

SCHOOL BRITISH WHIG

FIRST YEAR

MONDAY, DECEMBER 8, 1919.

NO. 19

Xmas Gifts

- Shirts
- Ties
- Gloves
- Hosiery
- Mufflers
- Collar Bags
- Braces
- Dressing Gowns
- Smoking Jackets, etc.

"THE CLUB" 112 Princess St.

Grip, Influenza

Hamlin's Wizard Oil a Reliable, Antiseptic Preventive

During influenza epidemics spray the nose and throat several times a day with one part Wizard Oil and two parts water, using an atomizer. If you haven't an atomizer, gargle the throat and sniff the mixture up the nose. This treatment sets up an antiseptic wall of defense against "Flu" germs.

Chest colds and sore throat lead to grip. Stop them at once with Wizard Oil before they can develop into dangerous influenza.

Get it from druggists for 30c. If not satisfied, return the bottle and get your money back.

Ever constipated or have sick headache? Just try Wizard Liver Whisk, pleasant little pink pills, 30c at druggists. Guaranteed.

DIRECTORY FOR RETURNED MEN, APPLI

For employment information.

For Land Settlement, general market activities.

Bank of Toronto Bldg., cor. King and Brock Streets

For Vocational Courses, Industrial Re-training.

Merchants Bank Bldg., cor. Brock and Wellington Sts.

For medical treatment, surgical appliances:

Golden Lion Block

For Pensions:

Bibby Block, Princess Street

Grove's O-Pen-Trate Salve

A Remedy for Chest Colds, Head Colds, Sore Throat, Stiff Neck, Earache, Spasmodic Croup and kindred ailments. Apply freely to the skin just over the affected parts and rub it in.

GROVE'S O-PEN-TRATE SALVE

is also an Excellent Germicide for the Nose and Throat.

It should be applied to the nostrils so that you will be continually inhaling the vapors while in the presence of patients who are sick with contagious diseases, or when you are entering crowded cars or other public places during an epidemic of Grip or Influenza. Any Grip or Influenza germs breathed through the nose are destroyed by this germicide salve before the germs can reach the throat.

FOR THE SICK

Place One Level Teaspoonful of GROVE'S O-PEN-TRATE SALVE in a hot saucer in the sick room. The Antiseptic Vapor rising from the heated salve makes breathing easy for the patient. It induces sleep and is a great comfort to anyone suffering with Spasmodic Croup, Asthma, Bronchitis, Sore Throat, Coughs, Colds, Whooping Cough, Diphtheria or Pneumonia. The Healing Effect of the Vapor, relieves the patient and is very comforting. Price 35c per box. If your Druggist hasn't any, send 35c in postage stamps to Paris Medicine Company, 193 Spadina Ave., Toronto, and a full-size box will be mailed to you promptly.



How to Study History

History is the story of what men have done. When you are getting your lesson, don't forget that you are reading a story and that the more interested you are in the story, the easier you will remember the facts. On sitting down to a lesson, say to yourself, "Now let's see what happened!" If you go at it in that spirit, the lesson will be easy to get.

Remember to begin, however, find out, if possible, what the lesson is about. This you can tell by the heading of the chapter, by the marginal topics, or by the heavy-faced type that begins each section or paragraph. And when you have finished reading, ask yourself, again, "What is the lesson about?" And be sure you answer the question. Having read the lesson once, put away the book and see how much of it you can recall. At first, perhaps, you won't recall much, but after a little persistent practice, you will find yourself doing better.

Remember that not all parts of the lesson are equally important. If you know what the subject of the lesson really is, you will be able to tell what facts bear strongly on the subject and what do not. Learn the important facts.

Now read the lesson over again thoughtfully, with pencil in hand, underlining neatly the most important words or phrases. These underlinings will help when you look over your lesson just before class or when you review.

If you have time, put down on a piece of paper or in a notebook the main facts that you have learned. Do it without the aid of the book if you can. Or write a series of "catch words." For instance, if the topic is the Plymouth Colony, these would be the "catch words": Pilgrim Fathers, Mayflower Compact, hard times, town meetings, Indians, William Bradford, Miles Standish.

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

Probably the bill collector has as much respect for you as he has for some others on his calling list.

Women teachers in Hamilton Public Schools refuse to accept the salary increases voted by the Internal Management Committee, and will accept nothing less than what they demanded.

PILES Do not suffer another day with itching, bleeding or protruding Piles. No surgical operation required. Dr. Chase's Ointment will relieve you at once and as certainly cure you. Get a bottle at dealers, or Edman, Bates & Co., Limited, Toronto. Sample box free if you mention this paper and enclose 2c stamp to pay postage.

Louise School.

School News. The Louise School Cabinet met on Thursday afternoon.

The dentist has been visiting our school, and has examined the teeth of all the scholars.

The Senior Fourth class of Louise School held an "Audubon" concert on Friday.

The treasurer of the "Audubon" club, Evelyn Donnelly, hopes to send away for the club leaflets and pins next week.

One of our schoolmates, Blanche Lyon, will be out of the hospital in about two weeks time. She has enjoyed the letters sent her during her illness very much.

The pupils of our school are wondering how much longer the school stairs are going to last. They creak and moan every time anyone steps on them.—Kathleen Baker and Gladys Harpell.

Asphalt. The first asphalt street in America was laid in Washington about 1876, although it had been used in pavements long before that time. But long ago asphalt was used for roadmaking and to cement things together, sometimes using to hold jewels and shells in place on large statues. Asphalt comes out of the ground just as water comes in a spring. The great asphalt lake at Trinidad consists of about 115 acres, and is about 135 feet deep, gradually getting shallower at the edges.—Frances Lambert, aged 12 years.

An Easy One. The teacher wrote the following sentence on the blackboard: "I do like going to school." "What is wrong with this sentence?" A young lad raised his hand eagerly. "Very well, Albert," said the teacher, "you may correct the sentence." "There should be the word 'not' after 'do'," was the prompt reply.—Frances Lambert aged 12 years.

A Nature Study Walk.

One day in November our teacher took us for a nature study walk. We went out to the Johnson street bush and as we went along we looked carefully at each tree to find out which kind it was. Just outside the city limits we noticed the old shore line of Lake Ontario. It is a small ridge about three or four feet high in most places, and is formed of limestone rock. There were some large flat rocks just showing above the ground, and a number of fissures caused by the ice and frost were clearly visible.

When we reached the bush we sat down and rested for a time and divided a basket of green grapes amongst us. After a while we went into the bush and examined all the trees we saw. There was one kind of tree called ironwood, that we could climb, and when we got near the top it would bend slowly down to the ground. We climbed up large pine trees to get their needles, and found some small bushes with little red points sticking up in the air. We each took some home to make red ink. We gathered some sumac and specimens of other trees. We also

took notice of the birds that we saw, but we only saw one downy woodpecker. Later we returned to the school and had a lesson on the branches of sumac and other things we collected.—Compiled from letters by Eric Warwick, Oaten Sanders, Earl Pigeon, and Norah Hendry.)

Sydenham School.

How Tea is Grown.

Most of our tea comes from China. In April of each year, when the tea leaves are ready to be picked, the Chinamen go out into their gardens and pick the first young leaves of the tea plant. These make the very best tea. In May fresh tea-leaves shoot out, and the Chinamen again set to work to pick these. Another crop comes in June and another in August, but the last crop is the coarsest and poorest of all.

When the leaves are picked they are dried in the sun in flat baskets. Then they are again dried in copper pans over a fire. They are afterwards poured out on a table and the Chinamen roll them with their fingers into the little black grains with which we are so familiar. They are then packed in boxes and sent away to all parts of the world.—Margaret Driver, aged ten years.

A Policeman of the Trees. A Chickadee will eat in a day as many as five hundred seeds of the green lice which do so much damage to the trees in the spring and summer. They also eat the worms that bore into the bark of the trees, and the insects that hide in the little cracks in the bark. The Chickadees have therefore an abundant supply of food unless there is an snow storm. Then the people should hang for him a little piece of suet or fat.—Bruce Perry.

A Pleasant Outing.

One bright sunny afternoon in July, my father, mother and I were enjoying an outing amongst the islands, near Gananoque. After catching some fish we pulled our boat up on shore, made a stove of rocks and started a fire. We cooked some of the fish and had a shore dinner, which was very enjoyable. Meals always seem to taste better out of doors. On the way home we enjoyed the beautiful island scenery very much.—Leah Emlaw, aged 12 years.

Harry's Dog.

Harry has a little dog. Such a cunning fellow. With a very shaggy coat streaked with white and yellow.

Harry's dog has shining eyes and a nose so funny. Harry wouldn't sell his dog. For a mint of money.

Harry's dog will never bark. Never bite a stranger. So he'd be of no account. Where there's no danger.

Harry has a little dog. Such a cunning fellow. But this dog is made of wood. Painted white and yellow.—David Trotman. (original composition.)

(Last week a short poem by this same author was placed by error in



The Birds' Christmas Tree

A new and thoroughly happy way to celebrate Christmas, an outdoor way for outdoor boys and girls, is to prepare a Christmas tree for the winter birds, then sit down, keep still, and watch them enjoy it.

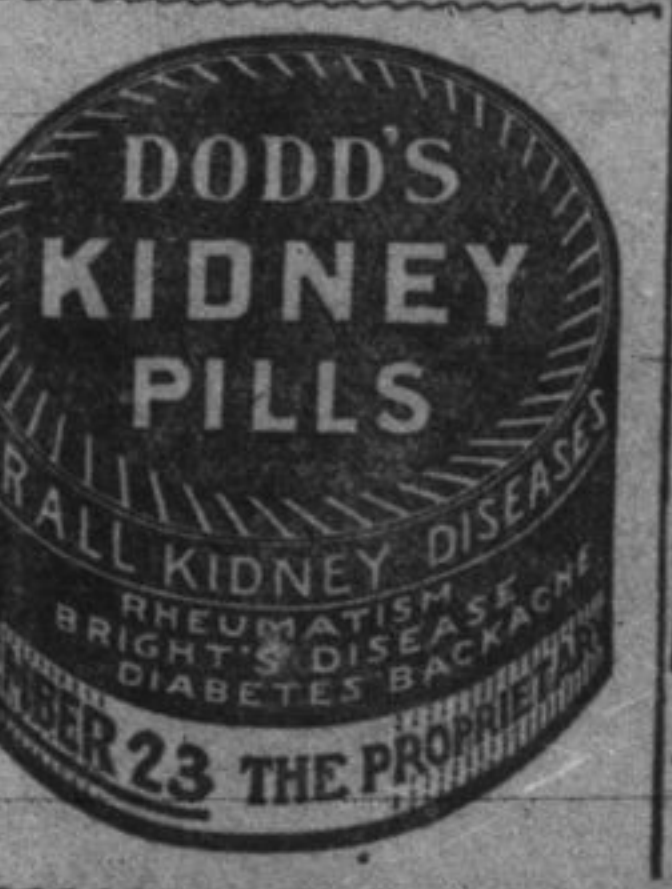
If you have grounds around your house where suitable trees are growing, choose a small one, an evergreen, if possible, for the Christmas tree. You don't have to cut it down. Use it where it stands. But if you live in a city, shake its dust—snow—from your feet and get out into the country where the birds are and where the loan of a living Christmas tree may be had for the asking, or taking.



For one or two birds and the grain should be spread out in the centre. For seed-eating birds select from this list: Cracked corn, millet, hemp, buckwheat and mixed chicken feed. For insect-eating birds have raw suet, also sunflower seeds or crumbs of raw bread. Tie the suet to the tree as you see it in the illustration. (Next week: "Sleepers.") Boys' and Girls' Newspaper Service Copyright, 1919, by J. H. Miller

The Louise School column. It should have appeared under—Sydenham School.)

The C. N. Ry's train ferry Scotia grounded while carrying the night express for Sydney across the Strait of Canso.



ALL KIDNEY DISEASES RHEUMATISM BRUISES BACHTER'S DISEASE DIABETES BACKACHE



A PESSIMIST Duck: I'll bet I get a raincoat, or a pair of rubbers, or something like that for Christmas.

UNDERSEA HUMOR Fish: I understand that the cat you arrested was such a slippery customer, that he got away? Lobster Cop: Yes, but I'll pinch him yet!

A FRIEND TO THE AGED

When men and women get past middle life their energy and activity, in many instances, begin to decline, and their general vitality is on the wane.

The heart action is weak and uncertain, and the nerves become more or less unsteady. Little sicknesses and ailments seem harder to shake off than formerly, and here and there evidences of a breakdown begin to appear.

Those who wish to maintain their health and their energy unimpaired, should

MILBURN'S HEART AND NERVE PILLS

They will help to keep the fires of youth aglow, prevent debility and decay, and ward off the mental and physical decrepitude of advancing years.

They brace up and invigorate the nervous system, improve the memory, make the heart strong and regular, and impart such a sense of buoyancy to the entire system that, though the years may be creeping on, the spirits and energies may be kept young and vigorous.

Milburn's Heart and Nerve Pills are 50c. a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

CHRISTMAS PRESENTS

BOUDOIR SLIPPERS Make pretty and useful Christmas gifts. We have them in many styles and colors, at very moderate prices.

Victory Shoe Store

Phone 486. Cor. Princess and Clergy Sts.

The Value Of The Home

The man who can afford to own a home—and the average man of reasonable earning capacity can—should make it his first concern to solve the problem. He will be aided in that task by studying the real estate offerings closely and investigating those which impress him favorably. He will thus be serving himself, his family and his city. To every such man, we would say "Get a home to rely upon."

For the choicest lots, houses and locations, apply to: Telephone 703 J. O. HUTTON 67 Clarence Street, Kingston

Join the Y.M.C.A. this week and assist the organization in its good work, and by so doing you may be helping others to help themselves. Join the "Y."

Passenger service on railroads in the eastern region, extending as far west as St. Louis, was reduced to war basis Friday by drastic orders, effective Dec. 10th.



WHAT "sterling" means to silverware, STANFIELD'S means to Underwear. It is the hallmark of quality, "Stanfield's" on a garment is an assurance of perfect-fitting Unshrinkable Underwear of irreproachable quality and expert workmanship. Made in Combination and Two-Piece Suits, in full length, knee and elbow length, and sleeveless, for Men and Women. Stanfield's Limited, TRURO, N.S. Stanfield's Adjustable Combination and Sleepers for growing Children (Patented). Write for book.