

KELLY THROWS HIS CRUTCHES AWAY

OLD TIME STRENGTH HAS RETURNED AND HE FEELS FINE.

Can Do as Big a Day's Work as Any Man, Now, He Declares—Gives Tanlac Credit.

"Tanalac has restored me to perfect health, and the best I can say for it is not as good as it deserves," said John Kelly, an employee of the Fred Johnson Company, residing at 129 Hamilton, Ont.

Years ago I had a severe case of rheumatism which left me in an awfully weakened condition, and a few weeks later I had an attack of grippe. My stomach got all out of order, and I could scarcely get out enough to keep me alive. For six weeks my legs were so weak I just had to hobble around on crutches, and my back and shoulders hurt awfully. I couldn't stoop over without hurting so bad I thought my back would break. I couldn't bring my hands together in front of me because of the pains in my shoulders. I was constipated nearly all the time.

"Well, since taking Tanlac I know it is a wonderful builder. It gave me a whole of an appetite after I had only taken one bottle, and instead of my food giving me indigestion like it used to, it got to agreeing with me perfectly so that I always had plenty of strength and energy. In fact, I feel as well to-day as I ever did in my life, and can do as good a day's work as any man. Tanlac can't be recommended too highly."

Tanalac is sold by all good druggists. —Advt.

If you cannot find what you like, try to like what you have. Minard's Liniment for sale everywhere.

Surnames and Their Origin

CARMICHAEL
Racial Origin—Welsh.
Source—A locality.

The name of Carmichael is one of those which is more widely known, perhaps, than borne, and you may find it interesting from the fact that one element from which it is compounded is so obvious, and the other so puzzling. For, of course, the last two syllables in it are from the given name of Michael.

Since this given name, of Hebrew origin, and indicating "one who is like God," was a Biblical name of the type likely to appeal to the imagination of the early Christians of Northern Europe, wherever their race, it spread quickly on the heels of Christianity into Germany, France, England, Scotland, Ireland and Wales.

It is the first syllable of the family name, however, that identifies it as a development among the Celtic Celts; that is, the Welsh. Glance at a map of Wales. Note the number of place names which begin with "Car" or "Caer." This word meant a "fortress" or "stronghold," equivalent in a sense to the Saxon "ton" and "burgh," the German "burg," and also to "castle."

The place known as Carmichael would in modern English have been called Michael's Fort, and it also must have received its name subsequent to the Christianization of the Welsh.

As a surname, of course, it at first indicated the place of residence of the individual, or more likely his former place of residence, and it developed

India's Advocate

The imprisonment of Mohandas K. Gandhi, the arch-agitator of India, has put a stop to the act of one of the most remarkable of the Indian Empire.

Gandhi was born in 1869. He studied for the Bar, to which he was called at Lincoln's Inn, London, and after a short period of practice in Bombay he went to South Africa, where he became the leader of the Indians who wished to institute reforms.

In 1906 the Zulu rebellion found him in a position of great strength and the cause of endless trouble to the Government. But during the rebellion he did splendid work in organizing an ambulance corps.

Back in India, Gandhi came to be regarded as a saint with supernatural power. He gave all his money away to the poor, and lived the life of a shoe-maker; but all the time he was plotting the passive revolt against British rule, which has at last led to his arrest.

Gandhi is undoubtedly sincere. He loves his country with a passionate devotion. He is an educated man, and the various outbreaks and murders which have marked his campaigns cannot be laid at his door, for he has always advocated passive resistance. Meanwhile, although he is a menace to British power in India, we can at least respect him for his courage and sincerity.

Minority Expression

During the campaign for prohibition a little town took a lively interest in the election. Every house, with the exception of one, displayed this card: "This House Is Dry."

For days all eyes watched the windows of that one house without any sign. At last this placard appeared: "This House Leaks a Little."

Good Luck!

"My brother has been in Africa for the last year, and has just come home. He has been hunting tigers."

"How exciting. Did he have luck?"

"Rather! He never met any."

NOTHING TO EQUAL BABY'S OWN TABLETS

Mrs. Georges Lefebvre, St. Zenon, Que., writes: "I do not think there is any other medicine to equal Baby's Own Tablets for little ones. I have used them for my baby and would use nothing else." What Mrs. Lefebvre says thousands of other mothers say. They have found by trial that the Tablets always do just what is claimed for them. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus banish indigestion, constipation, colds, colic, etc. They are sold by medicine dealers or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Huge British Range Finder

The largest range finder in the world is over twice the size of any used during the war, and has been constructed in England for use in coastal defense. It was designed by the two original inventors of the range finder that has been in use in the British navy for many years, and that consists of a horizontal tube carried on a central frame, which rotates with the tube on a pedestal.

Bone Dry

She had marked the huskiness in his voice for the past ten minutes, and the nervous manner in which he held his chair spoke volumes to her. She knew what was coming. "Clara," he said, and his throat seemed dry and parched, "would you—that is, could you—do you think that you—"

"Go on, George," she murmured, encouragingly. "I am listening."

"Would you—do you think you could—get me a drink of water? I am as dry as a bone."

The first red rose to be grown in England was planted in the gardens of the Manor of Savoy, London, in the thirteenth century.

At the time of the Armistice 5,000 tons of salvage from the battlefields was being dealt with each week in establishments in England.

Wind Is Flying North

Due north they go
To the wastes of snow,
Or where lone polar waters flow
On a flinty, ice-gripped strand;
High, high they sweep
Through the cloudy deep,
Where twilight's mazy vapors creep
Above a rain-swept land.

To pilot's cry
Their shapes file by;
A wavy chain across the sky,
The speedy line recedes.
The April night
Enfolds their flight,
But of courage high, hope infinite,
The heart a lesson reads.

—James P. McFadden.

Her Reason

Dr. Jones had responded to a note left at his door by a farmer, asking him to go as soon as possible to see his little boy, who had a "very bad cold."

The doctor took one look at the child and turned to the mother.

"Don't you know your boy is coming down with the measles?" he asked.

"Yes, doctor, I knew he was," said the woman.

"Then why in the world did you write me that he had a very bad cold?" asked the doctor.

The woman hesitated for a moment; then, looking at her husband, she said, with sullen frankness:

"Neither him nor me know how to spell measles."

DIGESTIVE TROUBLES CAUSE MUCH DISTRESS

Are Nearly Always Due to Thin, Watery Blood.

Do not think that because your stomach is easily upset you are the victim of some serious malady. One of the most common causes of indigestion is anemia, or thin, watery blood. In fact it has become generally recognized that healthy activity of the stomach is impossible unless the blood is rich and red.

Dr. Williams' Pink Pills have been found valuable in cases of indigestion, nervous dyspepsia and stomach weakness, just because they are a blood builder and nerve tonic. The rich, red blood following their use not only imparts a healthy digestion, but carries color to the cheeks and lips, and gives vigor to the muscles. One important point to remember is that Dr. Williams' Pink Pills contain no harmful drugs or opiates and are thus to be preferred to preparations that merely stimulate for a time. Before you begin worrying unnecessarily about your state of health, try the tonic treatment of Dr. Williams' Pink Pills. You will be surprised to see how rapidly your appetite returns and your debilitated system revives. Miss Sarah Farquhar, North Brookfield, N.S., who has proved the value of these pills in cases of this kind, says:

"For a long time I was a sufferer from indigestion, which seemed to carry with it a complication of other troubles. Every meal brought misery with it, as the eating was followed by severe pains in the stomach, causing at times nausea and vomiting, and at other times an accumulation of gas and heart and a smothering sensation. The result was that my general health was seriously affected and the least exertion would tire me out. I had more than temporary relief until I began using Dr. Williams' Pink Pills, which I took for a considerable time, with the result that I now enjoy every meal and am no longer distressed after eating. I find myself in every way enjoying better health, and I cheerfully recommend these pills to similar sufferers."

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

New Vacuum-Tube Amplifier Aid to Partially Deaf

Considerable progress has been made in the development of telephonic hearing aids for the partially deaf, but the limit had apparently been reached along this line until the new vacuum-tube amplifier was produced. This tube, the result of the efforts of many inventors, consists primarily of a small electric bulb having within it a filament, a spiral wire called a grid, and a metallic plate, all in the order named.

MONEY ORDERS

Remit by Dominion Express Money Order. If lost or stolen you get your money back.

Mistaken Identity

As a steamer was leaving the harbor of Athens a well-dressed young lady passenger approached the captain, and, pointing to the distant hills, inquired:

"What is that white stuff on the hills, captain?"

"That is snow, madam," replied the captain.

"Well," remarked the lady, "I thought so myself, but a gentleman has just told me it was Greece."

In the Dizzy Future

The new era that is upon us will be an era of unbelievable speed. The following incident is not fiction; it is a prophecy.

A young man of A.D. 1950 was giving his girl an airing, so to speak, in a swift and powerful 2,000 h.p. aeroplane.

"That's England we're approaching," he said. They lived in Australia. "British Isles, you know. Pretty little group they make, don't they?"

"I don't see them," said the girl, anxiously. "Where are they?"

"Oh," said the young man, "we've passed them now!"

Considerate!

Mistress (reprovingly): "Bridget, breakfast is very late this morning. I noticed last night that you had company in the kitchen, and it was nearly twelve o'clock when you went to bed."

Bridget: "It was, ma'am. I knew you was awake, for I heard ye movin' about; an' I said to meself ye'd need sleep this mornin', an' I wouldn't disturb ye wid an early breakfast."

Mahogany trees do not reach their full height until they are two hundred years old.

The world is blessed most by men who do the things, and not by those who merely talk about them.

Widow-burning, now virtually extinct in India, is said to exist still in parts of Africa; widows were immolated on the husband's funeral pyre as a sign of virtue, and also to provide the dead man with attendants in the next world.

A Unique Cloud Bank

A singular atmospheric phenomenon recently noted along the western coast of South America is a bank or band of cloud extending for two thousand miles, from Ecuador to the centre of Chile, and following the trend of the coast range of hills. The cloud bank is between ten and twenty miles broad, floats at an elevation of between two thousand and three thousand feet and has a vertical thickness of not less than one thousand feet.

This curious phenomenon is ascribed to the prevalence of cool southerly and south-westerly winds blowing obliquely along-shore, and having their moisture condensed by the coast hill clouds without rain.

Antarctic Iron Foundry (Near Shackleton's Tomb)

The Island of South Georgia, where Sir Ernest Shackleton has been buried, is 2,000 miles from civilization; but it is shortly to process a complete, though small, iron foundry. A British firm has despatched to this distant island one of its special comprehensive plants for making castings required in repairing the machinery of whaling vessels. Any necessary repairs to the ships can also be carried out by this equipment.

Swindled

Sandy McNab took a sixpenny ticket in a raffle for a pony and trap. He won it.

Was he pleased at his good fortune?

Not a bit.

When the pony and trap were brought to him he surveyed them gloomily.

"I tell ye," he said, "the whole thing was a swindle."

"What's the matter?" asked his friends.

"Where's the whip?" demanded Sandy.

ACIDS IN STOMACH CAUSE INDIGESTION

Create Gas, Sourness and Pain. How to Treat.

Medical authorities state that nearly nine-tenths of the cases of stomach trouble, indigestion, sourness, burning, gas, bloating, nausea, etc., are due to an excess of hydrochloric acid in the stomach and not as some believe to a lack of digestive juices. The delicate stomach lining is irritated, digestion is delayed and food sours, causing disagreeable symptoms which every stomach sufferer knows so well.

Artificial digestants are not needed in such cases and may do real harm. Try laying aside all digestive aids and instead get from any druggist a few ounces of Bisurated Magnesia and take a teaspoonful in a quarter glass of water right after eating. This sweetens the stomach, prevents the formation of excess acid and there is no sourness, gas or pain. Bisurated Magnesia (in powder or tablet form—never liquid or milk) is harmless to the stomach, inexpensive to take and is the most efficient form of magnesia for stomach purposes. It is used by thousands of people who enjoy their meals with no more fear of indigestion.

COARSE SALT LANDSALT

Bulk Carlots
TORONTO SALT WORKS
G. J. CLIFF • TORONTO

MINARD'S "KING OF PAIN" LINIMENT

Blisters, Feet, Sore Feet, Tired Feet, Burning and Aching Feet

After a hard day's work or a long tramp and your feet are completely used up, bathe them in hot water, then rub them well with MINARD'S LINIMENT. It will relieve you and you will never be without a bottle.

great help in carrying a child, as I have noticed a difference when I didn't take it. I thank you for this medicine and if I ever come to this point again I do not want to be without the Vegetable Compound. I give you permission to publish this letter so that all women can take my advice." —Mrs. FRED MINER, Box 102, Chubbuck, N. Y.

It is the same story over again. Women suffer from ailments for years. They try doctors and different medicines, but feel no better. Finally they take Lydia E. Pinkham's Vegetable Compound and you can see its value in the case of Mrs. Miner.

That's the truth of the matter. If you are suffering from any of the troubles women have, you ought to try this medicine. It can be taken in safety by young or old, as it contains no harmful drugs.

ASPIRIN

WARNING! Say "Bayer" when you buy Aspirin. Unless you see the name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances?

Accept only an "unbroken package" of "Bayer Tablets Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions of

Colds
Toothache
Earache
Headache
Neuralgia
Lumbago
Rheumatism
Neuritis
Pain, Pain

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 Salicylic Acid. While it is well known that Aspirin means Bayer, the public is advised to look for the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Mr. Jenkins Took a Cracked Club To Tame Lions



The exhibition ended rather badly. It very nearly was a big day for the lions and a sad day for Mr. Jenkins—all for want of proper care in getting ready.

Many a man who has business to do and a living to make and a job to fill is as careless how he feeds his body as Mr. Jenkins was in picking out a club.

Some foods are too heavy, some are too starchy, many lack necessary elements and so starve the body—and many load the system down with fermentation and auto-intoxication.

Grape-Nuts helps build health and strength. It contains the full richness of wheat and malted barley, including the vital mineral elements, without which the body cannot be fully sustained. Grape-

Nuts digests quickly and wholesomely. Served with cream or good milk, it is a complete food—crisp and delicious.

Grape-Nuts is just the food for those who care to meet life's situations well prepared in health. Order Grape-Nuts from your grocer today. Try it with cream or milk for breakfast or lunch, or made into a delightful pudding for dinner.

Grape-Nuts—the Body Builder "There's a Reason"

Made by Canadian Postum Cereal Co., Limited, Windsor, Ontario