

## GROWING GIRL

**a Mother's Constant Care and Watchfulness.**

In their early teens it is quite common for girls to outgrow their strength, and mothers should carefully watch the health of their daughters at this time, for it is when strength is sapped by too rapid growth that anemia develops. The first signs may be nervousness, peevishness, languor and weakness. The face grows pale, thinness and palpitation follow, and the first symptom of anemia should act at once. Neglected often leads to decline, but if you get your daughter's blood in time there need be no cause for worry. The finest blood enricher ever discovered is Dr. Williams' Pink Pills. The pure, red blood created by these pills will quickly banish all signs of anemia. They will build up your girl's health and ensure her a robust girlhood. Give your daughter a course of Dr. Williams' Pink Pills now. Make her strong like thousands of girls and women throughout Canada who have been rescued from the clutches of anemia by Dr. Williams' Pink Pills.

You can get these pills through any dealer in medicine, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### One of the Flower Secrets.

Flowering depends on reserves, whether in bulb or tree, in oak or daffodil. "The power to form flowers is bound up with the power of the plant to lay by stores of reserve material." And though, as Ward reminds us, some herbaceous plants flower a few weeks after sowing, whilst some trees produce no flower until they are fifty or sixty years old, they share a common secret. Within wide margins of difference they obey the great law of reserve. The beauty that sooner or later finds expression must first of all be stored.

How impressive is the patience and restraint in the trees of the forest! No oak is to be hustled. Cedars cannot be "forced" like rhubarb. Their growing forms are quietly serene. Most great productions in art or in character have something of the same serenity. They are not born of haste to make an impression. They grow quietly in the background. They come of lifelong patience and faith, of that patience which has been defined as "faith with her lamp lit."

So grew the cathedral at Amiens, and dad Vinci's "Last Supper" and Dante's great trilogy.

Those who are wise pluck the early flower buds that rotage may be the more secure. In the case of the greatest, a stern face has been set against immediate bearing. The richer the native talent, the sterner the discipline and restraint.

As a child, Kubelik was a musical prodigy. People came miles to hear him, and almost worshipped him. No end of offers came to his father; managers, we are told, were only too anxious to pave his cottage with gold.

But that father was a gardener—poor enough in earthly things yet wise in his craft. He knew that to strain for immediate result would mar the child's future. "He refused all offers and, setting solemnly to work, toiled as never before, to win, penny by penny, money for the boy's education."

For six years Kubelik worked at his violin at the Conservatoire at Prague. When his triumphs began it was the father who had earned the applause. No wonder the son said he always played best when he imagined his father was in the audience.

Surely that father had learned the lesson of his flowers.

It sometimes happens that the things we get for nothing cost us more than the things we buy.

Motorists usually discover what causes the wheels to revolve upon paying their gasoline bill.

# free

a Book of Recipes for

Delicious Salads,  
Sandwiches,  
Egg Dishes,  
Cheese Dishes,  
Pickles and  
Relishes.

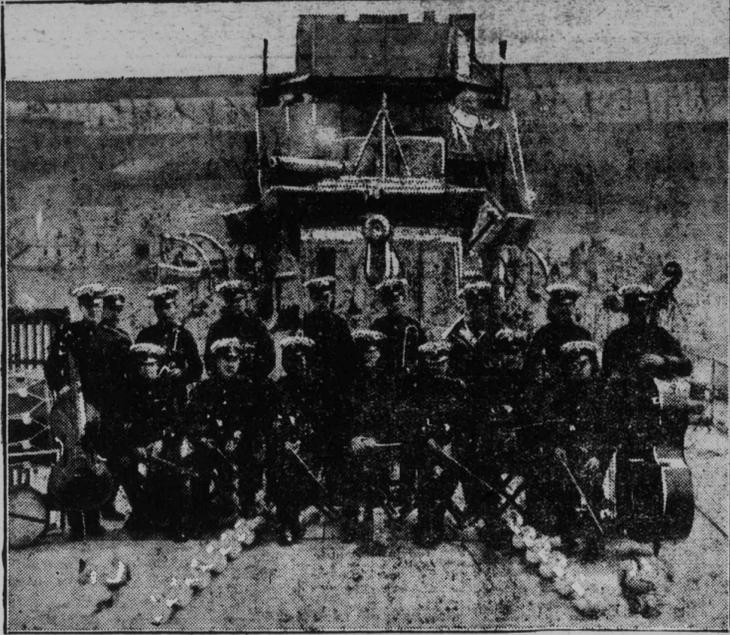
Write for a copy—  
mailed free.

Colman-Keen (Canada) Limited, Dept. 107  
1000 Amherst St., Montreal.

## Keen's Mustard

aids digestion

## Broadcast From War Ship Is Novel C.N.R.M. Feature



Tradition in the British Navy harks back to Nelson and a great many features of daily routine on board ship date from the time of the famous Admiral. However, the navy is at all times equally ready to establish precedent and the Commander-in-Chief of the North America and West Indies Squadron, Vice Admiral Sir Walter Cowan, Bart., K.C.B., D.S.O., M.V.O., has given permission for an event of absolutely novel character, nothing less than a radio broadcast from the deck of a warship. The broadcast will take place on the night of Thursday, September 16, on board His Majesty's Ship Calcutta, moored in the Port of Montreal, when special programme will be played by the Royal Marine Band. The transmission will be effected through CNRM, which on this occasion will be tied in with CNRO, giving to the most populous section of North America the opportunity of listening in to a most unusual broadcast.

The Vice Admiral accepted the invitation of the Radio Department of the Canadian National Railways most graciously and expressed his pleasure at the unusual opportunity of giving entertainment to such a vast army of radio enthusiasts as is reached from Montreal and Ottawa. The musicians will be stationed on the upper deck of H.M.S. Calcutta where three microphones will gather in their performances. Telephone circuits will carry the music to the studio of CNRM and from the latter studio lines of the Canadian National Telegraphs will connect with CNRO at Ottawa and the latter station will engage in a simultaneous broadcast on its regular wave length.

The band, under the direction of Bandmaster Herbert Wright, L.L.E., will commence at 9 o'clock with the march part of the Royal Marines, and after a programme of light and serious music, will conclude with a medley, "Sea Songs of Old England." An added feature of this programme will be the rendition of the "Bugle calls of the British Navy with an explanation of each call.

An address will be delivered by Lieut.-Commander W. V. Heaybeard, R.N.R., entitled, "Our First Line of Defence."

A year ago CNRM broadcast the band of H.M.S. Calcutta in a studio programme, the first broadcast of such a character, while the coming broadcast is said to be the first ever transmitted from the deck of a British warship.

## KEEP CHILDREN WELL DURING HOT WEATHER

Every mother knows how fatal the hot summer months are to small children. Cholera infantum, diarrhoea, dysentery, colic and stomach troubles are rife at this time and often a precious little life is lost after only a few hours illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevent stomach and bowel troubles, or if trouble comes suddenly—as it generally does—the Tablets will bring the baby safely through. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Like Dad.  
Wife—"That boy of ours gets more like you every day."  
Husband (meekly)—"What's he been up to now?"

Rub your scalp with Minard's Liniment



Eyes That See Not.  
He—"Does Belle go with that fellow Brown?"  
She—"Yes."  
He—"Does she see he's a rounder?"  
She—"Of course she sees he's around her, she's got eyes."  
He—"Still I don't think she sees he's a rounder when he's around her even if she has eyes."

Minard's Liniment relieves stiffness.  
Related by Refusal.  
"Are you related to her by marriage?"  
"No; I'm her brother by refusal."

## Surnames and Their Origin

**MULVANEY**  
Variations—O'Mulvaney, Mulleney, O'Mulvena, Melvin, MacIlvaina, MacIlwaine, MacIlvain.  
Racial Origin—Irish; also Scottish.  
Source—A given name.

It would be hard to find a set of family names in one group which are so little associated with one another in the average mind. Yet they all come from the same source. Certain of them, such as Melvin, MacIlwaine and MacIlvain, are perhaps more commonly found among families of Scottish blood in this country. The Mulvaney, O'Mulvaney, Mulleney and O'Mulvena are more likely to be of Irish extraction, certainly so in those names which are preceded by "O."

Like virtually all the Gaelic names, the great diversity of spelling in these different forms is the result of the attempt to spell the names in English as they sound in their original Celtic tongue rather than to transcribe the Celtic spelling into the English equivalent.

If this latter was done the correct form of the name would be "O'Maol-fhiona" or "MacMaolfhiona." It is from the latter form that the Scottish variations of the same are derived through the elimination, for easier pronunciation, of the initial "M" in the body of the name, thus, "Mac (M) Aol-fhiona" is easily transformed, in view of its pronunciation into "MacIlvain."

even of Mohammed, the first prohibitionist.

**MATHESON**  
Variations—Mathie, MacMathan, Mathieson, MacMath, Mathewson, Mathison, Mathison, Mattis, Matson.  
Racial Origin—Scottish and English.  
Source—A given name.

All of these family names are derived from the given name of Matthew, which itself means "Gift of God," and is Hebrew. Its spread throughout Europe, of course, was due to its prominence in the Bible. While Matheson is not a Celtic form of name, it is nevertheless the name of a clan which was once one of the most important in the Scottish Highlands. The form Matheson, like that of Mathieson is but an English rendering. The Gaelic designation of the clan was "Clann Mhathain," from which the family names of MacMath, MacMathan and Mathie have been evolved, the last named through a dropping of the "Mac" which originally preceded it, and which in the Gaelic denoted "descendant of," just as the termination "son" in Anglo-Saxon and the prefix "Fitz" in Norman-French did, and as the endings "Witz" and "vitz" do to-day in the Slavic tongues, these "itzes" all being corruptions or developments of the Latin "filius," which was abbreviated "fils." (Give the "s" a "z" sound, then make the "z" sound sharper, and you have the change complete).

Mathison and Mattis are shortened forms of the English family name of Mathewson. To these should be added Matson which was formed by the addition of the ending to the shortened form of the given name.

## Woodchucks.

We walked all night along a road  
That we could never see,  
Stars in our hair, the moon in a tree,  
Lulled in larches by the croon  
Of wind that passed along the lane,  
And wind that soon came back again.

We sat at dawn upon a rock  
Beside the little house,  
With Puck, the bushy, tawny squirrel,  
As noisy as a mouse,  
Scampering up the window-sill  
And down again like Jack, or Jill,  
And only stopped his dancing fuss  
To watch the Morning Star with us.

And when the sun had risen,  
We plunged into the pool,  
And oh! it was blue, and oh! it was cool!  
We splattered the water in a silver rain,  
And just to keep dry we plunged in again  
And rose splashing water upon the sun.  
He thought it impudent, we thought it fun.

—Josiah Tittell.

## ART AS A CAREER

OFFERS UNUSUAL OPPORTUNITIES

Many O.C.A. students are successfully employed creating Advertising Designs and Illustrations, Interior Decorating, Sculpture, Metal Work, Stained Glass, Jewellery, and other highly-paid work.

ONTARIO COLLEGE OF ART  
CHANCE PARK, TORONTO

DAY AND EVENING CLASSES BEGINS OCT 4  
WRITE FOR PROSPECTUS OR PARTICULARS

# RED ROSE TEA

"is good tea" TEA

Perhaps you use good tea. We think Red Rose extra good.

## The Health of School Children.

The month of September has certain logical claims to prominence, it is the first month of autumn; it is the transition period between summer, with all its joyous outdoor activities, and fall with its evidence of winter's approach; it is the harvest month, and is often depicted as a period of thanksgiving. It has, however, one other claim to everlasting prominence, it is the month with which is associated the return of children to school. Play is a natural child activity, school is a smile for work, long confining hours, and prosy books.

The importance of education has long been realized, by all individuals and agencies. Many plans have been conceived as to how it may be acquired and distributed. A generation ago few if any of these dealt with anything but the question of intellectual attainment; all now realize the fundamental importance of the present health and the continued well-being of the child at school.

The Inspector, Principal and teacher are equally interested with the school doctor, dentist or nurse, in the physical condition of the boy or girl. The interest of the parent is taken for granted. The school health authorities manifest their interest by attempting to safeguard the child from contagious disease, by supplying school buildings with modern sanitary equipment, by the regular inspection by the teacher and nurse, and the examination by the physician and dentist. Are parents realizing their responsibilities? Has advantage been taken of the opportunities during the summer vacation, to have the children immunized against diphtheria or scarlet fever? Have they been vaccinated against smallpox? Have the physical defects noted by the school or family physician been corrected? Has the advice of the school dentist been followed?

Frankly, are you sending your children back to school, physically equipped to profit by the educational advantages available, or are you one of the comparatively small group, who ignore such worthwhile advice and are resting in a false sense of health security? The health of the school-age child is the most important question that faces either teacher or parent.

"Sterling" means a coin of true weight, and is derived from the "East-erings," German traders, who coined pure money in England in the thirteenth century.

"Sterling" means a coin of true weight, and is derived from the "East-erings," German traders, who coined pure money in England in the thirteenth century.

## FLIT

DESTROYS  
Flies, Mosquitoes  
Roaches  
Bedbugs

STANDARD OIL CO. (NEW JERSEY)

# BAYER ASPIRIN

Genuine

Proved safe by millions and prescribed by physicians for

Colds Headache Neuritis Lumbago  
Pain Neuralgia Toothache Rheumatism

DOES NOT AFFECT THE HEART

Safe

Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacturing of Monacopolis, Germany. 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."

## Progress.

The history of the world consists mostly in the memory of those ages, quite new in number, in which some part of the world has risen above itself and burst into flower or fruit. We ourselves happen to live in the midst or possibly in the close of one such period. More change has probably taken place in daily life, in ideas, and in the general aspect of the earth during the last century than during any other four centuries since the Christian era; and this fact has tended to make us look on rapid progress as a normal condition of the human race, which it has never been.—Prof. Gilbert Murray.

The gooseberry gets its name from an old German word meaning "crisp berry."

## Canadian Plan Book

In co-operation with Canadian Architects designs of moderate priced homes are published in the "MacLean Builders' Guide." Detailed information on planning, building, furnishing, decorating and painting is included in the book. An ideal reference book. 15 cents for a copy. MacLean Builders' Guide 344 Adelaide St. W., Toronto, Ont.

## Rheumatism.

Apply Minard's to the painful spot and get speedy relief.

## MINARD'S "KING OF PAIN" LINIMENT

## CARRIED WIFE TO BED

Suffered So She Could Not Walk. Restored to Health by Lydia E. Pinkham's Vegetable Compound

Minesing, Ontario.—"I am a practical nurse and I recommend Lydia E. Pinkham's Vegetable Compound to suffering women. For three months I was almost helpless and could not sit at the table long enough to drink a cup of tea. Many a time my husband carried me to bed, I would be so weak. Then he read in the paper of a woman suffering as I did who got better after taking the Vegetable Compound, so he went and got it for me. When I had taken three bottles I was just like a new woman and have had splendid health ever since. When I feel any bearing-down pains I always take it; sometimes a half bottle or whatever I need. It is my only medicine and I have told many a one about it. Any one wanting to know more about Lydia E. Pinkham's Vegetable Compound, I will gladly write to her. I do all I can to recommend it for I feel I owe my life and strength to it." — Mrs. NEAL BOWSER, R.R. 1, Minesing, Ontario. Do you feel broken-down, nervous, and weak sometimes? Do you have this horrid feeling of fear which sometimes comes to women when they are not well? Lydia E. Pinkham's Vegetable Compound is excellent to take at such a time. It always helps, and if taken regularly and persistently will relieve this condition.

## HARD PIMPLES ALL OVER FACE

Lasted Three Years. Healed by Cuticura.

"My trouble began with pimples breaking out all over my face. They were hard, large and red, and fettered and crated over. The pimples used to burn, causing me to scratch, and my face looked so badly that I was ashamed to go anywhere. The trouble lasted three years. "I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. I purchased more and I was healed after using three cakes of Cuticura Soap and four boxes of Cuticura Ointment." (Signed) Miss Reta F. Warren, Diligent River, Nova Scotia. Rejoice in Cuticura Soap, Ointment and Tablets to keep your skin clear. Sample Pack Free by Mail. Address: Canadian Depot, Hutchinson, Ltd., Montreal. Price, Soap 25¢, Ointment 35¢ and Tablets 25¢. Cuticura Slavina Stick 25¢.