

Surnames and Their Origin

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| ace, is certain, but the been definitely placed |  |
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| ever, been complicated by the in- fluence of the neighboring English through all periods. |  |
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Youll Take More Pleasure in the meal-time drink if, besides its

## Postum Cereal

CEREAL BEVERACE
It has a rich, full-bodied favor, but contains nothing that can pos.
sibly disturb nerves or digestion.
Quickly Prepared-Economical Sold by Grocers Everywhere

$$
\because 0 \div 0.10 \circ \div
$$

THE FATEAUL VEARS FOR EVERY WOMAN How to Overcope Troubles That Affict Women Only.

$$
\begin{aligned}
& \text { So par as a woman's health is con- } \\
& \text { cerned. probaly the most fateful } \\
& \text { years in her life are those between } 45 \\
& \text { and } 50 \text {. Many women enter this period }
\end{aligned}
$$




"Uncle Tom's Cabin.




$$
\begin{aligned}
& \text { overtrain In housenold cares, or a } \\
& \text { neglected condition or the blood, and } \\
& \text { so tuey unfer heavily. } \\
& \text { Among the commonest symptoms at } \\
& \text { this time are headaches, pains in the }
\end{aligned}
$$



Had it not been for a young Boston


$$
\begin{aligned}
& \text { well to know that these variations of } \\
& \text { health can be relieved by home treat } \\
& \text { ment. What wonen stand in need of }
\end{aligned}
$$

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 wern runimg
demand
Thaugh siavery may be dead, the
 MONEY ORDERS

Test Your Lung Power. One of the tests of thenss for arr
aen is measuring the length of time a
 man or woman can keenp in the theareath
atter a deep inspiration varies from

 Nes, only tourteen seconds.
Where e the
ungs
or the
the



 Quiet as a seemy theught
Her infinite strenghth of shade she Peace sprean anount shat, wrought
For that enclosed ground.



## Foch's Religious Side is Revealed. Two new stories of Marshal Fooch






Towns Toppled by Mines.

employed frrst in London, but now
their antivites have extended to the
provinces.
pratective Kerboart.

