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Take ZUTOO Tablets and are free of the Gripping Pain and Sick Headaches.

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STOPPED CATARRH SUFFERING OVER NIGHT

HEALS DAY AND NIGHT

It is a new way. It is something absolutely different. It is something absolutely new.

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Just write me to-day before you do another thing. Just say "I want to try Jan-O-Sun."

JAN-O-SUN

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GUARANTEED UNSHRINKABLE



Ask to see it

The C. TURNBULL Company of Galt Limited

Dr. L. Y. Savage and Dr. Trigger, St. Thomas, Ontario, lost over \$400 worth of platinum and gold when thieves broke into their offices.

MARINE SUPERSTITIONS

SOME STRANGE BELIEFS HELD BY SAILORS.

All Through the Ages, Sea-faring Men Have Had Many Signs of Good and Bad Luck—Nothing Will Alter Their Dread of Ill Omens, Which Exert a Strong Influence Upon All Their Actions.

MARINERS of all nationalities cherish very much the same superstitions. Their joys and fears are the same in all waters and have found similar expression from Nova Scotia to China.

The ancient mariners held the wildest superstitions, but their belief in the existence of enchanted spots, such as the siren island of Calypso or of those islands that Sialab likened to the Gardens of Paradise, was much more picturesque and romantic than the superstitions of the modern seaman.

The latter is filled with foreboding by the sight of a hatch cover upside down or by the falling overboard of a swabbucket. He stands aghast at the accidental tearing of a flag, and he is certain that if sails be sewed or mended on the quarterdeck ill luck will ensue.

The sailor is a firm believer in the efficacy of odd numbers, as naval salutes testify—minute-guns excepted. Women at sea, to say nothing of preachers, he regards with disfavour, and certain officers will bear a bad reputation for the weather they bring. Certain days, the seaman is convinced, are unlucky. One old chronicler puts the number of days upon which it is undesirable to put to sea at fifty-three, but the number has been considerably reduced since his time.

From the remotest times there seems to have prevailed a belief that libation or sacrifice would placate the storm spirits and induce them to permit the vessel to proceed unmolested on its course.

French sailors believe that certain of their shipmates are able to control the winds by virtue of a ring worn on the fourth finger of the right hand. This power, however, carries with it distinct disadvantages, since if the possessor remains ashore for more than three days, or if any single voyage of his extends beyond a period of three months, his life is forfeit.

A broom is thought to exert considerable influence upon the wind. There is a Dutch tradition that, if wind-bound, a vessel is passed by another craft and a broom is thrown in the latter's course the luck of the first vessel will change. It has been pointed out that in this relation the broom which Van Tromp lashed to his mast as a symbol of his power to sweep the sea of the British, possessed a very different significance in the eyes of his men.

A star-dogged moon was thought to portend a storm; while if the moon rose in a storm she would soon "eat up the clouds." Many an anxious mariner found comfort in this belief.

Those who are accustomed to sliding down snow-clad hills, or who are weary of the cobbles which appear at the masthead or in the rigging immediately preceding a storm, date back to the voyage of the Argonauts. If these marine "will-o'-the-wisps" remain stationary or ascend, Danaë tells us, they are good omens, but if they descend then foul weather will surely follow.

Those of us who are accustomed to sliding down snow-clad hills, or who are weary of the cobbles which appear at the masthead or in the rigging immediately preceding a storm, date back to the voyage of the Argonauts. If these marine "will-o'-the-wisps" remain stationary or ascend, Danaë tells us, they are good omens, but if they descend then foul weather will surely follow.

Jack Tar places great faith in the merits of a pig as a weather prophet. During very rough weather it is difficult to convince any old-timer that there is not a Jonon on board. Many captains of the old school, who ought to know better, are so superstitious in this regard that it is not uncommon for them to evince an intense dislike for officers who have happened apparently to be the harbinger of bad weather, especially for those who are on board ship to find members of the crew nicknamed "Peggy Jones," "Heavy Weather Bill," or "Squally Jack."

Cats on board ship are held to be lucky, and many a stray feline finds a comfortable home and careful attention with Jack for its friend, although, on the other hand, our domestic friend has at times been held responsible for the continuance of very bad weather and forced to accept the role of Jonah to the fellest extent.

One of the most curious of the superstitions of the sea is that of the shark. The natural dread and antipathy with which these monsters of the deep are viewed cause a capture to be hailed with much rejoicing. All hands, from the captain down to the cabin boy, take a keen interest in the proceedings, and, having successfully landed the shark on deck—an operation involving no little excitement—it is killed and its tail cut off. This trophy is then nailed either on the end of the bowsprit or the jibboom and is considered an infallible charm, capable of bringing the craft the fairest of winds and weather. It is not uncommon to observe sailing ships lying in port with this peculiar emblem of the sailor's superstition, but the custom is fast dying out, since, in the case of steamers, a shark captured at sea is a very rare occurrence.

Another remarkable and weird superstition is that pertaining to the albatross. These huge birds, measuring from fourteen to eighteen feet tip to tip of their wings, are to be seen only in the stormy regions of the capes of Good Hope and Horn and the surrounding latitudes. The peculiar belief of old sailors credits these birds with possessing the souls of ancient mariners, who, for their sins, must have been doomed to scour these stormy seas for all eternity.

During calm weather these birds are easily captured by a contrivance of the sailors' own invention. This, being baited, attaches itself to the hook bill of the albatross when the bird attempts to swallow the bait; and the creature is then hauled on board. Few captains will permit crews to kill these birds, since they hold out the killing is certain to entail disaster to the ship.

TO-DAY IN HISTORY



One hundred years ago today, November 22, 1819, George Eliot was born. Find Adam Bede. Answer to yesterday's puzzle: Upside down, nose at left shoulder.

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The killing of a pig at sea is always a matter of great moment, not only for the reason that fresh meat is to be enjoyed—a great luxury on a sailing vessel after perhaps months of salt provisions—but also because what is termed a "pig breeze," or favourable wind, may be regarded as a certainty. Pigs when kept on sailing ships are allowed to frequently to leave their pens, and their movements on such occasions, which are held to foretell the wind to be expected, are watched with the keenest interest.

Those of us who are accustomed to sliding down snow-clad hills, or who are weary of the cobbles which appear at the masthead or in the rigging immediately preceding a storm, date back to the voyage of the Argonauts. If these marine "will-o'-the-wisps" remain stationary or ascend, Danaë tells us, they are good omens, but if they descend then foul weather will surely follow.

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COMMUNITY HALLS NEEDED.

Athletic Fields Part of Plan for Rural District Development.

It is well recognized that social as well as economic conditions have much to do with community development and well being. While in many rural sections a very desirable condition socially exists, there has been noted for some time the need of proper meeting places or of desirable centres for community gatherings and for organizing community effort.

These facts in mind the Legislature of Ontario at its last session passed an "Act respecting the establishment of community halls and athletic fields in rural districts."

This act was introduced by the Provincial Minister of Agriculture and provides for giving financial assistance to rural communities for the purpose of erecting community halls, or for providing such accommodation in consolidated schools.

In order to safeguard against the possibility of these halls being unsuitable for the purposes intended, the act provides regulations, one of which specifies that the hall shall include an auditorium or assembly room with movable seats, stage and other equipment; reading room, including library and kitchenette. The auditorium must have a level floor and be suitable for recitals, dramatic entertainments and the discussion of public questions, it being intended that such a building should be available for all meetings in the broadest sense of the meaning of these terms, and consistent with the regulations made under the act.

It is also provided that each community hall shall have in connection with it at least three acres of land—adjoining the building or in close proximity to it—this land to be used for sports, picnics and outdoor gatherings. The Ontario Department of Agriculture undertakes to offer assistance in the erection of these halls by offering prepared plans and buildings, and will make a grant to the municipality desiring to erect a community hall up to 25 per cent. of the cost of the building, the grant not to exceed the sum of \$2,000. The cost of the building shall be exclusive of the cost of the land for the hall and adjoining grounds. These halls are to be erected and supervised by a board of management in each township or municipality.

The plans when not supplied by the department must be approved by it before building commences. Authority is given under the act for municipalities throughout Ontario to raise the necessary money for building these halls by the issue of debentures as provided by the Ontario municipal act. The provincial regulations state that every hall erected under the act shall be available for public gathering of an educational, fraternal, religious or social nature, or for the discussion of any public question, and no organization shall be denied use of the building for religious, fraternal or political reasons. Subject to the regulations of the board as to hours and discipline, the reading room and library are to be open to all.

This act is designed as a measure for making rural life more attractive than it has hitherto, and to fill what has been a long felt want among the residents of rural municipalities throughout Ontario.

It worked. McMaekel was defending a man in a murder case, according to an exchange. The case looked hopeless; the prosecution was soon done. Then the witness began to talk to the jury. He just described in vivid colors a pretty country cottage hung with honeysuckle, a young wife preparing supper, and the rosy youngsters waiting at the gate to greet their father on his return home for the evening meal. Suddenly McMaekel stopped. He drew himself up to his full height. Then striking the table with his fist, he cried, in a voice that thrilled every bosom: "Gentlemen, you must send him back home to them!"

"By George, sir, we'll do it!" McMaekel went out, another word, sat down, and ten minutes later the jury brought in a verdict of acquittal. The prisoner wept as he shook his coat and hat. "No other man on earth could have saved me as you have done, Mr. McMaekel," he sobbed. "I ain't got no wife or family, sir."

The Powder He Wanted. Sir Arthur Currie is fond of telling the following story: In the early days of the war, says Sir Arthur, an old farmer, living way back on the far Western prairies, was feeling rather out of sorts, and sent his eight-year-old son, George, to the nearest settlement, ten miles distant, for a saltilix powder.

Arrived there, George promptly enlisted. He fought right through the war, was twice wounded, rose to commissioned rank, and returned recently to the farm, his breast covered with medals and decorations, including the V.C. and the French Croix de Guerre.

"Well, dad?" concluded the returned hero, after briefly and modestly recounting his exploits. "Then the old man replied:—"George," he said, "got have ya done with my saltilix powder?"

What About It? While polling one of the Toronto wards during the recent election campaign a canvasser, after enquiring for the man of the house and learning that he was not at home, asked the following question of the woman who had answered his knock: "What party does your husband belong to?" This was the reply: "I'm the party my husband belongs to. What about it?"

Music for Young Folk. With the idea of having the teaching of music made a part of the regular public school curriculum, a committee composed of leading musical authorities in St. Thomas has organized and is seeking the co-operation of the Board of Education.

Dr. Kiser of St. Catharines escaped with his life through his automobile was struck and demolished by a N. S. C. & T. shunting engine at Niagara Falls.

E. W. Beatty, President of the C. P. R., denied at Toronto that the C. P. R. had lobbied against the G.T.R. Bill.

James H. Flock, who had practiced law since 1856, died at London, aged 92.

OUCH! CORNS! LIFT CORNS OFF



Doesn't hurt a bit to lift any corn right off with fingers



Drop a little Freezeone on an aching corn, instantly that corn stops hurting, then you lift it right out. It doesn't hurt a bit. Yes, magic!

Why wait? Your druggist sells a tiny bottle of Freezeone for a few cents, sufficient to rid your feet of very hard corn, soft corn, or corn between the toes, and callouses, without soreness or irritation. Freezeone is the much talked of ether discovery of a Cincinnati genius.

Where is this extraordinary slide? On the island of Madeira, which belongs to Portugal, and lies in the Atlantic ocean, off the coast of Morocco.

Anzac Not a Trade Name. Use of the term "Anzac" by manufacturers and dealers as a trade name has been interdicted by Great Britain and all its colonies, and a few American concerns which had adopted the word have been requested by the Australian commission in the United States to discontinue its use. As is well known, the word is formed from the initials of the Australian and New Zealand Army Corps. The wonderful deeds of that organization in the war have given the coined name an almost sacred significance to its native lands, where the thought of commercializing it is extremely distasteful.

Japan Making Glass. The plate-glass industry in Japan has greatly expanded since the world war. Before the war about 550,000 boxes of glass were consumed annually, 420,000 boxes of which were imported from Belgium and Germany, the remainder being of home manufacture. In the past year 850,000 boxes were manufactured in Japan, of which 600,000 boxes were consumed in Japan, and the remaining 250,000 boxes were exported.

McGibbons, Limited, are doubling their facilities for handling lumber, and will have one of the largest sheds in the province.

BEFORE "SAND-MAN" COMES

Prepare for a Clear, Bright Day Tomorrow by Taking "Casarets" for Liver and Bowels

"Casarets" tonight! Your system is filled with liver and bowel poison which keeps your skin sallow, your stomach upset, your head dull and aching and your system full of cold. Your meals are turning into poisons, gases and acids. You can't feel right. Don't stay bilious or constipated. Feel splendid tomorrow by taking Casarets before you go to bed. They act without griping or inconvenience. They never sicken you like Calomel, Salts, Oil or nasty, harsh Pills. They cost so little too—Casarets work while you sleep.

A Dyspepsia Cure

M.D. advises: "Persons who suffer from severe indigestion and constipation can cure themselves by taking fifteen to thirty drops of Extract of Roots after each meal and at bedtime. This remedy is known as Mother Seigel's Curative Syrup in the drug trade." Get the genuine, 50c. and \$1.00 Bottle.

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All makes of Phonographs cleaned, repaired, adjusted. Parts for all makes supplied, expert workmanship, moderate charges, quick service.

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EVERY WEEK BETWEEN MONTREAL AND KINGSTON; ALWAYS ON TIME. SHIP YOUR FREIGHT BY THIS RELIABLE ROUTE

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Kingston-Cape Vincent Ferry

STR. MISSISSQUOI EFFECTIVE NOVEMBER 17, '19. Lv. Kingston 8.15 a.m. Ar. Cape Vincent 10.15 a.m. Lv. Cape Vincent 1.30 p.m. Ar. Kingston 4.30 p.m. Special accommodation for automobiles. Rates for cars: Ford, \$3.00; touring or other cars, \$4.00. Close connections at Cape Vincent with N. Y. C. for all N. Y. points. Phone 2195. Subject to change without notice.

The amount of REAL FOOD in a QUART OF MILK is not appreciated by mothers as it should be.

Good Milk, clean Milk is essential to all young people.

Get PRICE'S MILK in bottles at 14c. per quart.

PHONE 845.

Price's Dairy

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Dr. Miles' Calendar For 1920

IT IS FREE and the best large-figure Calendar published. It gives the weather forecast for each day in the year, also time of Sunrise and Sunset and phases of the Moon. "An exceptionally complete and useful Calendar!" That's what everybody says. The edition is limited. It is therefore very important that you call early so that you will be sure to get this splendid free Calendar at the beginning of the year.

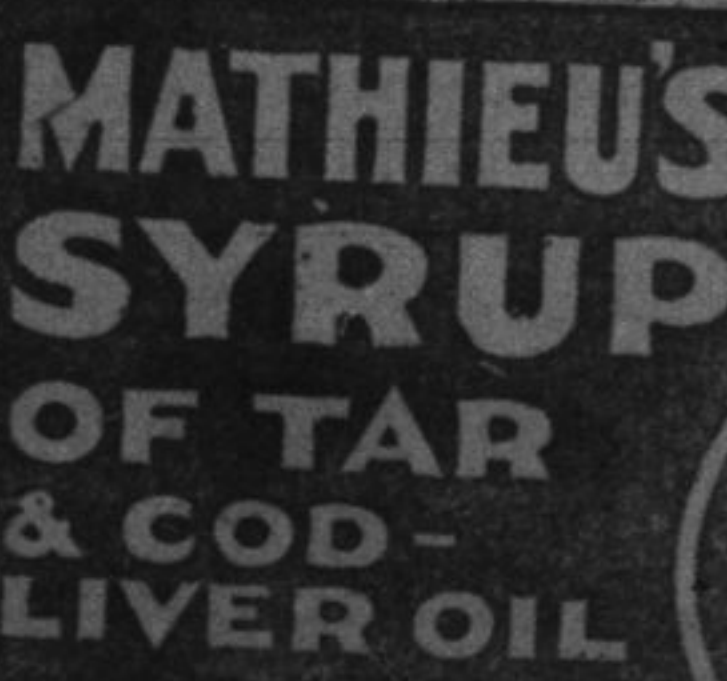
Just go to your druggist, tell him your name and address, and that you want Dr. Miles 1920 Calendar. He will do the rest—FREE.

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CURES

Coughs, Colds, Grippe, Bronchitis, Whooping Cough, Asthma, Etc.

MATHIEU'S SYRUP is a sovereign tonic combining the curative properties of TAR and the strengthening virtues of COD LIVER OIL. Colds, when neglected or badly treated give rise to consequences of such grave character that you should not risk using inferior preparations. MATHIEU'S SYRUP is the only genuine remedy whose reputation has caused to crop up many imitations of doubtful value. ON SALE EVERYWHERE