

Parents:

Your Boy Is Safe In The Y.M.C.A.



- Privileges include: Shower and Swimming Baths... Large Gymnasium... Reading Room... Special Mfgs. and Bible Classes for Boys.

Hot Water For Sick Headaches

Tells Why Everyone Should Drink Hot Water With Phosphate In It Before Breakfast.

Headaches are caused by auto-intoxication... A glass of hot water with a teaspoonful of limestone phosphate...

Ask your pharmacist for a quarter pound of limestone phosphate... If you aren't feeling your best, if your tongue is coated, if you wake up with bad taste, if you have colds, indigestion, biliousness, constipation or sour, acid stomach, begin the phosphated hot water cure to rid your system of toxins and poisons.

DIRECTORY FOR RETURNED MEN, APPLY For employment information... For Land Settlement, general matters, advice... For Vocational courses, industrial re-training... For medical treatment, surgical appliances... For Pensions...

Take Medicine In Capsule Form

Gives Quicker Action - The Ideal Method for Home Treatment.

Why medicine in capsule form is best was recently explained by a medical authority... The capsule form of medicine is the ideal method for home treatment.



WHAT GIRLS CAN BE

The Home Missionary BY ELIZABETH MATTHEW Peggy Carroll was sure of one thing when she graduated from college...

After a two weeks' horseback trip through the mountains, she became a community worker in a little mountain neighborhood... Her duties were as varied as the days of the week.

For the earnest girl who is looking for work which will demand her own self and who recognizes other compensations than money, the home mission field offers a wide range of choice.



(Next week: "Actress.") Boys and Girls Newspaper Service Copyright, 1919, by J. H. Miller

To The Collegiate. The teachers and pupils of the Kingston Collegiate Institute are reminded that their day for having the School British Whig for their articles and stories is Saturday of each week...

A MEETING OF DAIRYMEN WAS HELD AT HARTINGTON ON THURSDAY EVENING

Room for Improvement in the Care of Milk Pointed Out by Inspector Puhlow—Edley Campbell Re-elected Director.

A meeting of the Eastern Ontario Dairymen's Association was held at Hartington on Thursday evening... Mr. Clark, district superintendent, gave a report on the season's work.

G. G. Puhlow, chief dairy instructor, spoke on the handling of milk, cleanliness and pre-cooling in the manufacture of butter and cheese.

BRINGING UP FATHER



A RURAL SCIENCE TEACHER'S DAY.

There are "high lights" in the experiences of all teachers, but, unfortunately (or fortunately if one is a philosopher), they are few and far between.

Taking the train at seven-thirty, a half hour's ride brings her to the place where she is to spend the morning. She calls for the teacher, and they walk the half-mile to the school.

After the opening exercises (during which the travelling teacher speculates on the probable benefit of the ordinary, lifeless, unmeaning devotional exercises which are conducted in so many schools) a talk is given on "Weeds and Seed Dispersal."

The travelling teacher then goes over to the primary department where she conducts a sewing class. The girls are making little samplers of white cotton, using coarse needles and red thread.

After recess, during which the pupils are taught a new game, the older girls have their sewing class. They, too, are just learning the stitches, and are making samplers.

At noon the teacher walks two miles to town, and after lunch, three miles to her next school. This is an ungraded school, and here, too, preparations are under way for a local exhibition.

She then takes a list of probable entries. No one entry will be a biscuit, but there will be a large number of cakes and boxes of fudge. She comments on this and makes a memo in her note-book to plan later on to give a talk on plain cooking.

attends to various errands for different teachers. She arrives home at six o'clock, but her day's work is not ended. There are letters to be written, work to be arranged for the following day, and the travelling magazine budget to look over.

The National War Savings Committee will be glad to furnish, free, to teachers or principals any or all of the school posters (squirrel, circus, owl and beaver). These will be attractive for decorating classrooms at Christmas time—and three of them are useful in nature study.

"Howlers" in Literature. At a recent examination the pupils were asked to explain the words "five wits" in the following couplet: "Alone, and warming his five wits, The White Owl in the beffy sits."

- 1. The owl is all cuddled up with his head under his wings, and his feet are covered by his wings. His two feet, two wings and his head are his five wits. 2. Five wits are equal to five thoughts. 3. The owl is supposed to have five wits and he is gathering them together. 4. The five senses. 5. Five wits are equal to five thoughts. 6. His five little ones. 7. Lots of sense, or children. Con.

The Model Student's Lament. We came to town chock full of hope. 'T would be a cinch to learn that dope. But now, it's o'er, we've changed our mind—

Psychology is a science, Teaching is an art. If you work too hard at either, you'll look queer to all eyes.

The Collegiate Hockey Team. The news that it is more than probable that Kingston Collegiate Institute will organize for the coming hockey season and will in all likelihood enter the Junior O.H.A. series has caused a good deal of enthusiasm at the school.

Kingston Model School. It has been decided to have the news of the Kingston Model School entirely separate from that of Central School. Space will therefore be reserved every Saturday evening for the Kingston Model School news, and copy for this must be in the hands of the School Editor not later than five o'clock on Thursday afternoon each week.

Laurier Memorial

The Campaign For the Monument is Well Under Way. Ottawa, Dec. 6.—The organization work for the raising of \$100,000 for its object, the late Sir Wilfrid Laurier, is proceeding well in all the provinces.

Wonderful Bilious Remedy Actually Prevents Attacks

There are two great causes of biliousness—they are constipation and defective liver action. When Dr. Hamilton's Pills are taken, they not only correct constipation, but act upon the liver as well.

BRINGING UP FATHER



WORK AMBITION ACHIEVEMENT WHAT BOYS CAN BE

Sanitary Engineer BY R. S. ALEXANDER Millburg was dirty. It was unhealthy. It had no decent sewerage system. Its water supply was impure.



When he graduated, he got a job as Assistant Superintendent of a filtration plant in a medium sized city. Shortly afterwards, a new mayor in Millburg decided to clean up the place and, believing in patronizing home industries, he made Dick Municipal Engineer.

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His term of office will soon be ended and then, if he should not be reappointed, he will be ready to go to some other city to carry on the same work or to go into the service of the state or federal government in investigating and supervising health conditions, or he may set up for himself as a consulting sanitary engineer.

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BRINGING UP FATHER



TODAY IN HISTORY



Two years ago today, December 6, 1917, a large part of Halifax was destroyed; the result of an explosion. Find a victim. Answer to yesterday's puzzle: Left side down, in body of German soldier.

ONTARIO WINTER FAIR.

Poultry Show at Guelph Has 7,000 Exhibits. Guelph, Dec. 6.—With everything pointing to the most successful show in its history, the 35th annual Ontario Provincial Winter Fair opened in Guelph yesterday and continues until next Thursday evening.

OPEN DOOR FROM CANADA

Undesirable Aliens Are Entering United States. Washington, Dec. 6.—Anarchists and other undesirable aliens have practically an open door to the United States through Canada because of an inadequate patrol along the Buffalo River boundary.

WAKE UP "FIDDLE FIT"

Take "Cascarets" for Your Liver and Bowels and Feel Fresh as a Daisy—Constipation Gone! "Cascarets" to-night sure! 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 poisons, gases and acids. You can not feel right. Don't stay bilious or constipated. Feel splendid always by taking Cascarets occasionally.

not feel right. Don't stay bilious or constipated. Feel splendid always by taking Cascarets occasionally. They never sicken you like Calomel, Salts, Oil, or nasty, harsh Pills. They cost so little too—Cascarets work while you sleep.

MILLER'S WORM POWDERS. RELIEVE THE RESTLESS CONDITION BROUGHT ON BY THE PRESENCE OF WORMS AND RESTORE THE CHILD TO NORMAL HEALTH. NO NARCOTICS—PLEASANT AS SUGAR

DR. PARENT'S Electro-cure KILLS PAIN INSTANTLY. JUST APPLY—PAIN STOPS. SOLD EVERYWHERE

Austin's Red Cross Drug Store, Distributors. The Cough Syrup that Stops the Cough

NADRUCO Syrup of Tar with Cod Liver Oil Compound

A pleasant yet most efficient cough medicine; its soothing effect on raw and husky throats is felt almost instantly. It strengthens the breathing and makes expectoration easy, and quickly cures the most stubborn cough.

Contains no harmful ingredients and can be given with confidence to infants and children. The genuine is in a Red Box with Na-Dru-Co trademark. Manufactured by National Drug and Chemical Company of Canada, Limited.

By GEORGE McMANUS. JIGGS-COME OUT HERE!