

# SPRING TIME IS TONIC TIME

The System Needs "Spring Cleaning." Just As The Home Does. TANLAC Has Been Called The World's Greatest Tonic By Over 100,000 Persons. Who Have Testified That Tanlac Has Helped Them Regain Their Strength and Health.

DON'T GAMBLE WITH YOUR HEALTH. DEMAND THE BEST

Tanlac Has Benefited Thousands of Persons Suffering From Stomach Trouble, Indigestion, Rheumatism, Nervousness and Kindred Ailments — Tanlac Is For Sale By All Good Druggists — Accept No Substitute — Over 40 Million Bottles Sold.

LIVINGSTONE WAS NEGRO'S RESCUER NOW A GARDENER ON KENT ESTATE

Aged African Recalls How Noted Explorer Saved Him from Slave Traders.

An aged African Negro, who as a young boy was rescued from a Portuguese slave-trading party, by David Livingstone, has been discovered in the little village of Chibulhurst, in Kent. He is known as Arab Makeppo, and he is not certain of his age. He only knows that he was very many years ago and that he was a very small black boy when the party which had raided his native village, and to which he was sold by an older brother, was attacked by the noted British explorer and his fellow slaves, both men and women, were rescued.

The captured blacks were brought before Livingstone and the great explorer took a fancy to the small Arab Makeppo and kept him for his "boy." The English party kept most of the men of the party with them, sending the women back to their native villages and then after learning the native language sent them throughout the country to announce to the native tribes that the Englishmen were friends of the Africans and were bringing good-will with them. Thus was the way prepared for unobscured exploration in the farthest depths of the then little known continent.

Worships Memory of Explorer. Makeppo remained in the Livingstone party as the body-servant to its leader until the great adventurer died, and was then sent to England to school. Shortly after his arrival here he was christened George Watto by the English family which engaged him as a cook. He is a devout Christian and looks forward to again joining his famous "Governor" when he dies.

He remembers well the grim procession of himself and his native relations and friends as captives of the Portuguese. He says that the men were tied two by two to wooden columns were even in their women were chained at the ankles, the girls roped like white the little ones, himself among them, were allowed to run free, but were kept in the centre of the party.

"We were frightened all the same," he said, "when the Redcoats began to fire on our captors." He worships the memory of the

great explorer who was his benefactor, and says that when, as a small boy his legs would get tired, Livingstone would carry him on his back until he was rested.

Makeppo has been gardener in the same family in Kent for more than thirty years. In spite of the many years he has lived in England he wears four coats in winter weather.

Death Curse Put on Cattle by Angry Irish Fairies.

Every now and then a story of something other than miracles and uprisings comes from that "most distressful country" of Ireland. The latest concerns the man who crossed the fairies.

In a recent prosecution before a local peace commissioner quite a lot of fairy lore came up because a certain farm building had been built on a "pass." It seems the little folk always travel in a direct line and resent any construction placed across their path. When they find themselves held up by a house or farm then was betide the person living there.

Near the village of Maam Cross, some miles east of Clifden, a returned Irish-American not long ago bought a large farm, and as there was neither cowhouse nor stable began to erect these things, despite warnings of the neighbors. When the buildings were roofed and cattle installed therein the animals refused to eat, pined away and died. Not until three-fourths of his stock was killed (struck by "elf stones," said the peasantry), was he convinced and he removed the buildings to another place. After that his luck changed and he lost no more cattle.

PAINFUL SCIATICA AND NEURALGIA

Caused by Starved Nerves Due to Weak, Watery Blood.

People think of neuralgia as a pain in the head or face, but neuralgia may affect any nerve of the body. Different names are given to it when it affects certain nerves. Thus neuralgia of the sciatic nerve is called sciatica, but the character of the pain and the nature of the disease is the same, and the remedy to be effective, must be the same. The pain, whether it takes the form of sciatica or whether it affects the face and head, is caused by starved nerves. The blood, which normally carries nourishment to the nerves, for some reason no longer does so and the excruciating pain you feel is the cry of the starved nerves for food. The reason why the blood fails to properly nourish the nerves is usually because the blood itself is weak and thin.

When you build up the impoverished blood with Dr. Williams' Pink Pills, you are attacking sciatica, neuralgia and kindred diseases at the root. As proof of the value of Dr. Williams' Pink Pills in cases of this kind we give the statement of Mrs. Marion Bell, Port Elgin, Ont., who says:—"Some years ago I was attacked with sciatica in my leg and hip. The pain was excruciating and finally I was forced to go to bed. Apparently all the doctor could do was to give me drugs to dull the pain, as otherwise I found no relief. I had been in bed with the trouble for eight weeks when a lady who came to see me said that she had had a similar attack, and had only found relief through the use of Dr. Williams' Pink Pills. I decided at once to try this medicine, and before I had taken more than three boxes I found relief. I continued the use of the pills and under the treatment the pain left me. I was able to walk again, and have not since had the least return of the trouble. I feel that Dr. Williams' Pink Pills have been of such great benefit to me that I strongly urge similar sufferers to give them a fair trial."

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

Guadalupe is the sole remaining home of the only remnant of a herd of elephant seals in the northern hemisphere.

Wondrous indeed is the virtue of a good book.

Ask for Minard's and take no other.

## Surnames and Their Origin

HAYWARD. Variations — Hayward, Howard. Racial Origin — English. Source — An office or title.

It is a surprising thing how many family names of today have come down to us from words denoting occupation or titles of office which long since have become obsolete.

Few people in this country bearing the name would have any idea of what a "hayward" or a "hayward" was in England of the twelfth, thirteenth or fourteenth centuries, nor of the nature of his duties.

Even the explanation that the medieval word "hay" meant "hedge," and that our modern word "hay," would hardly serve to give you the right clue.

The "hedge warden" was not the keeper of hedges in the sense that he was a gardener. His duties consisted in service toward the villagers, the farmers of the day.

Fences and walls were little used in those days to mark the divisions of the real thing or mere indications of them, were used. Naturally, cattle had a tendency to stray from one man's land to another. It was the "hayward's" duty to prevent this. Originally his duties were limited to this. He was a servant of the entire community rather than the employee of a single person. But in the course of time his authority and his duties were extended to include a sort of general peace officer, and an official of considerable importance in each village or community.

"Hayward" is not the regular source of the family name of Howard, though sometimes the latter is simply a corrupted spelling of the former.

DANIELS. Variations — Daniel, Dann, Tancock. Racial Origin — Anglo-Saxon. Source — A Biblical given name.

Daniels is another of those family names which come down to us from the days of the old Anglo-Saxons, though, like other family names, it did not become such until a period after the Anglo-Saxons and Norman-French had become fused into the English race of medieval and modern times.

The final 's' of Daniels indicates that it has been shortened from Danielson. The variation Tancock is the result of a misspelling that crept into the name at some period, either before or after it became a family name, and the habit of the Anglo-Saxons of shortening names to one syllable and then adding a diminutive ending. One of these endings was "cock" or "coch," meaning "little." Tancock, then, translated literally into modern speech, means "little Dan," or, if we should use the modern diminutive, "Dannny."

It is impossible to state at just what period "Daniel's son" ceased to be merely descriptive of an individual and was adopted through several generations, thus becoming a family name. A general development of custom took place along this line throughout northern Europe from the twelfth to the fourteenth centuries. The frequency with which Daniel appears as a given name in the old days indicates many unrelated families adopted it simultaneously.

# OLD CHUM SMOKING TOBACCO



to bring you the full richness and mellow sweetness of this "Tobacco of Quality" Manufactured by IMPERIAL TOBACCO CO. OF CANADA LIMITED

### Garden Labels.

Most garden labels are unsatisfactory because the names become obliterated so quickly. There is a method, however, by which labels can be prepared at home so that they will remain legible for ten years or more. It is only necessary to buy a sheet of zinc and to cut it into labels of what size you may desire. A hole, or better still two holes, can be punched in one end for the wires, which should be of copper. Strips already cut and punched can be bought for a few cents if the gardener desires to avoid the labor of preparing them.

Zinc labels have been marked with a prepared ink, but that is not necessary. If the labels are exposed to the elements for a few weeks until they become oxidized the writing can be done with an ordinary lead pencil. Oxidation can also be produced by immersing the labels in a bath of salt water for a few days.

Also the results by this method are generally satisfactory, still better ones can be obtained by painting the zinc with a good gray paint after they have been oxidized. The paint should be thick and can be put on with a cloth, and the writing should be done when the paint is only partly dry.

### Running Wild.

"What has become of the tin locomotive and train of cars I gave you on your birthday?"

"All smashed up," replied the little boy. "We've been playing Government ownership."

The flower of a common milkweed catches and holds a cluster fly that has come in search of honey.

### Chiropractically Speaking.

Two colored gentlemen were arguing. "You ain't got no sense," said one. "No sense? Den what's dis head of mine for?" "Head? Dat's no head, nighah. Dat's jes' a button on top of yo' body to keep yo' back-bone from unravelin'."

Eleven pounds of cork is sufficient to support a man of ordinary size in the water.

### Classified Advertisements

PURE, BEAUTIFULLY FLUFFY, carded wool; sample, enough light comforter; one dollar. Woolen Mills, Georgetown, Ont.

### MURINE FOR EYES

IRRITATED BY SUN, WIND, DUST & CINDERS

RECOMMENDED & SOLD BY DRUGGISTS & OPTICIANS

TRADE MARK: THE EYE GLASS

### Cuticura Soap and Ointment

Promote Hair Health

Shampoo regularly with Cuticura Soap and keep your scalp clean and healthy. Before shampooing touch spots of dandruff, itching, if any, with Cuticura Ointment.

## WEAK, RUN DOWN AND AILING

Lydia E. Pinkham's Vegetable Compound Brought Relief When Other Medicines Failed

Port Mann, B. C. — "I took Lydia E. Pinkham's Vegetable Compound because I was tired and run-down. I had headaches and no appetite and was troubled for two years with sleeplessness. I tried many medicines, but nothing did me any real good. While I was living in Washington I was recommended by a stranger to take Lydia E. Pinkham's Vegetable Compound. I am stronger and feel fine since then and am able to do my household work. I am willing for you to use these facts as a testimonial." — Mrs. J. C. GREAVES, Port Mann, B. C.

Feels New Life and Strength

Keene, N. H. — "I was weak and run-down and had backache and all sorts of troubles which women have. I found great relief when taking Lydia E. Pinkham's Vegetable Compound and I also used Lydia E. Pinkham's Sanative Wash. I am able to do my work and feel new life and strength from the Vegetable Compound. I am doing all I can to advertise it." — Mrs. A. F. HAMMOND, 72 Carpenter Street, Keene, N. H.

Sick and ailing women everywhere in the Dominion should try Lydia E. Pinkham's Vegetable Compound.

### Former Playmate of Czar's Children Now Saleswoman.

Little colonies of Russian aristocrats, penniless refugees, are forming in Canadian cities. Honors, wealth, titles have all been swept away by eight years of revolution.

These exiles are content to begin life in a new home just as other immigrants would. Positions as domestics, as saleswomen or as ordinary laborers are accepted. As a rule, aristocratic arrivals are absolutely without friends or any one to whom they can appeal for assistance. Previous arrivals from Russia, drawn from the proletariat, are generally hostile.

If you enter a leading jewelry store in Toronto you may be waited on by a tall young woman in a blue sweater loosely, a striking face, in which experience and youth seem curiously blended, who will try to learn your wants in broken English. She is the Baroness Lublich de Lozina-Lozinsky.

The baroness was a daughter of Baron Ivan Tehtelovtova, who was minister of justice in Russia from 1905 to 1915. To him fell the task of prosecuting and punishing offenders in the revolution of 1905. No doubt he attracted his share of fear and hate.

Immediately after the outbreak of the revolution in Russia in 1917 the baron was thrown into prison, where he remained during the regime of Kerensky. Then, in 1918, when some one shot at Lenin, in retaliation the baron and other prisoners were taken from a dungeon below the Kremlin and put to death.

### How the English Make Toffee.

Mix four cups of brown sugar and half a cup of corn syrup with half a cup of water, and put on the fire, stirring carefully until all the sugar is dissolved. Let this come to a boil and then take off the fire and add four tablespoons of butter. Put the mixture back on the stove once more and boil until the butter has penetrated throughout the candy. Pour onto a greased enameled ware tray of any kind and, as the candy cools, mark it into squares. When it has hardened break these apart and wrap each piece separately in wax paper. Incidentally, you will find that the labor of "cleaning up" is a great deal less if you have used an enameled ware saucepan for the cooking, since even the stickiest mixtures do not adhere long to its porcelain-like surface.

### Tip from the Chaplain.

The rector of a fashionable London church was induced to preach at a well-known prison. When in the vestry he said to the prison chaplain: "Now I have come, I don't know what to say to your convicts." The chaplain replied, "Preach to them exactly as you do to your own congregation; and remember only one thing: my people have been found out and yours have not — yet."

### At the Crossroads.

A recruit wearing fourteen in boots was enlisted in the Irish Free State army. One night he was included in a rounding-up party, and when the roll was called afterward he was absent. "Has anyone seen Jewell?" asked the sergeant.

"Sir," said a voice, "he's gone up to the cross-roads to turn round!"

### Value of Insurance.

Mike and Pat are sleeping and are awakened by fire bells. Pat shouts to Mike: "Mike, run for your life, the house is on fire and the roof is falling in!" Mike replies: "I'll not move an inch. I'll stay right where I am. Sure 'tis meself that's insured against accidents!"

Keep Minard's Liniment in the house.

### SAVED BABY'S LIFE

Mrs. Alfred Tranchemontagne, St. Michel des Saints, Que., writes: "Baby's Own Tablets are an excellent medicine. They saved my baby's life and I can highly recommend them to all mothers." Mrs. Tranchemontagne's experience is that of thousands of other mothers who have tested the Tablets and never fail to regularize the bowels and stomach, thus relieving all the minor ills from which children suffer. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



She: "How dare you speak to me? You know our engagement is broken." He: "Yes, but I thought I might flirt with you and catch you again the way I did the first time."

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

### The Call.

Come with me where the soft winds blow. Come out where the wild flowers grow Among the yellow daffodils, Come where the fairies play at dusk o' day.

When the golden sun is slipping away Down beyond the hills.

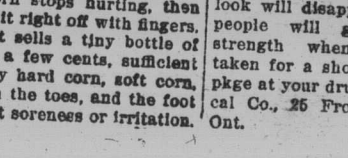
Come with me ere the day grows late, Come when the truth is calling his mate

In the morning hours, Oh, come with me to the meadows wide and free,

And thy heart shall sing the bird's sweet melody, Among the flowers.

## CORNS

Lift Off—No Pain!



Doesn't hurt one bit! Drop a little "Freezone" on an aching corn. Instantly that corn stops hurting, then shortly you lift it right off with fingers.

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the foot calluses, without soreness or irritation.

### Genuine BAYER ASPIRIN

Say "Bayer Aspirin"

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

Safe — Accept only a 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 Monacoelectrode of Salicylicacid

### BACKACHE!

Minard's eases the stiffness, relieves the pain. Keep a bottle handy.

### MINARD'S "KING OF PAIN" LINIMENT

### Nervous People

That haggard, care-worn, depressed look will disappear and nervous, thin people will gain in weight and strength when Bipro-Phosphate is taken for a short time. Price \$1 per package at your druggist. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

## Santa Fe Excursions

Very low round-trip fares to California-Arizona Colorado-New Mexico and your National Parks

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