

## THE GROWING GIRL

Requires a Mother's Constant 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, languor and headaches. The face grows pale, breathlessness and palpitation follow, with low spirits.

At the first symptom of anaemia mothers should act at once. Neglected anaemia often leads to decline, but if you see that your daughter's blood is enriched there need be no cause for anxiety. The finest blood enricher ever discovered is Dr. Williams' Pink Pills. The pure, red blood created by these pills will quickly banish all signs of anaemia. They will build up your girl's health and ensure her a robust girlhood. 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 Dr. Williams' Pink Pills through any dealer in medicine, or by mail at 50c a box from the Dr. Williams' Medicine Co., Brockville, Ont.



As Busy as the Bee.

"You say his business is humming?"  
"Sure—he's a bee-keeper, you know."  
Secrets are like money—good for nothing unless placed in circulation.

## What's On Your Card?

Every man has a card on which his name, his address, and the fact that he will die are written in indelible ink. The date of his death and the disease from which he will die are also written on this card, but the writing is with pencil and erasable.

This statement was recently made at a meeting by Dr. Charles Mayo, the distinguished surgeon. Of course he spoke in parable but the statements are none the less true.

Continuing this idea, we might say that every man should look at his card about once a year. This looking at the card once a year is called "physical examination on your birthday." Such an examination, if it is properly made, should size up the person's condition in every respect. When he has finished, the physician will probably say something like this: "You are not like the deacon's one-hoss shay, due to go to pieces all at once in every part. I find your heart scores 100, but your kidneys score only 70. In so far as I can judge, you may die in 1933 of a kidney trouble, unless you change those of your habits which affect that condition."

These indications of conditions which may be changed by methods of living are written in pencil on your card. Let us suppose you are sensible and wish to get the most out of life. You erase "1933" and write "1943." Ten years will mean much to you, and you make up your mind to have them. How?

You ask your doctor to tell you how you can make good on that 1943 entry, how you can make your 70 per cent. efficient kidneys last an additional ten years. You learn that you must change your habits, go to bed at a regular hour, get more sleep, change your food habits, protect yourself against infections, take better care of yourself when you have a cold. You decide that the game is worth the candle. When you have taken the right steps you again take your eraser. You erase the word "kidney trouble."

Then you go on for one year, happy in the prospect of a gain of ten years. Another birthday comes around. You go to the card box. You take your

## Surnames and Their Origin

### GROGAN

Variation—Grogan, O'Grogan.  
Racial Origin—Irish.  
Source—A given name.

These family names are the Anglicized forms of an Irish clan name of considerable antiquity, and the clan bearing it traced its ancestry back to Fergal, the 15th monarch of Ireland, through Conor, his second eldest son. The Irish form of the family name is "O'Gruagáin," or more anciently "Ua Gruagáin," and it signifies "the descendants (or clan) of Gruagáin." "Gruagáin" was a given name among the ancient and medieval Gaels, in both the Irish and the Highlanders of Scotland. It is a compound of two Gaelic words, and means "the hairy one."

But among the settlers of the Scottish Highlands, who came originally from Ireland, principally in the period from the third to the sixth centuries, it either never was developed into a family name, or if it did, it has since died out, for it is not to be found in Scotland except in a few scattering instances owing to Irishmen having settled in that country in comparatively modern times. It is not numbered in the authoritative lists of Highland clan and sept names.

The clan surnames of both Ireland and Scotland, once the backbone of the political and social structure of those countries, have, of course, existed for a great many generations only as family connections. As political and social structures they have suc-

cumbed to the English legal and social order and the complexities of modern industrial life and material civilization.

### LOFTUS

Variations—Lofting, Lofta, Loftison.  
Racial Origin—English.  
Source—A given name, also a locality.

There are two distinct sources from which the family names in this group have come. In reality there are two groups of names, but it is better to consider them as one, owing to the fact that their similarity of sound and spelling has often led to the substitution of one for another at various times in the past.

One source has already been referred to in a previous article. It is that of the locality. "Loft-house" is the clearest spelling of it, the meaning being, of course, "tall" house or "high building," though the spelling which was more frequently found in the early middle ages, and from which the name Loftus has developed, was "loft-hus." There is a locality of this name in Yorkshire.

The other source of the family name is the given name of "Leofthegn," one not unpopular among the Anglo-Saxons in the pre-Norman days, and one which survived the Norman invasion to a sufficient extent to give rise to family names in several localities. It is a given name derived from the words of "love" and "theyne" (follower or soldier), but the actual meaning of the name was "beloved soldier."

## CANADA'S "BARREN LANDS"

Although nearly one-sixth of the area of the Dominion is included under the name of the "Barren Lands," there has been very little authentic information available about their nature and possible resources. Most of the exploration throughout these regions was carried on in the earlier days—from 1770 to 1834—in the way of various overland journeys in connection with Arctic expeditions by sea, searching for a Northwest passage to the Orient. These lands then lay far from the outposts of settlement and, with the primitive forms of transportation available at that time, estimations of their possible value and resources were bound to be based upon restricted standards.

From the close of that period of exploration to the present day, over a span of nearly a century, with its great strides in settlement and in the development of transportation and economic machinery in general, little has been done to reconsider the possibilities of these regions in the light of present-day conditions. In order to obtain first hand information about the country, and at the same time lay down a skeleton system of survey for all possible future development purposes, control traverse and exploration surveys were extended during the past season through a series of waterways lying to the north and east of the easterly part of Great Slave lake. This work was carried on by G. H. Blanchet, D.L.S., of the staff of the Topographical Survey of Canada, Department of the Interior.

The waterways followed consist of a series of large lakes draining to Great Slave lake which lie in a great plateau region of uniform elevation and generally subdued topography. This represents the drainage peak of the country in which some of the waters flowing into the great rivers of the north take their rise—Mackenzie river of the western Arctic, Coppermine

river of the middle Arctic, Backs river of the eastern Arctic, and Thelon river flowing to Hudson Bay.

The coast line included between the mouths of these rivers exceeds 1,500 miles. It may readily be appreciated that as the head waters of all these rivers closely approach the lake series the route by these waters is important in giving access to a vast area of inland country and an extensive stretch of coast-line. In this connection it might be noted that a practicable water route was discovered in the course of the survey connecting with Coppermine river.

It was observed that the country became less rough toward the north and east and that the accumulation of soil was greater with a corresponding improvement in the amount and variety of the vegetation. The name "Barren Lands" as applied to the greater portion of this country is a misnomer. It is true that trees do not grow beyond a certain line, and to the north and east of this line areas of barrenness exist where soil is either lacking or too coarse for ordinary plant life, but in the greater portion of the country a variety of shrubs and mosses cover the hills and grasses flourish in the swampy valleys.

The animal of outstanding interest, native to the country, is the Barren Lands caribou. Vast herds range these areas, leaving the open lands for the woodlands for a short period in the depth of winter. The country traversed forms the outer fringe of the former range of the musk-ox and from the fact that only one was seen during the season it may be assumed that either the herds have been reduced in numbers or they have retired to the more inaccessible portions of their range. An interesting discovery was that a summer breeding ground of the Ivory bill loon which winters in Norway and Iceland was found in the upper waters of Coppermine and Back rivers where hundreds were observed.

card and again read it. In other words, you take another examination. As a result, you may erase the old entries and make new ones. You may further modify some of your ways of living, or, having found those of the past year satisfactory, you plan to continue them.—R. G.



**Might Well Appear Rattled.**  
Friend (who has dropped in)—  
"What's the matter, Jim? You seem to be rattled."  
Jim—"Do I? Well, we've just had a big shake-up in this office, you see."

### 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 by 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. advt

### Antelopes Are Dainty.

Antelopes will not eat clover hay which has the least mold about it.

Sue Thompson says if her house burned that the radio is the last thing she'd try to save. When the baby cried the other night, Harvey, her husband, got up to feed him. He put the milk on the stove to heat and tuned in on the radio while it was heating. When Sue woke up in the morning the milk had all boiled away and Harvey was sleeping in the big chair with the ear phones on his head.—E. C.

When ordering goods by mail send a Dominion Express Money Order.

School children of to-day are harder than those of a few years ago; thanks to the care of school doctors most pupils now leave school with sound teeth and good vision.

For First Aid—Minard's Liniment.

A man who in the struggles of life has no home to retire to, in fact or in memory, is without life's best rewards and life's best defences.—J. G. Holland.

**BERMUDA**  
Ideal Winter Playground  
Only 2 Days from New York  
Frequent December Sailings  
January Twice Weekly  
Via Paletia, Twin Screw,  
Oil-Burning Steamers  
"FORT VICTORIA" and  
"FORT ST. GEORGE"  
Landing Passengers at Hamilton Dock  
For Illustrated Booklets Write  
FURNESS BERMUDA LINE  
24 Whitehall Street - New York City  
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## FABRE LINE

The popular Route to the Mediterranean

### WINTER CRUISES 1925

	SS. Providence	SS. Patria	SS. Providence	SS. Patria
From: New York	Jan. 10	Feb. 17	Mar. 21	Apr. 23
To: Ponta Delgada	Jan. 17	Feb. 24	Mar. 28	Apr. 30
Madrid	Jan. 19	Feb. 26	Mar. 30	May 1
Lisbon	Jan. 21	Feb. 28	Apr. 1	May 3
Palermo	Jan. 23	Mar. 1	Apr. 3	May 5
Naples	Jan. 25	Mar. 3	Apr. 5	May 7
Pescara-Altino	Jan. 27	Mar. 5	Apr. 7	May 9
Constantinople	Jan. 29	Mar. 7	Apr. 9	May 11
Smyrna	Jan. 31	Mar. 9	Apr. 11	May 13
Byzantium	Feb. 2	Mar. 11	Apr. 13	May 15
Alexandria	Feb. 4	Mar. 13	Apr. 15	May 17
Suez	Feb. 6	Mar. 15	Apr. 17	May 19
Aden	Feb. 8	Mar. 17	Apr. 19	May 21
Colombo	Feb. 10	Mar. 19	Apr. 21	May 23
Calcutta	Feb. 12	Mar. 21	Apr. 23	May 25
Manila	Feb. 14	Mar. 23	Apr. 25	May 27
Marseilles	Feb. 16	Mar. 25	Apr. 27	May 29
Length of the Cruise	25 days	25 days	25 days	25 days

Minimum Fare \$450.00 including shore excursions and Hotel at Egypt. Clean, Comfortable and Commodious Vessels especially built for the Mediterranean Trade. Shore Excursions at Port-of-call. Stop-overs permitted. Concerts, lectures, dance, card parties, games of all sorts in addition to the social pleasures of ocean travel. Unsurpassed French cuisine and first class service throughout. Orchestra: Moving Pictures: Wireless News Daily. For further information and descriptive literature apply—Any authorized Steamship Agent, or JAMES W. ELWELL & CO., INC., Gen. Agents 17 State Street, New York City.

### What Makes Men Quarrel?

A well-known pathologist has recently made an interesting discovery. He has found that bad temper has the curious effect of increasing the amount of sugar in the blood by from 10 per cent. to 30 per cent. in the course of a few minutes.

That is why an angry man wants to fight the object of his rage. He becomes hot-blooded because the accession of carbonaceous material intoxicates his muscular system. The strange thing is that this rapid change is due to a tiny gland about the size of a pin. When it functions normally a person remains calm and even-tempered. If the essence exudes too lavishly, hatred, passion, and quarrels ensue.

Pinch the skin of a freshly plucked lemon, and a deliciously fragrant spray will spurt out. That juice, which is known as lemon oil, is extracted commercially in Sicily by pressing the emptied rind with a sponge in a wooden bowl. A workman can press approximately one and a half pounds of the oil a day. It is canned and shipped abroad for use in making perfumes. The refuse rind is used either for cattle fodder or for fertilizer.

The reports received by the Dept. of Marine and Fisheries are to the effect that heavy runs of sockeye salmon reached the spawning grounds of Lake-else lake and Babine lake on the Skeena River watershed. The hatcheries located at these two points were filled to capacity with over 17,500,000 eggs and large numbers of salmon were left to spawn in the natural way. The collections at both places were well above the average since the hatcheries were established.

For Every Ill—Minard's Liniment.

There is a walking-stick farm in Surrey devoted exclusively to the growth of sapling ash and cherry for manufacture into sticks and umbrellas.

### MORE THAN 55,000 FARMERS

have bought their farms in Western Canada from the Canadian Pacific. A remarkable fact. Think! There is a reason. The large area of our holdings affording choice of location and of land to suit every farming need. Fair price, fair contract, and fair dealing combined with abundant fertility of soil, good climate and social conditions make farm life there desirable and attractive. Thousands more will select their farm from our virgin lands, from our improved farms, and with some capital and determination to work, can make a home and pay for it. Write for our booklet, "The Prairie Provinces of Canada," and leaflet "Western Canada Forges Ahead." C. L. Norwood, Land Agent, Canadian Pacific Railway, Desk W., Windsor Station, Montreal, Que.

The apple tree is the longest lived of American fruit trees. In many parts of the east it is not unusual to find trees healthy and bearing fruit at the age of 100 years.

### Classified Advertisements

**MONEY TO LOAN.**  
FARM LOANS MADE. AGENTS wanted. Reynolds, 77 Victoria Street, Toronto.

### OLD and RARE BOOKS

We are interested in obtaining PARTICULARS to the Wilson Publishing Company, 78 West Adelaide Street, Toronto, Ontario.

### Lumbermen!

Take a bottle of Minard's with you to the woods. A splendid remedy for bruises, sprains, frost bites, colds, etc.



### Mrs. L. MacMillan Tells How Cuticura Healed Eruptions

"I was troubled many months with an itching, burning, painful feeling practically all over my face. A number of pimples broke out on my forehead which caused me to scratch and also caused eruptions. The pimples spread down the sides of my face and caused discomfort."  
"I tried several remedies without any benefit. I began using Cuticura Soap and Ointment and in about two months I was completely healed." (Signed) Mrs. L. MacMillan, Box 521, Kenora, Ontario.  
Cuticura Soap, Ointment and Talcum promote and maintain skin purity, skin comfort and skin health. The Soap to cleanse and purify, the Ointment to soothe and heal, the Talcum to powder.  
Sample Book Free by Mail. Address Canadian Depot: "Cuticura, P. O. Box 3618, Montreal." Price: Soap 5c, Ointment 25c and 50c, Talcum 10c. Try our new Shaving Stick.

### MRS. B. H. HART SICK FOR YEARS

Wants Women to Know How She Was Made Well by Lydia E. Pinkham's Vegetable Compound



Cornwall, Ontario.—"I am now giving your medicine a fair trial and it surely is doing me good and I am going to keep on taking it. I used to feel so tired in the morning that I didn't want to get up, but that feeling is leaving me now. I also sleep better and feel more like working. For seven or eight years I have had headaches, tired feelings, pains in my back and across my body. I read letters in the newspapers saying what good Lydia E. Pinkham's Vegetable Compound had done others. My husband says I quit too soon, but I am not going to stop taking the Vegetable Compound and Lydia E. Pinkham's Blood Medicine until I am better and haven't an ache or a pain. Isn't that the right way? I have great faith in your medicines. They must be good when those who take them speak so highly of them. I am recommending them to my friends and I will gladly answer letters from women asking about them."—Mrs. BURT H. HART, Box 1081, Cornwall, Ontario.  
Mrs. Hart wants to help other women and is willing to answer letters from sick women asking about the Vegetable Compound.



A FAIR PAIR AND TWO BRACE

Just before the fire was built for the rabbit stew, not a thousand miles from Quebec. You go after these—the rabbits—on skis or snowshoes.

Genuine **BAYER** **ASPIRIN**

Insist on BAYER TABLETS OF ASPIRIN

Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians 24 years for

Colds Headache Neuralgia Lumbago  
Pain Toothache Neuritis Rheumatism

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

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocetate-acetate of Salicylic acid (Acetyl Salicylic Acid, "A. S. A."). While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."