Had to Go to Bed Headaches' So Bad

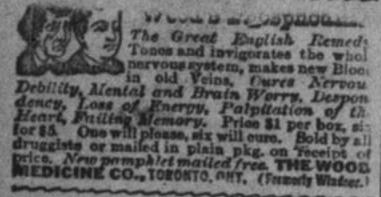
MILBURN'S LAXA-LIVER PILLS MADE HER WELL

When your liver gets sluggish and fnactive, your whole health suffers. Your bowels become constipated, your head aches, your tongue is coated, breath bad, specks float before the 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.

Mrs. E. Bainbridge, 30 Maple Ave., Amherst, N.S., writes:- 'I take pleasure in writing you of the good ! received by using Milburn's Laxa-Liver Pills for headaches. I was so bad I-had to go to bed, and could not sit up. A friend told me about your wonderful medicine, and two vials have made me as well as I can

Milburn's Laxa-Liver Pills are small and easy to take, do not gripe, 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.



"OUCH! ANOTHER RHEUMATIC TWINGE

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

V 7 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-skin-staining. Keep it handy for sciatica, lumbago, neuralgia, over-exerted muscles, stiff joints, pains, bruises, stains, sprains, bad weather after-effects.

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

All druggists-35c., 70c., \$1:40.



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Ireatment For

Award Off Attacks in Early Stages.

The experience in last year's epi-demic of influenza taught us that the disease should be fought in its early methods of progression. The result Christian Science Monitor 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 methods of progression. The result Christian Science Monitor, is to be seen on all hands. Every Caffein Citrate and Camphor Mone ste. The action of these is quickly break up the cold and even conquer the advanced stage of

These drugs are offered the public in Grip Fix, a preparation for use in the home. It has been on the market for ten years and did wonderful work during the epidemic of last year. It comes in capsule form, convenient to take and giving quick action. It reeves a cold in a night and usually breaks up an attack of grippe in 48 hours. There is nothing in Grip Fix which works injury to the system. On the contrary, it has a general ton-infi up effect.

rural school teacher in the province. Grip Fix is for sale by all druggists.
Get a box today and have it in the bouse. Prompt treatment of colds is half the battle. When asking your was just a little over \$33 a month, or less than \$8 a week, and that ruggist for it be sure to get Reid's rip Fix as there is no preparation ust as good" for colds. It sells at 35 nts per box or three boxes for \$1.00.



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ways on hand. Drop in to our parlor and try

pint or quart home for supper

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SCHOOL BRITISH WHIG

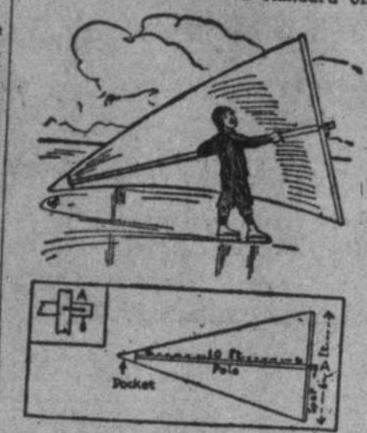
TUESDAY, DECEMBER 16, 1919



Making A Skate Sail BY GRANT M. HYDE

over the ice, sometimes attaining a to the boneyard or the glue factory speed of 30 miles an hour, can tack if I were you," said the stranger with against the wind, and can spend in a sneer.

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

Bamboo is the best material for poles, but is not always available. A good and another, the spar, 6 feet long, tations and dialogues. Then we are Make the sail, 6x10 feet, as shown, of to have our holidays from that day very light canvas or unbleached cotton until after the New Year comes in.-

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. At the pointed end of the sail, sew a pocket into which the end of the long pole may be slipped. It is well to hem the sail's edges to avoid ravelling. To carry or store the sail, unhitch the spar and roll the sail about the two

The same model, with each dimension increased about one-third, makes a good two-man sail with which two skaters can have a lot of fun. Learn to sail and tack by experimenting. (Next week: "A Wardrobe

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Use your mind as a storehouse, but not a junkhouse. trouble maker.

TEACHERS' SALARIES

Better Pay Advocated for Rural

Teachers In Quebec.

type of labor, using the word in its

broadest sense, is tempted to adopt

the threat method, and every type of

employer is tempted to wait until

this "recognized" method is adopted

before he will even think of moving

in the direction of dealing more just-

ly with his employes.
A really scandalous illustration of

what is meant came to light recently

in the Province of Quebec, at a great gathering of school teachers held in

Montreal. At this meeting, figures

produced by a special committee ap-

pointed to inquire into the matter

showed that the average pay for a

Now, there is such a thing as pub-

lie opinion. Indeed, public opinion may be said to be, at last, really find-

ing itself in Canada, as in many other

countries, and in Quebec, as in other

public opinion in Quebec should make

a summary end of a situation whi

ought never to have been allowed t obtain by any reputable public body.

This is not a question of coercin

some employer of sweated labor, al-though the conditions are the same.

The employer in this instance is th

whole Province of Quebec, and, until the wrong is righted, the stigma lies

at the door of the whole province,

ovinces of the Dominion. And

Frontenac School.

His Faithful Horse.

Next to iceboating, there is no win- where he was going. "I am looking feet marks the next day.—Carrie ter sport so exhilarating or exciting as for some green grass and a little Shufflebotham, aged 11 years. skate-sailing. With a sail, made in a fresh water for this old fellow here," few hours at small cost, and a pair of he said, stroking his companion gentsharp hockey skates, a boy can scool ly on the neck. "I would send him

Sir, he has carried us all to mill and At last I yawned, "Do you-" and to meeting, and please God, he shall I woke up. Ralph was not there die like an honorable old horse, and and neither was I take care of him."

Christmas Time. Christmas will soon be here, and everyone is looking forward to the happy holiday time. The downtown merchants are decorating their stores with evergreens 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, "Wishing all a Merry Christsubstitute is 1x2 white pine, sold at the mas." The school classes are going lumber yards for furring strips. You to have a concert on December 19th, will need one pole 10 feet 6 inches long and are busy preparing songs, reci-Elsie Turner, aged 11 years.

> 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.

"In the army there is no such word as can't," said Uncle Ned, who had just been home from the war a short time. "So if you want to be a soldier you must forget even the meaning of the word." "But I cannot," began Harold, and be original as far as possible. then half-ashamed he caught Upcle

Ned's eye and they both laughed. "What has the army to do with arithmetic, Uncle Ned?' book on his knee. "See here," he the Whig, to be published on Satsaid. "Here is plenty of ammunition urday first. . It will contain pages.

to begin with. We'll suppose, of of special interest to them, and will course, that these figures to be add- be full of good seasonable articles ed are ammunition. Let me see what for children of all ages, as well as the guns (your brains) can do with for grown-ups. Do not miss it on them. Add these up quickly," "Forty-nine," cried Harold. "Bad work, you have been wounded. Go over to the sofa hospital to

ot not a junkhouse.

be cured. Mother, will you be the day looked up in her mother's face Imagination is very often a great doctor? Confine this man to bar- with, "Mother, what do you make It's a great work of art to make

spite of the fact that he is invariably

expected to keep up "some kind of

position," and to act, especially in

rural districts, as some kind of "lead-

er," the school teacher is usually paid

Debt Still Grows

amount of increase in the net del

October financial statement, as com

pared with the figures for September

extent of \$35,545,015. During Ser

tember the increase was nearly sixty

stands at \$1,749,331,792. At the

close of September, 1918, or a period

of thirteen months, it stood at \$1,

224,227,892, or approximately \$225,-

000,000 less than at the end of

plete the work of demobilization.

Canadian Printing Bureau.

Recently Hon. Hugh Guthrie, So-

of the Dominion is shown in

A considerable falling away in th

In these days, when the demand a salary which keeps him in such a

for higher wages is being made and state of chronic poverty that, unless

sable twice." She made him go over these tables again and again before she would permit him to leave her hospital. "Discharged," she said at

This time Harold was more care-One Sunday morning an aged man ful with his ammunition, and was was leading an old horse across the not sent back to hospital again. And commons of the city out towards the so he gained a victory over the suburbs when a passer-by asked him 'rithemetic army and received per-

A Dream of a Dream. Dreams are curious things. For instance, I had a very good friend teresting hours studying new ways to "Would you?" said the old man in when I moved to another part of the as motive power. If you are going to the best friend you had in the world One night after I had gone to bed I try it this winter, it is time you made and head you had in the world One night after I had gone to bed I try it this winter, it is time you made and had helped you to earn food for dreamt of Ralph. I dreamed that I There are many skate sail models, your family for nearly twenty-five had walked over a hundred miles popular in various parts of the country, years; if the children that are gone . Some cost more than others, and some and the children who are living had When I arrived at his home I receivrequire more skill to manipulate. The played with their heads on him for ed a hearty welcome. We had a happy a pillow when they had no other? time all day until evening came.

> I will bury him with these hands of It happened the next night that I mine if he goes first. Nobody shall again dreamt of Ralph. I had arever abuse old Bill, and if I go before rived at their residence, received a him, there are those who are paid to great welcome, and was in pleasant conversation, when I said: "Do you "I beg your pardon," said the man know Ralph, that the other night I who had spoken first, "I cannot dreamt of you? Well I dreamt that blame you for not wanting to part I had come to see you but of course with the faithful old animal." And it was only a dream and when I woke the two who had toiled long years up I wasn't here, but now I have no and grown old together resumed doubt that this is not a dream" their journey .- K. Marsh, aged 11 Ralph began to laugh and I wakened. Again I say dreams are curious things.-James Dunn, aged 10, Sen.

> > For the Christmas Holidays. On Friday, December 19th, the Kingston schools will close for the Christmas holidays. It is the desire of the school editor that the school news should be continued during the holidays just as it has been kept going for the past month. To do this it will be necessary for the children to send or bring their little stories to the office. The School Editor will be glad to receive any contributions from the scholars of pointed stars from white bristol board any of the schools. They should be or water color paper, and mount one sent in accompanied by the name age and school of the writer and they will find their proper place in the School British Whig. Any seasonable stories of incidents of the holidays will be gladly accepted, and it is hoped that the children will see to it that there is no letting up in the interest of their own newspaper during the holidays. The School Editor will always be at the service of the children and will be glad to have their articles. Make

The Whig's Christmas Edition. The school children are asked to Uncle Ned took Harold's exercise watch for the Christmas edition of Saturday, the nearest Saturday to the great festive season.

them short and snappy and let them

A little girl-an only child-one with, "Mother, what do you make me wear this old frock for? I should Doctor Mother made a brief ex- think you might afford to dress me amination. "Repeat your addition better, seein' as how there's only one

NO. 26 For Girls to Make Homecraft 5

Making Christmas Decorations BY CAROLYN SHERWIN BAILEY Why not make your own Christmas decorations this year? You can do i 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.

Cut small squares of red tissue paper, and lay a little ball of cotton in the centre of each. Twist the paper around the cotton to form the holly berries. Leave enough of the paper so that you can twist three berries together. Wire

these leaves and berries to twigs. Use gray-green tissue paper for the mistletoe leaves, and white for the berries. The leaf pattern is long and narrow. Eight and one half inches long by two inches wide is a good size. Make the berries as you did the holly, twisting two berries between two leaves, Then wire them irregularly to twigs,

For Your Christmas Tree Cut narrow strips of gold and silver paper and twist it as one does for the old fashioned lamplighters. Make the finished papers as slender as you can, and attach a loop of very fine wire to the end of each. These make a good substitute for the expensive icicles for decorating a tree, just as pretty, and almost costless.

Quaint little figures can be made of lipops. Draw a face on the paper covering of the candy. Wire two slender rolls of white crepe paper to the stick for arms. Then dress up the lollipop in bits of bright cloth or paper to represent clowns, Santa Claus, characters from fairy tales such as Red Riding Hood, Pierrette, and Cinderella. Get a couple of boxes of good sized holly, Santa Claus, or red stocking Christmas seals. Cut circles or five



mounts around the edge of the seal so as to completely cover the back. If you

are clever at using water colors, paint the mounts holly red. Punch a small hole in the top of each of these circles or stars and suspend them by a fine thread or gilt gord from the twigs of the Christmas tree.
(Next week: "For Your Xmas

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COAL CONSERVATION.

Slack and Colliery Waste. The benefits of technical research serious danger of coming to regard by lofty motives and a real love for pointed by the Institute of Petroleum his method of bringing about adjust- his calling, he would throw up his rechnologists has been investigating ment as the obviously normal one. work and turn to something affording sethods for the economical use Simple Home Treatment The threatening demand and the some semblance of a just return for bituminous coals, slack, colliery grudging concession, the former ex- his labor. Two blacks, however, or waste, etc., more particularly with aggerated in order to preclude any indeed any number of them, do not eference to the production of bysuspicion of weakness, the latter make a white. The fact that all the products and the generation of power

exaggerated in order to preclude any world underpays its school teachers The technical advisers of the committee have carefully studied var ous types of retorts and producer the supply of retortable material the output of the collieries, the pos-Sibility of using seams now unworked, the market for products, etc. tc., and have assembled an immens mount of valuable data.

A company has now been formed with a capital of \$500,000, to produce oil from bituminous coal, to During October the debt grew to the prepare fuel—e.g., gas, coke and bri-quettes—for domestic and industrial ourposes, and to extract various byfive millions. The net debt now products in the process of manufacture. These will probably include ammonium sulphate or crude ammonia, and coal tar with its derivatives, which are so important in the manufacture of aniline dyes and

numerous drugs and explosives. War expenditures since April 1. A site for an experimental the beginning of the Dominion's fiscal year, have aggregated \$206,085,707 | the centre of the Midland coalfield. From the same period last year they with good railway connections and were \$169,574,417. These figures in adjacent to three shafts which are tive to appoint a committee to or army has been more costly than its inferior cannel, and a soft caking maintenance in the field. That this coal. It is not only intended to test to secure better pay for the rural expenditure is rapidly decreasing material for the particular company teachers, and the question of the however, is indicated in the war exconcerned, but to co-operate with colformation of a teachers' union to penditures for October alone, a liery owners in any part of the world force up salaries was discussed. The month which witnessed but a small in promoting more efficient utilizanext step in the prescribed order homeward movement of fighting tion of coal resources. The company would be the formation of such a men. For October the expenditure is receiving no Government assistunion; the next, probably the threat- was \$22,345,482, while in October, ance, nor is it in any way interested ening demand; and the next, presumably, either a strike or a grudging Treasury \$66,510,092. It has been process.—Toronto Saturday Night.

estimated that subsequent to the close of the current fiscal year the sum of fifty million dollars will com-Queen Elizabeth's Ring. Every day in these changeful times the news comes of new men succeeding to old acres, and, coincidentally, the stream of old art treasures flows into the market. The de- contented. That old-time feeling of the mands of the death duties and the weariness departs-you forget your amendments to the Public Printing mandates of taxation are invaland Stationery Act, which dealt able. Shortly the Earl of Home's collargely with the reduction of the lections of old silver furniture and There is a reason for this char staff of the Printing Bureau and objects d'art, including Queen Eliza- and that reason consists of the fact beth's mother-o'-pearl ring (with that Ferrozone contains blood-makenameled portrait of herself and her ing materials you can get in no other

Mr. Guthrie stated that there it), will be sold at Christie's; the Ferrozone makes the blood tingle It is true that, since the first day the human race evinced the smallest desire to learn anything, it has acted on the basis of paying its teachers the very least that it could. And wherever anyone may go, up and down the world, to-day, he will find the school teacher one of the worst naid members of the community. In naid members of the community, In carry on this work.

Would be dispensed with at a saving to the country of about \$500,000.

This is spite of the fact that the superannuation of certain employes would cost the country about \$276, from William the Lion before 1214, three officials had been doing the purchasing for the Printing Bureau; by the new bill one man will afterwards embraced the English interest. The afth fought Bothwell and if the held new charms and pleasures. would be dispensed with at a saving Douglas, and of the Hirsel at Cold- sures lots of nourishment

protected James I. in his youth, coming with that monarch to England in 1603 as a Privy Councillor, and

onomical Use of Bituminous Coal, being created an earl in 1605. Rich and rare as the Home silver trophies will prove to be, popular re being once more illustrated in Elizabeth's ring, which, it is highly conceded on all hands, there is a very he were actuated, as he usually is, ingland, where a committee approbable, entered the family possesion through James I.'s henchman and protector, the first earl. This mother-o'-pearl hoop is overlaid on the shoulders with bands of gold set with rubies. The gold bezel has six table diamonds forming the initial E, with a pearl and rubies. This hezel opens, and shows minutely chased and enameled portraits of the Queen and her ill-fated mother. A diamond and ruby mark their costumes. Oz. gold plaque, delicately enameled with Queen Elizabeth's badge—a phoenix -and with a crown in translucent colors. The chasing of the portraits was probably executed by that Italian artist who worked the historic ring which the Queen gave to the

> The less a man thinks of his neighoor the more he admires himself. It is hard to down an upright

unfortunate Earl of Essex.

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down, not feeling up to the mark, erhaps irritable, nervous or sleepess can well afford to learn about he wonderful results the newly disovered blood-food is giving to folks

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of water, you simply take two little drug stores under the name of "FER

would be 402 persons whose services Scottish castles of Bothwell and and sing with new vitality. This en-

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