SPECIAL FOR SATURDAY

QUICK'S WESTERN MEAT MARKET 112 CLERGY STREET

Choice Stew Beef, 15c. to 1Sc. lb? Choice Hip Ronst 1Sc. lb. Choice Shoulder Ronst . 20c. lb. Choice Pot Roust 20c. 1b. Choice Lamb Chops 30c. 1b. Everything on sale for Saturday. Call and get a bargain.

D.D.D., the greatest of skin remedies will remove those skin afflictions that have made your life a burden. That intolerable itching, burning and discomfort will disappear under the magic of this remedy. It has cured many cases pronounced incurable, and will reach your case. We guar antee the first bottle to bring you relief. Mahood's Drug Store, King-

The Liquid Wash

WHEN YOU WAKE UP DRINK GLASS OF HOT WATER Most of the work in the govern

Wash Poisons and Toxins From System Before Putting Food Into Stomach.

Wash yourself on the inside before breakfast like you do on the outside. This is vastly more important because the skin pores do not absorb impurities into the blood, causing illness, while the bowel pores do.

For every ounce of food taken into the stomach, nearly an ounce of waste material must be carried out of the body. If this waste is not eliminated day by day it quickly ferments and generates poisons, gases and toxins which are absorbed or sucked through into the blood stream through the lymph ducts which should suck only nourishment.

A splendid health measure is to drink, before breakfast each day, a glass of hot water with a teaspoonful of limestone phosphate in it, which is a harmless way to wash these poisons from the stomach, liver, kidneys and bowels; thus cleansing, sweetening and freshening the alimentary canal before eating more

A quarter pound of limestone phosphate costs but very little at the drug store, but is sufficient to make anyone an enthusiast on inside bath-

AWAY WITH THOSE ACHES AND PAINS

Keep Sloan's Liniment Handy to Put the "Feel Good" Back Into the System.

LL it needs is just one trial a little applied without rubbing, for it penetrates—to convince you of its merit in relieving sciatica. lumbago, neuralgia pains, aches and strains, the after-effects of exposure.

The congestion is scattered, promptly, cleanly, without effort, economically. You become a regular user of Sloan's Liniment, adding your enthusiasm to that of its many thousands of other friends the world stretch the wrinkles from trousers. The world's consumption of cocoa apparatus that photographically measures the duration of flashes of expanditions to Italy's inadequate tele-Canada. Three sizes at all drug- population of Australia as 5,030,000. gists-35c., 70c., \$1.40.



Make This Pine Cough Remely

Thousands of families awear by its prompt results. Inexpensive.

ou know that pine is used in nearly

You know that pine is used in nearly all prescriptions and remedies for coughs. The reason is that pine contains several peculiar elements that have a remarkable effect in soothing and healing the membranes of the throat and chest. Pine is famous for this purpose.

Pine cough syrups are combinations of pine and syrup. The "syrup" part is usually plain sugar syrup.

To make the best pine cough remedy that money can buy, put 2½ ounces of Pinex (50 cents worth) in a 16-oz. bottle, and fill up with home-made sugar syrup. Or you can use clarified motasse:, honey, or corn syrup, instead of sugar syrup. Either way, you make 16 ounces—more than you can buy readymade for \$2.50. It is pure, good and very pleasant—children take it cagerly. You can feel this take hold of a cough or cold in a way that means business.

You can feel this take hold of a cough or cold in a way that means business. The cough may be dry, hoarse and tight, or may be persistently loose from the formation of phlegm. The cause is the same—inflamed membranes—and this Pinex and Syrup combination will stop it—usually in 24 hours or less. Splendid, too, for bronchial asthma, hoarseness, or any ordinary throat ailment.

Pinex is a highly concentrated compound of genuine Norway pine extract, and is famous the world over for its prompt effect upon coughs.

Beware of substitutes. Ask your druggist for "2½ ounces of Pinex" with directions, and don't accept anything else. Guaranteed to give absolute satisfaction or money refunded. The Pinex Co., Toronto, Ont.

BOOTH & CO., Foot West Street Phone 133

SCHOOL BRITISH

FIRST YEAR SATURDAY, NOVEMBER 22, 1919.

ACHIEVEMENT WHAT BOYS CAN BE

Government Service BY E. S. ALBRANDER

Did you know that your Uncle is the largest employer in the world? He hires under Civil Service tiles more than 320,000 persons. The U.S. Civil Service Commission says that probably no occupation exists which is not in the Civil Service. About 40,000 persons are appointed to positions each

Jobs are awarded in civil service by examination. A new position is to be filled. An examination is held taking in the information and qualities necessary to that job. The appointment is made from among the persons receiving the highest grade in that examination If you are the best man for the job

time you would have to work in a day Your hours might be shorter. Thi

would be required in the same lob in

your town has a house to house be able to send you bulletins on the subject which would be of value to you. When you are deciding for whom to work don't forget your Uncle Sam.



EDUCATION IN MANITOBA

The Whig has received from the blem of their education is a heavy articles written by the teachers in these settlements, telling of their exoriences and of the difficulties confronting them, and how they overcome them One teacher tells of the terrible conditions of living in these communities, and of how she has made the schoolhouse a centre for community training. Community minds of the foreigners, as well as simple rules of sanitary and proper living, the effect of these meetings has been greatly felt in the raising

Because you start in at a small salary doesn't mean that you will stay there, birth and extraction. She has a Victoria on which she daily plays several records so that the children can learn the language. This has been learn the language. This has been so successful that a school yell has been developed, as follows.

The staff of the children of the children of the children can learn the language. This has been so successful that a school yell has been developed, as follows.

Who are we? Who are we? Another teacher tells of a novel

We're the Canadians, don't you see? Can we speak English? Well, I

Do we love Canada? Yes! Yes!! Yes!!! Another article deals with the influence of the returned soldier as a school teacher, and tells of a Ruthenian school which is taught by a veteran who is doing splendid work educating these children in the eals for which he fought. One ineresting article tells of a businessman's experience in organizing boys' and girls' clubs in the same district. Plans for a teacher's cottage are shown at the end of the booklet, this being a feature which is really a necessity in the foreign settlements. The booklet is one of great interest to teachers, and a copy may be obtained by writing to Hon. Dr. R. S. Thornton, Minister of Education, Winnipeg, Man.

The Collegiate Girl Guides. Some of the teachers at the Collegiate have taken up enthusiastically the girl guide movement, and on Thursday afternoon a gathering of the school children took place If I can let into some soul a little and tea rooms pay well. Corporations with a view to forming a corps. of light, Girl Guides at the institute. girls themselves are very much pleased with the idea, and practically every girl in the school intends to turned from England, where her daughter was a member of a corps of guides, speaks very highly of the movement, and has written to the proper quarters for information as to organization. As soon as this is received the local corps will be form-

/ Next Week's School News The next issue of the School Brithave arranged for their scholars to parison between the poetry and sto- ninety years ago.

write stories, news items and other features of interest, which will appear in this column. This is something entirely new for Kingston, and Minister of Education for the prov- children will find this news in the ince of Manitoba a very interesting Whig only. The commencement of booklet dealing with education this feature is being eagerly watched amongst new Canadians. In Mani- for by the school children all over toba there is a very large population the city, and the Whig is determined of children of foreign birth and or- to make it the most interesting chiligin, such as Ruthenians, Gelicians dren's feature found in any paper. and other nationalities, and the pro- The excellence of the idea has drawn forth favorable comment from all one. In this booklet are a number of sides, and even from the United States, so that the children will no dowst put forth every effort to make their own newspaper interesting and

To the Teachers of Rural Schools. As has been announced at various times during the present week, the children of the city schools are togatherings are held, and at these participate in the making of a school meetings, the ideals of British law newspaper. This was done by the and democracy are instilled in the co-operation of the principals and teachers, by means of a personal call to each school. It was, of course, impossible to call on any of the rural schools with a similar request, but, nevertheless, any contribution in the way of stories or news items of the rural schools, will be welcomed. Any stories written by the children, birth and extraction She has a Vic- or any items from the teachers, should be addressed to the School Editor, British Whig, who will see that they are given a place in the day!" school children's own newspaper.

> The Cataragui School Auditorium. is for the new Cataraqui school s the inclusion of an auditorium. This large hall will be of great use to the staff and scholars in promoting the ideals of citizenship and the community spirit, for in it will be held gatherings of the scholars at which these ideals will be put before them. To the whole community the hall should be of great use, as it will probably be available for meetings of various kinds. For this purpose, it will fill a long-felt want in the

The History of Kingston. How much do the school children of Kingston know of the historical should produce several fine stories for some man to propose, either. give the scholars fine scope for dietist, with assistants. The chief writing of the early days of their often gets several thousand dollars a mative city

Satisfaction.

can render bright. If I to one in gloom can show the same. Opportunities are growing all sunny side. join. Mrs. Gill, who recently re- Though no reward I win, I shall be community kitchen will open up a new

have accommodation for at least 450 Education in Washington for bulletins pupils, and will to a large extent re-telling of investigations made by the lieve the congestion in the Kingston big state universities. A number of the schools Even with this extra ac- girls are specializing in chemistry and ed, and will be a splendid feature of commodation, however, there will domestic science. They intend to study the social life of the Collegiate. hardly be ample room for the future dietetics in a state university or special needs of the city

ish Whig will see the commencement In the childrens section of the of the children's own newspaper or ninetieth anniversary number of the magazine The children themselves Christian Guardian a number of will be the reporters and contribu- poems and stories written in 1830 tors. The teachers and principals are reproduced, so as to make a com- ries for children of today and that of

By Elizabeth Mateer "Some women know how to cook, but they don't know what to cook. Their meals delight the taste, but ruin

wonderful cook. Look how long she's been practicing! But why can't these young girls learn the same thing and learn it a whole lot quicker? Cooking Women's feet are getting larger.

isn't an instinct; it's a science.

"I tell you, I'm strong for this 'domestic science.' It takes just so much men have gone dance mad? Much salt to make a roast taste right, dance, much big feet. whether Mrs. Dennis puts it in by instinct, or a young lady puts it in by science. It tastes just the same. Let the girls study cooking scientifically, and not try to pick it up second-hand.

"Joe" Hawkey, who is to be the jail governor, was a great wrestler, and any guy who gets nasty up in the West street castle will get badly cution four years and then get married right away? Give me a well-cooked. breakfast instead of a recitation any

A Young Lady Speaks "Quite right," says the pretty young domestic science teacher. "You are Another splendid feature in the talking about a dictist. She is a



associations of the city of Kingston lady who knows how to cook, what to and of the part it played in the early cook, and why she cooks it. She history of Canada? This question doesn't have to stand around waiting for the School British Whig, and will "Every hospital needs a head

year; the others get \$60 to \$80 a month, with board, lodging, and experience thrown in. Hotels and restaurants need experts. Independent lunch rooms If I some pathway dark and drear homes, teaching wives and mothers to cook better. Farmers' institutes do the

The new Catairaqui school will to the United States Department of

(Next week: "Industrial Welfare Boys' and Girls' Newspaper Service Copyright, 1919, by J. H. Millar

Ithe inside and outside of a user's machine can be attached to a faucet of which is waterproofed and can

A projections horn shaped shield by using a concrete made of iron For testing the dangers of mine has been added to the list of auto-

Electric hot plates have been in- bufft will link Rome and the provin-

British factories make about 5,000 liver typewritten messages at a speed or more so that compasses are not an electric headlight to be mounted on a horse's bridle, furnished with

casts lead seals for freight cars, ex-

A noyelty in the motor truck line A new fly swatter is a cone of pictures with the appearance of solid-and rear wheels, either together or

An Australian has discovered a nethod for using the fibre obtained from the bark of a large variety of eucalytptus trees in the manufacture

they are being worn is placed inside their legs to avoid injuring the outide of the fabric.

planned to become the principal authoritative body for the technique of ritish commercial aviation.

Its inventor has patented a mirror to be worn on the back of a motorist's hand to help him signal at night by reflecting some of the light from a following car's headlights.

Well, will Hughey be able to keep Christy in order next year?

It is surprising, that Coach Williams did not take some of the Queen's "rush" boys to overwhelm the science of the McGill rugby team.

Difficulties: To get Queen's students to attend the university Sunday afternoon services and to get women to stop smoking.

Will some real wise person tell us why women should not smoke if they demand the same rights and privi-

Judging by the prices of some things we eat and wear, the sellers "Of course old Mrs. Dennis is a are trying to beat the record of the

Women's feet are getting larger;

"What good does it do to study elo- mussed up if he lips the ex-Kingston township reeve.

Wolfe Island is busy raising new voters. Three male children made their appearance in island homes last

According to Ald. Chown, Cataraqui ward has more kids to the square yard than other portions of the city have to the square rod. It certainly deserves a good school.

What chance has this Church Forward Movement of success when everything but religion is practised in the homes and out of it? The movie and the dance are having their forward movement anyway.

Were any Kingston girls who recently visited Montreal surprised at seeing girl clerks smoking cigarettes on their way to and from lunch?

were \$8,000 higher than last summer, concrete mixer. the city is nothing out of pocket. The salaries of new teachers and caretaker, besides coal, etc., will-offset the difference in the tender

mires the streets' administrator for Brockville and east of there. the way he did the job.

"The Lord will provide," but when you want to get the foundation of a A self-possessed woman is one who house erected quickly, it is better to | failed to acquire a husband

Red Blood



Any doctor will tell you that the ingredients of Vinol, as named below, will enrich the blood and banish anaemia and create strength. When the blood is pure, rich and red, the body is strong and robust.

R Cod Liver and Beef Peptones, Iron and Manganese Peptonates, Iron and Ammonium Citrate, Calcium and Sodium Hypophosphites, Nux Vomica and Wild Cherry.

Your money back if it fails Get Vinol at leading drug stores CHESTER KENT & CO., WINDSOR, ONT.

your mouth tastes like all the mean things you ever did-mixed together.

Worth a Guinga a box Sold overywhere in Canada.

Although the new school tenders help yourself, even to a municipal

If the bootleggers who have lost their supply of liquor through its seizure by inspectors at eastern towns knew where a good deal of it went, they would have recourse to The Lampman does not blame Ald. the law against some men who have Graham for getting the use of the stored it in their own cellars. An city's concrete machinery wherewith investigation should be set afoot as to build a house. Rather he ad- to the disposal of liquor seized at

-THE TOWN WATCHMAN.

U.S.L. Storage Battery

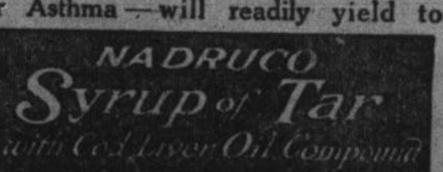
DISTRIBUTOR AND SERVICE STATION

DON. M. CRAIG Expert Storage Battery and Self Starter repairs.

All size Batteries for all cars. 207 PRINCESS STREET, WINDSOR BLOCK

PHONE 1818. HOUSE PHONE 1688W.

That Stubborn Cough -whether from a fresh cold, Bronchitis or Asthma - will readily yield to





This dependable cough medicine gives quick relief when the throat is sore or irritated. It heals the inflamed membranes; loosens the phiegm; and completely cures the most stubborn cough.

Its pleasant agreeable taste makes this excellent remedy particularly suited to children. Keep a bottle always in the house. None genuine except in Red Package bearing the trademark Na-Dru-Co.

ansactured by National Drug and Chemical Company of Canada, Limite

The Particular Man



With an inclination to wear fine SHOES is the man we want for a customer. Nothing desirable, that any gentleman will want in fine Pootwear is absent from our Fall and Winter lines. We have the finest SHOES brains can create or money can buy—beauties to look at—luxuries to the foot—\$5.00 to \$12.00 Zulu Brown Calf, Mahogany Calf, Vici Kid and Gunmetal Calf.

If you want well dressed feet, bring them here.

"HOME OF GOOD SHOES"

Newest Notes Of Science

Clamps on the back of a new chair shavings, cement and sand. A Virginia man has patented a in the United States. machine for sharpening and polishing worn phonograph needles.

In an experimental way passenger

government formula, weekly.

ed between Venice and Milan. trically operated machine will apply 350 square feet of stucco an hour. Artificial lace that is more durable a spring, its shape making the escape than the genuine is being made by a of an insect almost impossible.

French inventor from cellulose.

makes use of a tumbler to hold the plates to be dragged in the sea by detachable rim for automobile wheels fuel and also to shield the flame from cables from aeroplanes to facilitate overlap and can be drawn together

For invalids a serving tray has chalked by being drawn out of the interfere with placing materials in been invented in which food is kept too warm by electricity taken from a light | A Frenchman is the inventor of a

tended to give aeroplanes almost The maker of an electric searchlight operated by a six-volt battery contends it will throw a beam of

ght 800 feet. Japanese business men have formed a \$250,000 corporation to breed foxes from stock imported from Alaska for their fur. Two connections are provided with a new automobile tail light, one for

he magneto and the other for the attery of a car. Japan's coal mines had a record roduction of 27,500,000 tons last year and expect to increase the output the

present year.

An inventor has patented a trough wheels, which sifts ashes by gravity Grape Tuts is one end is raised. Exploration of China's coal fields has led to the belief that they comtain more fuel than all the rest of

the world together.

An Omaha woman is the inventor of a tooth brush curved to fit both

teeth at the same time. ed an exceedingly durable highway dish pan.

half of all that is produced being used plosions.

tons of margerine, according to a of 120 words a minute.

for all three operations.

A process has been invented in more tons. aeroplane service has been establish- Europe for cutting thin plates of By making two films at the same press packages and mall bags at a marble for diffusing electric lights time from slightly different angles an rate of 1,000 an hour. Handled by two men, a new elec- more effectively than frosted glass. wire that is shot out from a pistol by

To prevent snow sliding from roofs school at Barcelona in connection massaging their foreheads until sleep a Pennsylvanian has designed metal with schools of the textile, dyeing, comes.

roofing with serpentine corrugations. Chemical and tanning industries.

Experiments in Ceylon have shown Spring wire guards for hook and ring have been patented to enable any that cocoanut water fermented for a bait to keep them clear of weeds yet person to make his own brooms at few days can be used to coagulate not interfere with fish biting have home without special knowledge of been invented as a boon for anglers the process.

radio communication between aviat- with a jack to permit a tire to be A new African diamond field has ors.

been discovered in the gold coast by A chalk line invented by a Jap- A cover for garbage or rubbish cans experts of the British geological sur- anese resident of Nebraska is enclosed has been invented that prevents the

revolving fan small enough to be car-Experiments are being carried on ried in a pocket and operated by in Germany with a gas turbine in- pressing buttons with a thumb and

A recently invented dish washing



tear of the daily grind — a food that rebuilds-

with a uniquely

appetizing flavor.

French road builders have develop- kitchen sink without employing a er's head from rain. gases an Englishman has invented an mobile headlight dimmers.

High speed telegraph apparatus of vented to warm the feet of men on cial capitals. English invention can be made to de- watch on all passenger vessels of 300 An Arkansas inventor has patented

For farmers a motor truck has been | Greece has required radio equip- current from dry batteries attached . A brush with metal spikes for invented that loads, hauls and scat- ment on all passenger vessels of 300 to the harness bristles has been invented by a Masters fertilizer, using the same power or more tons dead weight capacity An electrically operated machine sachusetts man for scaling fish. for all three operations.

> inventor claims to produce motion For treating victims of insomnia an separately, the driver having two Englishman has invented an appara-Englishman has invented an appara-

A recently patented night lamp Of Brifish invention are ground The free ends of a new English

in a case resembling a shoe and is jentrance of rain water, yet does not

d with a body that can be elevated ith a load of ice to the level of the p of the car. British experiments in increasing BOB 100G rops with electricity have been found to have a beneficial effect on the soil,

increasing its productivity for a year

For filling a refrigerator car ice

anks a motor truck has been design

It has been figured by a technical engineer that shovelling speed decreases 21/2 per cent. for each foot of acreased distance a shovel's contents

Substantial deposits of mozanite,

used in making gas mantles, have been discovered in Ceylon, Brazil and the United States heretofore having

been its chief producers.

An inventor has patented a bootjack consisting of a single strap formed into two loops, one of which is The United States bureau of mines has adopted a number of substances that produce offensive odors to be of mines to warn miners of danger.

Its inventor has parented a straw,

hat with a pivoted top, the under aid

and used with dishes placed in a be turned upwards to protect a wear-

of twine, rope and bagging.

The heating element in a new electric device for creasing trousers while

Aeronautical engineers have formed an institute in London that is

