

Progress in Western Canada

During the past winter three companies operating on Buffalo Lake, Alberta, took out a total catch of whitefish amounting to 1,260,000 pounds, or roughly 63 carloads. The entire catch was disposed of, the greater part going to Eastern Canada and the United States where "Alberta whitefish" has created a name for itself.

Brandon, Man.—Brandon's new general hospital, costing approximately \$500,000, has been officially opened by the Lieutenant-Governor of the province. The new building is a fine addition to the medical conveniences of the province and will adequately serve the Brandon district.

Fifty pounds of Douglas fir cone seed and a same amount of Sitka spruce seed have been shipped from the Dominion Forestry seed extracting plant at New Westminster, B.C., to the New Zealand Government, a similar shipment at the same time going forward to the Australian Government.

Since last fall Prince Eric of Denmark has been an addition to the titled farmers of Alberta when he established himself in the Danish farm colony at Markerville with the object of obtaining first-hand knowledge of farming methods as practiced in Western Canada. He is going west to meet his brother, master of a Danish vessel plying between the Orient and Canadian ports, and almost his last words were: "If I had my way I would never leave this province."

That the coming season will see a great deal of activity in the way of drilling in the Pouce Coupe oil field is evidenced by the fact that several large companies have intimated their intentions of drilling this summer and there are several other companies waiting until the field is proven further. The first drill for the field this spring has been brought into Spirit River by the Community Drilling Company, a company formed of Edmonton interests.

Calgary has become famous as having the largest annual association auction sale of purebred bulls in the world. At the twenty-first annual sale this spring 425 purebred beef sires from the best herds of Alberta changed hands at the local stockyards. In the past twenty-one years since the initial sale in 1901, a total of 5,651 purebred bulls have been sold for an aggregate of \$1,029,750.

Vancouver, B.C.—The Pacific Starch Products, Ltd., will build a plant for the manufacture of starch, glucose, and dextrin in South Westminster at a cost of \$40,000. They expect to use 7,000 tons of potatoes each year, buying culls from the Fraser Valley farmers, which have formerly been fed to cattle. Only farmers having stock in the company will be allowed to supply potatoes.

Victoria, B.C.—The value of fish caught by the fishing fleet of the island of Vancouver during 1921 was \$2,700,000, according to the Inspector of Fisheries. The capital invested in this industry totalled \$2,800,000; number of salmon canneries operated 10; while the number of men employed was 4,100.

Vancouver, B.C.—Wheat shipments from the port of Vancouver during the month of March exceeded all previous records, a total of 11,850 tons having been shipped during the month to Great Britain, and 22,850 tons to China and Japan. The total quantity of wheat shipped through Vancouver during the winter season, November to March—1921-1922—is somewhat in excess of 150,000 tons, or upwards of 5,000,000 bushels.

Did Leonardo Name America?
Again the origin of the name America is in question. Hitherto it has been generally supposed that Martin Waldseemüller, of St. Die, first applied it to the Western Continent. But now Professor W. Harrington, after long research, asserts that Leonardo da Vinci gave this name.

In 1507, after Columbus' death, declares Professor Harrington, Martin Waldseemüller published a book in which he asked that the new continent, which had been visited four times by Amerigo Vespucci, should be named by the latter.

The first map of the country discovered by Columbus, printed in Rome in 1508, bore only the mention "New World." Likewise a second edition published in Strassburg in 1509.

And it was the map made by Leonardo da Vinci in 1514 which, for the first time, bore the name of America.

Grass.
You see a plot of grass
And loudly say:
"How green!
And lovely to be seen!"
Then trample it, alas!
And lightly pass
Unthinking on your way.
Another pauses silently:
"It is the living sod,
Upspringing 'tho' down-trod;
With every blade—
Divinely made—
A part and parcel
Of eternal God."
—John C. Wright.

A receipt that can be clamped on one end of a kitchen table to receive rubbish is a household novelty.

Surnames and Their Origin

CAREY

Variation—Carew.
Racial Origin—Welsh.
Source—A locality.

The changes which so many of the Irish and Scottish family names have undergone in their translation into English are no greater than that which has occurred in this Welsh name. For that matter, they are no greater than those which have occurred in many purely English family names.

The name of Carey, or Carew, for it is spelled both ways, the preference being for the latter in England, is pronounced the same in either case, that indicated by the former spelling.

Carew, however, is the more ancient spelling, and if you want to go straight back to the Welsh, it's "Carrw." It is a place name, the name of a famous castle in Wales, and it has become a family name in the usual way that place names have done. That is, it is a development of an original use to indicate the locality from which the individual to whom it was applied had come.

The name of the castle, "Carrw" is a combination of "caer," which means castle, or fort, and "ew," which means water.

Sometimes the particular spelling Carey comes from a place name, "Cary," in the parish of St. Giles, near Llanconnet. It also has a Gaelic origin.

REYNOLDS

Variation—Reynolds.
Racial Origin—English.
Source—A given name.

Reynolds is another one of those family names which is traceable to an old Teutonic given name, and the spelling of that name runs about as far from the modern spelling as many of the ancient Irish names do. One would hardly be expected to recognize at first glance the connection between the name "Reynold" and "Reynolds."

This syllable "wald," which is an element in so many names of Teutonic origin, is not the same as the modern German word "wald," which means "forest." It is the same as the ancient Gothic "valdan," and carries the sense of "ruler" or "ruling." Indeed, it is probable that the word root traces back still further, to a prehistoric time before the original Indo-European race had split into the Celtic and Teutonic branches, as well as into others, for philologists believe it to be a "cousin" to the Welsh word "gandryd," which has virtually the same meaning.

However, the given name "Reynold" meant "God's ruler" or "god-like ruler." Among certain of the north Germanic races it became "Reinhold" and "Reinold." The Anglo-Saxons had it as "Reginald," which under Norman-French influence developed into the softer "Reynold" from which the family name has been derived.

HEALTHY CHILDREN ALWAYS SLEEP WELL

The healthy child sleeps well and during its waking hours is never cross but always happy and laughing. It is only the sickly child that is cross and peevish. Mother, if your children do not sleep well; if they are cross and cry a great deal, give them Baby's Own Tablets and they will soon be happy and laughing again. The Tablets are a mild but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation, colic and indigestion, and promote healthful sleep. They are absolutely guaranteed free from opiates and may be given to the new-born babe with perfect safety. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Dressin' Up.

Ge: whiz! I hate to hear ma call:
"It's time to go now—come, get dressed!"
An' have to quit my play, an' wash an' dress up in my Sunday best.

"I've laid your blue suit out," says ma,
"Tour Eton collar an' your tie!"
"A stiff white collar!—have a heart!"
"Aw, must I wear it, ma?" says I.

An' ma says, "Yes—go wash, now quick!"
An' let me see your ears an' neck
When you get through—wash clean!"
Says I,
"I'll wash the dirt off, every speck!"

But when I go an' show how clean
I've washed 'em, ma says, "Mercy me!"
"W'y, Sam, they're black—they'll never do."
They would disgrace the family!"

"Aw, ma! that's sunburn—that ain't dirt."
Honest, it ain't! But ma, she takes
The wash rag an' she scrubs an' says:
"Here comes the sunburn off—in cakes!"

"An' don't forget your nails," she says,
"An' brush your hair an' brush your hat—"
An' brush your teeth an' brush your shoes!"
"Gee, do I have to brush all that?"

Wish I could lay my fingers on
The feller that invented close,
"You bet I'd bloody up his nose!"
—Roselle Mercier Montgomery.

The Bible contains 773,748 words and 3,556,480 letters.

The most prolific cause of preventable fires in all walks of life is unquestionably the careless use of matches.

A match is struck, the weed is lit, the user throws the match carelessly away, a breeze fans it into a blaze with the usual serious results.

Scotland Yard has records of 200,000 finger-prints, so perfectly classified that any special one can be found in one minute.

A Gift from Nature's Storehouse

The delicious, crisp granules
of the wheat and barley food
Grape-Nuts

contain all the natural up-building values of the grains, including mineral salts so essential to health

A food equally well suited to the requirements of young and old
"There's a Reason" for Grape-Nuts
Sold by grocers everywhere

HIS NERVES NOW STRONG AS EVER

How an Ontario Teacher Regained Good Health.

"I am a school teacher by profession," says Mr. James R. Thomson, R.R. No. 1, Centralia, Ont., "yet when I started school teaching I was in very poor health. I suffered a nervous breakdown, brought on by overwork and no relaxation. I was unable to think, to act, or even to eat properly. Queer little prickly sensations were continually running up and down my back, my arms and my legs, like so many needles, seeming at times to fairly paralyze me, and often my heart was thumping like a trip-hammer. I determined to consult our family doctor, and he immediately put me under orders. I had to give up my school and return home in order to recuperate my lost health. Milk was his chief remedy, and I drank quarts of it; yet, though it helped me, it did not build me up to my normal condition—something was missing; something my system was calling for, better food. One day, when I picked up a newspaper, I came across an advertisement of Dr. Williams' Pink Pills suggesting just what was needed in my case—new, rich, red blood. I immediately sent for a box, and when the doctor visited me, I told him I had decided to try Dr. Williams' Pink Pills and he seemed satisfied. By the time my box was nearly done, and I determined to get another, by the time I had finished this I was gradually coming back to normal. My strength was returning, I could sit and walk without strain. For the next few weeks I continued to take the pills, and they were working wonders with me. My head was becoming clearer, my memory better, and my nerves were becoming steadier. I began to go out frequently, enjoying myself. My appetite improved and was even better than before I had my break-down. I was myself again. I got back my school, and to this day I have had no return of the trouble, and now when anyone comes to me with nervous trouble, I instantly suggest Dr. Williams' Pink Pills as a remedy, as I believe that what they did in my case they will do for others."

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

Seven O'clock Tea.

Five o'clock tea, which was first started in England some seventy years ago, is a custom which has spread all over the British Empire and even to the United States and France.

A more recent invention is seven o'clock tea. By this I mean the cup of tea which nine people out of ten now take before getting up in the morning, and which is equally enjoyed by all classes of society.

Australians are the greatest of tea drinkers. In England a cup of black coffee after lunch or dinner is very popular, but the Australians and New Zealanders greatly prefer tea. They drink very little coffee at any time.

In South Africa on the other hand, coffee is the drink. The custom of coffee drinking has been imported there from Holland. When you first go to Holland, you are somewhat surprised to find that everyone knocks off work at eleven o'clock in the morning for a cup of coffee—and very good coffee, too.

At first you may smile in a superior way, but very soon you will take to it, and find that it does you good.

The fact is that the climate has something to do with drink habits. The moist climate of Holland causes this need for coffee, whilst the dry heat of Australia produces the craving for large quantities of tea.

The Russian drinks tea at all hours of the day, but the cup which he appears to like best is that which he takes after supper. It is drunk with out milk, and would keep most Canadians awake all night; yet it certainly has not that effect upon the Russian.

In France, Italy, Spain, and Portugal, coffee is served with the first meal of the day. Indeed, the meal consists only of coffee with milk, a roll, and possibly a little honey. Wine is the drink that is taken with the twelve o'clock dejeuner, the real breakfast.

In many American households, coffee is drunk three times a day. It is only within the past twenty years or so that the people of the United States have taken to tea.

What About the House Fly?

It must be remembered that the fact that the house fly is a source of danger in the transmission of disease has never been exaggerated. It does not require any scientific knowledge to appreciate this fact, inasmuch as this pest transmits disease for the most part mechanically. That is, by coming in contact with excretions of different kinds, thrown off by those suffering from the various communicable diseases, and then passing directly from these to the various articles of food, many of which afford a favorable culture medium for these germs, for instance, the milk on our table and in our kitchens and pantries. While the mosquito is only responsible for the transmission of two different diseases, that is malaria and yellow fever; and the body louse only responsible for the transmission of typhus fever; and the flea that infects the rat for the transmission of bubonic plague, yet the fly transmitting germs mechanically on its legs, body, etc., may be responsible for the transmission of various diseases. Furthermore, the fact of it being such a disgustingly filthy pest should more than warrant its extermination, even if it were not responsible for the transmission of disease.

The only way to efficiently abolish the house fly is to destroy the breeding places. However, it is well to remember that every fly killed now may save the killing of millions within two months' time.

Ex-Kaiser's Cruel Conduct at Father's Deathbed.

Why didn't father fall at Worth? meaning the battle of Worth—wasn't he the Franco-German war in 1870, when the then Crown Prince Friedrich Wilhelm defeated the French. "It would have been lucky," said the ex-Kaiser Wilhelm to his mother, the daughter of Queen Victoria, according to Robert Dohme, who was a member of the court of Wilhelm's father, Friedrich III. In his memories, now being published, Dohme in referring to the well known differences between father and son, describes the selfish behavior of Wilhelm's entourage on the occasion of his father's death. The day before he died officers attached to Wilhelm's suite forcibly entered the castle and occupied its rooms, making themselves at home and behaving like masters toward the attendants.

The castle was surrounded by troops under the command of Wilhelm's friends, who cut the castle off from all communication with the neighborhood. While Kaiser Friedrich was dying nobody, not even physicians, could enter or leave without a permit from Wilhelm's friends.

Dohme concludes: "How the court had changed! A mild regime gave place to the sword. One could imagine oneself in the midst of Russia!"

Men who make good use of their time have none to spare.

The omnibuses of London travel about \$5,000,000 miles in a year.



It is.
Fitch—"What do you think of Czechoslovakia?"
Dub—"Well, it's hard to say."

She Should Worry.
"I hear you are going to Canada with your husband, Sarah," said the mistress to her cook, who was leaving to get married. "Are you not nervous about the voyage?"
"Well, ma'am," said Sarah, "that's his look-out. I shall belong to him, and if anything happens to me, he'll be his loss, not mine!"

A Woman's Reply.
There is no use trying to joke with a woman.
The other day Jones heard a pretty good conundrum and decided to try it on his wife.
"Do you know why I am like a mullet?" he asked her when he went home.
The wife did not even stop to think. "No," she replied promptly. "I know you are, but I don't know why you are."

Amended.
A school inspector in the North of England asked a child in a primary school to tell him as nearly as possible what he understood a pilgrim to be.
"A pilgrim is a man who goes about a good deal," was the reply.
This seemed hardly satisfactory to the inspector, and he said:
"I go about a good deal, but I am not a pilgrim."
"Please, sir, I mean a good man," was the eager addition.

Worked Both Ways.
"Here's a wonderful thing," said the fascinating widow. "I've just been reading about a man who reached the age of forty without learning to read or write. He met a woman, and for her sake he studied hard and made a scholar of himself in two years!"
The disillusioned suitor smiled sourly.
"That's nothing," he said. "I know a man who was a profound scholar at forty. Then he met a woman, and for her sake made a fool of himself in two days."

One on the Doctor.
A Dublin physician, attended by a number of medical students, was making the round of his ward, and stopped beside a bed whereon lay a man with a very prominent chest.
The physician, having elicited from the sick man the fact that he was in the habit of playing a wind instrument, went on:
"Yes, yes; all that puffing and straining is most prejudicial to the lungs, most prejudicial."
"What wind instrument used you to play?" he asked, addressing the patient. To the huge delight of the students, the patient replied:
"The concertina, sir."

Why the Salmon is Pink.
Men of science were long puzzled to know why the various salmon and trout have red or pink flesh. Now they believe that the color comes from the food that they eat. All of the salmon family are particularly fond of shellfish; and trout eagerly feed on fresh-water shrimp. It is well known that when lobsters, prawns, and shrimp are cooked the flesh turns pink; similarly the process of digestion turns shellfish pink. When a shrimp is found in the stomach of a salmon or a trout the gastric juices of the fish have turned it almost as red or pink as if it had been boiled. Therefore, even if we had no definite proof, we might believe that the color of the flesh of salmon and trout results from the considerable quantities of various small shellfish that the fishes eat.

But there is definite proof. Several years ago Professor Lager of the Physiological Laboratory at Grenoble, France, made experiments with trout to determine what gave their flesh its color. He separated the eggs from one trout into two lots and hatched them in different troughs. He fed one lot of young fish exclusively on fresh-water shrimp; to the other lot he gave no shrimp whatever. At the end of the second year the trout that had fed on shrimp had salmon-colored flesh, but the flesh of the other trout was perfectly white.

But some one may ask, Why is the flesh of shellfish red or pink? That is a harder question to answer. Perhaps the color comes from the food that the shellfish eat.

Not long ago chemists of the Department of Agriculture at Washington examined some pink oysters that had been found in Long Island Sound and declared that they were dead. The chemists suggested that possibly the bright hue of the flesh was caused by food that contained wild-yeast, bacilli and other similar microorganisms.

Minard's Liniment for sale everywhere.
Of French invention it is a notable cure that can be used in a number of ways.

COARSE SALT LAND SALT
Bulk Carlots
TORONTO SALT WORKS
C. J. CLIFF TORONTO

MME. BROCHU LIVED ON VICHY AND MILK DIET

But Now Montreal Woman Eats Anything and Feels Fine All the Time—Gives Tanlac Full Credit.

"For nearly five months before taking Tanlac I had to live on milk and vichy water alone," said Mme. Louise Brochu, 1366 Amity St., Montreal, Que.
"I suffered so much the past two years I was almost a wreck. My indignation was so bad I was almost afraid to eat for everything diagnosed with me. My liver got to troubling me too, and pains in my side nearly ran me wild. Nearly every night my sleep was broken by terrible headaches."

"I took the first bottle of Tanlac to please my husband, who worried over my case, but my second bottle I took of my own accord for I was beginning to feel so fine. I have a good appetite now, eat anything, and have no more trouble from pains or sleeplessness. I think Tanlac is wonderful."

Tanlac is sold by all good druggists.

Searchlight of 500-Foot Range.

From the pocket flashlight operated by two or three dry cells of minute size the battery searchlight has been steadily improved until remarkable results are obtained.

Some time ago there was devised a searchlight of 500 foot range operating on six or eight volts. More recently a battery searchlight has been introduced with a range of 2,000 feet up to half a mile, operating on six volts. Equipped with a seven and one-half inch adjustable focus, single shell reflector, on a recent photometer test one of these searchlights gave 455 candle-power.

The combination of a nitrogen filled tungsten lamp and a correctly designed reflector has worked wonders for the battery operated searchlight.

MONEY ORDERS.
It is always safe to send a Dominion Express Money Order. Five Dollars costs three cents.

Content.
Life's simplest things are love, and kindly friends,
Nature's sweet charm of earth and sea and sky;
Gladdens of soul that with right living blends—
Home's dear content, so cheap that all may buy.
—Ripley D. Saunders.

"I have done only one sensible thing in my life: to cultivate the ground."
—Voltaire.

O. McPherson,
Furniture Dealer and Undertaker,
Minard's Liniment Co., Ltd.,
Yarmouth, N.S.

Dear Sirs,—Since the start of the baseball season we have been hindered with sore muscles, sprained ankles, etc., but just as soon as we started using MINARD'S LINIMENT our troubles ended. Every baseball player should keep a bottle of your liniment handy.
Yours truly,
W. E. McPHERSON,
Sec. Armstrong H. S. Baseball Team.

America's Pioneer Dog Remedies
Book on
DOG DISEASES
and How to Feed
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WARNING!—Say "Bayer" when you buy Aspirin.

Unless you see the name "Bayer" on tablets, you are not getting Aspirin at all. 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
Toothache
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Headache
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Rheumatism
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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 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."

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ALL KINDS OF NEW AND USED BUILDING MATERIALS, CRIBS, HOSES, PACKING, etc. shipped subject to approval at lowest prices in Canada. YORK BUILDING CO., 115 YORK STREET, TORONTO.

To afford easy riding the ends of the springs on a new motor bus are inserted into rubber blocks instead of metal connections.

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If you have fulness after meals, a bad taste in your mouth in the morning, flatulence after meals and no appetite, take Mother Seign's Syrup. It will clean your tongue, renew your appetite, give you relief for food and the power to digest it thoroughly and easily. Sold in 50c and \$1.00 bottles at drug stores.

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Satisfies every want of the most critical in cleansing, purifying and beautifying the skin and complexion. Nothing purer, sweeter or more effective for every-day toilet purposes.

Soap 25c, Ointment 25c and 50c, Tablets 25c. Sold throughout the Dominion by Canadian Dept. of Hygiene, Limited, 344 St. Paul St., W., Montreal.

WILL ANSWER ANY WOMAN WHO WRITES

Montreal Woman Finds Health by Taking Lydia E. Pinkham's Vegetable Compound

Montreal, Quebec.—"I was a sufferer for three years, not able to do my housework. My husband was discouraged, for I was no better and had had the doctor all this time and nothing helped me. I was always sleepy, had no appetite and suffered with my left side. My mother in England recommended Lydia E. Pinkham's Vegetable Compound because it had helped my sister, so I have been taking it. I am now able to do my housework and I can not praise your medicine too highly as I have great hopes for the future. I will tell anyone who writes to me what good it has done me."—Mrs. E. Masson, St. Henry P. O., Montreal.

For nearly fifty years Lydia E. Pinkham's Vegetable Compound has been helping women just as it helped Mrs. Masson; oftentimes after doctors and other medicines failed.

If you are suffering from disagreeable symptoms caused by some female weakness, try this splendid medicine. It is a woman's medicine for women's ailments, and can be taken in safety by any woman.

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