

WARNING AGAINST POISON IVY

The poison ivy is perhaps the plant most frequently encountered by the unsuspecting city visitor to the country. Yet it may be easily distinguished from other creepers by its three divided leaves. The harmless creeper has five leaves. The harmless creeper has five leaves. The harmless creeper has five leaves.

The part of these plants to be feared is the resinous sap. When a plant is injured this sticky sap exudes. It comes in contact with the skin and sets up an irritation which is distinguished by its acute character. This irritation frequently begins between the fingers.

The symptoms of ivy poisoning are comparatively easy to recognize. A more or less mild attack may be ushered in by a burning or itching of the skin. Within twenty-four hours after the skin is exposed to the poison of the plant, a red rash appears. This is followed by more or less swelling and itching, then small blisters filled with serum make their appearance. The parts of the body affected may swell to enormous proportions.

At one time it was believed that many persons who had suffered from attacks of ivy poisoning, would experience a recurrence of the attack if they passed through a wood or came into proximity with the plant even though the ivy itself was not touched. It now appears certain, however, that contact is necessary in order to produce ivy poisoning.

Ivy poisoning may sometimes be averted even after these plants have been handled provided the parts exposed are washed thoroughly with soap, water, and alcohol. This washing must, however, be thorough, otherwise it will only tend to spread the irritating poison.

The treatment of ivy poisoning is simple and easily administered. One of the best treatments is bathing with sea water. Sea water is best if it is available. Another good application consists of one teaspoonful of boric acid in a quart of hot water. The affected parts should be bathed with warm water every day or every two days and carefully dried without rubbing. Bathing should be followed by another application of boric acid. The best advice in from four to six days. The best advice to vacationists is, study the poison oak, the poison ivy and the poison sumac that you may distinguish these plants from their neighbors. Once you are able to recognize them you can scrupulously avoid them. Avoid the creeper with the three divided leaves. Avoid the small shrub with the broad leaves like the oak. Give the sumac that grows in swampy places a wide berth. Persons who have suffered from plant poisoning do not forget the experience.

Quaint Old Inscriptions.

Bells were invented for church use, and the dedication of them was a solemn ceremony in ancient days.

Regarding the inscriptions put upon bells some examples were cited by an English lecturer. At first it was the fashion to dedicate them to the Deity. Then the saints were "honored." At a later period men would put on such inscriptions as "Fear God; honor the King," and "Ye people all who hear us ring, Be faithful to your God and King."

The following were quoted as examples of inscriptions in praise of the donors of bells:

"All you of Bath that hear me sound, Thank Lady Hopton's hundred pound." "Ring, boys, and keep awake, For Mr. W. Henchman's sake."

A delicate hint was conveyed in the inscription on bells at Glastonbury: "Our tongues would all have been much deeper."

If contributions had been greater, as at Whittelessa this inscription appeared on a bell: "Prosperity to the Established Church, and no encouragement to enthusiasm."

Barnum and the Trombonist.

For one of his circuses Barnum, the famous showman, once wanted to make a "big splash," and for this purpose engaged at considerable expense an unusually large band. Things seemed to be going on very well until Barnum himself appeared on the scene to observe the results. Seeing the first trombone sitting at his ease when all the other instrumentalists were hard at work, he went up and asked him why he was not playing. "Oh," said the player, "I've forty bars' rest here. 'Forty bars' rest!" exclaimed the showman; "forty bars' rest! I don't pay you for resting; you go to the Treasurer and get your week's pay; you're sacked!" Fortunately, at that moment the conductor was able to intervene and explain matters, though Barnum confessed that he was quite at a loss to understand them.

Hospitals Now Health Centres.

Hospitals established in Latvia after the war have been converted into health centres and served 34,000 persons during the first half of 1923.

Blew Up a Whale.

The carcass of a 40-foot whale which was washed ashore at the Isle of Wight was towed to sea and destroyed by explosives.

There is no such gain as to be sparing with what you have.

RED ROSE TEA 'is good tea' and extra good is the ORANGE PEKOE QUALITY

Surnames and Their Origin

DONOVAN.

Variations—O'Donovan. Racial Origin—Irish. Source—A given name.

The true Erse spelling of this family or clan name is "O'Donmhaín." That is to say, it's as good a spelling as can be rendered in the English alphabet, which does not exactly correspond to the Irish.

Though you might not suspect it from the spelling, "O'Donmhaín" is pronounced exactly as we pronounce O'Donovan. There may be, perhaps, a slight difference in accent which would betray an Anglo-Saxon tongue to a true Gaelic speaker, but that's all. The name offers a good illustration of the peculiar Irish "m" which sometimes is pronounced like a "b" and sometimes, as in this case, like a "v."

"Donmhaín," the chieftain who founded the clan, and from whom the clan took its name, was, like "Carthach," Prince of Desmond and founder of the MacCarthys, a military leader who won renown in the Danish wars, though at a somewhat earlier period. Donmhaín, however, had made common cause with the Danes in Limerick, and was with them decisively beaten by the famous "Brian Boromhe" ("Boru"), one of the outstanding rulers in the long list of the Irish high kings, and who was responsible for the passage of laws controlling the adoption and use of family names. "Donmhaín" was slain

in later fighting by a brother of this monarch, at the battle of Croma.

CRAWFORD

Racial Origin—Scottish. Source—A locality.

Here is a family name which surely sounds English, but it is distinctly Scottish. It is a place name, and one derived from Gaelic instead of Saxon words, its present ending "ford" representing merely the influence of English speeches through a number of centuries and the confusion between the word "ford" and a Gaelic word of similar sound.

In reality the place name signifies "bloody pass." How is came to bear that name is an episode on which available history sheds no definite light, though it is logical to assume that it must have been the scene of at least one desperate encounter.

Among the Scots the name of Crawford is borne principally by those tracing their ancestry back to the Clan Lindsay. There are those among the Scottish historians who do not admit this combination of the words "cru" and "ford" into the classification of the Highland clans, since its first chiefs were of Norman origin. Yet, its hold-ings were on the edge of the Highlands, it played an important part in the history of the Highlands, and there can be no doubt that while its leaders were originally of Norman extraction the bulk of its membership represented Gaelic blood. The name is explained as a "ford."

TEETHING TROUBLES

Baby's teething time is a time of worry and anxiety to most mothers. The little ones become cross; peevish; their little stomach becomes deranged and constipation and colic sets in. To make the teething period easy on baby the stomach and bowels must be kept sweet and regular. This can be done by the use of Baby's Own Tablets—the ideal laxative for little ones. The Tablets are a sure relief for all the minor ailments of childhood such as constipation, colic, indigestion, colds and simple fevers. They always do good and never harm. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



Green and Fresh. Mary—"That yap tried to make love to you, eh? He's positively green." Ann—"Perhaps that's why I found him so fresh."

Tree Furnishes Food. The bassia tree in India has "candy" flowers, the petals of the flower being rich in sugar, and used for food.

Words With Changed Meanings.

If we wish to label anything strange or barbarous we say it is "outlandish," but when the Bible speaks of an "outlandish woman" it means a foreigner.

Another curious expression in the Authorized Version is "The other basket had very naughty figs." That means fruit which was good for naught. To-day the word "naughty" means "ill-behaved." In the Prayer Book the word "presently" means "at the present time," but to-day it always means a future time, though not far distant.

When the Authorized Version of the Scriptures was first printed the word "careful" meant "full of care and anxiety," as in "careworn," but if a man were said to be careful it would to-day be a good testimonial. Thus, when the New Testament tells us to "be careful for nothing," it is not enjoining wastefulness and speaking against thrift, but simply telling us not to worry about anything.

Universal Music.

There's music in the sighing of a reed; There's music in the kushing of a rill; There's music in all things, if men had ears— Their Earth is but an echo of the Spheres.

—Bryon—Don Juan.

In Zululand the atmosphere is so clear that objects can be seen by starlight at a distance of seven miles.

We endeavor to make a merit of faults that we are unwilling to correct.

Minard's Liniment for Rheumatism.



DOMINION OF CANADA FIRST AID CHAMPIONS

These five young women, members women taking instruction in First Aid, in every shop and yard, capable of No. 1 Ladies' First Aid Team, Canada work than any other organization in rendering First Aid efficiently throughout the Dominion of Canada. Already more than 4,000 have ever the occasion demands. The names of the winning team from left to right are: Misses May Neate, Olive Champlin, and Canada First Aid team to coast. It is the aim of the Doody, Robina Moodie, captain; Sarah and Home Nursing. The Canadian Company to have employees on every N. James and Isabelle Tarleton. National Railways have more men and

Pigs That Guard Sheep.

In this country one seldom says anything kind about pigs. Yet they are highly esteemed in other parts of the world.

In the Apennines they are used to guard sheep. One man in each village acts as shepherd to the community, and is allowed a sheep-pig to assist him when the animals are out at pasture.

The man's task is an easy one—he may amuse himself by playing the flute, or he may even sleep for a few hours while the pig faithfully guards the flock. In the evening the same trustworthy guardian sedulously singles out the sheep belonging to this house or that, and never makes a mistake.

Where truffles grow pigs are used to find and root them up. If carefully trained a pig will keep for his master all the truffles he uproots.

In Ireland, of course, the pig's merits have always been recognized. There he is the "gentleman that pays the rent."

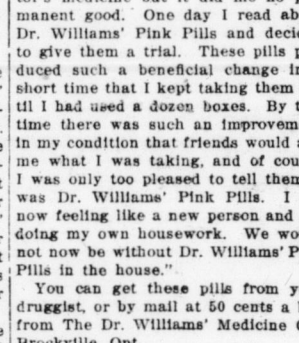
NERVOUS DEPRESSION

Why People Are Low Spirited and Depressed.

Nearly all women and most men suffer at times from fits of depression and low spirits. Everything seems a burden; then come periods of nervous irritability, headaches and weariness. People who suffer this way lack vitality because their blood is poor and nerves are starved in consequence.

The only way the nerves can be reached is through the blood. By enriching the blood with Dr. Williams' Pink Pills the starved nerves are supplied with just the elements they need. This is proved by the experience of Mrs. J. E. Dudson, 12th Ave. East, Vancouver, B.C., who says:—"About three years ago I became very weak and nervous. I had pains in my side and back, and also suffered from frequent pains in the back of my head and neck. I was hardly able to do anything about the house. I would wake with a start in the night and my heart would flutter, so that it almost choked me. I tried much doctor's medicine but it did me no permanent good. One day I read about Dr. Williams' Pink Pills and decided to give them a trial. These pills produced such a beneficial change in a short time that I kept taking them until I had used a dozen boxes. By this time there was such an improvement in my condition that friends would ask me what I was taking, and of course I was only too pleased to tell them it was Dr. Williams' Pink Pills. I am now feeling like a new person and am doing my own housework. We would not now be without Dr. Williams' Pink Pills in the house."

You can get these pills from your druggist, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



A Flowery Controversy.

A tear was in the Violet's eye, A smile was on her lip; She said, when asked the reason why, "I saw the old Cowslip."

Wild rose laughed in the morning breeze, As back and forth she swung, That Johnny-jump-up could not reach The branch from which she hung.

The Hollyhock beside the wall Was filled with anger grim; 'Twas caused by Black-eyed Susan, Who slyly winked at him.

The Poppy shook her fiery head, Kept it bobbin', bobbin'; The old snapdragons quarreled so, She feared they would Wake-robin.

The Lady-slipper tapped applause, The Foxglove clapped in glee, The Tulips laughed right merrily To see them disagree.

Jack-in-the-pulpit raised his voice, Sweet concord to restore; The Bluebells rang their sweetest tones, And all was peace once more.

—Muriel E. Hunt

A Woodland Scene.

One bright, sunny day in June I went by myself into the woods. As I wandered on I came to a little stream. I stopped to admire it and its surroundings. The sun was shining through the trees making the pure water sparkle like diamonds.

Next to the stream stood three trees. They were all alike in size, and towered above all the rest. The scene had a soothing effect upon me and I lay down upon the soft, mossy bank with my face to the sky. The rustling of the leaves was putting me to sleep and I thought only of the beauties of nature.

Suddenly I was startled by a little furry creature which flitted by me as if on wings. I lay very still for it was a rabbit, and I did not want to frighten it. I watched it drink the pure sun-kissed waters of the stream. The rabbit did not even notice me, but drank on in peace.

Bang! I jumped up at this, for it was the sound of a gun. When I again looked at the stream, I saw that my little friend was no longer drinking, but lay by the stream dead.

Alas! Not even in the woods can there be peace. The world is wicked. —C. D. H.

Freckles for Beauty.

The New Sunlight League of Britain might have counted on the blessing of George Meredith, for whom sunburn and freckles were beauty's greatest adjuncts.

In one of his pastoral poems he urges the companion of a walk to give both a welcome, declaring:—

"Thou art no nun, velled and vowed; doomed to nourish a withering pallor."

City excites beside these would show like bleached linen at midday Hung upon hedges of eglantine," collection of "a gracious freckled lady, tall and grave," whose sunburnt beauty made her unforgettable.

GREEN TEA IMPORTS LARGER.

Statistics from Ottawa show that in 1923—553,977 pounds more Green Tea were brought into Canada than in 1921, and 906,728 pounds more than in 1922. The reason given is that the fine quality Green Teas of India and Ceylon have displaced the inferior Japan and China Greens which, due to their low price, were imported heavily some years ago. Salada Tea Company is the largest importer of India and Ceylon Green Teas.

Too Zealous.

P.C. X99999 was walking along the bank of a canal when he came upon a youngster sobbing bitterly. Stopping him, he asked: "What's the matter?"

The youngster, still crying loudly, pointed to mid-stream, where a hat was bobbing up and down on the water.

"My brother," he sobbed. "In a flash the courageous constable plunged into the murky water. Thrice he dived, but at last he was forced to come to shore again with only the hat in his hand."

"Can't find him!" he gasped. "Where was he standing when he fell in?" "He—he—he—" the boy blurted, "he didn't fall in! I was going to tell you that he threw my hat in, but you wouldn't let me finish."

Her One Accomplishment.

Just what a green servant girl can do anyway often puzzles the distracted housekeeper nowadays. Mr. Robert U. Johnson in Remembered Yesterdays thinks that we must expect to hear of such experiences as that of a Swedish-American friend of his who, needing a maid-of-all-work, resorted to a Scandinavian agency.

There she found a sturdy Finnish girl and asked her what she could do. Could she cook? No, she could not cook. Could she do the washing? No. Could she wait on table? No. Well, what could she do?

The girl thought for a moment and then replied, "Vel, ly can milk the reindeer."

A man's brain attains its maximum weight at the age of twenty years; that of a woman at seventeen years.

Minard's Liniment Relieves Pain.

RHEUMATISM CONE, SAYS MONTREAL HOTEL MAN

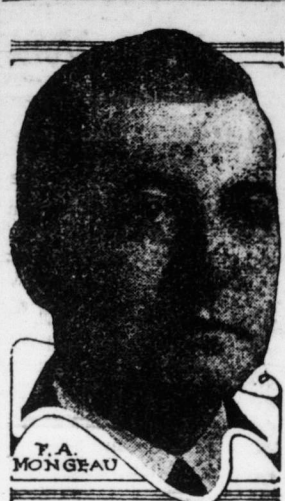
F. A. Mongeau Tells How He Recovered Strength After Eight Years of Rheumatism.

F. A. Mongeau, popular night clerk at the Prince of Wales Hotel, 17 and 19 McGill College Avenue, Montreal, Canada, lends his name to further the cause of Tanlac, the treatment that has proved of such great benefit to him.

"After all Tanlac has done for me," said Mr. Mongeau, "I just feel like praising it to everybody. Eight years of muscular rheumatism had just about made a cripple of me. I got to where I simply had to limp around on a cane. My nerves became affected, my sleep unsteady and I felt completely knocked out."

"Six bottles of Tanlac, taken eight months ago, made a new man of me and I have had no further trouble with rheumatism, or my health, since. My nerves are steady as a die, I sleep fine and feel the same way. Anyone wanting to know of me what Tanlac will do, just phone me here at the hotel."

Tanlac is for sale by all good druggists. Accept no substitute. Over 40 million bottles sold.



Tanlac Vegetable Pills For Constipation. Made and Recommended by the Manufacturers of Tanlac.

Mosquitoes and Malaria.

It is estimated that the deaths annually from malaria number some two millions, and this figure may probably be multiplied by two or three hundred if we would arrive at the total number of people in the world affected by the complaint. Malaria is mainly a disease of the tropics, and is caused by a minute parasite in the blood. The parasites in one malaria patient may number anything from one hundred to a thousand millions. In many cases there are more parasites in the system of a malaria patient than there are people on the earth, and for aces it was believed that marshes and malaria were in some way connected.

Sir Ronald Ross discovered that it was not the marsh but the mosquito which bred in the marsh which was the originator of the disease, and he declares that the parasite of malaria is, to the mosquito which carries it, as a threepenny-bit would be to a hippopotamus!

When a disease-carrying mosquito bites, it injects a saliva in which are the malaria parasites. These are carried into the human circulatory system and so throughout the body.

The cure for malaria is quinine, but the prevention of malaria is the destruction of the mosquito in which it breeds.

Don't.

Don't be like folks who laugh and sing Along the summer ways. But grunt and groan when winter brings The gloom of duller days.

Don't be like folks who vow they're chums Along each level mile. But when the roughened pathway comes Forsake one at the stile!

Don't be like folks who fear to bear A little trouble-pack. For life brings everyone a share Of bothers in its track.

So, if you're down, spring up again. And when you're on your feet— Wipe off each mark of coward-stain. Press onward through the sun or rain— Show by your heart and soul and brain Pluck's very hard to beat!

—Lillian Gard.

Strength of Silver Wire. A silver wire one-twelfth of an inch in diameter will support a weight of 188 pounds.

TO EXPECTANT MOTHERS

A Letter from Mrs. Smith Tells How Lydia E. Pinkham's Vegetable Compound Helped Her

Trenton, Ont.—"I am writing to you in regard to Lydia E. Pinkham's Vegetable Compound. I would not be without it. I have taken it before each of my pregnancies. It was born and afterwards, and find it a great help. Before my first baby was born I had shortness of breath and ringing in my ears. I felt as if I would never pull through. One day a friend of my husband told him what the Vegetable Compound had done for his wife and advised him to take a bottle home for me. After the fourth bottle I was a different woman. I have four children now, and I always find the Vegetable Compound a great help as it seems to make confinement easier. I recommend it to my friends."—Mrs. FRED H. SMITH, John St., Trenton, Ont.

Lydia E. Pinkham's Vegetable Compound is an excellent medicine for expectant mothers, and should be taken during the entire period. It has a general effect to strengthen and tone up the entire system, so that it may work in every respect effectually as nature intended. Thousands of women testify to this fact.

Stiff Joints

Limb up with Minard's Liniment. Leading athletes use it.

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The Right Attitude.

Be careful how you "I am" your misfortunes. The trouble with most of us is that we "I am" our misfortunes too much. We say "I am sick"; "I am tired"; "I am discouraged"; "I am poor"; "I am down on my luck"; "I am a failure."

All sorts of people are constantly making use of negative, destructive expressions. They are always talking down, complaining about one thing or another.

In winter they will say "Did anyone ever see such beastly weather as we are having?" This snow and sleet make me ill. I am never free from a cold. I'm so afraid it will develop into pneumonia."

In the summer it is just the same: "I wonder if it is ever going to stop raining!" "It looks as if we are not going to have any summer!" They are constantly complaining of things and are always "tired," "fagged," "played out," "not fit for anything." And, as John Henry would say: "It's all wrong!"

Companionship with a powerful person is never to be trusted.

Classified Advertisements

WANTED—MAN TO OPERATE local Auto Supply Branch. Apply Canadian Auto Shops, Box 154, Niagara Falls, Ont.

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