

PALLID CHEEKS AND DULL EYES

Tell the Story of Watery Blood—
How to Regain a Good Color
and Health.

To be run down in health and to lose their attractiveness is the double misfortune of many young girls. Their pallid cheeks and dull eyes tell everyone that they are doomed to days of wretched headaches and are victims of breathlessness and bloodlessness. The anaemic girl, if she neglects her health, may be a sufferer all her life; for an active happy woman cannot be developed out of a bloodless, consumptive-looking girl, without the help of new, rich, red blood.

Pale, weak girls should take heed. Bloodlessness must not be neglected. Plenty of good air, a nourishing diet and rest will help you, but the cure you need most promptly is new blood. Good new blood in abundance, such as makes all the difference between sound health and poor health to girls and women, is supplied by Dr. Williams' Pink Pills. Their one mission is to make new blood which reaches every organ and every nerve in the body, bringing to anaemic girls and women new color, bright eyes, an elastic step and a feeling of joy in living. The value of Dr. Williams' Pink Pills to young girls is shown by the cure of Miss Bessie Clarke, R.R. No. 1, Stevensville, Ont., who says: "Two years ago, while studying for the entrance examination, my health broke down and I fell away to a mere shadow of my former self. When the day for the examinations came, I should have been in bed instead of trying them, but I went on with the work and when through was almost on the verge of collapse. I thought then that a rest would help me, but I did not regain my strength. Then my mother was advised to have me try Dr. Williams' Pink Pills, and after taking them for about a month I found myself restored to health, with good color and a change for the better, which people who knew me readily noticed. I am very thankful for what Dr. Williams' Pink Pills did for me, and hope my experience will benefit some other weak girl."

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

Silk Industry in Britain.

Great Britain is taking an active interest in the silk industry, with a large capital investment. One factory established in that country will produce about nine tons of artificial silk per day in addition to non-inflammable films and other products.

Salada Tea Reduced 15 Cents a Pound.

Every effort is being made to supply the retail dealers with Brown Label "SALADA" at the reduced price of 55 cents per pound. However, it will take some little time before all have it in stock, in spite of every exertion on the part of the Company, as they have tens of thousands of customers throughout Canada from the Atlantic to the Pacific.

Fish are believed to have a keen sense of smell.

Surnames and Their Origin

KAVANAGH.

Variations—O'Keegan, Keevan, Kevin, Kevens, Keveney, Coen, Cohen, Cohan, Cowan, Cuan, Cavanaugh, McKuen.

Racial Origin—Irish.
Source—A given name.
Virtually all Irish family names take their origin in given names, except in cases where overlords, under English rule, have adopted as their family names the names of the places over which they held hereditary sway; but even here the names trace back ultimately to given names in most cases, for even the Irish geographical names trace back in almost overwhelming numbers to the names of persons.

In this the nomenclature of Ireland is virtually the reverse of nearly all other nations.

But in the translation of the Kavanagh group of family names into the English tongue and spelling a most unusual number of variations has developed from the original form, which was "O'Caomhain," the "m" in this instance, as is often the case in Irish, having a "v" sound as the result of the inflections peculiar to that language.

The given name from which it is developed by the use of "o," meaning "descendants of" is "Caomhan," which means "a noble one."

Under certain inflectional influences the "h" predominated, which explains such forms of the name as Cowan, which, if analyzed, would have a pronunciation something like "kah-o-han," easily shortened into "Cowan" and Cohan, Cohen, Cuan and Coen, which must not be confused with the Jewish family name Cohen. All of these two-syllable forms of the Irish name are properly pronounced with the accent on the second syllable; but "COW-an" and "CO-han," but "COW-AN" and "co-HAN," though

BITS OF HUMOR FROM HERE & THERE

As Per Instructions.
Mistress: "Why, Bridget, what on earth are you doing with all the broken dishes on the shelf?"
Bridget: "Sure, mum, yes towid me Oi wur to replace everyone Oi broke."

Riding His Bill.
A visitor at a country fair noticed one melancholy individual who, despite the fact that he was apparently suffering greatly, persisted in remaining on one of the merry-go-rounds.
Eventually the looker-on spoke to him and asked him if he liked it.
"No; I don't like it a bit," the man replied. The beastly thing makes me ill.
"Then why do you persist on going on it?"
"I can't help it. The man who owns this thing owes me money, and the only way I can get even is by taking it out in rides."

His Chief End in Life.
There lived in an English town a wealthy but exceedingly "tight" old lady, who kept very few servants and paid them as little as possible.
Among these was an underfed, miserable-looking lad of fourteen, who answered the door, did the dishwashing, waited at table, weeded the garden, washed the dog, and a few other things.
One day a visitor asked this lad: "Well, my boy, and what do you do around here?"
"I do a butler, a kitchen maid and a gardener out of a job," replied the boy gravely.

An Artful Ruse.
Tommy: "Mamma, didn't you say last week you wanted the carving knife and the chopper sharpened?"
Mrs. Suburb: "Indeed I did. Bless his little heart! How thoughtful you are!"
"Well, I'll take 'em round to the cutter's for you."
"How sweet of you to offer to do such things for your mamma, my little cherub. I'll wrap them up."
"No, don't wrap them up. I want them to show. There's a boy out there waiting to fight me; but I fancy when he sees me coming he'll go home."

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. They are the ideal home remedy for the baby; being guaranteed to be absolutely free from opiates or other harmful drugs. They are a gentle but thorough laxative and have been proved of the greatest aid in cases of constipation, indigestion, colic, colds and simple fevers. Concerning them Mrs. Ernest Gagne, Beauregard, Que., writes: "I have used Baby's Own Tablets for constipation and colic and have found them so successful that I would not be without them. I would strongly recommend every mother to keep a box in the house." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

RHEUMATISM LUMBAGO, NEURALGIA SCIATICA, NEURITIS

Their Treatment by Your Local Druggist.

Your own druggist, who has known the people of his locality for years, has a pretty good idea of what remedies are giving satisfaction to his customers. No number of testimonials from far-distant persons counts half as much with him as the results he gets from sales over his own counter.

That's why hundreds of druggists from Halifax to Victoria recommend Templeton's Rheumatic Capsules. Each of these hundreds knows of cases in his vicinity where T.R.C.s have brought amazing relief. Men and women of all ages find freedom from their pain in T.R.C.s. Mr. W. A. Hawley, of Campbellford, at the age of 34, was entirely cured, after being helpless with Rheumatism for months.

Scores of druggists write of the satisfaction given by T.R.C.s. Here are the statements of three from Ontario:

Ross the Druggist, Midland, Ont.: "Every sale of Templeton's Rheumatic Capsules has meant a satisfied customer. I have yet to hear of a person not receiving beyond what they had hoped in results from their use. In many cases the benefits have been wonderful and these long sufferers tell their friends. I have many calls for Rheumatic Capsules and I never hesitate to recommend them."
G. F. Vicars, Fenelon Falls: "T.R.C.s is the most satisfactory of any line of rheumatic remedy I have ever handled."
B. J. Cook, St. Thomas: "We have never had a preparation for rheumatism and neuritis that has sold like T.R.C.s. The sale is wonderful and reports from our customers good. I figure a satisfied customer is the best advertisement."

Sounds too good to be true? The explanation is that Templeton's Rheumatic Capsules act directly on the poisons in the system that in some persons cause rheumatism, in others lumbago, sciatica, neuritis or neuralgia. Their composition is the result of thirty years of patient study and experiment, long years of experience in the treatment of rheumatism.

Get a free trial package of T.R.C.s or Raz-Mah for Asthma from your druggist or from Templeton's Limited, 55 Colborne St., E., Toronto and prove these statements for yourself. These remedies are absolutely harmless, or our druggist-agents wouldn't advise the use of them. When your own druggist recommends a remedy he is sure to receive your thanks or condemnation. He won't risk the loss of a good customer by recommending a remedy in which he has no confidence.

The undermentioned druggists and hundreds of others back T.R.C.s and Raz-Mah.

Alisa Craig, J. A. Smith, Alliston, E. B. Schell, Alliston, P. McDermid & Son, Arthur, A. W. Buschlen, Atwood, E. G. Coughlin, Barrie, Wm. Crossland, Beaverton, J. S. Fraleigh, Blenheim, Crookshank Bros., Bobcaygeon, E. J. Woodard, Bowmanville, Jury & Lovell, Bradford, W. L. Campbell, Bridgeburg, R. A. Land, Brigid, F. S. Seager, Bruce Mines, A. D. Jackson, Brussels, Jas. Fox, Campbellford, J. E. Birks, Chesley, S. R. Davey, Clinton, J. B. Hovey, Colborne, W. F. Griffin, Cookstown, Wm. McKay, Deseronto, W. J. Malley, Dresden, R. R. Dustin, Durham, E. J. McKee, Durham, S. McBeth, Elora, F. J. Casell, Exeter, E. H. Sadler, Fenelon Falls, G. F. Vicars, Florence, L. R. Miller, Glencoe, W. I. Johnson, Gorrie, H. V. Armstrong, Harriston, McKibbin & Co., Hastings, T. A. Courthill, Havelock, A. D. Denike, Kincaid, J. F. Vandrick, Kingsville, R. H. Picard, Lakeland, Tannin Drug Co., Lucan, Rexall Pharmacy, Lucknow, J. G. Armstrong.

Raz-Mah is unrivaled in the treatment of Asthma. Raz-Mah restores normal breathing, stops mucus-gatherings in the bronchial tubes, and gives long nights of quiet sleep. And if Raz-Mah does not give relief, your druggist has positive instructions from Templeton's Limited to give you your money back. Fair enough, don't you think?

Plan Auto Road on Railroad Snowsheds.

Ingenious plans whereby a smooth concrete auto road may be run for 33 miles through a difficult pass of the Sierra Nevada Mountains, and a great transcontinental railroad may acquire, at the same time, a system of permanent concrete snowsheds, have been completed by a U.S. engineer. The design for the new snowsheds provides them with a continuous flat, walled roof, on which autos could run with the assurance that they would encounter no heavy grades or dangerous curves. With federal and state aid on the highway part of the project, the burden of cost on the railroad would be greatly reduced and early construction encouraged.

All Set.
"Now for the wedding there must be something borrowed and something blue."
"Well, the groom has just borrowed \$500 from her dad. And that has made the old man feel blue, I can tell you."

"Pape's Diapepsin" Corrects Stomach.

"Pape's Diapepsin" is the quickest, surest relief for indigestion, gases, flatulence, heartburn, sourness, fermentation or stomach distress caused by acidity. A few tablets give almost immediate stomach relief and shortly the stomach is corrected so you can eat favorite foods without fear. Large case costs only 60 cents at drug store. Absolutely harmless and pleasant. Millions helped annually. Largest selling stomach correcter in world.—Adv.

A hen, when sitting, turns her eggs entirely round once a day.

MOTHER!

"California Syrup of Figs" Child's Best Laxative



Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless physic for the little stomach, liver and bowels. Children love its fruity taste. Full directions on each bottle. You must say "California."

Better Teeth.
Eminent English dentists have found that Jewish children have better teeth than Gentile children, attributing the cause to the use of oil by the Jew instead of sugar.

Rural Route No. 1, Mascouche, Quebec, Oct. 15, 1919. The Minard's Liniment People.

Sirs,—I feel that I should be doing a wrong if I neglected to write you. I have had four tumors growing on my head for years. I had them cut off by a surgeon about fifteen years ago, but they grew again till about three months ago I had one as large and shaped like a lady's thumb on the very place where my hair should be parted, and it was getting so embarrassing in public that it was a constant worry to me. About three months ago I got a bottle of your liniment for another purpose and saw on the label good for tumors. Well I tried it and kept at it for exactly two months, with the result that it has entirely removed all trace of the tumor, and were it not that they had been cut fifteen years ago, no mark would be seen. I have not been asked for this testimonial and you can use it as you see fit. (Signed) FRED C. ROBINSON.

P.S.—I am a farmer and intend using Minard's Liniment on my mare for a strained tendon, and am hoping for same results. FRED C. R.

Her Own Way.
Eleanor, aged eight, was enjoying a good cry, when her aunt came in. "I wouldn't cry like that," said the aunt to her, "if I were you."
"Well, auntie," said Eleanor, between sobs, "ou can cry any way you like, but this is my way."

Soothes tired nerves. For restless sleep at night apply

BAUME BENGUÉ

on the forehead and back of neck.
BEWARE OF SUBSTITUTES
\$1.00 a tube.
THE LEONARD MILES CO., LTD. MONTREAL
Agents for Dr. Jules Bengué
RELIEVES PAIN

A Quick Relief for Headache

A headache is frequently caused by badly digested food; the gases and acids resulting therefrom are absorbed by the blood which in turn irritates the nerves and causes painful symptoms called headache, neuralgia, rheumatism, etc. 15 to 30 drops of Mother Selgel's Syrup will correct faulty digestion and afford relief.

SINCE 1870
SHILOH
30 DROPS COUGHS
ISSUE No. 49-20

FOR WINTER DAYS



No. 9740—Misses' Dress. Price, 35 cents. Two styles of sleeve; two-piece skirt in two lengths attached to lining; with or without two-piece tunic. In 3 sizes, 16 to 20 years. Size 16, with tunic, 4 1/2 yds. 40 ins. wide, or 3 3/4 yds. 54 ins. wide; without tunic, 2 1/2 yds. 40 ins. wide, or 2 3/4 yds. 54 ins. wide. Width, 1 1/2 yds.

This pattern may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

MONEY ORDERS.
The safe way to send money by mail is by Dominion Express Money Order.

Aids to Travellers.
On the back of a hair brush intended for travellers is a mirror, which can be removed for use, while a comb slides into a recess beneath the bristles.

Minard's Liniment For Dandruff.

During the epidemic of 1918 ten persons died of influenza in the United States for every life the American Expeditionary Force lost in battle in France.



Stop that pain!

QUICK, warming, soothing, comforting relief follows an application of Sloan's Liniment. Just slip it on the strained, overworked muscle. Good for rheumatism, too. Penetrates without rubbing.

Sloan's Liniment

CASCARETS

'They Work while you Sleep'



"All shot to pieces"? You are bilious, constipated! You feel headachy, full of cold, dizzy, unstrung. Your meals don't fit—breath is bad, skin sallow. Take Cascarets to-night for your liver and bowels and wake up clear, energetic and cheerful. No griping—no inconvenience. Children love Cascarets too. 10, 25, 50 cents.

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"



For Colds, Pain, Headache, Neuralgia, Toothache, Earache, and for Rheumatism, Lumbago, Sciatica, Neuritis, take Aspirin marked with the name "Bayer" or you are not taking Aspirin at all. "Bayer" Tablets of Aspirin in an unbroken "Bayer" package which contains complete directions. Then you are getting real Aspirin—the genuine Aspirin prescribed by physicians for over nineteen years. Now made in Canada. Handy tin boxes containing 12 tablets cost but a few cents. Druggists' Aspirin in an unbroken "Bayer" package also sell larger "Bayer" packages.

There is only one Aspirin—"Bayer"—You must say "Bayer" Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocetate of Salicylic Acid. 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."

Classified Advertisements.

TORONTO POLICE FORCE
RECRUITS WANTED—Age 21 to 30—Five feet nine inches; salary: first year \$1,450, next two years \$1,550; after third year \$1,650; subject to 3 per cent deduction for benefit fund and pension; eight hours; one day off weekly; 14 days annual leave; three-quarter pay when sick; uniforms supplied. Apply Orderly Room, Police Headquarters, Toronto.

MISCELLANEOUS
IMMORTALITY CERTAIN—Swedenborg's great work on Heaven and Hell, and a real world beyond. Over 400 pages; only 25c postpaid. H. B. Law, 488 Euclid Ave., Toronto.
WANTED—Produce and Poultry of all kinds. Write for prices. Cross, 473 Roxton Road, Toronto.

Chalk exposed to the air frequently becomes harder than many forms of stone.

Minard's Liniment Relieves Distemper

Turner, the famous artist, was the son of a Sheffield barber.

"DANDERINE"

Girls! Save Your Hair!
Make It Abundant!



Immediately after a "Danderine" massage, your hair takes on new life, lustre and wondrous beauty, appearing twice as heavy and plentiful, because each hair seems to fluff and thicken. Don't let your hair stay lifeless, colorless, plain or scraggly. You, too, want lots of long, strong, beautiful hair.

A 35-cent bottle of delightful "Danderine" freshens your scalp checks dandruff and falling hair. This stimulating "beauty- tonic" gives to thin, dull, fading hair that youthful brightness and abundant thickness—all druggists!

CUTICURA HEALS RASH ON CHILD

On Body and Face. Red and Itchy. Cried For Hours. Lasted a Year.

"A rash started all over my little girl's body, and she had some on her face. It started in a pimple that was full of water, and it got red and itchy. She cried for hours. This trouble lasted a year."
"Then I started with a free sample of Cuticura Soap and Ointment. I bought more, and I used four cakes of soap and three boxes of Ointment which healed her." (Signed) Mrs. Dora Langly, 1332 Gertrude St., Verdun, Que., August 11, 1918.

The Cuticura Toilet Trio
Consisting of Soap, Ointment and Talcum is an indispensable adjunct of the daily toilet in maintaining skin purity and skin health. Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, St. Paul St., Montreal. Cuticura Soap shaves without rasg.

America's Pioneer Dog Remedies Book on
DOG DISEASES
and How to Feed Malted Froe to Any Address by the Author.
E. Clay Glover Co., Inc. 118 West 31st Street New York, U.S.A.

WEEKS' BREAKUP-A-COLD TABLETS TRY THEM PRICE 25c