

A TONIC FOR THE NERVES

The Only Real Nerve Tonic is a Good Supply of Rich, Red Blood.

"If people would only attend to their blood, instead of worrying themselves ill," said an eminent specialist, "we doctors would not see our consulting rooms crowded with nervous wrecks. More people suffer from worry than anything else."

The sort of thing which the specialist spoke of is the nervous run-down condition caused by overwork and the many anxieties of to-day. Sufferers find themselves tired, low-spirited and unable to keep their minds on anything. Any sudden noise hurts like a blow. They are full of groundless fears, and do not sleep well at night. Headaches and other nerve pains are part of the misery, and it all comes from starved nerves.

Doctoring the nerves with poisonous sedatives is a terrible mistake. The only real nerve tonic is a good supply of rich, red blood. Therefore to relieve nervousness and run-down health Dr. Williams' Pink Pills should be taken. These pills make new, rich blood, which strengthens the nerves, improves the appetite, gives new strength and spirits, and makes hitherto despondent people bright and cheerful. If you are at all "out of sorts" you should begin taking Dr. Williams' Pink Pills.

You can get these 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.

Availability and the Value of Plantfood.

Why do crops need plantfood at all? Ninety-five per cent. of the average growing crop is water; 45 per cent. of the solid matter is made up of carbon, oxygen and hydrogen; less than 5 per cent. of the growing crop is composed of mineral constituents which the plant obtains from the soil. In her wisdom, nature has provided, however, that this "less than 5 per cent." is just as essential to the growth of the crops as the other 95 per cent. Then, in speaking of the essential plant foods, while we are dealing with a very small percentage of the plant, we are actually dealing with things absolutely necessary to crop growth.

Four important constituents of plant food which are found in the soil are lime, nitrogen or ammonia, phosphoric acid and potash. You, of course, remember that lime sweetens the soil and helps the strength of the growing plant; nitrogen causes its leaf, stalk or straw growth, phosphoric acid invigorates its root growth and causes early ripening, and potash has a great resist disease, and also helps the deal to do with the power of the plant filling of fruit, grain or tuber.

Canada's coal resources are estimated, in a report of the Department of the Interior, at 1,234,269 million tons, or two-thirds of all the British Empire. Of this total, 2,158 million tons is anthracite, 283,661 million tons bituminous, and 948,450 million tons lignite and sub-bituminous.

A Scotch Egg's Worth.

In the days when eggs were used as common tender in certain parts of Canada an old Scotsman went to the store to buy for his wife an "egg's worth of darning needles." In those days, writes Mr. Newton McTavish in the Canadian Magazine, the general store prevailed, and the stock in trade frequently included whiskey and other strong liquors.

The storekeeper whom the Scotsman approached had "given out" that he would "treat" every customer. Sandy obtained the needles, then he waited with some patience for the treat. At length he was constrained to remark:

"I'm hearin' ye're giein' a treat to every customer."

"You'd scarcely expect a treat with an egg's worth of darning needles," the storekeeper replied.

"Ah, weel, bit ye canna draw the line too close—a customer's a customer."

"All right. What'll you have?"

"I'll take a bit whiskey."

The storekeeper poured out a horn of whiskey and laid it on the counter.

"I'm used to haein' a bit sugar in it," said Sandy, smacking his lips.

The storekeeper opened the bin and dropped a lump of sugar into the glass.

Sandy looked at the concoction, hesitated a moment, and then spoke again.

"I'm used to haein' an egg in it," he ventured.

The storekeeper reached behind and took from a shelf the very egg that Sandy had traded. He broke the shell and let the contents drop into the glass. And, wonderful to behold, there were two yolks! Sandy looked on, and a smile of satisfaction came to his face as he raised the glass to his lips.

"I'm thinkin'," he said, "there's another egg's worth o' needles comin' to me."

Genuine Surprise.

Tittleton, the tragedian, boasted that nature was his only teacher.

"Please tell me," an admirer once asked, "is that expression of astonishment you assume in the second act of your last play copied from nature, too?"

"It is," said Tittleton. "But I had no end of trouble to get it. To secure that expression I asked an intimate friend to loan me \$50. He refused. That caused me no surprise. I tried several other friends. They refused. I was not surprised. Finally I asked one who was willing to oblige me, and as he handed me the sum I studied in a glass the expression of my own face. I saw surprise there, but not astonishment. It was alloyed with the suspicion that the money might be counterfeit. I was in despair. Where should I find genuine astonishment?"

"Well," continued the admirer, "where did you get it?"

"Then an idea struck me," the tragedian said. "I resolved upon a desperate course. I returned the \$50 to my friend the next day, and on his astonished countenance I saw the expression I sought."

WHEN BABY IS SICK

When the baby is sick—when he is cross and peevish; cries a great deal and is a constant worry to the mother—he needs Baby's Own Tablets for little ones. They are a gentle but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation and indigestion, break up colds and simple fevers and make teething easy. Concerning them Mrs. Philippe Payen, St. Flavien, Que., writes: "Baby's Own Tablets have been a wonderful help to me in the case of my baby and I can strongly recommend them to other mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont.

It is better to pay a debt than to get a present.

Surnames and Their Origin

POMEROY
Variations—Pomery, Lapommeraye, Appleyard, Applegarth.

Racial Origin—Norman-French.
Source—A locality.

Pomeroiy is a family name belonging to that group which originated as descriptive of the locality in or near which the original bearers of the name lived. It means "apple yard."

It is an old name in England, being traceable back to the days of Norman dominance, in which, together with the period following it, most of the English family names developed into such from mere descriptive phrases.

The original form of the name, as it is found in the old records, is "de la Pommeraye" ("of the Appleyard"), but the Saxonized version appeared quite early, at first in the form of "Atte Appleyard," and later with the prefix eliminated.

Pomeroiy, of course, is simply a variation from Pomeroiy in the development of the spelling from "Pommeraye."

While Pomeroiy in some instances is more recently imported from France, the more usual form of the name as existing in that country to-day is Lapommeraye.

There has been little difference in the manner in which the true French and the Anglo-French family names have developed. In many cases they are almost identical. The principal difference in trend, except in the large class of family names formed from diminutives of given names, has been the dropping of all prefixes in England, while the French, though dropping the "de" quite often, have tended to retain the "de" or "le."

MARSHALL
Variations—Ferrer, Ferrier.
Racial Origin—Anglo-Saxon.
Source—An occupation.

The word "marshall" is one that has run the full course from the most humble to the most dignified of meanings. It is an Anglo-Saxon word, the original form of which was, under Norman-French influence, "mareschal." It was a compound word, made up of "mare" and "schalk," the latter meaning "servant."

The "mareschal" was originally, then, a "servant of the horse," that is to say, he was a horse-groom or a blacksmith.

But as the Norman-French overlords' household were of military organization, the title came gradually to denote the more important meaning of "master of the horse," and to be associated with more dignified duties of a military nature. In the course of time the "mareschal's" duties became those of "marshalling" the guests at banquets and important functions.

How important this was can be seen only in the realization that in the man social organization this was the most punctilious matter, and from the fact that the title has developed the highest military honor that the French Government, and that of Great Britain also, can confer upon its generals.

The family name of Marshall, in its outgrowth of the title in many instances, but it cannot be said in many others it was the outgrowth of the original occupation of horsehoelng, which attached to the name.

Ferris, Ferrer, Ferrier, have the word for "word" or "form."

To-day the Seed of To-morrow.

Some of the most miserable wretches I have ever known were always dreaming about a happy to-morrow. They had focused for so many years on the future that they had neglected to cultivate the present which is the seed of to-morrow. Somehow we seem to think that we are going to reap a wonderful to-morrow without sowing our to-days; but to-day is the cause of to-morrow and the effect can not be greater than its cause.

London Church is Haven for Homeless.

The Rev. H. R. L. Sheppard, rector of the historic church St. Martin-in-the-Fields, opens the church doors each evening to any of the homeless who come. Each night the church is filled, says a London despatch.

A constable of the "women police service" stands watch in the aisle all night, and to her the visitors tell their stories. She directs them to places in the cushioned pews and they sleep there, the men on the right of the aisle, the women on the left.

The homeless, the evicted, the unemployed all find shelter there.

Commuters who have missed the last train home, well-to-do country folk who have come to London and are unable to get accommodations in the crowded hotels, rest beside beggars and the man who has "a promise of a job next week."

It has been suggested that other churches open their doors in this way.

"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 corrector in world.—Adv.

Success.

I fought for you, and I wrought for you,
And I strove to win your smile;
I toiled for you, and I milled for you,
For I deemed you well worth while.

I ran life's race at a frenzied pace,
And the goal I had in view
Was an envied name on the scroll of fame,
And a liberal share of you!

I sighed for you, and I lied for you,
And for you I staked my all;
I longed for you, and I wroghed for you,
But—your honey was mixed with gall.

I have won you, yes, but I must confess
That my triumph is small and mean;
For in life's great game, neither name nor fame
Is the worthiest choice, I ween.

I dreamed for you, and I schemed for you,
And my scheming was not in vain;
I wrestled for you, and contended for you,
But the best I have failed to gain.

In my selfish quest, how little I guessed
That fame is a fleeting breath;
That riches, renown, are as thistle-down,
But that love shall be love till death!

One of the best known guides in Nova Scotia gives this testimonial of MINARD'S LINIMENT—

"I have used MINARD'S LINIMENT in my home, hunting and lumber camps for years and consider it the best white liniment on the market. I find that it gives quick relief to minor accidents, such as sprains, bruises and all kinds of wounds. Also it is a great remedy for coughs, colds, etc., which one is liable to catch when log driving and cruising during the winter and spring months. I would not be without MINARD'S LINIMENT and cannot recommend it too highly."

(signed) Ellison Gray

A Twenty-Foot Tail.

The peacock prides itself in which it knows how to exploit its advantage when it suits.

There are other birds as much reason as tall.

A Y.

WORKING FOR SOLUTION

Carriers Studied Exchange on International Freight.

Definite progress towards a solution of the vexed question of exchange on international freight charges between the United States and Canada seems likely, as a result of a meeting of representatives of the principal Canadian carriers at Montreal recently.

The question, which is a most complicated one, was again considered from all its angles, and a tentative plan was prepared involving an average varying surcharge, which, it is hoped, will lead to a solution which will be satisfactory to all parties interested. It is appreciated, however, that in the working out of this problem it is of the utmost importance that the integrity of the through rates by the different gateways must be maintained to avoid the danger of a cancellation of all international tariffs.

Owing to the diversity of conditions affecting the various classes of traffic, and the far-reaching effect of any action which may be taken, a full examination of the international charges and consultation with United States carriers is necessary. This has already been undertaken by a committee appointed for the purpose, and the matter will be pressed to a definite conclusion at the earliest possible date.

The Boy Scouts Association.

The citizens of one hundred and twenty-seven cities, towns and rural communities in the Province of Ontario know the value of the Boy Scouts because they see them every day walking the streets, playing their games and doing their work. And as a group there are not better, brighter and more promising boys than those same Boy Scouts.

Any boy in Ontario, twelve years of age or over, may become a Boy Scout if he promises to keep the Scout Promise and Scout Law and prepares himself for simple tests on the composition and history of the Union Jack, and can make several cordage knots.

The plan is to group a number of boys (preferably not more than 22 in any one "troop," as they are designated) under the leadership of a "Scoutmaster"—a carefully selected, clean, intelligent, boy-loving, volunteer leader—always a man of sterling character and mature judgment. Each Troop and Scoutmaster are under the supervision of a "Troop Committee" of responsible citizens, usually officials of the church, school, community association, club or other organization with which the Troop is connected.

Through such leadership the boys of the troops are kept interested in a programme of play activities that are health-giving and educational. They take long tramps, studying nature in all its forms. They learn woodcraft, and how to take care of themselves in the open. They have troop meetings each week for study, handicraft, experiments, demonstrations, etc., and go into camp every summer under trained directors.

In a hundred ways the boy's time is occupied. The programme is so varied and so fascinating to the boy that he simply hasn't time or opportunity to trail with an idle gang or to turn into the evils that beset the path of the idle boy.

Full information regarding the formation, registration and conduct of Boy Scout Troops may be had upon application to the Provincial Headquarters, The Boy Scouts Association, Bloor and Sherbourne Streets, Toronto. Commencing with this issue news notes and items of general interest regarding the movement will be published almost every week in these columns.

The Best Medicine.

Prescribed for members of the League for Longer Life:

Two miles of oxygen three times a day. This is not only the best, but cheap and easy to take. It suits all ages and constitutions. It is patented by infinite wisdom, sealed with a signet divine. It cures cold feet, hot heads, pale faces, feeble lungs, and bad temper. If two or three take it together it has still more striking effect. It has often been known to conciliate enemies, settle quarrels,



Her Translation.

"Say looky here!" demanded a chin-whiskered customer in the rapid-fire restaurant. "I want a good, substantial meal; but suthin' that'll fill me up."

"Bale o' hay for the gent from Jimson Junction!" calmly yelled Heloise, the waitress, back to the kitchen.

Woman!

Little Boy—"Mother, are there any men angels in heaven?"

Mother—"Why, certainly, dear."

Little Boy—"But, mother, I never saw any pictures of angels with whiskers."

Mother—"No, dear, men got in with a close shave."

Trying Out Chaucer.

A story that illustrates the literary ignorance of many a modern book salesman is told by Sir Thomas Lipton.

There is a company in England that runs about a thousand bookstalls, and Sir Thomas applied at one of these, a minor one, for Chaucer's Canterbury Tales.

"Haven't got it, sir—that is, not at this stall," replied the youth who was in charge. "You see, we're trying it out at a few of our larger stalls to see how it goes. If it makes a hit, why, then we'll have it here."

Easy Money.

A motorist touring in the western counties, where, though the scenery is beautiful, the roads are bad, managed to get his car stuck in a tenacious mudhole.

After he had made vain attempts to escape a boy appeared with a team.

"Haul you out, mister?"

"How much do you want?"

"Two dollars."

After a long and fruitless argument the motorist agreed to pay the money asked and the car was pulled to dry land.

After handing the money to the lad the motorist asked:

"Do you haul many cars out in a day?"

"I've pulled out twelve to-day."

"Do you work at night, too?"

"Yes, at night I haul water for the mudhole."

Question of Direction.

Arithmetic, according to the average small boy, was simply invented in order to give teachers a good excuse for punishing their unhappy pupils. And, certainly, little Tommy Smith found it the unpleasant feature of his young life.

"Now, Tommy Smith," said the school teacher one morning, during the usual hours of torture, "what is the half of eight?"

"Which way, teacher?" asked the youngster, cautiously.

"Which way?" replied the astonished lady. "What do you mean?"

"Well, on top or sideways, teacher?" said Tommy.

"What difference does that make?"

"Why," Tommy explained, with a pitying air, "half of the top of eight is naught, but half of it sideways is three."

MONEY ORDERS.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

Canada conducts a large and growing whale industry off the Pacific coast of Vancouver Island, with three whaling stations; 432 whales were caught in 1919, running from 20 to 90 feet in length, averaging a ton in weight for each foot of length. The catch produced 2,107,924 gallons of whale oil, 540,280 gallons of sperm oil, 3,450 tons of fertilizer, and 1,400 tons of whalebone, nothing being wasted. Whale meat is now a marketable commodity, being put up in cans like salmon. A 60-foot whale will yield \$900 worth of oil, etc.

Minard's Liniment Relieves Distemp

Classified Advertisements.

FARM WANTED.
ARM WANTED. SEND DESCRIPTION and price. John J. Black, Chippewa Falls, Wis.

Spots of Sensation.

Distributed all over the body, in and just beneath the skin, are nerve-ends which respond to touch or other stimuli. Half a million of these react only to cold; 30,000 convey only the sensation of heat.

There are three or four million pain spots, which are scattered much more thickly on some parts of the body than on others. Thus the left side is more sensitive than the right, and the inside of the arm or the leg possesses a greater sensitiveness to pain than the outside.

The hot spots and cold spots are much mixed up together. Thus, if a person be blindfolded and told to plunge his fingers for an instant into hot water he will hastily withdraw them, with the impression that the water really is hot, when in reality it may be ice-water.

Minard's Liniment For Dandruff.

Lots of people say things they ought to be ashamed even to think.

It is not the oath that makes us believe the man, but the man the oath.—Echylus.

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., Inc.,
113 West 21st Street
New York, U.S.A.

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

TROUBLED WITH ITCH
Cure it with
Cuticura Lint.

"I had been troubled with an itchy face which took the form of a rash. I broke out in small pimples which were very much annoying, and I searched them until they were bleeding. The rash would often keep me awake at night. I tried some remedies, which failed, and then thought I would try Cuticura Soap and Ointment. It was not long till the rash began to disappear, and I used three boxes of Soap and four boxes of Ointment, which healed me." (Signed) W. M. Hymers, Paris, Ont., Sept. 12, 1919.
Cuticura Soap to cleanse, Cuticura Ointment to soothe and heal.
Box 25, Ointment 25 and 50¢. Sold everywhere. Dominion Canadian Depot: 100 St. Paul St., Montreal.
Cuticura Soap always without charge.



Warming relief for rheumatic aches.

HE'S just used Sloan's Liniment and the quick comfort had brought a smile of pleasure to his face. Good for aches resulting from weather exposure, sprains, strains, lame back, overworked muscles. Penetrates without rubbing. All druggists have it.

35¢
70¢
\$1.00

Minard's Liniment Relieves Distemp