

STRENUOUS DUTIES

He Spent a Brighton Holiday Before Setting Out on the Trip to India.

News despatches tell of the strenuous official visit to India of the Prince of Wales. They do not tell, however, of the strain under which the Prince labors on trips of state. Nor do they inform the public of the rigid training he must undergo to keep fit. A visit to India always is trying. The present trip is probably the most trying yet undertaken by the imperial family.

For this reason the aura of romance which surrounds the young man was bravely seeing it through is intensified rather than diminished by this great ambassadorial adventure. Even the ordinary person who in ordinary circumstances visits India can hardly return from that land of princes, pagodas and purple skies without being invested in the mind of the stay at home with a suspicion of its glamor. When the Prince of Wales returns he will be to the popular mind in Britain a more romantic figure than ever.

But although he is not obsessed with the notion of keeping fit, the subject certainly has a comfortable share of his thoughts. This was demonstrated during his recent seaside vacation, which unexpectedly afforded him an opportunity of studying his habits. Released from the cares of state, he went down to Brighton, the metropolis of the south coast, where, in a quaint and quiet old Georgian manor house, he found welcome freedom from the worries incidental to the solemn business of understudy to a king.

Royalties often choose severely

Surnames and Their Origin

STANFORD

Variations—Stanley, Stanleigh, Stanfield, Stanton, Stainton, Stanlaw. Racial Origin—Anglo-Saxon. Source—Localities.

Here is another group of Anglo-Saxon place names which have become family names. The foregoing variations, however, are by no means inclusive of the "stan" names.

There are many variations of "stan" in English names. It seems, as there are variations of "smith," perhaps more, though there are not so many families bearing them.

The "stan" or "stain" in these names is simply the Anglo-Saxon for "stone." Thus the family name of Stanford has simply been derived from a place, which, if we were naming it today, we'd probably call "Stoney-Ford."

Stanleigh and Stanley, the latter is not an Anglicized form of the Polish given name of Stanislaw or Stanislas, meant originally a "stone meadowland." Stanfield is easily seen as stoney field. The "ton" in Stanton is the old Anglo-Saxon "tun" from which our word "town" has come. It meant an enclosure.

Finally, Stanlaw comes from "stan" and "lawe," "lowe" or "loe," which, to the Anglo-Saxon, signified a small hill.

Later, at the period when family names began to form, names of towns and places such as these were used to designate persons who formerly lived in them—not those who lived in them at the time, for in that case the name would lose its value as an identifier.

DRAPER

Racial Origin—English. Source—An occupation.

There seems to be an almost never-ending source of surnames in the occupations of medieval England, notwithstanding the fact that in those days the number of occupations and professions was more limited than in our highly specialized industrial and commercial organization to-day.

Draper is one of these. To the Englishman the source of this family name presents no mystery, for the word is still in everyday trade use in his country. But though the same trade exists in Canada, the trade name is seldom met with.

The "draper" is a dry goods merchant. And he was back in the Middle Ages, at the period when populations began to expand so rapidly that in the individual communities there were not enough given names to go around, and a man's neighbors and acquaintances in speaking to him took to the mention of his occupation or his parentage to distinguish him from some other who bore the same given name.

Thus the family name of Draper was originally descriptive of the mercantile calling of its bearers, and, as preceded by "le," meaning "the."

The prefix, however, in later generations was dropped as useless after the name became a family one and ceased to be merely descriptive.

A "balanced diet" may sound confusing to many people

The facts, as explained here, are simple.

The secret of a "balanced diet" is to have food containing all the elements needed for proper nutrition. These elements are protein, to nourish the tissues; starch and sugar to furnish energy; fat to supply heat; and mineral salts to provide the material necessary for building nerves, brain, and tooth and bone structure.

Grape-Nuts, the nourishing cereal made of whole wheat flour and malted barley, served with cream or milk, is a complete food for young and old alike.

Go to your grocer today and get a package of Grape-Nuts. Eat it with milk or cream for breakfast; or with stewed fruit, jelly or jam, as a delicious dessert for lunch or dinner.

Every member of the family will relish this palatable and nourishing food—

Grape-Nuts—the Body Builder

"There's a Reason"

Made by Canadian Postum Cereal Co., Ltd., Windsor, Ont.

GRACEFULLY PLEASED

A British railway official told of a tourist in Ireland who left the train at every station and went ahead to the luggage van to ask if his trunk was safe. After the sixth time the exasperated guard replied:

"Begorra, I wish the Lord had made ye an elephant instead of an ass, and then you'd always have your trunk in front of you."

CERTAINLY NOT

Two neighbors were chatting over the fence when Mrs. Bailey passed. "Pretty woman, Mrs. Bailey!" remarked one. "Who was she?" "I have forgotten. Here's her little boy; I'll ask him. Frank, who was your mother before she was married?" Frank regarded his questioner gravely. "She wasn't my mother before she was married," he replied severely.

THE RULING PASSION

A number of devotes were unloading a boat with a cargo of anvils, for which they received two cents for each anvil carried ashore.

Joe—"Cap'n, if I carry two anvils at a time how much do I get?"

Cap'n—"Two cents each, boy."

Joe started down the plank when it broke and he fell in to the river with the two heavy anvils. When he came to the surface he cried: "Cap'n! if you'll don't throw me a rope I'll swim 't drop these here anvils an' lose mah fo' cents!"

MONEY ORDERS

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

OBIGING

A customer after the shop assistant has pulled down everything, even to the last package of hairpins—"You don't appear to have any gumption at all, my man."

The assistant (politely)—"No, ma'am. But we shall be pleased to procure it for you, ma'am."

MINARD'S LINIMENT FOR GARGET IN COWS

Bavaria has a suspension bridge with but one tower, the cables at the other end being anchored in a high rock bluff.

AMERICA'S PIONEER DOG REMEDIES

Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author, W. Clay Glover Co., 224 West 11th Street New York, U.S.A.

MOTHER! Clean

Child's Bowels With California Fig Syrup

Even a sick child loves the "fruity" taste of "California Fig Syrup." If the little tongue is coated, or if your child is listless, cross, feverish, full of cold, or has colic, give a teaspoonful to cleanse the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste out of the bowels, and you have a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful to-day saves a sick child to-morrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

FOR

the prevention of pain after eating, flatulence, headaches, biliousness, constipation and other disagreeable forms of

INDIGESTION

no remedy is so justly famed as Mother Seigel's Syrup, the stomach and liver tonic with 50 years' reputation.

MOTHER

SEIGEL'S SYRUP

Genuine

ASPIRIN

WARNING! Say "Bayer" when you buy Aspirin. Unless you see the name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances?

Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

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 Mono-acetic acid ester 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."

BITS OF HUMOR

FROM HERE & THERE

Very Unlucky. "Why don't you marry?" "I'm very unlucky!—Every time I meet a family I would like to marry into I find they have no daughter."

Gracefully Pleased. A British railway official told of a tourist in Ireland who left the train at every station and went ahead to the luggage van to ask if his trunk was safe. After the sixth time the exasperated guard replied: "Begorra, I wish the Lord had made ye an elephant instead of an ass, and then you'd always have your trunk in front of you."

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Classified Advertisements. BELTING FOR SALE. ALL KINDS OF NEW AND USED belting, pulleys, saws, cables, hose, packing, etc., shipped subject to approval at lowest prices in Canada. YORK BELTING CO., 115 YORK STREET, TORONTO.

"Cascarets" if Sick Bilious, Headachy From the Bowels. Get a 10-cent box now. You men and women who can't get feeling right—who have headache, coated tongue, bad taste and foul breath, dizziness, can't sleep, are bilious, nervous and upset, bothered with a sick, gassy, disordered stomach, or have a bad cold. Are you keeping your bowels clean with Cascarets, or merely forcing a passage every few days with salts, cathartic pills or castor oil? Cascarets work while you sleep; cleanse the stomach of sour, fermenting food and foul gases; take the excess bile from liver and carry out of the system all the constipated poison in the bowels. A Cascaret physic to-night will straighten you out by morning.

SLOAN'S RELIEVES NEURALGIC ACHES. FOR forty years Sloan's Liniment has been the quickest relief for neuralgia, sciatica and rheumatism, tired muscles, lame backs, sprains and strains, aches and pains. Keep Sloan's handy and apply freely, without rubbing, at the first twinge. It eases and brings comfort surely and readily. You'll find it clean and non-skin-staining. Sloan's Liniment is pain's enemy. Ask your neighbor. At all druggists—35c, 70c, \$1.40. Made in Canada.

Sloan's Liniment (Pain's Enemy)

Cuticura For All Skin Irritations. Bathe with Cuticura Soap and hot water to free the pores of impurities and health. With a gentle application of Cuticura that rent to soothe and heal. They are the favorite for the toilet, as is also Cuticura for perfuming. Soap 25c. Ointment 25c and 50c. Taken 25c. Salvarsan 25c. Cuticura 25c. 344 St. Paul St., W., Montreal. Cuticura Soap shaves without need of a razor.



MISS FRANCES NEWMAN, Chicago, Ill.

"Only a medicine of truly wonderful merit could have done what Tanlac did for me and there is nothing half good enough for me to say about it," said Miss Frances Newman, 2639 Hirsch St., Chicago.

"I don't think anybody ever suffered any more from indigestion than I did, and for over a year I was in terrible health. I had smothering spells and my heart palpitated so violently I thought I had heart trouble, but I know now it was all caused from my stomach."

"Since taking Tanlac I feel and look like a different person. I have a splendid appetite and my digestion is just perfect. I sleep eight or nine hours every night and get up in the morning feeling fresh and happy. My friends tell me I'm always smiling now and I certainly ought to be, for I'm enjoying life again."

Tanlac is sold by leading druggists everywhere. Advt.

Why is it that when the holidays come around, most city folk are mighty glad to go into the country?

COARSE SALT LAND SALT

Bulk Carlots

TORONTO SALT WORKS

C. J. CLIFF - TORONTO

Lumberman's Friend,

The Original and Only Genuine

MINARD'S

"KING OF PAIN"


LINIMENT

YARMOUTH, N.S.

THIN, FLAT HAIR

GROWS LONG, THICK AND ABUNDANT

"Danderine" costs only 35 cents a bottle. One application ends all dandruff, stops itching and falling hair, and, in a few moments, you have doubled the beauty of your hair. It will appear a mass of soft, lustrous, and easy to do up. But what will please you most will be after a few weeks use, when you see new hair—fine and downy at first—yet but really new hair growing all over the scalp. "Danderine" is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. This delightful, stimulating tonic helps thin, lifeless, faded hair to grow long, thick, heavy and luxuriant.



Cuticura For All Skin Irritations

Bathe with Cuticura Soap and hot water to free the pores of impurities and health. With a gentle application of Cuticura that rent to soothe and heal. They are the favorite for the toilet, as is also Cuticura for perfuming. Soap 25c. Ointment 25c and 50c. Taken 25c. Salvarsan 25c. Cuticura 25c. 344 St. Paul St., W., Montreal. Cuticura Soap shaves without need of a razor.

ISSUE No. 2—22.