut of my breath and at times I had such smothering spells that I thought each breath would be c either. "Poys, are an awful bother. They my last. I had frequent attacks of ant everything they see except soap. nearly May man is a woman, and my parts a and sometimes these spens hearing man. A woman is a grown-up girl with laid me out altogether. My nerves to hidren. "My pa is such a nice man that I night long and could sleep but little," and when morning came I never feit fit for work.

"But Tanlac straightened me out and to-day I am feeling fine and in absolutely sound health. I have a cork ing good appetite and can eat any-thing 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 eady for a big day's work." ready

everywhere.

Modern "Mummies" Now?

That he has rediscovered the ancient Egyptian process far mummify-ing human bodies is the claim of a Paris physician

Classified Advertisemento. HELP WANTED.

ADIES WANTED-TO DO FLAIN spare time; good pay; work sent any distance; charges paid. Send stamp for particulars. National Manufacturing particulars. Co., Montreal.

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

BELTING FOR SALE

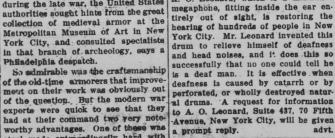
ALL KINDS OF NEW AND USED belting pulleys, saws, cable, hose packing, etc., shipped subject to approval at lowest prices in Canada. YORK BELTING CO., 115 YORK. STREET, TORONTO.

DANDERINE

Stops Hair Coming Out: Thickens, Beautifies.



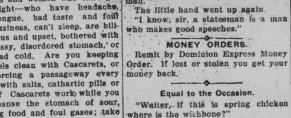
at any drug store. After one applica-tion you can not find a particle of dandruff or a falling hair. Besides, every hair shows new life, vigor, brightness, more coldrand shundance. THE MISERY OF



Fortunately there are records to prove its origin, though even then it steel made extraordinarily hard alloys of tungsten, nickel or vanadium The other was machinery. The family name of Mowat is a Scot

tion. Modern machinery can chop out the requisite parts from sheets of

shall be decorative, but merely that it shall be builet-proof.



Real Rest Depends Largely Upon the Depth of Your Sleep

A warning to "light" or "poor" sleepers

The deeper and sounder you sleep the better you feel. Five hours sound refreshing sleep does you more actual good than ten hours restless, disturbed sleep.

This is because the final conversion of food into vital tissue and nerve cells goes on more rapidly when the physical and mental forces are at rest.

You can't get sound, refreshing sleep if your rves are agitated with tea or coffee. Both these inks contain caffeine, which is sometimes very ating to the brain and nervous system.

If you want to know the joy, vigor and stamina that comes to the person who gets sound, healthful sleep, why not stop taking tea or coffee for a while, and drink delicious, invigorating Postum instead.

Thousands of people everywhere have found t this was the only thing they needed in order tring about these very happy results.

Order Postum from your grocer today. hk this delightful cereal beverage of satisfying r, for a week. Perhaps, like thousands of s, you'll never be willing to go back to tea

m comes in two forms: Instant Postum (in tins) dy in the cup by the addition of boiling water. al (in packages of larger bulk, for those who is the drink while the meal is being prepared) no. 14 20 minutes

ostum for Health "There's a Reason"

A Pocket Movie.

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

In appearance it resembles an or. dinary folding film camera. On one side of the magazine is a spool con-taining a roll of film 40 ft. in length, 600 more than 600 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

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 mo tor is wound up, the tutton is pressed, and there you are! Such an instrument will enable amateur photographers to keep mo-

tion records of friends, relations, and children.

Shelter-Belts and Soll 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 inoractly for the sound not have it blown away by high winds. This is ghere shelter-belts on the farm prove their value by prevent-ing drifting and thus retaining moleture and fortility.

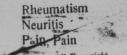
THIS ARTICLE REMOVED



re

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

Headache Colds Neuralgia Toothache Lumbago Earache



24 and 100-All Druggists. Handy tin boxes of 12 tablets-Bottles de mark (registered in Canada) of Bayer Manufacture of Mono-Selicylleadd. While it is well known that Aspirin means Bayer of sit the public of the selic thrown that Aspirin means Bayer with the Cherro grainst in intellows, the Tables of Bayer Company aceticacidester of Salicyll manufacture, to as ist the will be stamped with the

BACKACHE Removed by Lydia E. Pinkham's Vegetable Compound. Meaford, Ont, -- "T took Lydia Ex Pinkham's Vegetable Compound for backache, and I also had a female weak-ness. I felt dizzy and nervous, and wear thout approve and nervous, and was without energy. I had to force myself to do my work, and was always tired. Saw a Finkham ad-vertisement which induced me to take the Vegetable Com-pound, and my back tradually stopped aching and I felt lighter in spirits. I am recommending the Vegetable Com-pound, with plasare to all I meet who complain as I did."-MILYRED, BROCK, Meaford, Ont.

Meatron dot. Meatron dot. Woman's Precious Gift The one which she should most some ously guard is her health, but she off ailment peculiar to her see so affected the wood her apoil Lydia E. Pink-wood her apoil Lydia E. Pink-been wonder fully successful in restoring health to suffering women. Ty you have the slightest doubt that typis E. Pinkham's Yegetable Com-pound will help you, write to Lydia E. Pinkham Medicine C.o. (Confidential), typin, Mass., for advice. Your letter with be openied, read and answered by Meatron Medicine Confidential). Issue Io. 80-4

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