TOWNSHIP OF USO.

"A By-law, No. 158, of 1919, to previde for the moving of the Township Hall of the Township of Oso to Sharbut Luke and for raising the sum of

\$3,000 for that property." Passed 22nd day of November, 1919. WHEREAS it is expedient to move the Township Hall of the Township of Oso to Sharpot Lake, and to raise, by way of loan upon the credit of the Municipality, \$3,000, as the amount that will be required for that purpose, whole rateable property of the said municipality, according to the last revised Assessment Roll of the said Municipality, being for the year lyry, in \$121,552.00,

AND WHEREAS there is no existing debenture debt of the said muni-BE IT ENACTED by the Council of the Corporation of the Township of

Oso as follows: i. as soon as provision has been made for the money to be raised as hereinafter set out the said 'lownship Hall shall be moved to the site selected in the village of Sharbot Lake, 2. For the purpose mentioned there shall be borrowed on the credit of the Corporation the sum of \$3,000 and debentures shall be issued therefor on the instalment plan in sums of not less

than \$100 each, which shall have cou-

pons attached thereto for the payment

3. The debentures shall all bear the same date and shall be issued within two years after the date on which this By-law, is passed and may bear any date within such two years and shall be payable in ten annual instalments during the ten years next after one date when they shall be issued and shall bear interest at the rate of 5% per cent, per annum, payable hair-yearly, and the respective amounts payable in each of such years shall be as set out in Schedule "A" hereto annexed and made pant of this By-law,
4. The debentures shall be signed and issued by the Reeve and shall be signed also by the Treasurer and shall e sealed with the seal of the Corporation and the coupons shall be signed by the Treasurer and the said debentures and coupons shall be payable at the office of the Township Treas-

During the currency of the debentures there shall be raised in each year the amount of the instalment of principal and interest payable in that year as set forth in the said Schedule hereto annexed marked "A."

6. The debentures may contain any provision for their registration au-

orized by law. This By-law shall take effect on the day of the passing thereof, subject to the approval of the electors of the Township qualified to vote on the ques-

ABCHIE GRAY, SCHEDULE "A"

Statement showing the amount to raised each year for the payment of principal and interest falling due on the debt authorized by the within by-

| Principal \$250 250 250 300 300 300 300 300 300 300 300 | Interest \$165.00 151.25 137.50 123.75 107.16 \$0.56 73.97 57.38 40.79 | Total \$415.00 401.25 387.50 423.75 4 390.58 310.51 357.38 390.79 |
|--|---|--|
| 400 | \$968.90 | \$3968.90 |

is a true copy of the By-law to be submitted for the approval of the Town-ship of Oso, and that their votes upon the said By-law will be taken at the forthcoming election for the Municipal Counc'l, and that the Deputy Returning Officers appointed to hold sai election will take the vote.

AND THAT a tenant whose lease extends for the time in which the money to be raised by the said By-law is re-payable and has covenanted to pay all municipal taxes in respect of the prop-erty other than local improvement rates will be entitled to have his or her name entered on the list of voters entitled to vote upon the said By law on making and filing with the Clerk not later than the tenth day before the day appointed for taking the vote, a statutory declaration, proving the above qualifications.

AND THAT on the 29th day of Deember, A.D. 1919, at the hour of leven o'clock in the forenoon, the Reeve of the Corporation or some mem-ber of the Council appointed for that purpose by resolution will attend at the office of the undersigned at Sharbot Lake, for the purpose of appoint-ing two persons to attend at the final ng up of the votes by the Clerk, and two persons to attend at each pollog place on behalf of the persons interested in and promoting the propos-

tend at his office and sum up the votes given for and against the proposed By-

AND THAT if the assent of the elec-tors is obtained to the said By-law it will be considered by the Council at a meeting to be held at the Town Hall, at eleven o'clock in the forenoon on the 19th day of January, 1920.

Township Clerk, in awhile."

SCHOOL BRITISH WHIG

THURSDAY, DECEMBER 11, 1919.



FIRST YEAR

Training for Basketball BY H. O. (PAT) PAGE University of Chicago

The game of basketball calls for a physical machine able to go at top speed for two twenty-minute periods of keen action. During a three month season, one must not overdo. Therefore, the loss of weight calls for a let up in daily practice.

First-Eat proper food. The mind and body only react quickly when not over-burdened. Tasty or greasy dishes as pork or fried potatoes should not be eaten. Do away with stimulants as coffee, tobacco, etc., for the excitement of the game is more than sufficient for heart action. Never eat within three hours before practice or a game. A



Which will make the team? Second-Sleep and live regularly During the season, one needs steady nerves and plenty of "pep". You need at least nine hours regular sleep, 10:00 P. M. to 7:00 A. M., or better still 9:00 to 6:00. Of course this means social sacrifices. Endurance comes with

a good breathing apparatus. There-

fore, treat your lungs with plenty of fresh air. Do away with the close

and stuffy bedroom and insist on a well rentilated class room. Third-Condition your physical mathine by daily exercises. Make your practice work short and snappy. An our and a half is more than enough ime to spend in your gymnasium suit. Many a fellow over does the physical part of training by putting in too

ong hours of practice. He becomes

stale working at half speed The daily program of conditioning should include: (1) Warming up exercises as passing, pivoting, dribbling, and basket shooting not over 30 minutes. (2) Two short scrimmage periods say 12 to 15 minutes each or once a week one long slow period of 30 minutes steady plugging. (3) End up the session in corrective work, as special guarding exercises or certain basket shooting stunts as free throwing, etc. Do not overdo. Basketball can very easily become too strenuous for a growing boy. It is better not to work enough than to overwork.

(Next Week: "Handling the Boys' and Girls' Newspaper Service Copyright, 1919, by J. H. Millar

Schoolroom Humor. became ill. Upon her return, some an incredible rate of speed. weeks later, she bore a note of ex- On we went and those lines of cuse from her mother, signed Mrs. Saxe's kept repeating themselves in Bares. Thinking that perhaps she my mind: half of the persons interested in and poposing the said By-law.

AND THAT on the 14th day of January, A. D. 1920, at the hour of eleven o'clock in the forencon, at Sharbot Lake, in the said Municipality, the Lake, in the said Municipality, the again, but I didn't."

had misunderstood the child's name, the teacher asked for an explanation. "Singing through the forence of the said Municipality, the again, but I didn't."

Rumbling over bridges, Rumbling over bridges, again, but I didn't."

> Once In Awhile. "The great question now before Riding on the rail!" us," began the new legislator. "We've got more questions on

LOW DADDY IS HOME

Notre Dame Convent.

A Page From a Physician's Diary. dition of his patients: The musician: Toning up.

The lawyer: Speechless. The jail prisoner: Will soon be out. The cobler: Mending. The butcher: Less fat on bones. The actor: On the last stage. The cashier: Gone.

The carpenter: Improving.

The major: Rallying. The miser: Barely living. The painter: More bad signs. The deaf-mute: Still complaining. The postmaster: Must go. .. The dentist: May pull through, The ragman: Picking up. The novelist: Rapidly declining.

The laborer: While there's life, there's hope. The editor: Good news. The pupil of Notre Dame: Good reports.

The hangman: At the end of his rope.

The farmer: Still growing.

The suffragette: Still raving. The bankrupt: Failing. The upholsterer: Will recover. -Helen O'Mara, Form II.

An Hour's Ride in the Cars. I settled myself back very comfortably in my corner and prepared to enjoy as much as possible an hour's ride behind that huge iron steed which modern invention has given us.

Outside the keen autumn wind was holding high revel with the dry leaves, but within the steam-heated, perfectly appointed car, discomfort from the elements was a thing un-

On the depot platform all was bustle and confusion. Porters rushed here and there with numberless messages, and newsboys, shrilly crying their papers, ran hither and thither through the crowd. The conductor stood at a little distance from my window, hemmed in on every side by a crowd of persons who were plying him with a thousand questions and charging him with the care of some half a dozen children of all sizes. the voices of the young ladies then Some people seem to think that the conductor is their own private nursery maid and that their minds may be perfectly at ease if they tell him gine the poor man has!

. The gong struck: "All aboard," cried the conductor and the warning sound seemed to remind this interesting group that they had not as

yet made their farewells. Finally, just as the train began to move, the last ones tore themselves from their over-fond relatives and were hurried into the train by the united efforts of the conductor and porter. With one long shrick, as if to give vent to its pent-up feelings of Dear Violet: impatience at being delayed so long

Little Elizabeth Tilton has been some spirit of mischief had gotten will get lots of nice things. at school but a few days when she and set the picture whirling past at Yours lovingly.

"Singing through the forest, Rumbling over bridges, Whizzing through the mountains, Buzzing o'er the vale. Bless me! this is pleasant

Across the aisle and a little in front of me, sat a little old lady accompanied by a young girl. On the seat opposite her and all about her feet were scattered more bundles than any one would imagine one in-At night the weary old doctor sat dividual would care to possess. But down and noted, as usual, the con- the old woman was supervising them all and laying them in prim lit-The barber: Saved by a close shave. 'tle piles on the seat opposite. Pres-The puglist: Striking improvement, ently her companion called her at-Jones's boy: Bad and growing worse, tention to the beautiful view of the river along the bank of which we were passing. "Yes, dearie, I'll look The two grocers: On the verge of dis- in just a minute," she answered. "When I get these bundles fixed I'm going to sit right back and enjoy myself." Her destination was reached, however, before the bundles were arranged to her satisfaction and when she heard the station called, she looked up, her face the picture of disappointment and dismay, exclaiming. "Why child! If I had known the trip was so short I wouldn't a 'fussed with them bundles so

long. I have not enjoyed it a bit." What a sermon the little old lady preached with her pitiful little bundles! How many there are who go through life just that way, getting ready to sit back and enjoy themselves and find themselves at the stopping point, before they have taken time to have either pleasure or profit by the way!

In front of me sat two men engaged in a very lively argument. One was large and portly, obviously a man who enjoyed the good things of life, while his companion was small and thin to a wonderful degree, and who, as the battle of words raged hotter, jumped about in his seat as if on a thousand springs and treated his chin to such a scrubbing with both hands that it was a miracle it did not disappear entirely.

What was the subject under discussion? wondered I, with truly feminine curiosity. Was it politics or yet religion, those two bones of contention of which quarrelsome man seems never to tire?

In the middle of the car seated vis-a-vis were four young women who discussed the climbing properties of nasturtiums, the latest cut in skirts, their friends' new bonnets and finished by relating a great joke played by one of them upon a mutual acquaintance. I sincerely hope that these were not typical conversations and that most of our Canadian girls take a more serious view of life. As I was musing, the engine gave

another shriek, audible even above occupying my thoughts. We drew slowly into the brill'ant-

ly lighted station. A little stir of preparation for departure ran thru to have "an eye" on their little ones. the car. I awoke suddenly from my wonder how many eyes they ima- day-dreams to find myself at my destination and my hour's ride a thing

-Bernadette Hughes, Form I.

Cataraqui School.

106 Lower Bagot Street, Kingston, Ont., Dec. 9th, 1919.

I wish you would come out tothe engine started and we began out night and bring your sleigh with you. to wan mare a rot or rail. . will Faster and faster flew the tele- bring my sleigh. Oh, will you not waiting for many years he was about graph poles past the windows and be glad when Christmas comes! I the whole lovely landscape, through am going to stay up late on Christ- him and promised to fit out three which we were passing, seemed to mas Eve to see if there is a real filit by like a great and beautiful Santa Claus. Well, I wish you a

GLADYS JONES.

Aged 10 years. Christopher Columbus.

Christopher was old enough he sent would throw him overboard and they him to school. He liked best to would turn home. But he begged study geography. He love i to go them to let him have three days down to the seashore. He was about more, so they did. At last they saw fourteen years old when no left a branch with some berries on it.

the Mediterranean Sea. While he light. They heard a gun from a boat. After a time my eyes grew weary was sailing he was drawing maps. It was a signal that land was in hand just now than we really need," of this constantly shifting scene out- He said if he started from his own sight. Columbus had won. He had interrupted one of his hearers, side, beautiful though it was, so I country and sailed west he would discovered land across the Atlantic "Come around with an answer once turned my attention to what was go- come to Asia, but the people in Italy Ocean.-Annie Hallam, aged 10 would not believe him. Next he years.

NO. 22 Release Thursday, Dec. 11, 1919 The All Round Girl Red Cheeks and Pep

What Mary Ate BY 'MOLLIE PRICE COOK "Ain't you got no more doughnuts,

"No, Mary, you have already had

This was at breakfast. Mary got up late, as usual, feeling seedy, so she ate some doughnuts and jam and drank At noon Mary pushed aside the nice

soup, lettuce, salad, and omelet which her mother had prepared for her. "I don't like that stuff," she said, "I am going to raid the pantry and see if I can find some pie." To the pantry Mary went and found a piece of pie which she ate. Then the swallowed a glass of water, picked a few lumps of sugar from the bowl on the table, and went back to school After school Mary bought an apple-taffy. It cost five cents, so the apple

was of poor quality and the taffy was a cheap glucose preparation, very sticky. One of the girls met Mary on

the way home and gave her some gum drops and a dill pickle, so Mary had quite a feast. At dinner time she wasn't hungry and all her family wondered why she could not eat much dinner. In fact, she said she didn't care for anything excepting the dessert. Now Mary's complexion is poor. She gets headaches and lags about in a penless manner. If Mary ate lots of fruit and drank a quart of milk a day do you think she would be healthier? she ate plenty of cereals, eggs and vegetables and cut out the candy and pastry do you think she would develop pep and be as strong and cheerful and good-looking as Sally Jones across the

Sally Jones eats wholesome foodseggs and milk, whole wheat bread and butter, and leafy vegetables such as lettuce, cabbage, and beet tops which contain vitamines. Look up "vitamines in your dictionary! They are little particles in food which make it nour-



undernourished and sickly. Which person would you choose for an example—Mary the Pie-Eater, or Sally Jones, the Vegetables-And-Milk

(Next Week: "Making Friends With Morpheus.")
Boys' and Girls' Newspaper Service
Copyright, 1918, by J. H. Millar

went to Portugal, and then he started out for Spain. At first they would not listen to him. After to leave, when the Queen sent for

On Aug. 3rd, 1492, Columbus set panorama into whose machinery very merry Christmas, and hope you sail. His three vessels were Santa Maria, Pinta and Nina. There were 120 men on board. When he left Spain he sailed to the Canary Islands, near Africa. He stayed there for three weeks, fixing a boat which leaked. He then sailed west. When He was born in Italy about 1435, they lost sight of land his men be-His father was poor, but when came frightened. They said they Soon after he started to sail on Columbus thought that he saw a

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DON'T worry all winter about your radiator freez-ing. Use Johnson's Freeze-Proof—then forget there is such a thing as a frozen radiator. Johnson's Freeze-Proof is non-inflammable and inexpensive. It does not evaporate so one application lasts all winter.

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One package of Johnson's Freeze-Proof (cost will protect a Ford to 5° below zero, and 2 packages to 50° below zero. For larger radiators or to protect to a lower temperature, use additional Freeze-Proof according to the scale on the package. For sale by all dealers.

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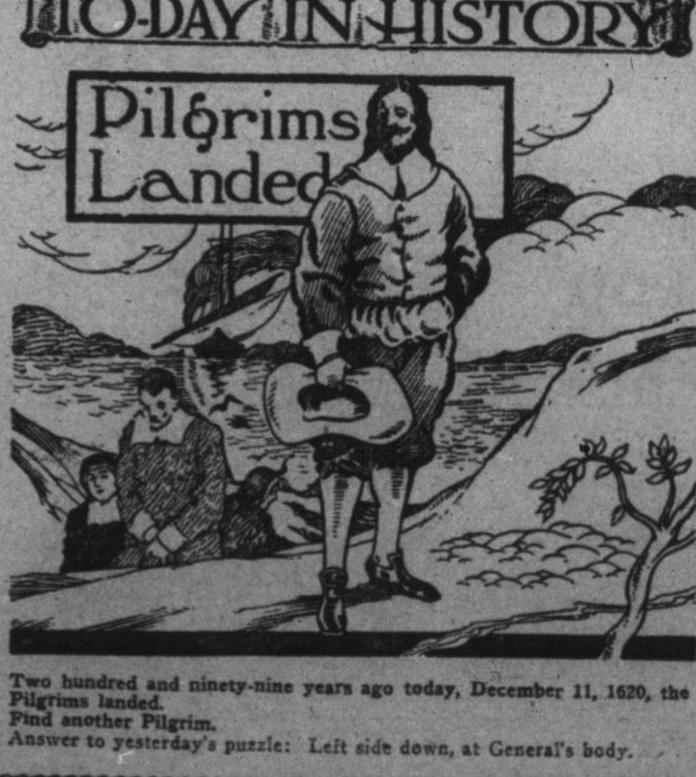
Reliable Ready-to-wear Clothing and Perfect Fitting Tailoring 181 PRINCESS STREET

Smallpox Increases In Toronto,

new cases were reported by doctors (Canadian Press Despatch) as having developed during the last twenty-four hours. There are now in the city a total of 1,160 cases, with ituation in this city became more 1,715 people quarantined as the reserious resterday when sixty-two salt of the epidemic.

VE'II All GO SKATING Oh, the fun of it—the joy of it—the health of it.! Won't this be a glorious winter? Get a pair of Starr Skates and off you go. That will be the starting point of your skating There's a Starr Skate made to suit every member of the family and. every purse. Go to your dealer to-day and ask him to let you see the "Starr" Skates. Write to day for our 1919 Illustrated Catalogue STARR MFG. CO., LIMITED **Buery Pair** DARTMOUTH, NOVA SCOTIA seso Branch : 122 Wellington St. West All STARR SKATE

CLIMAX



FARMERS TO CONVENE.

tario here are busy these days pre-mission from the grocery department, paring for the big sixth annual U.F. o. convention next week. The convention will occupy most of Wednesday and Thursday, and will be attended by delegates from all over the province and outside. Hon. T. A. Grerar will be with the representa- Dr. Cheer's O tives from the Dominion at large.

The convention is to be held in

dassey Hall, and Premier Drury and

his cabinet will be present at practically all the sessions. There will Annual Meeting of U.F.O. in Toronto be held also the annual meeting of the U. F. O. co-operative stores. A Toronto, Dec. 11 .- The headquart- move is on to separate the business ers of the United Farmers of On- operations of the Live Stock Com-