PROMISE YOURSELF—

To keep fit.
To shut fear and worry out of your life.
To be loyal to others.
To hold your reputation as sacred.
To be honest and fair in all your dealings.
To keep your standards high.
To cherish your friendships.
To be reliable and trustworthy.
To minimize your difficulties and magnify your blessings.
To learn everything possible about your business.
To make every day a red-letter day in your life.
To be always improving something somewhere, always bettering your best.
To have a worthy aim and live up to it.
To act, live, and work in the ever-present moment.
To make the most of your time, talents, and opportunities.
To be tolerant of others and their weaknesses.
To be mindful of others' interests and not always thinking of self.
To avoid evil companions, and to keep in an ambition-arousing atmosphere.
To close the door to an unhappy past and start life anew.
To try Love's way in everything, and let jealousy and hatred go out of your life.
To put beauty into every day—beautiful thoughts, beautiful deeds, beautiful work.
To be self-reliant and ready to assume responsibility.
To take time for study and self-improvement, no matter what your age.
To learn to enjoy things without owning them.
To talk health, happiness and prosperity, instead of disease, misery and failure.
To hold your manhood, your character, above wealth or position.
To try to appeal to the best in others; to encourage and help them, not criticize and dishearten.
To consider the importance of rest and recreation as well as concentration and application; in other words, to live a balanced life.
To hold in your mind the things which you wish to come true in your life; to think of yourself as you would like to be.
To make yourself a masterpiece.
—O. S. Marden, in New Success.

Most Novel Police Force Composed of Insects.

The world's most novel police force is probably that which is being trained by a London scientist.

It consists of insects! They are bred and trained in a laboratory at Balham, to fight against and kill other insects which destroy or harm crops.

For instance, caterpillars can be prevented from ruining trees and so on by turning against them hordes of other caterpillars, trained to have cannibal instincts, so that they will fight and eat pests.

The inventor of this aid to farmers and gardeners is Mr. Crabbe. One of his greatest successes is the production of a slug-tiger. This creature, called a testacella, has very sharp jaws, with which it pierces the slugs and eats them.

Almost any kind of insect pest can be fought by other insects, and as time goes on it may be possible to make the process of destruction absolutely natural. That is to say, the insect-killers will breed without any assistance from science.

How Fast Are Your Fingers?

Do you know that the fingers of your right hand move more quickly than those of your left? Not only are they quicker; they are also much more accurate.

Experiments made recently show that the ring finger of the left hand can work much faster when it is operating in conjunction with the forefinger of the right hand.

The more we increase the use of our fingers the more proficient and accurate they become. If you are atypist or a pianist you will find that practice tends to increase the rate of working of the fingers of the left hand, which are naturally slower than those of the right. Two fingers working together are considerably faster than one finger working alone.

Biggest Ball Bearings.

Some time ago there was made an enormous center ball bearing at Norfolk, in England, for the Breydon Swing Bridge, at Yarmouth, for a railway.

As this bridge turns about 400 times every month, after several years' service the "V" grooves of the original bearing were found to be much worn, mostly due to the fact that they had not been sufficiently hardened. The original bearing consisted of two rings having "V" grooves, in which there were sixty-nine balls two inches in diameter, the largest made at the time the bridge was installed.

The new center ball bearings have a diameter of three and a half inches.

Europe now contains fifteen monarchs and ten presidents.

In the principal countries which took part in the Great War there are 7,124,000 disabled men in receipt of pensions.

RED ROSE TEA "is good tea"

and the choicest of Red Rose Teas is the ORANGE PEKOE QUALITY T-1

Surnames and Their Origin

WATKINS

Variations—Watson, Waters, Waterson, Watts, Watkinson.
Racial Origin—Medieval French.
Source—A Christian name.

As a family name, of course, Watkins is a purely British product, with a decided Anglo-Saxon influence apparent in the ending, not only of this name, but of all its variations.

The explanation is this. It was taken to England as a Christian name by the Normans at the time of the conquest, and through the several centuries in which close communication was maintained between the Normans in England with Normandy it became quite widespread. It began to develop into a family name at about what might be called the middle period of family-name formation; that is to say, at the period when the Norman population of England decided to consider itself English, and the Anglo-Saxon tongue in modified form began to reassert itself.

The Christian name from which it developed was Walter, and the specific person who gave that name popularity on the continent just prior to the Norman invasion of England was a saintly Walter who lived in the dukedom of Aquitanie about the year 990. The more famous Walter, famous in the historical sense, that is, St. Walter, Abbot of Fontanelle in the middle of the twelfth century, probably did not have so much influence on the popularity of the name in England, for by that time the ties with the continent were less strong.

The name was often pronounced, and even spelled "Wattere"; and also contracted into "Wat." The ending "kin" was the regular diminutive of the Anglo-Saxon tongue, and the final "s" indicates a shortening from the ending "son."

CAMPBELL

Variations—Beauchamp, Beecham.
Racial Origin—Norman French.
Source—A locality.

Campbell is one of those names which we are accustomed to think of as essentially Scottish; and so it is if we restrict our consideration of it to the history of that particular spelling.

It is not a native Scottish name, however, notwithstanding the fact that it is approximately 800 or 900 years since it was transplanted there, and that it is clearly traceable through the prominent part played by the clan in the history of that land so far back as the thirteenth century.

But in another form it was a family name even before that time. It was the descriptive name borne by one of the lieutenants of William the Conqueror, when he invaded England from Normandy, and simply was the name of that warrior's estate in northern France, "Compo Bello," or "beautiful field." Being the name of a nobleman it rapidly became crystallized into a family name, De Campobello. When the Norman invasion reached up into Scotland, a member of this family received large grants of land. This was in the thirteenth century, since which time the family and the following it acquired has from the very start become as Scottish as any of the clans which trace back to prehistoric days.

In the development of the French language since the time of William the Conqueror, "campo" has become "champs" and "bello" has become champ, which was brought over to England later, and which also developed with the progress in the French language from the original name of De Campobello in England. But the English pronunciation has corrupted it from Beauchamp into "Beecham," which is the reason that it is sometimes found in that spelling.

War Increased Illiteracy Among French Youths.

Twenty-five per cent. illiterate—that is the war's effect upon the working class youths of France, according to examinations in two regiments of conscripts last month, which showed that only 600 out of 800 could read and write, whereas only 160 had the education of the average boy of 12. During the war, instead of continuing their studies, boys of 9 and 10 were recruited into factories of all kinds and paid men's wages. Naturally, they did not go back to school after the war.

A movement is under way to compel all such conscripts to attend special classes, ten hours a week, until the menace to French intellectual prestige is removed. Less than 2 per cent. of French soldiers were classed as deficient before the war, coming chiefly from the seafaring folk of Normandy and Brittany.

The highest jumper in the animal world is the black jaguar of South America, which has been seen to leap from the ground to a branch fifteen feet overhead.

ASPIRIN

Beware of Imitations!

BAYER

Demand

Unless you see the name "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians over twenty-three years for

Colds	Headache
Toothache	Lumbago
Neuritis	Rheumatism
Neuralgia	Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proven directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. 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."

GUARD THE BABY AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy and good-natured. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Not When It's Being Hit.

Hubby—"No, it's not possible for me to keep a balance at the bank!"
Wife—"Why not?"
Hubby—"How can I when you're hitting it every day?"

Couldn't Return the Compliment.

A Yorkshire farmer was asked to the funeral of his neighbor's third wife, and, as he had attended the funeral of the first two, his own wife was surprised when he informed her that he had declined the invitation.

On being pressed for a reason, he said, with hesitation: "Well, you see, lass, it makes a chap feel a bit awkward to be allus accepting other folk's civilities when he never has anything of the sort to ask 'em back to."

Unreasonable.

"Whadya think the dumb-bell said?" snorted the coal man, banging up the receiver. "He said our substitute for anthracite wouldn't burn. What d'ya s'pose he expected?"

The climbing perch, anabas scandens, native of India, has rudimentary lungs as well as gills. It can live a long time out of water, can travel considerable distances overland, and by extending the ends of its gill covers and pressing its fins against the bark can mount the stem of a conveniently slanting palm tree at least far enough to deserve its name.

Ask for Minard's and take no other.

The Social Condition of the Bugs.

On the long roll of the Lord Chancellors of England stands the name of Lord Chelmsford, who before he was elevated to the woolsack bore the name of Thesiger. In Sir Algernon West's entertaining book he tells how young Thesiger first attracted to himself the notice of his profession.

He was engaged as junior counsel in a case where the point in dispute was whether a tenant might throw up his lease on finding that there were bugs in the house that he had taken. Counsel on the other side began his statement by saying, "Our contention, my lord, is that when the defendant took over the house there was not a single bug in it."

"That is exactly the plaintiff's case, my lord," said Thesiger, jumping up; "they were all married and had extremely large families."

Watch Worn on Wrist is Bit of Congo Vanity.

A Congo black never carries his watch in his pocket, for he's too anxious to have it displayed to public gaze. He wears it on his wrist or ankle, or hanging about his neck—very proud of his European possession.

All blacks in the Congo are divided into two classes—those who own watches and those who don't. The bright little metal case with its mysteriously beating heart seems to have a magic influence over its dark-skinned possessor.

Last year France exported to her African possessions, according to a customs report, 689 gold watches, 1,520 silver watches, 7,370 of ordinary metal and 2,928 clocks, including alarm clocks.

Rich Farm Lands Offered to Earthquake Sufferers.

As a part of its contribution to the relief of earthquake sufferers the administration of the island of Hokkaido is offering special inducements to settlers to take up land in that rich agricultural section.

The administration is offering 700 yen and travelling expenses to those wishing to take up land and 300 yen plus traveling expenses to those coming to the island to become tenant farmers.

A Bore.

"When a man keeps talkin' 'bout hisself," said Uncle Eben, "he gets to be about as companionable as a fiddle player wif only one tune."

When ordering goods by mail send a Dominion Express Money Order.

French Africa south of the Sahara is now raising wheat and cotton. Three years ago this section imported its flour, but there are now flour mills at Timbuktu and Kati, and as soon as irrigation works being built along the Niger are completed there will be crops for export. The French also plan meat packing and refrigerating plants with a capacity of sixty-five thousand tons of chilled meat and packed provisions a year.

The total number of schools within the Empire reported as keeping Empire Day amounts to 71,264, and the approximate number of scholars attending these schools is nearly 9,750,000.

The "air age" is from 20 to 30; officers in the Royal Air Force are therefore only of much use for flying in their youth.

STOMACH MISERY, GAS, INDIGESTION

"Pape's Diapepsin" is the quickest, surest relief for indigestion, gases, flatulence, heartburn, sourness or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages of Pape's Diapepsin.

NEW STRENGTH FOR WEAK STOMACHS

Indigestion Disappears When the Blood Supply is Enriched.

The urgent need of all who suffer from indigestion, and who find the stomach unable to perform its usual function, is a tonic to enrich the blood. Pain and distress after eating is the way the stomach shows that it is too weak to perform the work of digesting the food taken. In this condition some people foolishly resort to purgatives, but these only further aggravate the trouble.

New strength is given weak stomachs by Dr. Williams' Pink Pills because these pills enrich and purify the blood supply. This is the natural process of giving strength and tone to the stomach, and it accounts for the speedy relief in stomach disorders that follows the use of Dr. Williams' Pink Pills. The appetite revives, food can be taken without discomfort and the burden and pains of indigestion are dispelled. Mr. William Johnson, a prominent business man of Lequille, N.S., bears testimony to the value of these pills in cases of this kind. He says: "I was attacked with indigestion accompanied by severe cramps in the stomach. I was prescribed for by the family doctor, but got very little benefit. Then I tried some of the advertised remedies but with no better result. Indeed my condition was growing worse. Then I read of the case of a man who praised Dr. Williams' Pink Pills whose condition was similar to my own, and I decided to try this medicine. The result, I think, was amazing, as the use of six boxes restored me to my former good health. I can therefore warmly commend the use of this medicine for stomach troubles."

You can get these Pills from any medicine dealer or by mail at 50 cents a box or six boxes for $2.50, from The Dr. Williams' Medicine Co., Brockville, Ont.

"Did your hubby cut out anything for the New Year?"

"I'll say so! He cut off half my allowance."

Butterfly's Tiny Nose Longest in Scent Range.

The Germans and French are agreed at least upon one thing, and that is that the butterfly has the keenest sense of smell of any living creature.

The marvellous smelling power of the Purple Emperor, the Zebra Swallowtain, the Painted Lady and other species is so acute and operates at such long range that it is almost inconceivable to the average person, considering the minuteness of the butterfly's olfactory apparatus.

In a book written by Dr. Kurt Floericke, one of Germany's best known naturalists, the writings of the French entomologist Fabre are quoted at length, Professor Fabre citing new French authorities to prove that the butterfly's sense of smell is astounding.

Before the War about 500,000 people emigrated from Great Britain every year.

Keep Minard's Liniment in the house.

The Early Risers.

Not long ago, writes a contributor, there appeared in a Sunday paper verses that ran somewhat as follows:

Carl J. Farley's hair was curley;
Some folks called him curley Farley;
He agreed to plant some barley
For a man named Peter Worley.

Worley liked to get up early;
'Twas otherwise with curley Farley;
He came late to plant the barley,
Which made Peter Worley surly.

Worley said, "Now, Mr. Farley,
I've been looking for you hourly."
Farley said, "I got here fairly
Early, though I'm feeling poorly."

Worley could not stand to parly,
At the time was feeling burly;
So he landed fair on Farley,
Knocked him through the gates called pearly.

The verses bring to mind the real Peter Worley, who was the original early riser. He and his hired man, Louis Bunsen, were putting out a crop in White River bottoms, and, since their house was near the railway, they could tell the time pretty well by the trains. No. 4, which passed at half past three o'clock in the morning, was as convenient as an alarm clock.

Louis Bunsen was a hungry-looking man who apparently never got enough to eat. Hilda, Worley's wife, said more than once, "If I could only get that man filled up, I'd be satisfied."

One night after Worley heard a train go by he called Hilda to get breakfast. Then he and Bunsen rushed off to the barn to feed and water the teams. When they came back breakfast was ready, and they all sat down to eat.

"Somehow I don't feel hungry this morning," remarked Bunsen listlessly.

Hilda looked at him in unfeigned surprise.

"You're not sick, are you, Bunsen?" she said.

"No," replied the hired man; "just don't feel like eating. I wonder why it isn't daylight yet?"

Then someone looked at the clock; it was just half past eleven! The supposed No. 4 had been a returning excursion train.

Toil Away.

Toil away and let the stone
That shall stand when you are gone.
Ask not that another see
The meaning of your masonry.

Grind the gem and dig the well,
For what? for whom?—I cannot tell.
The stone may mark a boundary line,
The well may flow, the gem may shine.

Be it wage enough for you
To shape them well and set them true.
Of the future who can tell?
Work, my friend, and so farewell.
—John Jay Chapman.

Sayings from the French.

Our surest protectors are our own powers.—Vauvenargues.

The great art of being happy is only the art of living well.—Proudhon.

Let us be gentle if we would be regretted.—Pierre Loti.

The smallest undertaking is worth the pains of a good workman.—Nivernais.

Man without patience is a lamp without oil.—Alfred De Musset.

Cleanliness is the adornment of old age—La Haye.

His Hearing Restored.

The invisible ear drum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York city. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or by perforated or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth avenue, New York city, will be given a prompt reply. advt

The Pink of Courtesy.

He was a cab driver of the old sort, and he was called as a witness in an action for damages incurred in a street collision. Ignoring the jury, he persisted in relating his story to the judge. Ultimately the judge stopped him and observed: "Address yourself to the jury."

So, turning awkwardly to the pew in which twelve tradesmen sat scowling, he smiled, nodded reassuringly and remarked:

Mornin', gents; all well at 'ome, I 'ope?"

Mother! Give Sick Child "California Fig Syrup"

Harmless Laxative for a Bilious, Constipated Baby or Child.

Constipated, bilious, feverish, or sick, colic Babies and Children love to take genuine "California Fig Syrup." No other laxative regulates the tender little bowels so nicely. It sweetens the stomach and starts the liver and bowels acting without griping. Contains no narcotics or soothing drugs. Say "California" to your druggist and avoid counterfeits! Insist upon genuine "California Fig Syrup" which contains directions.

Classified Advertisements

AMAZING BOOK PRICES. HUNdreds titles, 10c each. Fiction, History, Philosophy, Science. Catalogue free. Academy Publishing, 703 Spadina Avenue, Toronto.

Give it a Wide Berth.

Pat and Mike were delivering a load of coal when their progress was halted by a funeral procession.

"I wish I knew where I was going to die," remarked Pat.

"Why?" asked Mike.

"Because, begorra, I'd never go near that place."

Silence is golden. This may explain why there are few rich men in politics.

Use MURINE NIGHT & MORNING & KEEP YOUR EYES CLEAN CLEAR AND HEALTHY
Write for Free Eye Care Book. Murine Eye Remedy Co., Chicago

Nervous People

That haggard, care-worn, depressed look will disappear and nervous, thin people will gain in weight and strength when Bitro-Phosphate is taken for a short time. Price $1 per pkge at your druggist. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

Frost Bites

Are often dangerous. Rub well with Minard's. It eases pain and heals.

MINARD'S "KING OF PAIN" LINIMENT

For the Kidneys

Kidney troubles are frequently caused by badly digested food which overtaxes these organs to eliminate the irritant acids formed. Help your stomach to properly digest the food by taking 15 to 30 drops of Extract of Roots, sold as Mother Seigel's Curative Syrup, and your kidney disorder will promptly disappear. Get the genuine. 50c. and $1.00 bottles. 7

BAD PATCH OF ECZEMA ON CHIN

In Rash. Itched and Burned. Cuticura Healed.

"I had a very bad patch of eczema on my chin. It broke out in a rash and was very troublesome, itching and burning a great deal. I lost my rest at night on account of the irritation, and my face was disfigured for the time.

"I tried many different remedies without success. I began using Cuticura Soap and Ointment, which brought relief right away, and after using two cakes of Cuticura Soap and two boxes of Cuticura Ointment I was completely healed." (Signed) Miss Mary Campbell, Big Pond Centre, Nova Scotia.

Use Cuticura Soap, Ointment and Talcum exclusively for every-day toilet purposes.

Sample Each Free by Mail. Address: "Cuticura, Dept. 26, Malden, Mass." Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Soap shaves without mug.

MOTHER OF LARGE FAMILY

Recommends Lydia E. Pinkham's Vegetable Compound to Other Mothers

Hemford, N. S.—"I am the mother of four children and I was so weak after my last baby came that I could not do my work and suffered for months until a friend induced me to try Lydia E. Pinkham's Vegetable Compound. Since taking the Vegetable Compound my weakness has left me and the pain in my back has gone. I tell all my friends who are troubled with female weakness to take Lydia E. Pinkham's Vegetable Compound, for I think it is the best medicine ever sold. You may advertise my letter."—Mrs. George I. Crouse, Hemford, N. S.

My First Child

Glen Allen, Alabama.—"I have been greatly benefited by taking Lydia E. Pinkham's Vegetable Compound for bearing-down feelings and pains. I was troubled in this way for nearly four years following the birth of my first child, and at times could hardly stand on my feet. A neighbor recommended the Vegetable Compound to me after I had taken doctor's medicines without much benefit. It has relieved my pains and gives me strength. I recommend it and give you permission to use my testimonial letter."—Mrs. Ida Rye, Glen Allen, Alabama.

Women who suffer should write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women." G