

WORRIES IN THE HOME

It is These That Cause Many a Breakdown in Health.

Almost every woman at the head of a home meets daily with little worries in her household affairs. They may be too small to notice an hour afterwards, but it is the same little worries that break down the health of so many women. Their effect may be noticed in nervous headaches, feeble appetite, indigestion, pains in the side or back, and a sallow complexion. To those afflicted in this way Dr. Williams' Pink Pills, by improving and purifying the blood, bring speedy relief. Among thousands of weak women who have tested and proved the merits of this medicine is Mrs. Gustave Hutt, Bruxelles, Man., who says:—"It is with profound thanks that I write to tell you what Dr. Williams' Pink Pills have done for me. Before I began taking these pills I was weak, and my blood thin and watery. I was so thin that I looked like a skeleton. I was troubled with headaches and indigestion, did not sleep well, and was terribly constipated. I decided to try Dr. Williams' Pink Pills and I soon found that they were just what I needed. Under their use my appetite returned, my food digested properly, and I slept better at night, and gained in flesh as well as strength. The result is that now I am a perfectly healthy woman, and there is no doubt that it is due to the use of Dr. Williams' Pink Pills, a supply of which I now always keep in the house, and I would advise other women to do the same."

Canada's Asbestos Comes from Quebec.

From small beginnings about 1880 Canada's asbestos industry has grown steadily until at the present time, extensive of fuels and structural materials, it is in point of value the most important of her non-metallic mineral products. The value of the shipments of asbestos of all grades in Canada in 1924 amounted to nearly six and three-quarter millions of dollars.

Canadian asbestos, which is the serpentine, of chrysotile variety, all comes from the Eastern Townships, in Quebec, the principal mines being in the townships of Broughton, Thetford, Ireland, and Coleraine. Quite recently a little asbestos has been produced from development work on a deposit in Deloro township, close to the Percipine gold-fields of northern Ontario.

The asbestos is marketed as hand-cobbed, long-fibre crude, and milled fibre. The proportion of crude fibre to milled asbestos that can be produced from the Canadian mineral is small, but the crude is by far the more valuable product. Most of the output is exported in the unmanufactured condition, chiefly to the United States, but there are now several plants for the manufacture of asbestos goods in Canada and there will probably be a gradual diminution in the proportion of the output for manufacture abroad.

The long fibre is spun into thread or yarn that can be woven or braided into cloth, rope, tape, and other forms and used for fire-resisting and heat-insulation purposes generally. The shorter grades of fibre are used for the manufacture of fireproof mill-board, building paper, roofing felt, and shingles; and for pipe-covering compounds, cements, and paints.

From its earliest days up to a few years ago the growth of the Canadian asbestos industry had been remarkably steady and at a normal, healthy rate. But, between 1917 and 1920, prices advanced so rapidly that Crude No. 1 sold as high as \$3,000 per short ton. In 1920, the output of all grades reached 200,000 short tons valued at nearly \$15,000,000. A slump in prices in 1921 caused production to fall off more than 100,000 short tons in quantity and nearly \$10,000,000 in value. In 1923, 231,482 short tons of all grades were produced but the value was only a little over half that of the 1920 output; in 1924 the production was some 225,744 short tons valued at \$6,710,830. The average price of Crude No. 1 is now about \$42 per ton, or twice its pre-war value.

The sharp decline in prices, aggravated by price cutting, and severe competition from South Africa in the most profitable market, that for long-fibre spinning grades, has caused serious dislocation in the Canadian asbestos industry. At the present time a merger of the most important operating companies is being negotiated, in order that the Canadian operators may be better able to successfully meet increasing foreign competition.

WE WANT CHURNING CREAM

We supply cans and pay express charges. We pay daily by express money orders, which can be cashed anywhere without any charge.

To obtain the top price, Cream must be free from bad flavors and contain not less than 30 per cent. Butter Fat.

Bowes Company Limited, Toronto
For references—Head Office, Toronto, Bank of Montreal, or your local banker. Established for over thirty years.

THE THUNDER-CLOUD

By Willis Edwin Hurd

If the surface of a pitcher "sweats" when newly filled with cold water on a hot, sticky, summer day, a thunderstorm is quite likely to occur. The sweating process is due to the warm air giving up moisture on contact with the cold surface of the pitcher. The drops do not come from the water itself. The more humid the air, the more profuse is the sweating, and also the more likely are the cumulo-nimbus clouds to occur.

Often on such a day the cumulus clouds can be found rising to great heights, increasing in breadth, or combining with other clouds into dark, ragged, threatening masses, the tops of which may rise from one to four miles above their bases.

In these clouds the moisture in the warm ascending air currents is rapidly condensed into visible form, and rain soon follows. The winds in the clouds increase in violence and break up the rain-drops, causing them to peck back and forth against each other. This active friction, together with the vigorous uprush of the air, creates great electrical tension, and so lightning, with the consequent thundering, is the natural result.

Sometimes, when the turmoil in the cloud is greatest, the strong currents carry rain-drops into the upper air,

where the temperature is much below the freezing point. There hail is formed, and there by repeated fallings, and hurtings upward with additional coverings of rain, the stones may attain to considerable size. True hail is produced only in a thunderstorm. Thunder and lightning also seldom occur except in the cumulo-nimbus cloud. The rainbow, too, is rarely seen except against a retreating storm of this kind.

A fully developed thunder-storm coming up from the far horizon is an awesome spectacle. Above and in advance of it may be seen a sheet of the thin cirro-stratus cloud. At the very edge of the cumulo-nimbus (piled-up rain-cloud) a gray roll of wind-cloud frequently occurs. Back of it the air ascends into the lanky mass against which plays the lightning, and from which comes the downpour. At the front of the roll, chilled descending gusts replace the torrid heat for the moment with delicious coolness. Sometimes a "deluge of rain" follows upon a terrific peal of thunder. It is the excessive formation of rain in the cloud which causes stronger electrical tension, and therefore sharper lightning and louder thunder. As sound travels faster than the rain, we hear that in advance of the downpour which soon follows.

Sentence Sermons.

The Real Test—Of anything called art is its power to inspire a love for the beautiful.

—Of education is the ability to work supremely well.

—Of religion is the nobility of character it produces.

—Of money is its ability to minister in an emergency.

—Of a joke is the number of people who can join in the laughter.

—Of love is the willingness of the lover to forget himself.

—Of patriotism is the patriot's loyalty in peace time.

Insect Cannibals.

In the struggle for existence many creatures are driven to live at immense heights.

The climbers of Everest saw a herd of wild sheep sitting on a glacier surrounded by pinnacles of ice. They found bees, moths, and butterflies at 21,000 feet, and the last traces of permanent animal existence far above the Himalayan snow-line and 4,000 feet above the last vegetable growth. These were small spiders.

They live in islands of broken rock surrounded by snow and ice. There were no signs of vegetation or living creatures near them, and for food they ate one another.

Winged grasshoppers were found living at a height of 15,000 feet.

The Bad Bargain.

A young Scotsman married an English girl. Some time afterwards he paid a visit to a bachelor uncle in Scotland.

"Weel," said the uncle, "I hear ye hae gotten a wife, Sandy."

"Yes, uncle; ye're right."

"What can she do? Can she knit? Does she mend your clothes?"

"Na," answered Sandy to all these questions; "she does naething like that."

"Humph!" commented the uncle. "Weel, does she cook fine?" he asked, after a few moments. "And can she mak' parritch?"

"Na, uncle," the young man explained; "but you should hear her sing. She has the most beautiful voice ye ever heard."

"Aye," replied the old man. "But, man, could ye no hae gotten a canary?"

Rules of the Road—Tokio.

This is not a joke; it appears just as it is in Japan's largest police station:—

"Rules of the Road—Tokio, Japan

"1. At the rise of the hand policeman, stop rapidly.

"2. Do not pass policeman or other-wise disrespect him.

"3. When a passenger of the foot have in sight, tootle horn; trumpet at him, melodiously at first; but if he still obstacles your passage, tootle him with vigor, and express by word of mouth the warning, 'Hi, Hi!'

"4. Beware of the wandering horse, that he shall not take fright as you pass him by; do not explode an exhaust blow at him. Go soothingly by.

"5. Give big space to the festive dog that shall sport in the roadway.

"6. Avoid entanglements of the dog with the wheel spokes.

"7. Go soothingly on the grease mud, as there lurks skid demon.

"8. Press the brake of the foot as you roll around the corner, to save collapse and tie-up."

Music as Medicine.

A medical journal has recently announced the results of some experiments made to ascertain the relation of music and medicine.

One curious piece of news obtained is that if a lively air is played on a harp or mandolin, a man's tired muscles regain their original vigor. The music of a violinello, on the other hand, has a precisely opposite effect, in temporarily lessening the usual strength and vitality of the hearer.

In nervous and impressionable people, sad music in a minor key, such as Chopin's "Funeral March," actually weakens the pulse and makes the beating of the heart feeble and more irregular.

An American doctor stated not long ago that almost every mental trouble could be cured by suitable selections of classical music regularly administered. Jealousy, grief, overwork, homicidal mania, nervous breakdown, all had their corresponding air.

Riches usually sober men, and cause them to realize their responsibility; but riches spoil women.—E. W. Howe's Monthly.

Keep Minard's Liniment in the House.

Surnames and Their Origin

GOLDSMITH

Variations—Goldschmidt, Goldschmidt, Silversmith, Silberachmid, Silberschmidt, Nasmyth, Greensmith, and Brownsmith.

Racial Origin—English and German. Source—An occupation.

Here is another group of Smith names, some of which are widespread and some of which are uncommon.

From the fact that the German name of Goldsmith, or Goldschmidt, is exactly the parallel of the English Goldsmith, there are many who assume that the latter is merely a translation of the German name. It is true that in a great many cases, particularly on this continent, where a very large proportion of the population is of German descent, the German form has been changed to the English. But the name has an English origin as well. The same holds true of Silversmith.

Both of these names are to be found in the medieval tax lists and records of England, together with such names as Nasmyth, Greensmith and Brownsmith. In those days they were nearly always spelled with a "y" and bore a final "e."

The goldsmith, of course, was then as he is to-day, an artisan who fashioned gold into various articles of utility or adornment, while the silversmith worked in silver. The origin of the name Nasmyth is a little more obscure, but philology and social history prove that the word from which it was taken was the equivalent of "nail-smith," just as Arsmith, explained in a former article, is another form of "arrow-smith."

A "Brownsmith" was a smith who worked in bronze, and a "greensmith" worked in lead.

CHICHESTER.

Racial Origin—English. Source—A locality.

The use of Chichester as a family name is a matter easily and obviously explained. In its first use as such it was descriptive of the locality in which the individual lived. There is a place of this name in England, and naturally persons migrating from Chichester to other sections came to be known in their new neighborhoods as "John of Chichester," or "Robert of Chichester," as the case might be.

Then, in the course of time, neighbors would come to regard the name as merely distinguishing the individual, and its meaning as indicating the place from which he had come several years before would not be foremost in their minds. Hence the "of" or its equivalent in the Norman tongue, would be dropped, and the individual or his sons would bear as their surname simply Chichester.

The place name, however, is a combination of the Saxon given name of "Cissa," and the Latin word "castrum," which means "camp" or military station. The Romans, in the period before the Saxon invasion, built their camps in England, and did elsewhere, as virtual fortifications. They were structures which, and which remained in existence long after the Romans had withdrawn.

"Cissa" was the son of "Aella," who founded the kingdom of the South Saxons.

Canadian Trails.

Follow the trails—Canadian trails—As far as man may go. Follow the winds blowing over them That only the northlands know. Follow the streams to their silent heads Down to the land where no man treads, And the Arctic is your foe.

Follow the trails that the redman trod In moosehairs swift and sure; Follow them where the lone deer herds Browse by the rivers pure. Ninook the bear, and the Arctic fox Watch by their dens where danger stalks And only the strong endure.

Follow the trails through deep pine gloom, The trails of romance and strife, Where the keen air whets the hunger pangs Sharp as the hunter's knife: Far to the south of the lonely world Where the banners of dawn have their lights unfurled In beauty, splendor and life. —Lerline Ballantyne.

SAVE THE CHILDREN

Mothers who keep a box of Baby's Own Tablets in the house may feel that the lives of their little ones are reasonably safe during the hot weather. Stomach troubles, cholera infantum and diarrhoea carry off thousands of little ones every summer, in most cases because the mother does not have a safe medicine at hand to give promptly. Baby's Own Tablets relieve these troubles, or if given occasionally to the well child they will prevent their coming on. The Tablets are guaranteed by a government analyst to be absolutely harmless even to the newborn babe. They are especially good in summer because they regulate the bowels and keep the stomach sweet and pure. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



A Dangerous Visitor.

Worm—"Hey, Mr. Woodpecker, ring the bell. You're punching my front door full of holes."

Paid in His Own Coin.

The young Australian actress, Dorothy Seacombe, tells the story of an American visitor to her native land who tried pulling a stockman's leg and was paid back in his own coin.

"What do you call those?" the American asked, pointing to a herd of steers. "Cattle, of course," replied the stockman.

"Ours in America are twice as big," was the comment.

Presently a mob—an Australian does not say flock—of sheep was encountered, and again the visitor asked what they were.

"Sheep, of course," answered the Australian.

"Thought they were rabbits," said the American.

At last three kangaroos hopped along.

"What are those?" asked the American. "Grasshoppers!" snapped the stockman, and grinned broadly.

Have a Clear Field.

The reason people who attend to their own business are successful is because they have such meagre competition.

Dragon Fly's Antiquity.

The dragon fly is the most ancient insect known to scientists and has the least complex anatomy.

Russia Keeps Its Ban.

The importation of copies of the Bible into Soviet Russia is still prohibited.

The name "Red Rose" has been a guarantee of quality for 30 years

RED ROSE TEA "is good tea"

The ORANGE PEKOE is extra good. Try it!

Begin Movement of Buffalo Northward.

The success of Canada's experiment in conservation of buffalo is shown by the steady increase in the herd in the Buffalo park at Wainwright. In 1909 the herd numbered 709, over two thousand have since been slaughtered for commercial purposes, and this spring there were about eight thousand in the park. The herd has now reached a point where there is a substantial surplus over and above the average forage capacity of the park. That surplus this year is to be disposed of by sending the animals to the Wood Buffalo park near Fort Smith, on the borders of Alberta and the Northwest Territories. The first weekly shipments have begun and will continue at the rate of two hundred animals per week until a total of about two thousand animals have been transported. The buffalo are loaded on railway cars at Wainwright and shipped to Waterways, Alberta. Here they are transferred to scows, which are towed down the Athabasca and Slave rivers to the Wood Buffalo park, where the herd will be under the care of the North West Territories and Yukon Branch. The Wood Buffalo park or reserve is an unfenced area of ten thousand five hundred square miles, in which a herd of wild buffalo has ranged and thrived for many years.

The experiment is one of great moment, both as regards the conservation of buffalo and as to economic and food conditions in the north country.

For Every Ill—Minard's Liniment.

First Railway Signal.

Railway signals were the invention of a railway policeman. At one time the police had to stand on point duty, directing traffic by hand. One who found the job very monotonous invented a crossed stick arrangement controlled by a string. When he pulled the string the crossed sticks fell to a horizontal position, which was an intimation that the engine driver might proceed. The idea caught on and led to the establishment of the present signalling arrangements.

The idea of printed tickets came from the resourceful brain of an overworked booking clerk in England. Like hundreds of his colleagues, he sat all day at the head of a long queue of intending passengers, each of whom spelled out name, address, and destination, to be written on a slip of paper. Such a waste of time and energy disgusted him, and one day he took to pieces an old boot-repairing machine, making from it a primitive ticket-printing apparatus, which was patented and let out to various railway companies on a commission basis.

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. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

After Shaving

Mix Minard's with sweet oil and apply to the face. Wonderfully soothing.



Proved safe by millions and prescribed by physicians for

Headache Neuralgia Colds Rheumatism
Pain Toothache Neuritis Lumbago

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, Manufacture of Monocyclic-acetic-acid of Salicylic-acid (Acety) Salicylic Acid, "A. S. A.". 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."

Sixteen Million Storms a Year.

Our planet has forty-four thousand thunderstorms a day—three hundred and sixty thousand lightning flashes an hour!

A single lightning flash is believed to represent an energy equal to half a million horse-power, and an electrical pressure of three billion volts.

In the world there are three thousand stations where daily observations are made of thunderstorms. You might suppose that the heaviest and most frequent thunderstorms occur around the Equator, but they do not. The worst are in what is called the "rain belts," that lie at some distance on either side of that line.

Java is said to be the most thundery place on earth, but even as far north as Florida and as far south as the Transvaal thunderstorms are frequent and of tremendous force.

In a large part of Central America thunderstorms occur almost daily—during half the year. In Ethiopia the average number of thunderstorms is 250 a year; on the Gold Coast, about one hundred.

Italy holds the European record with between forty and fifty yearly; Paris has only twenty-seven. The English record varies, there being three times as many thunderstorms in the Fen district as in the South of England.

We shall get a new definition for progress. It ought to mean not more machinery, more bustle, more manufacturers, but more durable satisfaction for the average human being.

The most perfect vacuum possible still contains about eight billion gas molecules to the cubic inch.



PIMPLES OVER FACE AND NECK

Itched and Burned Badly. Healed by Cuticura.

"My face started to itch and burn and then broke out with pimples that were hard, large and red. After a few days they festered and scabbed over and were very sore. They itched and burned so badly that I used to scratch which caused them to spread all over my face and neck. My face was badly disfigured. I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. After using it I purchased more and in about two weeks I was healed." (Signed) Miss Bertha Wilson, R. S. 4, Foresters Falls, Ont., Oct. 3, 1924. Daily use of Cuticura Soap, Ointment and Talcum helps to prevent skin troubles. Sample Each Free by Mail. Address Canadian Dept., "The National", 715, King St. W., Toronto, Ont. Cuticura Shaving Stick 25c.

WORKING GIRL'S EXPERIENCE

Read How She Found Help in Lydia E. Pinkham's Vegetable Compound

Arnprior, Ontario.—"I must write and tell you my experience with your medicine. I was working at the factory for three years and became so run-down that I used to take weak spells and would be at home at least one day each week. I was treated by the doctors for anemia, but it didn't seem to do me any good. I was told to take a rest, but was unable to, and kept on getting worse. I was troubled mostly with my periods. I would sometimes pass three months, and when it came it would last around two weeks, and I would have such pains at times in my right side that I could hardly walk. I am only 19 years of age and weigh 118 pounds now, and before taking the Vegetable Compound I was only 108 pounds. I was sickly for two years and some of my friends told me about Lydia E. Pinkham's Vegetable Compound, and when I had taken a bottle of it I felt a change. My mother has been taking it for a different ailment and has found it very satisfactory. I am willing to tell friends about the medicine and to answer letters asking about it."—Miss HAZEL BERNDT, Box 700, Arnprior, Ontario.

A day out each week shows in the pay envelope. If you are troubled with some weakness, indicated by a run-down condition, tired feelings, pains and irregularity, let Lydia E. Pinkham's Vegetable Compound help you.

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