

## NERVES RESTORED HEADACHE GONE

### Grateful Letter From a Well Known Vancouver Nurse.

"In the summer of 1922," says Mrs. Mary Hill, of 31st Avenue West, Vancouver, B.C., "I became very anxious about my young daughter's health. She was attending a commercial school, and between her close study and exceptionally hot weather she became very much run down. I noticed she looked white and seemed continually tired, was depressed over her irritability and peevishness. At her house, I got several bottles and used well spoken of, but they seemed to help her. At this advertisement of Dr. Williams' Pink Pills, telling of a similar case, brought to my attention, and I determined to give this medicine a trial. I may judge of my surprise and delight when I noticed an improvement in her condition, almost before the pills were finished. She continued to improve. Dr. Williams' Pink Pills for Pale People, gaining in health and strength. Her headaches, backaches and depression disappeared, and she again looked well and happy. She has since, I am glad to say, kept perfectly well and passed her examinations with credit.

"I must have worried more than I knew over my daughter's health, for though I have earned my living as a maternity nurse for the past 12 years, even the most trying cases did not seem to exhaust me until last fall, when I seemed to give out suddenly. I became so nervous that I had to decline work, and I suffered from headaches and a constant feeling of depression. I attributed my condition to the fact that I was entering a critical time of life. It was my daughter who suggested that Dr. Williams' Pink Pills might do me as much good as they had done her, and after a faithful use of them for a time this proved to be the case. My nerves regained their steadiness, and my general health improved so much that I felt able to undertake my nursing duties again. I have taken the pills occasionally since, and thanks to them have been able to stand the strain of my work splendidly and still feel as well as ever. I am very grateful to Dr. Williams' Pink Pills—and am thankful to have found such a reliable medicine for use in my home, and I can conscientiously recommend it to any suffering woman or girl coming under my care or influence.

You can get these pills from any medicine dealer or by mail at 60c a box from The Dr. Williams' Medicine Co., Brockville, Ont.



Nothing New.

"Government scientists have succeeded in constructing a scale that records one-billionth of a pound."

"Old stuff. My coal dealer's been using one of 'em right along."

### THE REASON FOR ALUMINUM.

Because tea deteriorates very rapidly if exposed to air many tests and experiments have been made to find an efficient means of packing it so as to preserve the flavor. The "SALADA" Tea Company first used lead packages but some years ago adopted aluminum foil, aluminum being more durable and lighter than lead, besides, of course, being absolutely sanitary and air-tight. This method of packing is admitted to be the most effective known to preserve the flavor of tea. All "SALADA" is sold in airtight aluminum packages.

### From Farm to Premiership.

The genial Prime Minister of New Zealand, Mr. Massey, can look back upon a remarkable career, for he began his career as a farmer.

An Ulsterman by birth, Mr. Massey started farming at the age of fourteen in his adopted country, where he joined his parents, who had gone there as settlers.

Mr. Massey tells the story of a man announcing politics to a friend, "I hope I would sooner put up with a local asylum than for the sake of Commons."

"Yes," said his friend, "and you would stand a better chance of getting it."

### Young Men and Women

Who may be afflicted with pimples and blackheads or any other facial blemish or skin trouble, are invited to write us. For 32 years we have been successfully treating Skin, Scalp, Hair, and Complexion Troubles, including Superfluous Hair, Moles, Warts, etc. We manufacture the Princess Talcum Preparations. Booklet "K" mailed free.

HISCOTT INSTITUTE LIMITED  
610 College St., Toronto

## Surnames and Their Origin

### ROPER

Variations—Corder, Cordier, Corday. Racial Origin—English and French. Source—An occupation.

Roper is a common name in this country. But few persons, perhaps, realize that it is exactly the same name as that borne by the Charlotte Corday of historical fame.

Like Cooper, Tupper and other family names of similar classification, it took its origin in the description of the original bearers' profession.

In England of the Middle Ages the use of the termination "er," a relic of the ancient Teutonic "were," meaning "man," was much more profusely used than it is to-day. The man who made an article, or who worked with an article, was described quite regularly by the addition of "er" to that article. So, where we would speak today of a ropemaker the medieval English called him a "roper," or a "corder" if they used the Norman-French word, though sometimes he was also known as a "cordwainer."

As the French language developed on the continent the tendency was to insert an "l" before this termination "er," thus giving the form "cordier." And, in time, as the pronunciation of the final "er" changed in French from what it remains in English to-day to "ay," the name came to be pronounced "corday." The family name of Corday, then, is simply explained as an occasional local variation of "simplified" pronunciation and spelling.

### MacCORKILL

Variations—MacCorkie. Racial Origin—Scottish. Source—A given name.

Here is a family name which, though purely Scottish Gaelic in its origin, traces back ultimately to Norse sources, and if you hear this name there is a good chance that you have a line of ancestry reaching back to the Vikings through Scotland.

The name of MacCorkill or MacCorkie was borne by one of the branches or septets of the Clan Gunn, which was decidedly one of the fighting clans of the Highlands. Its history vying with that of the MacGregors in records of desperate fighting.

But the given name from which MacCorkill is derived is Thorkelt, a relic of the old pagan Norse religion, and the meaning of which is "Thor's kettle." The kettle or cauldron was an utensil which played a large part, figuratively, in the worship of the Vikings, and is found to-day as an element in a lot of family names, and even still in given names in the Scandinavian countries.

There is a great deal of Norse blood in Scotland, principally along the north and west coasts. At one period a considerable part of the coast was in the hands of Norwegian settlers, who retained their allegiance to the Norse kings, and who later took their places among the Celts of the Highlands in full Gaelic clan organization.

### Good-Bye to Oxfordshire.

Good-bye to England—land of little towns  
And a great history. Good-bye, sweet lanes  
Full of bright angel children, and old men,  
Ruddy and gentle; and the oaks and beeches,  
Elms that engulf a hamlet in the sky,  
Majestic, beautiful, benignly towering  
Over a tiny green and grassy vial—  
Thatched and depressed with ivy and the beehives—  
And infant shops with Lilliputian toys,  
Odd nothings sold for a penny with a smile,  
From clean bowed windows out of wonderland.  
These are her jewels, these small sacred towns,  
Unique in the universe! These miniatures,  
Initials on a mediaeval text,  
Brilliant as Chaucer's death-defying page,  
Enrich the map of England. Such she was,  
Is, and shall be, whatever else the fates,  
Conspiring in their gloomy caverns threaten,  
Or the dark skies forecast, or foes at home—  
Enemies, or the Avengers of the world—  
Wreak on her distant realms through peace or war.  
—John Jay Chapman.

## STOMACH MISERY, GAS, INDIGESTION

"Pape's Diapysin" is the quickest, surest relief for indigestion, gas, flatulence, heartburn, sourness or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages of Pape's Diapysin.

### Sing That Cold Away.

Singing is one of the best preventives of a cold. The common cold, as most people are aware, is an inflammatory condition of the lining of the upper respiratory passages. Though disease germs are probably always the cause, the way for these is opened by the inhalation of irritant particles of dust and cold air.

Singing, besides giving proper control of the breathing, teaches us to expand our lungs fully, thus providing valuable and healthy exercise for the whole respiratory machine. It inculcates the habit of breathing rhythmically through the nose, and so ensures thorough warming and filtering of the air before it reaches the respiratory passages.

By teaching us to breathe properly and by producing in us a sense of joy and well-being, singing tends to increase our resistance against infections of all kinds. It promotes the digestion and assimilation of our food, and thus builds up substantial reserves.

Singing is, above all, the language of the emotions, and is probably far older than articulate language. It thus provides us with the means of relieving our feelings, and the consequent effect on our health is astounding.

Lastly, by calling up the nobler and pleasanter emotions, it tends to drive away care and anxiety, which owing to the subtle bio-chemical changes they cause in our blood, render us more likely to catch cold.

Marconi, the inventor, says that he has perfected a method by which he can send radio messages as a beam, projected in any desired direction. Moreover, the new form of transmission requires only a small part of the electrical energy needed to broadcast throughout a circle the radius of which is the same length as the beam.

### New Record Set by Sun Life of Canada.

Evidence of widespread prosperity is afforded by the statement published by the Sun Life Assurance Company of Canada covering its transactions for the year 1923. This Company, which is international in its character, operating in over fifty countries, reports substantial advances in all departments.

Of particular public interest is the fact that no fewer than 318,443 policyholders are assured under ordinary contracts issued by the Company, while in addition 22,731 employees of a great diversity of industries are protected under Group Insurance policies.

The business in force at December 31st last reached the tremendous total of \$703,765,243, showing an increase for the year of \$72,360,373. The new business written during the year amounted to \$119,804,657, the policies actually issued and paid for being 35,975, for a total of \$107,391,255. During the year the payments to policyholders and their beneficiaries in respect to Death Claims, Matured Endowments, Profits, etc., amounted to \$22,145,375, bringing the total so paid since the organization of the Company to \$151,918,489. This amount exceeds the total business in force with the Company fourteen years ago, and affords stirring testimony to the degree in which its function is being fulfilled. Profits paid or allotted to policyholders reached the amount of \$4,417,068. After setting aside \$3,500,000 for unforeseen contingencies, the net surplus over all liabilities and capital stock advanced by \$3,603,447 to \$72,868.

The record is one in which the Directors of the Company express their own satisfaction—a sentiment which will be widely shared. It is interesting to note that the Company, in order to facilitate the constant quest for new business, and to maintain the high standard of service to which they have accustomed their policyholders, have established a number of new divisions during the past year, and have further developments of a similar character in contemplation.

### From the Canon's Mouth!

One ambition of Canon Hay Aitken, Vice-Dean of Norwich Cathedral, is to beat John Wesley's record of preaching 27,000 sermons. But Father Time may intervene. The Canon is eighty-two; and, starting when he was seventeen, he has now delivered 22,000 sermons.

He has never preached from a written one, and as it is stated that Wesley made one sermon serve many times it is possible that the Canon has already delivered more original discourses than the founder of Methodism.

### Ask for Minard's and take no other.

Twins for Both.  
Everything is divided equally. The rich man has his twin six and the poor man has his twins.

Remember a hot dish for the children's lunch.

### Mother! Give Sick Child "California Fig Syrup"

Harmless Laxative for a Bilious, Constipated Baby or Child.

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 counterfeits! Introduce upon genuine "California Fig Syrup" which contains directions.



### Extreme Cold Might End Polar Flight.

Just how cold is it at the North Pole? If the temperature is lower than 45 degrees below zero Capt. Roald Amundsen's postponed attempt to cross it in an airplane is likely to fall when and if he attempts it. German pilots say, although that degree of cold would hardly make a Manitoba farmer bring out his earmuffs. Forty-five degrees below zero, Fahrenheit, veteran German pilots recall, once stopped the war in one sector when no other elements or earthly agencies could do it, and therefore it is likely to stop Amundsen.

Early in 1917, they recall, the Germans were striving to regain some trenches in the vast swamps between Mitau and Riga, which had been taken by the Russians in a Christmas surprise attack. The operations were constantly being slowed up by the cold until the bitterest day came on February 3. On that day, despite the intense cold, airplanes started for an attack, but were soon forced to land, as the oil froze in the engines. Motor cars with ammunition, tractors drawing guns and the hydraulic recoil mechanism of the guns all were frozen solid. In the meantime the same thing happened on the Russian side, and the battle which had been planned to be an intensive one simply froze up.

The pilots believe that the same fate might overtake Amundsen. However, it is the general belief that in July the temperature at the North Pole is somewhat higher than 45 degrees below zero.

## WINTER WEATHER HARD ON LITTLE ONES

Our Canadian winters are exceedingly hard on the health of little ones. The weather is often so severe that the mother cannot take the little one out for an airing. The consequence is that baby is confined to overheated, badly ventilated rooms; takes cold and becomes cross and peevish. Baby's Own Tablets should be given to keep the little one healthy. They are a mild laxative which regulate the stomach and bowels and thus prevent colds. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Clergyman's Dilemma.  
A clergyman, introducing some new hymn books, gave the clerk a notice after the sermon. The clerk had one of his own to give with reference to baptism of infants. He announced: "All those who have children they wish baptized, please send in their names at once."

The clergyman, who was deaf, assuming that the clerk was giving his notice, arose and said: "And I want to say for the benefit of those who haven't any, that they may be obtained from me any day, between 2 and 4 o'clock, the ones with the red backs at twenty-five cents and the ordinary little ones at fifteen cents."

Avoid loss when sending money by mail—Use Dominion Express Money Orders—the safe, convenient, inexpensive way.

A canal in England is now equipped with an overhead electric trolley that furnishes power for a motor-driven propeller in the stern of each barge. The result is said to be highly satisfactory. The barges attain a speed of four miles an hour, and, since only one man is needed on each boat, the operating costs are greatly reduced.

## ASPIRIN

Beware of Imitations!



Demand

Unless you see the name "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians over twenty-three years for

Colds  
Toothache  
Neuritis  
Neuralgia

Headache  
Lumbago  
Rheumatism  
Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proven directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. 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."

## Smoke OLD CHUM

The Tobacco of Quality



Sealed Package 15¢  
(which keeps the tobacco in its original condition)

also in 1/2 lb. tins

### Harbor Talk.

More lonesome than a lonesome ship at sea,  
The sailing moon rides beautifully by.  
Blown from such purple harbors as  
In unimagined corners of the sky.  
She is not careless where she goes down  
On sleepy streets the silver silence fills,  
But thoughtful fond of a little town  
And foolish-kind of little, wooded hills.

Seafoak are given so to telling tales,  
I think the moon, when she puts in at last,  
May spin a story where she reefs her sails;  
And there her talk of shortlands that she passed,  
Is all of glimmering meadows, ghostly still,  
A sleepy town . . . a lonesome little hill.

—David Morton.

Money has wings; but, alas, it is not a homing pigeon!

No remedy can cure all ailments of the human body, but an immense number of people suffer from aches, pains and diseases when their real trouble is lack of iron in the blood. It is the iron in your blood that enables you to get the nourishment out of your food. Without iron your food merely passes through you without doing you any good; you don't get the strength out of it. There is one universal remedy known to all that has helped thousands because it contains iron like the iron in fresh vegetables and like the iron in your blood.

**NUXATED IRON**  
is an eminent physician's best blood prescription, standardized. It is recommended for all anemic and run-down conditions. It has helped thousands of others. It should help you. Ask for it at any drug store.

Try every day to consider a masterpiece—a picture, a musical composition, a poem or some bit of good prose literature. Constant association with masterpieces makes for intellectual elevation and leaves little room for cheapness either of thought or of speech.

### Keep Minard's Liniment in the house.

**Classified Advertisements FOR SALE**  
Woolgrowers, your own wool manufactured or exchanged for yarn or blankets. Woollea Mills, Georgetown, Ontario.



Wholesome Cleansing Refreshing

## ITCHY PIMPLES ALL OVER FACE

And Shoulders. Burned Badly. Cuticura Heals.

"My trouble started with pimples breaking out all over my face and shoulders. The pimples were large and red and feathered, and itched and burned so badly that I could not sleep. They were very sore and my clothing aggravated them."

"I read an advertisement for Cuticura Soap and Ointment and sent for a free sample which helped me. I purchased more, and after using four cases of Cuticura Soap and three boxes of Cuticura Ointment I was healed." (Signed) William C. Steen, 39 Peabody St., Buffalo, N. Y.

Use Cuticura for all toilet purposes.  
Sample each free by mail. Address: "Cuticura, Dept. 245, P.O. Box 2681, Toledo, O." "Cuticura" Soap shaves without lather.

## MOTHER OF TWIN BOYS

Tells How Lydia E. Pinkham's Vegetable Compound Relieved Her of Inflammation and Great Weakness

West St. John, N. B.—"I was in a general run-down condition following the birth of my twin boys. I had a great deal of inflammation, with pains and weakness. Finally my doctor recommended Lydia E. Pinkham's Vegetable Compound. He said that your medicine would be the only thing to build me up. I am sure he is right, for I am feeling much better and am gaining in weight, having gone down to ninety-three pounds. I was in bed for over a month, but am up again now. I have recommended the Vegetable Compound to my friends and give you permission to use my letter."—Mrs. ELMER A. RITCHIE, 82 Rodney St., West St. John, N. B.

There are many women who find their household duties almost unbearable owing to some weakness or derangement. The trouble may be slight, yet cause such annoying symptoms as dragging pains, weakness and a run-down feeling. Lydia E. Pinkham's Vegetable Compound is a splendid medicine for such conditions. It has in many cases relieved those symptoms by removing the cause of them. Mrs. Ritchie's experience is but one of many.

You might be interested in reading Mrs. Pinkham's Private Text-Book upon the "Ailments of Women." You can get a copy free by writing the Lydia E. Pinkham Medicine Co., Colburn, Ontario.