colds and allied complaints. For over 60 years they

## SCHOOL BRITISH WHIG

TUESDAY, DECEMBER 30, 1919.

IRST YEAR

RED SPRUCE GUM

for prompt results. With the lowered strength and vitality of age they realize more than ever before the importance of having Gray's Syrup on hand for immediate use.

They always buy the Lorge Size onfreat D. WATSON & CO., New York

### What Everybody Sa s

"The Automatic Bobsleigh Coupling which I have used two winters has far exceeded my expectations. It is the proper thing for pitch-holes. James B. Cochrane. Lansdowne." Our new Sleighs have these Couplings. Get them while they

## McNAMEE & SLACK

54 QUEEN STREET PHONE 1217W.

## "SWAT THE COLD" -- A HEALTH SLOGAN

Health Authorities Are Campaign Which Covers Entire

The familiar "Swat the Fly" slogan is now being revised by health authto "Swat the Cold" in wipter as heart-

mer.

Behind the movement is the desire to check the possible spread of 'fine by the prompt treatment of every case of cold. The symptoms of the 'fine symptoms of the 'fine symptoms' of the 'fine symptoms' of the 'fine same as in its early stages are the same as those of a bad cold and last year the 'flu reached to advanced stage in many cases before the patient realized that the trouble was more serious than a

"If every person would get busy as soon as a cold develops and use home remedies to break it up, we wouldn't hear so much about the 'flu," says one Castern official. "It would do wonders and that quickly."

Colds in the head or the 'flu in early stages are promptly and effect-ively treated at home by the use of Grip Fix. This is not a patent medias would be used by any physician. It comes in capsule form and relieves a cold in the night and acts promptly in case of Grippe.

At this time of the year every home should have a box of Grip Fix. It is

on sale at all drug stores, where it sells for 35 cents per box.

### RUNK RAILWAY

### Restoration of Passenger Train Service

Effective Sunday, December 28th, 1919, normal passenger train service which was temporarily reduced due to coal shortage, will be resumed.

For full particulars, apply to: J. P. HANLEY,

C. P. & T. A., G. T. Ry. Kingston, Ont.

CUNARD ANCHOR

## ANCHOR-DONALDSON REGULAR SERVICES

TO GLASGOW.

Portland......Saturnia ....Jan. 24
Portland......Cassandra ....Feb. 4
Portland......Saturnia ....Mar. 6 TO GLASGOW VIA MOVILLE New York.....Columbia ....Jan. 10 in India to cope with the further New York......Columbia .....Mar. 6 tension of the oil seed industry. TO LIVERPOOL New York...... Orduna...... Jan. 3 New York...... Vauban...... Jan. 24

New York...... Carmania ..... Mar. 6 Egyptian and Sudan Railways are The verdict in the case of Lawrence TO PLYMOUTH, HAVRE, SOUTH- requiring further large quantities of Kennedy, at Dublin, Ireland, was to AMPTON

New York.....Royal George Jan. 19 ial. New York.....Royal George Feb. 19 TO CHERBOURG AND SOUTH-

New York.....Mauretania ...Dec. 36 New York.....Mauretania.....Jan. 28 O PLYMOUTH, HAVRE, LONDON New York.....Saxonia .....Dec. 31
New York.....Saxonia .....Feb. 7
TO PIRAEUS & TRIESTE
New York.....Pannonia ....Jan. 20

for rates of passage, freight and rurther particulars apply to local agents or THE ROBERT REFORD CO., LTD. GENERAL AGENTS 50 KING STREET BAST TORONTO. ONT.



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We have large choice. Farmers Butter, special ale, per 1b., 50c, 57c, 63c. Creamery Butter, 68c, 72c. Good Cooking Eggs, per loz., 65c, 70c.

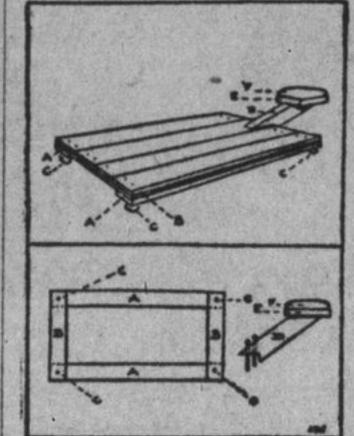
The United Grocery 188 Princess St. Phone 267 Next to Standard Bank

New Laid Eggs, per doz., \$1.

For Boys to Make Handicraft

A Creeper for Garage BY GRANT 'M. HYDE

The creeper should be made strongly and of good sound wood—clear-grained pine, yellow pine, cyprus, or anything else that is handy—for Fa-ther is heavy. The stock for the frame-work should be %-in. wood, 4 or 5 in. wide (B and B are 18 in,



long; A and A are 36 in. long.) Fasten the joints with screws. The platform on top should be made of some lighter boards, about 1/2-in. thick, taken from grocery boxes—strong but flexible enough to bend a little.

For wheels, get four strong furni-ture castors—preferably with metal wheels—at the hardware store. Select castors that have locking devices which drive into the holes first and keep the castors from falling out. Bore holes for the castors in the frame-work at C, C, C, and C. before you nail down the top boards.

A head-rest will be a much-appreciated addition to the creeper for Father will tell you that his neck gets tired when he is working under the car. The standard (D) for the headrest should be cut out of a 2x4, and should be about a foot long, slanted so as to hold the rest about 4 in. above the creeper. The crosspiece should be a 1-in. board, 5x8 in., covered with cotton-stuffed cloth. As it is often handy to take off the head-rest for certain kinds of jobs, fasten it to the creeper with two long stove

Boys' and Girls' Newspaper Service Copyright, 1919, by J. M. Millar

The winter days are not so sad, Although the flowers die, For the mosquito shuffles off-

Likewise the pesky fly. THE WORLD'S TIDINGS

IN CONDENSED FORM in Italy to control the Import trade in fidings From All Over Told in a Pointed and Pithy

The Dutch railways are to be el- erica.

Premier Borden leaves for the repurchasing large quantities of Gerouth within a few days. Fifty thousand pigs are being ex- ments, artistic ceramic ware, embroiorted into Switzerland from Jugo-Slavia.

The shipment of mica from Cey- Boilers, coal-cutters and conveylon, interrupted since 1915, has been ers, electric cables and leg-sawing Coal is now being supplied to

France from Germany at the rate velopments in progress at the Khala of 3,000 tons daily. Hydraulic presses are in request in India to cope with the further ex-

The Dutch steamer Anton Vandriel ary, 8th. Chief among the requests has been wrecked west of Cape Race lew York ..... Carmania ..... Jan. 29 with the loss of the entire crew.

> railway rolling stock and new mater- the effect that he was killed by a mi-A union of German plate glass jury considered that the military actfactories has increased the price of led in a most heartless manner.

all its products, including thin raw In the first nine months of this glass by 20 per cent. New York.....Imperator.....Feb. 21 The Japanese Government is con- land have almost doubled in value New York.....Mauretania.....Mar. 10 templating an expenditure of 20,- and exports from England to France 000,000 yen in the coming year in amounted to \$40,000,000, as com-subsidies for the development of in- pared with \$30,000,000 for the same

French business firms have now opened branches in Prague, Budapest and Bucharest, and are expending their operations further in the

Far East. The sale of sugar for export from Czecho-Slovakia is prohibited until the yield of the best crop, which has suffered considerably from bad cli-

The Danish Potato Growers' As- miles east of Cornwall, passed away sociation has concluded an agree- at the Hotel Dieu hospital on Satment with the Berlin Central Pur- urday as the result of an accident hasing Association for the sale of on Christmas day. With two or three 0.000 additional tons of potatoes. A national syndicate under Govornment supervision, with a capital about two miles from his home, to

Aches and Pains of Rheumatis Sometimes Almost Unbearable. left side. The unfortunate boy was hurried to the hospital here, but the shot had penetrated the bowels and

nake rheumatism worse. They are not the same in the cases of all per- he died from blood poisoning. sons. Some victims of this disease suffer more in dry warm weather than in moist cold weather, but all suffer more or less all the time. The cause of rheumatism is an excess of uric acid in the blood, affecting the muscles and joints. Hence McRory, Edward Sills, Robert J. Mcthe blood must have attention for Fadden.

sermanent results in the treatment of Councillors-Colin W. Lake, Geo. this disease.

Hood's Sarsaparilla has given entire satisfaction in thousands of cases. Do not fail to give it a trial.

If a laxative is needed, take Hood's Myles W. Spafford, and Levi Cranhis disease. Pills-they don's gripe.

Macdonald School.

The Wreck of the SS. Titanic. At the time of the wreck of the SS. Titanic she was the largest vessel afloat, her length being 882 1/2 feet. She was built in Belfast, Ireland, and belonged to the White Star Line. She If Father likes to take care of his started on her maiden voyage from own car, as many car-owners do, he Liverpool, bound for New York, un-has probably often wished that he der the command of the late Captain knew of some scheme to make easier Smith, with two thousand passengers the work of getting under to reach on board. While in mid-ocean, off out-of-the-way grease-cups on the the coast of Newfoundland, and unchasis. Why not build him a "creep- der top speed, she came in contact er," like those the mechanics use in with a huge iceberg, and foundered the repair-shops—or rather a wooden during the night of April 14th, 1912. imitation of the spring affairs they The wreck of the Titanic is one of the greatest disasters ever known on sea. The night was cool, the ocean calm, and the sky was filled with twinkling stars.

After an evening of gaiety, the passengers had retired for the night. received a terrible shock, and some of the passengers were thrown from their berths, while others rushed on deck to ascertain the cause of it. It was not at first thought that the damage to the Titanic was of a serious nature. But on a closer examination it was found that the majestic steam- 13. ship was damaged to such an extent as to endanger the lives of those on board. The order was then given by the late captain to have the lifeboats lowered. His next order was that women and children should be And the frost clicks in the night, the first to be placed in them. The heartrending scene which followed Their seams can hardly meet, when husbands and wives, parents and children, parted; never to see one another again, was one that will always remain in the minds of the people. Yet through all there was wonderful calmness, and more wonderful bravery shown by many, while endeavoring to save the lives of others. The Titanic carried sixteen lifeboats, all of which were filled with human freight, and lowered in midocean on that eventful night. Three of the lifeboats capsized amid the icefloes, and after hours of drifting, the remaining thirteen were rescued by the SS. Carpathian. Among the passengers on board the Titanic were many prominent personages, includ- would have many wonderful tales to ing C. M. Hays, who was president of tell. The sword that I am going to the Grand Trunk Railroad; J. J. tell you about was through the Boer Astor, W. T. Stead and Colonel War. As the sword was made in Ca-

doomed to a watery grave. of people met their death. As the ler. great ocean liner sank lower and Korak, swinging at the side of one lower the ship's band played "Nearer of Lord Robert's Heutenants, marchthem. Those who saw the Titanic as the Boers at Kimberley. the water, only to be sucked down twenty-two days the slege lifted and by the great ship which had borne Kimberley the diamond city passed them so safely but a few hours into the hands of the British. thence. With the sinking ship much

York on April 18th, 1912, with the of an old sword that was made in survivors of the ill-fated Titanic, Canada, and went through the Boer which numbered between six and war with a Canadian soldier .seven hundred, all of whom had suf- Gordon O'Grady, aged 13 years.

of 10,000,000 lire has been formed

pork, fats and other dairy products.

ing a subsidy of one and a half mil-

lion yen to new steamship lines about to begin trading operations with the Dutch East Indies and South Am-

The Japanese Government is giv-

American agents in Holland are

man goods, chiefly optical instru-

dery, beads and artistically printed

machinery are in request in British

Canadian organized labor is pre-

paring for its annual interview with

the Dominion Government on Janu-

will be one for legislation reducing

litary patrol on his way home. The

DIED IN HOSPITAL

Boy Shot While Hunting Rabbits

xander Tyo, of Glenwater, a few

boys, Tyo went to a bush near Pa-

ragon, a neighboring settlement,

hoot rabbits. One of the boys, nam-

ed Paul Struthers, spied a rabbit

and took aim, but the gun did not go off. Tyo was behind him and Struthers turned around to tell him

the gun would not work, when in

some unknown manner the gun went

off and the shot took effect in Tyo's

MUNICIPAL NOMINATIONS

Township of Loughboro. For reeve—Charles Truscott; J. F.

Malaya,, in connection with new de-

Lumpux coal fields

the hours of labor.

period last year.

fered much from shock and exposure insane .- Stuart G. Whitty, aged 13

Central School.

A Kind Deed. One day a boy got a bow and arrow. A robin built her nest near his home. The robin had three young ones, and went to seek some food for them. The boy was trying his bow and arrow and spotted the fat robin on a stump in his garden. The boy shot at her and the arrow pierced her in the wing. She fluttered to the base of the tree where she had built her nest. She had to stay there all that long night, with the young on a crying. After she had waited for a while, a man with a kind heart, (not like the boys) lifted her in her nest. The little ones were very glad But it was not long before the ship to have their mother back with them. The robin's wing got better a few weeks, after. Her young ones grew quite big. Not long afterwards they were so big they flew away. Their mother was very ill and she died. But she never forgot the man's kind deed .- Ashley Aldridge, aged

> A Song of Apples. When the autumn sun is bright Their satin coats are shiny, And every ruddy, round-cheeked

At heart is sugar sweet

Sing for the autumn apples When the autumn winds romp in! We run for bag and basket, We open box and bin. Then when we've gathered bushels And piled them in a heap. We never find a single one That's not too good to keep! -Arletta Orr, aged 13 years.

An Old Sword Tells Its Story. If an old sword could speak it Archibald Gracie, all of whom were nada and Canada helped Great Britain in the Boer War, its story shall It was thought by some that the be most interesting. The sword had Titanic was unsinkable, but she killed and wounded many at the gradually sank in the icy waters of swinging of its master therefore it the Atlantic, and with her, hundreds was named Korak, meaning the kil-

My God to Thee" and many other ed into Pretoria. The Heutenant was hymns, which stopped the panic and sent to relieve Kimberley. The gave many poor souls courage to sword and its master had been meet the awful fate which awaited through some of the skirmishes with she took her dive, saw many leap to After a siege of one hundred and

Korak and its master were then wealth was lost, as the water is said sent to help General Buller capture to be over two miles deep where the Ladysmith. Although Ladysmith was strongly garrisoned it fell to the The SS. Carpathia arrived at New siege of the British. This is a story

For Girls to Make Homecraft 5

New Year's Party Costume

BY CAROLYN SHERWIN BAILEY Don't worry because it is the night before the New Year's party, and your dress isn't ready. You can make a lovely costume using home materials, cheesecolth, cotton batting stitched with black yarn to look like ermine, old silkoline curtains for flowered silk, cast off burlap or denim for huntsman's things, and gilt and silver paper for crowns and jewels.

The Snow Queen
Wear a white dress and over it a long white cloak made of an old sheet edged with the cotton batting ermine. Sprinkle the fur with frost powder. Tufts of cotton, also frosted, should be caught to the cloak. A string of white or glass beads, and a stiff white paper crown covered with cotton wool with small silver paper stars pasted on at intervals completes the Snow Queen's dress. Mistress Time

Study a picture of the ancient Greeks that shows the long tunic-like dress of the girls with its border in the form of a fret. Make yourself a tunic of heavy cheesecloth, and paste on a border cut from gilt paper. Do your hair in a Grecian twist and wear a band of yellow ribbon that comes down over your forehead. Carry an hour glass or a small sickles

The Spirit of the Woods A skirt of dark burlap or denim, a white blouse, and a girdle of moss green velvet make the foundation for the costume. Trim the border of the skirt with artificial holly, and wear a wreath of it. Carry a bunch of evergreens, or wear a spray of pine

The Spirit of the Hearth This is for the dark haired girl who can wear flame color. Cover an old red dress with crimson tulle or the red tarleton on sale at holiday time. The covering should be full enough so that it will move like the fire it represents, and a painted border of yellow will give it the appearance of flames. A long string of black wooden beads typifies the coals of the hearth. Use the big, wooden kindergarten beads, staining them black. And do make yourself a crieket to perch on your shoulder. His body is cotton batting, covered with black crepe paper, and his legs are hat wire, wound with black silk and bent into shape.



(Next week: "The New Painted Copyright, 1919, by J. H. Millar

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# Gage's Cash Grocery HOLIDAY ASSORTMENT

15e., 35e., 75e., \$1.00 Candy Canes Sc., 19c., 15c., 25c. Box Chocolates Choice Creams and Chocolates 40c. a pound

1 -XMAS, FRUIT CAKE -UNFERMENTED WINES -SWEET CIDER -GRAPES-BANANAS -ORANGES-APPLES -XMAS, PLUM PUDDINGS

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These will make excellent Christmas presents. JOS. B. ABRAMSON

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