

Had to Go to Bed
Headaches So Bad

MILBURN'S LAXA-LIVER PILLS
MADE HER WELL.

When your liver gets sluggish and inactive, your whole health suffers. Your bowels become constipated, your head aches, your tongue is coated, breath bad, specks float before eyes, you are bilious, have heartburn, water-brash, pain under the right shoulder, muddy and brown spotted complexion, etc.

Help the liver to resume its proper function by removing the bile that is circulating in the blood and poisoning the system.

Milburn's Laxa-Liver Pills are small and easy to take, do not grip, weaken or sicken do not leave any bad after-effects. Price 25c a vial at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

The Great English Remedy
Tones and invigorates the whole nervous system, makes the blood pure in old veins, cures nervous debility, mental and brain worry, depression, loss of energy, nervousness, heart, itching, memory, piles, etc. Price 25c a vial at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

"OUCH! ANOTHER
RHEUMATIC TWINGE

Get busy and relieve those pains with
That handy bottle of Sloan's
Liment.

W HAT Sloan's does, it does thoroughly—penetrates without rubbing to the assailed part and promptly relieves all manner of external pains and aches. You'll find it clean and non-staining. Keep it handy for scalds, burnings, neuralgia, over-exerted muscles, stiff joints, pains, bruises, sprains, bad weather after-effects.

For 38 years Sloan's Liment has helped thousands the world over. You won't be an exception. It is unequalled in producing results. Made in Canada.

Sloan's
Liment
Keep it handy

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G. W. LYONS
349 PRINCESS STREET

Treatment For
Influenza Cases

Simple Home Treatment
Award Off Attacks in
Early Stages.

The experience in last year's epidemic of influenza taught us that disease should be fought in its early stages. Here the symptoms are similar to a cold in the head and the same treatment should be used, usually with effective results.

Any physician will tell you that the drugs to use in such cases are Aspirin, Phenacetin, Quinine, Salol, Caffein Citrate and Camphor Monobromate. The action of these is to quickly break up the cold and conquer the advanced stage of grippe.

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The best quality at all prices.
Fresh Home-made Candy always on hand.

Drop in to our parlor and try our pure Ice Cream, or take a pint or quart home for supper.

288 PRINCESS STREET,
PHONE 1128.

For Boys to Make
Handicraft

Next to iceboating, there is no winter sport so exhilarating or exciting as skate-sailing. With a sail, made in a few hours at small cost, and a pair of sharp hockey skates, a boy can scoot against the wind, and can spend interesting hours studying new ways to gain speed and distance with the wind as a motive power.

There are many skate sail models, popular in various parts of the country. Some cost more than others, and some require more skill to manipulate. The model shown here is a standard one.



capable of high speed, and the dimensions are for the average boy. It requires two poles and some canvas or sheeting.

Bamboo is the best material for poles, but is not always available. A good substitute is 1x2 white pine, sold at the lumber yards for furring strips. You will need one pole 10 feet 6 inches long and another, the spar, 6 feet long. Make the sail of 6x10 feet, as shown, of very light canvas or unbleached cotton sheeting.

At the wide end of the sail, lap the canvas over the 6-foot pole and tack it with carpet tacks. A better job would be a deep hem through which the spar may be slipped. Bore a 1/2-inch hole through the middle of the spar and another through the 10-foot pole 2 inches from its end. A piece of rope through the two holes will furnish an easy way to rig the spar and to pull the sail taut.

Use your mind as a storehouse, but not a junkhouse. Imagination is very often a great trouble maker. It's a great work of art to make art pay.

Frontenac School.

His Faithful Horse.

One Sunday morning an aged man was leading an old horse across the suburbs when a passer-by asked him where he was going. "I am looking for some green grass and a little fresh water for this old fellow here," he said, striking his companion gently on the neck. "I would send him to the bonnyard or the glue factory if I were you," said the stranger with a sneer.

"Would you?" said the old man in a trembling voice, "if he had been the best friend you had in the world and had helped you to earn food for your family for twenty-five years; if the children who are living and the children who are living had played with their heads on him for a pillow when they had no other? Sir, he has carried us all to mill and to meet our God, and please God, he shall die like an honorable old horse, and I will bury him with these hands of mine if he goes first. Nobody shall ever abuse old Bill, and if I go before him, there are those who are paid to take my body to the mill."

Christmas Time. Christmas will soon be here, and everyone is looking forward to the happy holiday time. The downtown stores with their greens and pretty Christmas goods, which make them quite attractive. Princess street has been decorated with palms, Christmas trees, bunting and flags, while across the street there hangs a banner, "Welcome all a Merry Christmas."

Harold's Victory. "I can't get this 'rithmetic," growled Harold. "I've tried to add up these figures and I always get a different answer."

The Whig's Christmas Edition. The school children are asked to watch for the Christmas edition of the Whig, to be published on Saturday first. It will contain pages of special interest to them, and will be full of good seasonal articles for children of all ages, as well as for grown-ups. Do not miss it on Saturday, the nearest Saturday to the great festive season.

For Girls to Make
Homcraft

Making Christmas Decorations.

BY CAROLYN SHERWIN BAILEY
Why not make your own Christmas decorations this year? You can do it, and it will be ever so much fun.

Making Holly and Mistletoe. Cut the pattern of a holly leaf from heavy paper. Lay it on several thicknesses of heavy, dark-green tissue paper, and cut out some leaves. Moisten the thumb and fore-finger of your right hand and twist the points of the holly leaves and the stem. Fold the leaf through the centre, and pinch it to shape the rib.

For the Christmas Holidays. On Friday, December 19th, the Christmas holidays will close for the school children. It is the desire of the school board that the school news should be continued during the holidays just as it has been kept going for the past month.

COAL CONSERVATION. Economical Use of Bituminous Coal, Slack and Colliery Waste.

Queen Elizabeth's Ring. Every day in these changeable times the news comes of new men succeeding to old ones, and coincidentally, the stream of old art treasures flows into the market.

Teachers' Salaries.

Better Pay Advocated for Rural Teachers in Quebec.

In these days, when the demand for higher wages is being made and conceded on all hands, there is a very serious danger of coming to regard this method of bringing about adjustment as the obviously normal one.

Canadian Printing Bureau. Recently Hon. Hugh Guthrie, Solicitor-General, explained the amendments to the Public Printing and Stationery Act, which dealt largely with the reduction of the staff of the Printing Bureau.

Debt Still Grows. A considerable falling away in the amount of increase in the net debt of the Dominion is shown in the October financial statement, as compared with the figures for September.

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Kingston-Cape Vincent Ferry
Steamer Missisquoi
Season of Navigation Closes Saturday,
December 13th, 1919.

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BOOTS, SPATS, MOCASINS, ETC.

Victory Shoe Store

Robertson's Limited
"The Cyril"
OPEN STOCK DINNERWARE

This is our latest offering from the celebrated Potteries of Johnson Brothers, Staffordshire. It is a very nice clear white body with gold line, delicate border, with sprays of roses; new shapes; moderate price.

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