

DYSPEPSIA ENDED IN A SHORT TIME

CHAPLEAU SUFFERED SO
MUCH HE DREADED FOR
MEAL TIME TO COME.

"The Way Tanlac Overcame
My Trouble Was the Happiest
Surprise of My Life,"
He Declares.

"About the biggest and happiest
surprise of my life was the quick way
in which Tanlac brought me complete
relief," said Victor Chapleau, 375 San-
guinet Ave., Montreal, Que.

"I was in a terribly run down condi-
tion for three years as a result of
stomach trouble. I actually got to
the point where even the smell of food
would nauseate me and I
dreaded to see meal time come round,
as I knew that no matter how careful
I was I would suffer agonies after-
wards. I was so nervous at times that
my hands shook like a man's with the
palsy and I could hardly hold a pencil
to sign my name.

"I am like a new man in every way
now. Everything I eat agrees with
me, my nerves are as steady as a
clock and I feel just brimful of life
and energy all the time."

Tanlac is sold by all good druggists.

A Slogan.
Bite off more than you can chew,
Then chew it.
Plan for more than you can do,
Then do it.
Hitch your wagon to a star,
Keep your seat, and there you are!

Minard's Liniment for Coughs and Colds

Surnames and Their Origin

CONWAY
Variation—Conwy.
Racial Origin—Welsh.
Source—Locality.

Most people are under the impres-
sion that the family name of Conway
is exclusively Irish. It "sounds" Irish,
people will tell you. As a matter of
fact, it has a Welsh origin also, and
the evidence goes to show that the
name more often traces to this Welsh
origin than to any other.

And if it "sounds" Irish, it must be
remembered that while the Welsh are
not Gaelic, and, therefore, not so close
to the Irish in language and blood as
are the Highland Scots, they are
nevertheless decidedly Celtic.

But you must look for the origin of
Welsh names not so much in clan
names and given names as in the
names of localities. For a long time,
considerably beyond the period in
which family names had become
stabilized and fixed in England, the
Welsh followed their original and very
simple, though cumbersome system of
identifying the individual. A man was
referred to as "John-son-of-Richard-
son-of-Evan-son-of-Ithel-son-of, etc.,"
back as far as it was necessary. But
this system finally had to give way to
the shorter family name, and under
English influence, the Welsh, for the
most part, adopted either the simple
"son" form of family name, or the
family name denoting locality or resi-
dence. Conway is the name of a river
(from "con," "principal" and "wy,"
"river"), which flows into the Irish Sea
at Abernaw and which rises in
Merionethshire.

BITS OF HUMOR FROM HERE & THERE

Foolish to Try.
Teacher (trying to bring out the
word "antipodes")—"If I bored right
through the earth till I came out at the
other side, where should I be?"
Pupil—"Oh your nut. Yer can't do
it."

Ripe.
First-Class Scout—"I found a little
green snake this morning."
Tenderfoot—"Better leave it alone.
It might be as dangerous as a ripe
one."

Diplomacy!
Little Dick—"I told mamma what a
good boy I was to-day, and she gave
me a penny and then I told Johnny
Stout I'd give it to him if he'd com-
mence golf to school."

Little Dot—"What good will that
do?"
Little Dick—"When I tell mamma
that Johnny is going to school she'll
keep me home, 'cos Johnny Stout's
brother's got the measles."

High and Dry.
The real estate agent was endeavor-
ing to impress Mr. Klinker with the
extreme desirability of the house in
Newville. He opened the door at the
cellar stairs with a flourish.

"We'll go down if you like," he said
briskly, "but you can see there's every-
thing anybody could wish in a subur-
ban cellar—hard cement bottom,
whitewashed sides, good coal and
wood bins, approached by raised plat-
form; furnace the same, set tubs the
same."

"What's the need of those raised

platforms you speak of?" asked Mr.
Klinker, peering into the darkness.
"Handy in the spring and fall rains,"
said the agent. "Shows the advantage
of this location, that they're all you
need. Street below this, I'm told, a
small boat goes with every cellar, but
we don't handle that street at all."

Family Album of the Future Will Talk.

The family portrait album of the fu-
ture will talk, according to the makers
of phonograph records in London, who
declare that the demand for private
discs is increasing daily. They say
that persons are having records of
their own accomplishments made and
are sending them to friends. Also, in-
stead of sending letters or gifts, some
people now talk on a disc and send
that by way of greeting. The talk of
children at various ages is being filed
away with their baby clothes.

WINTER WEATHER HARD ON LITTLE ONES

Our Canadian winters are exceed-
ingly hard on the health of little ones.
The weather is often so severe that
the mother cannot take the little ones
out for an airing. The consequence is
that baby is confined to overheated,
badly ventilated rooms; takes cold
and becomes cross and peevish.
Baby's Own Tablets should be given
to keep the little ones healthy. They
are a mild laxative which regulate the
stomach and bowels and thus prevent
colds. The Tablets are sold by medi-
cine dealers or by mail at 25 cents a
box from The Dr. Williams' Medicine
Co., Brockville, Ont.

Meat and Drink for the Mind.
Great books are meat and drink for
the mind. They have a wonderful sus-
taining and steadying power. Thou-
sands of youths have been saved from
moral shipwreck by their influence.
Many a boy has been preserved from
the evil associations of bad com-
panions by the power of an inspiring
book, which held him at home in spite
of temptations to follow his associates
to low places of amusement and soul-
destroying dissipation. The posses-
sion of a small library—even if it be
only half a dozen of the great books
of the world—is worth a fortune to a
young man or a young woman.

A Wreath in Ice.
The anniversary of the battle of
Trafalgar is always celebrated by the
decoration with flowers and wreaths
of the great monument in Trafalgar
Square, London, which was erected in
honour of Nelson. Last year a wreath
was sent all the way from New Zea-
land preserved in the centre of a block
of ice weighing 600 pounds. It reached
the monument in good condition, and
in time to take its place among the
other decorations.

A pretty good firm is Watch & Waite.
And another is Attit, Early & Layte;
And still another is Doo & Dairet;
But the best is probably Grin & Bareit.

The largest artificial reservoir in
the world is being built at Littleton,
to help London's water supply; it will
have a surface area of 800 acres.

Every summer for thirty-three
years an official "bird-watcher" has
been on duty in a solitary hut at the
north-east extremity of the Shetland
Islands.

This is a wonderful power which
God gives us when He first blesses us,
and then sends us forth to bless
others. But it costs self-sacrifice to
be a blessing.—C. L. Goodell.

GENERAL DEBILITY FOLLOWS INFLUENZA

The After Effects Often More
Serious Than the Disease
Itself.

No reasonable precaution to avert
an attack of influenza should be
spared. The disease itself often proves
fatal and its after effects among those
who are spared, make the life of the
victim one of almost constant misery.
Ask almost any of those who have
been attacked by this trouble what
their present condition of health is
and most of them will answer: "Since
I had the influenza I have never been
fully well." This trouble leaves be-
hind it a persistent weakness of the
limbs, shortness of breath, bad diges-
tion, palpitation of the heart and a
tired feeling after even slight exer-
tion. This is due to the thin-blooded
condition in which the patient is left
after the fever, and influenza have
subsided. This condition will continue
until the blood is built up again, and
for building up the blood and strength-
ening the nerves nothing can equal a
fair treatment with Dr. Williams' Pink
Pills. The value of this medicine in
cases of this kind is shown by the
statement of Mr. Edward J. McGuire,
Pembroke, Ont., who says:—"In the
fall of 1918 I was attacked with the
influenza—and not in a mild form either.
I was confined to my room for three
weeks, and although the influenza sub-
sided I did not regain my health. As
a matter of fact I seemed to be grow-
ing weaker. I had no appetite, was
subject to fainting spells and my feet
and ankles were badly swollen. The
doctor told me that my condition had
developed into a serious case of
anemia, and although I was under his
care for over two months I was not
improving in any way. At this stage
one of my friends advised me to try
Dr. Williams' Pink Pills. I was loth
to do so, as I began to think my case
hopeless. However, I was finally per-
suaded to try them. And by the time I
had used two bottles there was no
doubt they were helping me. I con-
tinued taking the pills until I had
used a dozen boxes, when I found that
every symptom of the trouble had left
me and I was again enjoying the best
of health. I returned to my work and
have ever since been in good health
and feel that I owe it entirely to Dr.
Williams' Pink Pills. I think that any-
one who is suffering from the after
effects of influenza, or any form of
anemia should give this medicine a
fair trial."

You can get Dr. Williams' Pink Pills
through 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.

Sliding Down Hill and Don't Know It.

"He is sliding down hill and don't
know it," said a friend to me, the
other day, speaking of a mutual ac-
quaintance who had started out in life
with great promise, but had gradually
lost his grit and ambition, and had
completely slumped. Instead of being
the first-rater all his friends expected
him to become, he is only a second or
third-rater.

Are you sliding down hill? Is the
edge wearing off your ambition? Are
you conscious that there is some de-
terioration going on within you; that
you are not quite what you once were?
Have you a feeling that you are slip-
ping down; that your life-standards
are dropping; that you are not quite
as progressive, not quite as up-to-date,
in your dress, your manner, your ap-
pearance, not quite as interested in
your work, or as ambitious to climb to
something higher as you once were?

If you are, it is time for you to call
a halt, see where the trouble is, and
remedy it. If you don't turn about
face immediately and get on the up-
grade again you are in danger of
slumping to a second or third-rater.—
Success.

Pyramid Your Efforts.

Success is the result of pyramid-
ing experiences and efforts. For instance,
if you follow a profession or a trade,
you should try to make everything
that comes to you count, so far as pos-
sible, in that direction. By this, I do
not mean that you should become a
narrow specialist, but that if you
would make a large success of your
life you must be an expert in your
specialty.

Aspirin from the financial side of it,
there's a wonderful satisfaction in the
feeling that you're a king in your line,
that you are regarded as an authority
in all that relates to your profession,
your trade, or your particular busi-
ness.

And if, like Michael Angelo, you
grind everything into paint for your
life masterpiece; if you make every
advance a stepping-stone to something
higher, nothing can keep you from be-
ing a great success in your line, be-
cause your work will be cumulative,
you will pyramid your efforts.—Suc-
cess Magazine.

The Librarian Mind.
"Sergeant," said the commanding
officer, "I was looking last evening for
some records concerning the religious
services held every Sunday morning,
but could not find them in the files.
Where are they?"

"They are filed under 'H,' sir," an-
swered the sergeant in charge of the
files.

"Why under 'H'?"
"Because they began at half-past
nine, sir."

AIRCRAFT IN B.C. MOUNTAINS SURVEY

TIME AND COST FAC-
TORS REDUCED.

Locating Primary Triangu-
lation Station in Mountains
Districts Much Simplified.

The operation of the Geodetic Sur-
vey of Canada during the past sum-
mer, in connection with the selection
of stations for a primary scheme of
triangulation through the mountains
of British Columbia, have met with un-
precedented success, owing to the in-
troduction of air craft into this class
of work.

Large Savings Possible.

The cost in time and energy expend-
ed in the past on primary reconnais-
sance work through very mountainous
country has been large and the pro-
gress has been slow. An example
that may be cited was the running of
the boundary line separating Alaska
from the Yukon. This boundary sur-
vey took seven years to complete, the
field seasons being short. The going
in and coming out of the country by
the survey parties was also a large
expense. If it had been possible to
make use of the aeroplane at that time
there is no doubt a large saving would
have been effected.

To extract the desired information
much labor must be expended; and the
problem of obtaining figures and the
investigation of the intervisibility of
their lines of sight "is not on the
board" until a number of points con-
trolling a view of the country through
which the survey is to run, have been
scaled.

Surveying Mountainous Districts.

Through the mountains of British
Columbia in some places (as an ex-
ample, in the valley of the Chilliwack)
this is a herculean task, involving a
tedious grind through forest areas
heavily covered with undergrowth
growing up through a network of fail-
en timber, and an ascent of anywhere
from three to six thousand feet. The
information gleaned even after this is
very often imperfect. As long, how-
ever, as the conditions are to the
strength of figures thus made possible
by a limited selection do not fall be-
low what is deemed necessary in
primary triangulation work, the en-
gineer, it can be readily understood,
does not hanker after a repetition of
the performance.

With the introduction of air craft
this has all been changed. A minute
examination of the country is now
made possible by a series of recon-
naissance flights, until the observer
assures himself that he has the best
system that the country through
which he is making the survey will
permit.

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 constipa-
tion poison, sour bile and waste out of
the bowels, and you have a well, play-
ful child again.

Millions of mothers keep "California
Fig Syrup" handy. They know a tea-
spoonful to-day saves a sick child to-
morrow. Ask your druggist for genu-
ine "California Fig Syrup" which has
directions for babies and children of
all ages printed on bottle. Mother!
You must say "California" or you may
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Wonders of Japanese Paper.

A government expert who has been
investigating the wonderful papers of
Japan reports that the Japanese make
water bags of rice paper, which are
held to be more durable as well as less
expensive than similar articles made
of rubber. Between the layers of
paper, which is soft and flexible, resin
is used, and the outside is covered
with lacquer.

MONEY ORDERS.

Send a Dominion Express Money Or-
der. They are payable everywhere.

There's No Fun Washing Dishes.

"What's the matter, Dillie?" a lady
asked when her colored maid declared
that she would stay no longer. "Don't
we treat you right? Don't we pay you
enough?"

"Yassum, dat's so all right; but dey
is too much shittin' dishes for de few-
ness of de victuals."

Writing ink made of lamp-black
and glue is believed to have been in
use 4,500 years ago.

Keep Your Health

TO-NIGHT TRY

Minard's Liniment

for that cold and tired feeling.
Get Well—Keep Well.
KILL SPANISH FLU
by using the OLD RELIABLE!

Minard's Liniment Co., Ltd.
Yarmouth, N.S.

1886 No. 11—22

Talk is the only article that is as
cheap as ever.

Minard's Liniment prevents Spanish Flu

**COARSE SALT
LAND SALT**
Bulk Carlots
TORONTO SALT WORKS
O. J. CLIFF - TORONTO

America's Pioneer Dog Remedies
Book on
DOG DISEASES
and How to Feed
Mailed Free to any Ad-
dress by the Author.
W. Gray Glover, Esq., Inc.,
129 West 34th Street,
New York, U.S.A.

Fulness After Eating
If you have fulness after meals,
a bad taste in your mouth in the
morning, fur on the tongue, flatu-
lence after meals and no appete,
take Mether Seigel'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. 4-921

USE SLOAN'S TO WARD OFF PAIN

LITTLE aches grow into big pains
unless ward off by an applica-
tion of Sloan's. Rheumatism,
neuralgia, stiff joints, lame back won't
fight long against Sloan's Liniment.

For more than forty years Sloan's
Liniment has helped thousands, the
world over. You won't be an excep-
tion. It certainly does produce results.
It penetrates without rubbing. Keep
this old family friend always handy
for instant use. Ask your neighbor.
At all druggists—35c, 70c, \$1.40.
Made in Canada.

Sloan's Liniment

Teach Children To Use
Cuticura Soap

Because it is best for their tender
skins. Help it now and then with
touches of Cuticura Ointment applied
to first signs of redness or rough-
ness. Cuticura Talcum is also excel-
lent for children.

Soap 25c. Ointment 25c. and 50c. Talcum 25c. Sold
throughout the Dominion. Cuticura Ointment applied
to first signs of redness or roughness. Cuticura Talcum is also excel-
lent for children.

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