A Kidney Remedy

Kidney troubles are frequently caused by badly digested food which overtakes these organs to eliminate the irritant acids formed. Help your stomach to properly digest the food by taking 15; to 30 drops of Extract of Roots, sold as Mother Seigel's Curative Syrup, and your kidney disorder will promptly disappear. Get the genuine.

Your Resolution For 1920

Enroll at once for a Home-Study Course with the

International Correspondence Schools

Scranton, Pa.

And you can begin the New Year headed straight for a better position.

M. M. SIMS, Local Manager, 130 Clarence Street.

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FREE TO

Don't Be Cut-Until You Try This New Home Cure That Anyone Can Use Without Discomfort or Loss of Time. Simply Chew up a Pleasant Tasting Tablet Occasionally and Rid Yourself of Piles.

Let Me Prove This Free.

My internal method for the treatment and permanent relief of piles is the correct one. Thousands upon thousands of grateful letters testify to this, and I want you to try this method at my expense. No matter whether your case is of long standing or recent development, whether it is chronic or scute, whether it is occas-ional or permanent, you should send for this free trial treatment.

No matter where you live - no matter what your age or occupation - if you are roubled with piles, my method will re-I especially want to send it to those apparently hopeless cases whereall forms of ointments, salves, and other local applications have failed.

I want you to realize that my method f treating piles is the one most depend-ble treatment. This liberal offer of free treatment is to important for you to neglect a single ay. Write now. Send no money. Simply tall the coupon — but do this now—ODAY.

Free Pile Remedy

Page. 926 Page Bldg., Marshall, Mich. Pieuse send free trial of your Method

TO PROPE COTIGHS

Restoration of Passenger Train Service

which was temporarily reduced due to coal shortage, will be resumed.

J. P. HANLEY C. P. & T. A., G. T. Ry.

ANCHOR ANCHOR-DONALDSON

TO LIVERPOOL ew York Orduna Jan.

HE ROBERT REFORD CO., LTD. GREERAL AGREES TORONTO, ONT.

SCHOOL BRITISH WHIG

FIRST YEAR FRIDAY, JANUARY 2, 1920.

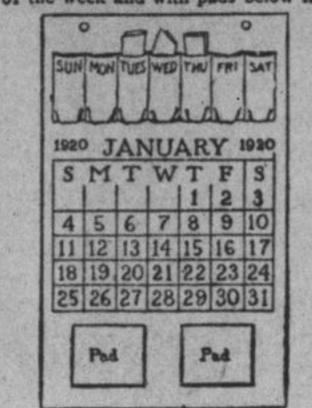
Dollar-Making Ideas

"Daily Duty" Calendars BY BELLE CASE HARRINGTON "There! I forgot to call Mrs. Brown," exclaimed Mrs. Bartlett.

'And that laundry I was to have them get-I declare!" "You should have a 'Daily Duty' calendar," replied Mrs. Jacobs. "I certainly need one. But what is a Daily Duty calendar? Where does

one get them?" "I bought mine of some girls in our neighborhood. I'll send them around

The girls came next day, and this is what they had to sell: A stout calendar with the dates in large figures, with above it a pocket for each day of the week and with pads below it on



which to make memoranda. When folded, the slips torn from the pads just fit into the pockets.

Gerta explained it. "You hang this beside your telephone, in your kitchen, or wherever you are most of the time. As you think of something to attend to next Monday, write it on a pad and slip it into the Monday pocket. Then day pocket, and you are sure not to forget anything."

away with a shining silver dollar.

calendars, they bought at a penny when they've have just come out of apiece. They were about six inches the water, or else they will poison by three inches.

The space which the calendar would take up was carefully marked on the cardboard and the pockets were put above this space. A thin-weight canused. The seven pockets were made by a few stitches taken through the cardboard with a darning needle and stout cord. The calendar was then fastened to the cardboard with a few touches of library paste, and two pads of slips bought from the printer were

let, and four brass-headed tacks were and at six a.m. we arrived in the We ploughmen have no time to play sent along to hold it to the wall. (Next week: "Soliciting Adver-

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

Napanee by acclamation.

Central School.

My Longest Journey Alone. It was about eight years ago that I took my longest journey alone. Mother had gone to South Africa for her health about a year before and now she had sent for me.

My Aunt Allie was to take me to Southampton, so we took the early morning train from Bristol. (I can remember I was very afraid of missing une train) and arrived in Southampton a few hours before it was time to board the boat. So we took a tramcar, or street car and went for a ride through its paved, narrow streets. I was very much impressed with their crookedness. We stopped at a confectioner's and bought a box of Southampton Rock, By this time it was time to go to the docks. After seeing about the luggage and such things we went on board. The boat was the Galoway Castle (since gone down.) After I was acquainted with the lady who was to take care of me, my auntie left me.

On board there was another little boy and girl going to join their parents in Rhodesia, so, we soon became great friends. I don't suppose we saw the lady very much, for all that I can remember was that she used to say "It's time to go to bed," and I believe that was the only thing she ever said to us. I had a little toy piano on which I could play "Home Sweet Home." It used to be a great favorite with one young man, for he would play on it every time I brought it out. I had a very enjoyable time on board. One of the sailors put up a swing for us and we would play for hours on it.

When we got to Madeira the boat stopped for passengers to go ashore for a while. The natives came swarming in boats to the side of the ship. to sell their goods. Some were allowed to come on board and such bargaining went on. The natives would when Monday comes, go to your cal- put a tenrible price on the things, endar, look at the slips i the Mon- and you would need to be pretty experienced in their ways or else you would have to pay for the things you Mrs. Bartlett agreed that it was bought, very dearly. Many of the peowhat she needed, and the girls went ple went ashore and brought back things. I hadtwo strings of beads gi-Let's follow them to their work ven me. One made out of coffee beans shop. They selected a pretty shade One old lady on board was making of tan cardboard and made a little bags out of the porpoise skins. I border of parallel lines with colored don't know how she caught them, crayons. The size was 7 by 9 inches. but one little corner of the deck was The printer of whom they bought it full of skins. I can remember her cut it neatly with his machine. The saying that you must not touch them

It was getting rather dark when we cleared out again. We could only see the land in the distance, and our journey began again. We anchored off the Canary Islands and at the Island of St. Helena. Here they sold pictures of the island. But the excitement when we saw the Cape come into view, such rushing for glasses, and such shouting and noise. It was evening, just as the sun was going down that we anchored just outside The calendars needed to be securely Cape Town. It was a pretty sight to fastened to the wall to be satisfac- see the dying sun gleaming across I have to plough this big, wide field, tory. So Madge took them to her the water and falling in rays, and And guide with steady hand. father's office and put brass eyelets Table Mountain at the back, with the My pair of horses, Tim and Ned, into each corner. A pencil was sus- distant outlines of the city in view. Across the heavy land. pended from a cord through one eye- At five a.m. we steamed off again

> confusion we landed on the docks Before the winter comes. and I was very glad to be on land

We thought we should have to No golden field of wheat; M. P. Graham was elected reeve of go on in the evening. We found out To give you bread to eat. that the train would not leave for

three days, owing to the nailroad being derailed by the recent floods. So there we were delayed three days. The first thing we did was to go to the Y. W. C. A. and see if they could put us up. They couldn't so they told us to go to another place where we could stay. One thing that struck me was to see the natives. I thought they were very funny, especially to see them walking on the pavement with

the white people. At last our long journey to Johannesburg was begun. The trains were fitted out very nicely just like the English trains, but with two engines as it is all uphill to Jo'burg, being 6,500 feet above sea level. As we were sitting up one night in the carriage and we were alone, the train stopped just in a gulch, and we want ed to know what was the matter. The little girl told me it was "robbers". That was enough for me, for started to scream as if I was going to get murdered. All the passengers came to see what was the matter, but for a long time after I was terribly afraid that I was going to be robbed (though I didn't have much to be robbed of.)

be robbed of.)
It was a beautiful journey for its be loaded with several cartridges to changes of scenes were numerous. For a while we would pass nothing but a long stretch of sandy plain. Then again we would go into a big If there were five barrels, each was gulch with high rocks on either side. We passed many Ostrick farms one at a time, in front of the hammer where the ostriches were in great to be fired. It was like a double-barnumbers. At one place we passed the reled shotgun except that the latter train stopped for a while, and on a has a separate hammer and trigger for bank were some beautiful white lil- cach barrel. ies. The passengers were told not to get off the train, but two or three awkward. To simplify it, inventors -devsed a revolver of one barrel with venturesome ones did so. One young man was so interested in picking a revolving chamber holding six or them that the train started off without him, but he caught it at last. It took us three days to get to Jo'burg. When we got to Johannesburg it was winter, but I was determined I would put on a new white dress I had, so the first thing mother saw was me, arrayed in white. I was so excited I couldn't wait to go along the corridor but was lifted out of the window. We then went into the waiting room and had hot milk and buns. Then we pumping a cartridge into firing po-sition. The other cartridges can then be fired rapidly without recocking be-cause the recoil, or 'back-kick,' of each saw about the luggage and not being

tired we walked home. In the house we lived I could see the house where I was born, being just across the veldt. I didn't go to school for a long time and had a re. galar holiday. We would go to the Zeo, a beautiful done. The flowers there were lovely, and for long walk; thought it was very funny to see the little cars running up and down the hills to the gold mines. They looked like toy trolleys. The natives are not allowed to walk on the pavement with the white people like they are in Cape Town .-- W. Secker, Sen-

Cataragui School.

The Farmer's Little Boy. am the farmer's little boy, As you can plainly see:

With marbles, tops and drums; After a great deal of bustle and We have to drive the furrowsstraight

> If I were idle, there would be -James Kirkwood, aged 12 years, tion.

A hydraulic brake for motor stay in Cape Town for the day and So I must work from morn to night hicles which acts upon all four labored with the hospital. This was cepted, the appointment of District

Automatie Pistol

Double action Revolver

of the hardest period of the war he strenuous work, and his capabilities dedical Officer to the United States as a surgeon were tested to the full Some of his experiences are vividly told in his book, "The First Canadians in France. He remained in France until May.

1916, when he was called home to Canada to fill the position of Acting Deputy Director of Medical Services Department of Militia and Defence (versity, that training ground for fa- with the rank of Lieut.-Colonel. In mous citizens of Canada. In 1903, May, 1917, he was appointed Assistentered the practice of medicine and Services for this department, which

were unsatisfactory, and he immediately set to work to remedy them He made many recommendations and suggestions as to how the medical end of this department should be handled, and tried to improve mat- tle needs no explanation. These ters. But he met with a very unsympathetic response from the political officials in charge of this department and rather than carry on the work | nada's Heroes in the Great War," in a manner contrary to his own better judgment, he resigned in June, 1919, His resignation caused a stir out his plans.

The problem of rehabilitation was a the thousands of victims. During and the American Government felt man of the Medical Relief Committhat his long experience made him a tee. valuable man to assist in this work.

He was therefore offered, and ac-

(Next week: "Electrotypes.")

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

time to do considerable literary work. He has written a host of artiles on medicine and surgery for the Journal; he originated the Medical at the age of seventy years. Quarterly of the Department of Soldiers' Civil Re-Establishment, and in addition he has written two books, "The First Canadians in France," a story of his early experiences in the war zone, and "A Romance of the Halifax Disaster," a story whose tibooks have received splendid tributes from the critics, and he is now at work on another book entitled, "Cawhich will shortly be published in

It is also of special interest to at the time, and the department was know that when the Halifax disasstrongly condemned for not carrying | ter occurred on December 5th, 1917, In August, 1919, he received a call services, both military and civil from the United States Government. which rendered such splendid aid to new one for our southern neighbors, that period he also acted as chair-

> Dr. Bell has had a very strenuous career, considering his youth. His greatest and best work is no doubt still ahead of him, although what he has already done is sufficient to make him a notable figure in the history of Canadian medical men. During the war he made a splendid officer. His present biographer can tes-tify to his popularity with the officers and men with whom he was associated, and the patients who passed through his hands have nothing but praise for his work. He was at all times cheery and genial, and believed in the policy that a smile in the hospital ward is as good as a tonic. His work as a surgeon has been of a very high order ever since he left the walls of Queen's, and the high positions he has occupied have all been well deserved. In his first war book he tells many stories of exciting and interesting incidents. all of which are typical of the man.
>
> For held military record alone,
>
> Kingston lid have good cause to 's native son, but this

Drink Charm Black Tea

NO. 40

Every Day Science

for Boy

Automatic Pistol's Ancestors

"Why do they call a pistol automat-Daddy?"

"Only one kind is called 'automatic'

the kind, recently invented and much used in the Great War, that gets its

name from the fact that it reloads and cocks itself.

"Perhaps if I tell you about this

pistol's ancestors, some of them, you will see why it is called automatic. It

came after a series of inventions, like

the devising of the cartridge to save loading and ramming a gun through the muzzle, as I told you not long

"After the cartridge made possible

quick loading and easy firing by a hammer hitting a percussion cap, the

first pistols were like our modern sin-

gle-shot target pistols that must be reloaded for each shot. But inventors

"One of their first attempts was a pistol with several barrels in a bunch.

loaded separately and turned around,

"But to have so many barrels was

seven cartridges. Only the chamber

needed to be turned and one barrel

was sufficient. The 'double-action' re-

volver is so named because the trigger

does all the work of turning the cham-

ber, pulling back the hammer, and releasing it against the firing pin.

cartridges are held in a removable

chamber which slides into the pistol's

handle. The pistol is cocked by slid-

ing back the top section and thus

shot slides back the top section, throws

out the empty shell, and pumps up another cartridge. This pistol is considered the highest development at

present because it works so rapidly

and requires little pressure on the

"In the automatic, the seven or ten

. BY GRANT M. HYDE

Mechanics

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HOME-MADE CANDIES, FRESH DAILY WATCH SATURDAY FOR SPECIALS IN CHOCOLATES 314 PRINCESS ST. PHONE 1405.

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All colors and sizes, from\$10.00 to \$13.50

Price 50c., 65c., 75c. Ladies' Kimonas and Dressing Sacques, 'assorted colors and sizes.

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JOS. B. ABRAMSON

257 PRINCESS STREET.

These will make excellent Christmas presents.

Our rent is low-our prices are low.

Cash and Carry

Just received a shipment of choice new Fruits for your Christmas Baking.

Seeded Raisins---Seedless Raisins--Orange, Lemon and Citron Peel-choice re-cleaned Currants-Shelled Almonds and Walnuts etc.

ONE PRICE TO ALL

United Farmers' Co-Operative Co., Ltd

25 Brock Street

Phone 14.

coupled with his worth as a surgeon as a writer and his ability in helpin, in the rehabilitation of the veter ans, makes him one of Canada's outstanding citizens of the present day On October 31st, 1900, Dr. Bell forsook the state of bachelordom. and married Miss Henrietta Eugenie Casgrain, daughter of Henri Casgrain, in Ottawa. From that marwheels at once is an English inven- riage have come two children, one Stafford remains very ill. son and one daughter. The family lived at 176 McLaren street, Ottawa, where their home was a real home in death at Edmonton, Alta., on Monevery sense of the word.

ederal Board of Vocational Train- a member of the Ottawa Medical As- to Edmonton. He was a man who ng in the States of New York, New sociation, which elected him to the was loved and respected by all who ersey and Connecticut. This posi- presidency in 1911. He also belongs made his acquaintance, Two sons on he still holds, and his work is to the Canadian Order of Chosen and two daughters survive. meeting with the admiration and Friends, the Ancient Order of Unit- Much sympathy is extended by raise of every official with whom ed Workmen, the Independent Order friends here to George Robinson be comes in contact. The United of Foresters, the Canadian Order of and family, of Athens, whose house states' appreciation of his worth is Foresters, and the Ottawa Medico- was destroyed by fire on the mornndeed great, for it is unique that Chirurgical Society. His clubs are ng of Christmas eve. The many a man from another country should the Ottawa Hunt Club, the Univer- friends of Mrs. Joshua Moulton will sity Club, and the Ottawa Tennis se pleased to hear she is recovering. In spite of his busy medical car- and Bowling Club. In religion he is Mrs. William Flood and children eer, Dr. F. McKelvey Bell has found a Presbyterian, and in politics a Con- were recent visitors here.

Washburn's Corners News. Washburn's Corners, Dec. 27 .--The Christmas entertainment at the school room here was a brilliant af-'air. Much credit is due to Miss B. Hallingsworth for the way she trained her pupils and then treated them to confectionery. Then on came Santa Claus to unload the tree, which was laden with gifts. Mrs. Samuel

Friends here received word of the day last of Joseph Knapp, a former Dr. Bell also belongs to a large resident of Plum Hollow, aged sixty number of societies and clubs. He is years. About ten years ago he went

Gladstone Knowlton is visiting his A well-known resident of Augusta parents. Mrs. Campbell Ross, To-Journal of the Canadian Medical As- township in the person of Thomas ronto, is visiting friends in Athens sociation, the New York Medical Sunderland passed away at his nome, and vicinity. Everet Reid and Association and the British Medical Dec. 22nd, following a long illness, Lionel Kelly have returned from the

One Way to Beat A Sugar Shortage

Choose foods that are naturally sweet.

For instance, for your cereal,

Grape-Nuts

This blend of wheat and malted barley needs no sweetening, for it is rich in grain sugar, not added in making, but self developed by twenty hours baking.

Sweet and nutlike in flavor An economical food At grocers

Made by Canadian Postum Cereal Co., Ltd. Windsor, Ontario.



Effective Sunday, December 28th, 1919, normal passenger train service For full particulars, apply to:

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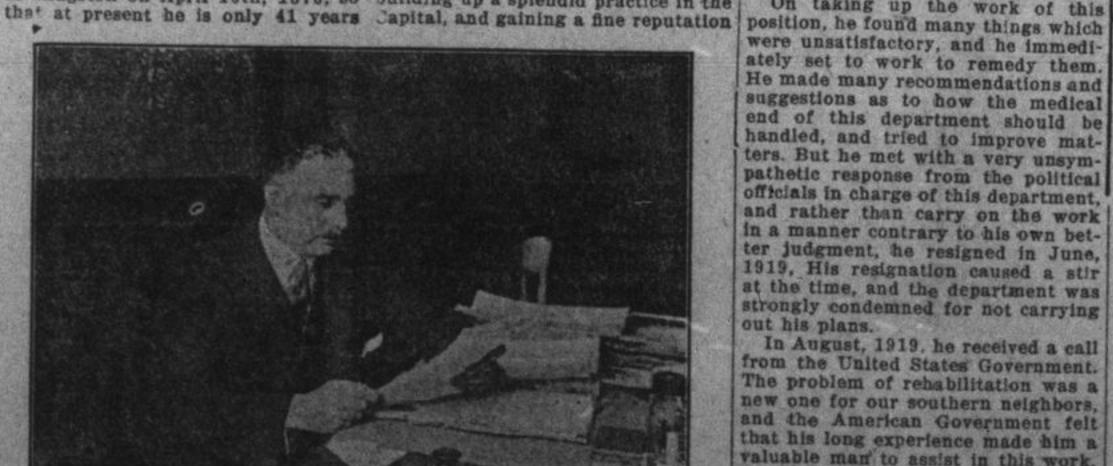
CUNARD

REGULAR SERVICES TO GLASGOW.

rtland......SaturniaJan. 24 rtland.......CassandraFeb. 4 rtland.......SaturniaMar. 6 TO GLASGOW VIA MOVILLE ew York.....ColumbiaJan. 10 ow York.....ColumbiaFeb. 7 ew York.....ColumbiaMar. 6

particulars apply to local agents or

Dr. Fred McKelvey Bell, M.D. Dr. Fred McKelvey Bell, one of at the age of 25, he graduated in ant Director of Medical Services for Kingston's brilliant young men, has medicine, and was in the same year Military Districts Nos. 6 and a reputation which is not confined to licensed to practice by the State which position he held for nearly a any narrow centre. He is a man of Board of New York, he spent the year. In 1918 the Department of Sc international reputation, and his winter of 1903-1904 taking a post- diers' Civil Re-Establishment sent fame is well known all over Canada, graduate course in various New York out a call for his services, and he in parts of the United States and in hospitals, and in September, 1904, he was appointed Director of Medical Dr. Bell first saw the light of day surgery in Ottawa, Ontario. After was at this time in a state of infancy. in Kingston on April 10th, 1878, so building up a splendid practice in the On taking up the work of the



DR. F. MCKELVEY BELL.

Carmania Mar. 6 Bell and Christiana McKelvey Bell. surgeon in the St. Luke's Hospital. TO PLYMOUTH, HAVRE, SOUTH- His father for forty years carried on Ottawaa photography business in Kingston. In 1907, Dr. Bell began his milit-New York......Royal George Jan. 19 latterly under the name of W. P. ary career when he joined the 5th New York......Royal George Feb. 15 Bell & Son, R. Charles Bell, a broth-Princess Louise Dragoon Guards of

Quebec City.

...... Vauban...... Jan. 24 old. His parents were William Perry as a surgeon, he was appointed as

O CHERBOURG AND SOUTH- er of Dr. Fred, being associated with Ottawa as a lieutenant. In 1912 he his father in this business, The other was appointed medical officer of that members of the family besides R. regiment with the rank of major. w York Mauretania Jan. 28 Charles Bell, who is now conducting When the call of war came, and the erster. ... Feb. 21 a real estate, insurance and broker- services of trained medical men were TO PLYMOUTH, HAVRE, LONDON | age business on Clarence street, urgently needed, Dr. Bell was amonNew York......SaxoniaDec. 31
New York......SaxoniaFeb. 7 | mer mayor of Kingston, who has an proceeded overseas with the first Ca-New York......PannoniaJan. 20 Hamilton, and Mrs. W. P. Grant, of with the rank of major in No. 2 Canadian Stationary Hospital. Very After a preliminary education in soon after landing in England his the Kingston Public Schools, the subject of this sketch passed the honor of being the first Canadian through the Collegiate, and from unit to reach French soil. Dr. Bell there found his way to Queen's Uni-