

SUFFERED DAY AND NIGHT

The Tortures of Dyspepsia Relieved By "Fruit-a-lives"

LITTLE BEAN D'OR, C. B. "I was a terrible sufferer from Dyspepsia and Constipation for years. I had pain after eating, belching gas, constant headaches and did not sleep well at night. Finally, a friend told me to try "Fruit-a-lives". In a week, the Constipation was corrected and soon I was free of pain, headaches and that miserable feeling that accompanies Dyspepsia. I continued to take this splendid fruit medicine and now I am well, strong and vigorous". ROBERT NEWTON.

ANNOUNCEMENT We wish to announce to the public that we have moved to 222 WELLINGTON STREET corner of Queen Street, where we are better equipped to supply your wants in— AUTO TIRES AND ACCESSORIES SUDDABY BROS. PHONE 1988

THOMAS' ECLECTRIC OIL A SURE, SAFE AND SIMPLE REMEDY FOR ALL THE COMMON DYSPEPSIA AFFECTIONS. It should always be kept on hand in every household for the relief of indigestion, flatulence, acidity, heartburn, etc. It is a powerful purgative and cleanses the bowels. BOTTLE 1/6. 1/2 DOZ. 1/5. 1 DOZ. 1/4. THE TIME WHEN YOU WILL NEED IT.

The Cash Store SPECIAL SALE FOR XMAS BAKING California's KUTRANS 24c. to 25c. Cleaned Currants, never 25c. to 26c. Seedless Raisins, bulk 25c. 1 lb. Seedless Raisins, pkg., extra fine 30c. 1 lb. Seeded Raisins, all fresh—14c. 1 lb. 20c. and 25c. per package New best, mixed per lb. 65c. Fresh Table Raisins 45c. and 50c. Pure Lard, per lb. 35c. Compound Lard 30c. Compound Lard 25c. Compound Lard 20c. Compound Lard 15c. Compound Lard 10c. Compound Lard 5c. Fresh Eggs 75c. doz. Fresh Eggs 70c. doz.

Neuralgic Pains Give Way to Soothing Hamlin's Wizard Oil Hamlin's Wizard Oil is a safe and effective treatment for headache and neuralgia. Rubbed in where the pain is, it acts as a tonic to the tortured nerves and almost invariably brings quick relief. Its healing, antiseptic qualities can always be relied upon to prevent infection, or other serious results, from sprains, bruises, cuts, burns, bites and stings. Just as good, too, for sore feet, stiff neck, frost bites, cold sores and canker sores. Get it from druggists for 30 cents. If not satisfied return the bottle and get your money back. Ever constipated or have sick headache? Just try Wizard Liver Whips, pleasant little pink pills, 30 cents. Guaranteed.

DIRECTORY FOR RETURNED MEN, APPLY For employment information. For Land Settlement, general matters, advice: Bank of Toronto Bldg., cor. King and Brock Streets For Vocational Courses, Industrial Re-training: Mercantile Bank Bldg., cor. Brock and Wellington Sts. For medical treatment, surgical appliances: Golden Lion Block For Pensions: Bibby Block, Princess Street

To Fortify The System Against Colds, Grip and Influenza Take "Laxative Bromo Quinine Tablets" Be sure you get the Genuine Look for this signature E. W. Shore on the box. 30c

Study Problems Solved

Starting That Theme BY KATHARINE TAYLOR Francis W. Parker School "If you were starting out to explore an island, would you just wander about till you thought you had seen it all? No. You would first sit down and plan your journey. You would go about it with some sort of system. When you write a theme, you are exploring a subject with your mind. It has boundaries, high points that stand out, and low places that you ought to know about just like your island. Be sure then to plan your journey. If you don't, you are liable to get lost and certainly you will not



know when you have finished your journey. The first thing to decide is the point of view from which to write. This will be determined largely by the people for whom you are writing. You are writing a theme on baseball. Age, you writing for people who never saw a baseball and know nothing about the game? Then you must explain very carefully and completely the main points of the game. Go at it with this idea "they don't know anything about baseball and I must make it so plain to them that they can't help but understand it." Are you writing for people who see no fun in the game? Then you must show your readers the fun and excitement of hitting a liner over the center fielder's head, of catching a runner napping off second base, or of making a home run.

Next arrange the points you intend to make in the form of an outline. If you do not do this, you may drag the poor reader on an aimless journey which ends nowhere and convinces him of nothing except that you don't know how to write. You are now ready to start writing. Use your outline to suggest the road for your readers to follow. Make it so plain they can't miss it. Write your own ideas, simply and clearly, with your reader always in mind, and you'll be surprised to find that getting out that theme is so much easier than you thought. (Next week: "Reading a Land-Boy's and Girl's Newspaper Service Copyright, 1919, by J. H. Miller

School Days. Little Robbie was full of mischief, and during his first year at school hardly a day passed that he was not sent to stand in the corner. When the schoolhouse burned down and a new one was immediately begun the little boy went to his father, who was county superintendent. "Don't you think we could get the builder to build a round schoolhouse this time, father?" he said. "Why, son?" his father asked in astonishment. "Because," the little fellow answered, "I'm getting very tired of corners!"

THE VILLAGE OF ATHENS. An Elocutionist Contest—Coming Christmas Events. Athens, Dec. 19.—The rink is being put into good condition, but the snappy weather has made good skating on the flats. Marley Holmes, Frankville, have leased George W. Brown's brick house, Church street, and takes possession about New Year's. Munsell Bates and family have leased the Willis street residence of Joseph Kerr, Elgin. Possession is to be given at once. The Baptist congregation has purchased from Gersham Wing the Lewis property, Reid street. The new pastor, Rev. Mr. Nichols, is expected from Osgoode in the course of a couple of weeks. Announcement is made of the engagement of Miss Jessie, daughter of Mr. and Mrs. William B. Percival, Victoria street, to Mr. Gotch, Winnipeg. The marriage takes place the first of January. On Jan. 1st, 1920, Mr. and Mrs. George Evans, Greenbush, former Athenians, are entertaining in honor of their fortieth wedding anniversary. Of absorbing interest for several weeks has been the Demorest medal contest, under W.C.T.U. auspices, for which six high school girls were in training. The event transpired on Wednesday evening last, and was exceptionally good. The contestants recited temperance selections, and appeared in the following order: The Misses Geraldine Percival, Generva Yates, Myrtle Taber, Vera Topping, Charlotte Miller, Beryl Davis. To number three was awarded the silver medal. The high school Christmas literary meeting was held Thursday evening and is billed for this evening. The public school closing exercises, the Methodist S.S. entertainment comes off Christmas night, the Anglican on New Year's Eve. A Mule's Epitaph. An army mule at one of the can- tonments "went west." The private who had charge of the last rites had to fill out the regulation form, and came across the suggestion, "Disposition of carcass." After a moment's thought Sammie wrote on the blank line: "Heaven and deceitful."—Dallas Holland's Magazine.

Louise School.

Presentation of Medals. Last Wednesday afternoon Fire Chief Armstrong visited Louise School to present some scholars with their medals for essays in the Fire Prevention Essay Competition. As the classes marched into their rooms, the Senior Fourth class sang "O, Canada." When we were all seated Fire Chief Armstrong addressed the scholars. He then presented the medals to Kathleen Murphy of the senior fourth, Carmel Murphy of the senior third and Annie Armstrong of the senior third class. Of the nine medals that came to Kingston three were won by pupils of Louise School. Chief Armstrong very kindly supplied them with a pretty red, white and blue ribbon, along with a gold bar pin. The boys and girls all cheered for him when this was announced. The chief led the scholars in three cheers for the teachers of Louise School. We closed the ceremony by singing the National Anthem.—Gordon Hearns

Rosa Bonheur. Rosa Bonheur as a child was a problem to parents and teachers alike. She would rather romp than study. She was so rebellious against her studies that it took her a long time to learn to read and write. Her grandfather used to tell her mother, that she thought she had a daughter, but he said it was a mistake, because she was more like a boy. She loved nature and pets of all kinds. Some of her pets were parrots, horses, deer, lions, dogs, and the animals of every variety. She loved to play with them and she would rather romp with them than do anything else. When Rosa was seventeen, she drew and painted a goat. It delighted her so, that she gave her entire time to the painting of animals. But, alas, her parents moved to an apartment where they lived on the fifth floor. She would not part with her lamb, she had to get her brother to carry it up and down stairs. Soon the lamb got to big to be carried and had to have a wooden mitten for its feet, so that it would not make a noise. Her father seeing his daughter's talent in art, sent her to college to give her a full course. By degrees she became a great artist and made a great deal of money. If you go to Paris now, and to the Louvre you will see some of her best pictures.—Velma Harpelle, Louise School Junior IV class.

Closing Exercises. The various class rooms gave programs on Friday afternoon. The Senior Fourth class, Louise School gave a Christmas treat to the Primary class. The following programme was given. Opening chorus. O! God Our Help in Ages Past, recitation, Christmas Bells, Eric Warwick; chorus, Hark the Herald Angels, piano solo, Dorothy Brooks; recitation, David; euphonium solo, Arthur Christian; chorus Luther's Hymn, class; reading, Dorothy Bailey; solo and chorus by Mercy Driver and girls, piano solo, Vernon Packer; reading, Norman Jones; Christmas hymn, "It came upon the Midnight Clear"; recitation, Willia Jones; song Evelyn Bailey; chorus, Jingle Bells; primary class. Play entitled, "Top of the World" by the following pupils: Evelyn Dumbleton, Kathleen Baker, Gladys Harpelle, Nora Hendry, Margaret Hunt, Dorothy Bailey, Oats Saunders, Mercy Driver.

Frontenac School. "Closing in Frontenac School." On Friday, Dec. 19th, 1919 at 2 p. m. all classes assembled in the kindergarten room where a varied program consisting of choruses, instrumental selections, dialogues, recitations and gramophone selections was rendered. Chorus, "Christmas Bells," by pupils. Recitations were given by George Macdonald, Charles Ruskin; piano duet, Dorothy Coply and Lorraine Campbell; recitation, Jean McDougall; gramophone selection, Miss Pound, "Holy Night," "Hark the Herald Angels Sing," "Children's Games"; recitation, William Blake; recitation, Fillmore Reid; chorus, "Holy Night" by pupils; dialogue, "Christmas Dolls" by second class; instrumental, "Tris," McCaj; game

Sydenham School. The Closing Exercises. All the pupils of Sydenham School assembled in the Principal's room on Friday at three o'clock for closing exercises. Arnold Faris was chairman, gave a bright little speech

Nature Study Outdoor Life

Christmas Work. We have all enjoyed our Christmas work. We have been making little candy boxes, scissors cases, trays for candy and handkerchief holders in our manual training classes, and are now putting the finishing touches on them to use for Christmas gifts. We each made a Christmas card. We have been learning new Christmas songs and hymns, amongst them being "While Shepherds Watched Their Flocks by Night," "December," "Holy Night." Some of the boys and girls recited and sang at the closing of the school, and one of the boys brought his phonograph to add to the programme.—Grace Cherry.

A Medal Presentation. We had a delightful visit at Sydenham School during the week from Fire Chief Armstrong, our prize medalist, amid the hearty applause of the assembled children. The class rooms are ringing with Christmas music just now, and it is a happy time for the children.—Bruce Perry.

The Boy's Naval Brigade. I belong to the Boy's Naval Brigade, we meet three evenings and one afternoon a week. On Tuesday night we meet at the Armouries, and half of the boys have physical drill while the other half are signalling. The boys are very fond of their instructors and are making splendid progress. On Wednesday evening we meet at the Armory and Navy Veterans' Rooms and have a social evening. On Friday we meet there again and are taught how to box the compass. On Saturday afternoon we meet at the veterans rooms once more, and have Indian Club swinging. All the boys who belong to the brigade are looking forward to the cruise next summer.—John Beard.

A Taffy Recipe. I have made taffy from this recipe and I know it is a good one. Take two cups brown sugar, a piece of butter the size of a walnut, a teaspoon of vinegar, half a cup of milk, and let this boil till it hardens when dropped into cold water. Grease a pan and have it ready to place the taffy in it when done. Then pour it out, put it where it will get cool, and don't eat too much.—Wilson McMahon, aged 10 years.

A LITTLE GIFT COUNTS MUCH IN MANNER OF GIVING. At no time does the manner of doing a thing count for so much as at the time of Christmas giving; and while in a few instances there are those who overload the outward embellishments of gifts none of us now like to offer the simplest little remembrance unless wrapped in spotless paper tied with gay ribbons and adorned with bright seals expressing merry greetings. And this is as it should be for the holiday season gains a great deal of cheeriness and zest from the multiplicity of ribboned white parcels whisking to and fro, and we do not regret the passing of the yellow paper bundle of our grandmother's day. But the attractive appearance of the gift is not all that counts; we must be careful of the how and when and where of presenting it. The time that custom more and more sets apart for the exchanging of gifts among friends is Christmas eve, any time from dusk to midnight; but Christmas day itself is sacred to presenting gifts within the family circle. Some families put all the gifts in the library or living-room, in separate

Gifts. The manufacture of coffee from tea dust is increasing in Japan. Never give a gift in person if you can contrive to send it or put it where it will be found awaiting the recipient when he or she is alone, for when received in this way the gift makes its strongest appeal to one's appreciation. In giving money, even to near relatives, the utmost care should be taken to give it in the most delicate way possible; especially if you know the money is needed. One of the cleverest ways is to take a tiny Japanese umbrella, place the money in a paper bag and, after rolling and tying the bag around the upper part of the handle underneath, close the umbrella over it and tie with narrow ribbon. Another good way is to present an attractive little booklet with a check or a greenback for a book-mark, written on the flyleaf, "note page 14." Turning to see what is written, the recipient appreciates the manner of its presentation no less than the material benefit.

Advertisement for R. D. Hamilton AS "MARJORIE," WITH "DUMBELLS." In "Biff, Bing, Bang," at the Grand Opera House, Dec. 26th and 27th, with a special matinee on Saturday.

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Robertson's limited THE NEWARK A very pretty border of imperial blue filled in with enamelled Medallions. THE BANGOR An attractive blue print with gold lines. These sets are the production of the famous Meakin's factory in Staffordshire—are lovely shapes, and contain 97 pieces, at a special low price quoted for this week. Special For Children A line of "Nursery Rhymes" Cups and Saucers, Plates and Bowls: Each article has a popular colored illustration of favorite rhymes.

Robertson's Limited JUTE BAGS WANTED We will pay highest prices for all kinds of Jute Bags. Get in touch with us. A. SPEIZMAN 60 QUEEN ST., KINGSTON

Kingston's New Industry THE JAVEL MANUFACTURING CO. Manufacturers of "KLEAN ALL" JAVEL WATER Contains—NO ACID—NO LYE Manufactured Specially for Whitening and taking out Stains from white linen and Cotton Without Boiling. Also cleans bath tubs, sinks, copper, porcelain, marble tiling. ASK YOUR GROCER FOR IT—13c. A QUART BOTTLE Return bottle and save 3c. To disinfect leave some in open container in room. Germs cannot live where it is used. TRY IT PLEASE. JAVEL MFG. CO., 19 ONTARIO STREET, KINGSTON. PHONE 454.

Give the Kiddies a Real Treat this Year MAKE it a NEW EDISON this Christmas for the Kiddies. If the New Edison were your gift in the home this year it would make this Christmas stand out long to be remembered. The NEW EDISON The Phonograph with a Soul never grows old; it will be a thing of joy not only to the kiddies but also to the grown-ups, who will be charmed at the rare selection of music that will then be at their command. You know the NEW EDISON is the phonograph that has proved that its reproductions are the same as the artist's original performance. Come in—let's say to-morrow, and we will talk over the matter of a phonograph for Christmas. Special terms if desired. The J. M. Greene Music Co., Ltd. The Home of Good Music. 166 PRINCESS ST.