
A Dyspepsia Cure M. D. advises : "Persons who suffer from severe indigestion and constipation can cure themselves by taking fifteen to thirty drops of Extract of Roots after each meal and at bedtime. This remedy is known as Mother Seigel's Carative Syrap in the drug

and \$1.00 Bottles.

THOMAS COPLEY

trade." Get the genuine. 50c.

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OVER-ACIDITY of the stomach has upset many a night's rest. If your stomach is aciddisturbed, dissolve two or three

on the tongue before retlring and enjoy refreshing sleep. The purity and goodness of Ki-moids guaranteed by SCOTT & BOWNE MAKERS OF SCOTT'S EMULSION

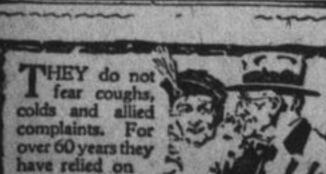
SUMMER MONTHS BRING ASTHMA AND HAY FEVER, AND THESE DIS-TRESSING DISEASES NEED EFFEO-TIVE TREATMENT. DR J.D. KELLOGG'S

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



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You can save about \$2, and have a better remedy than the ready-made kind. Easily done.

If you combined the curative proper-ties of every known "ready-made" cough remedy, you probably could not get as much real curative power as there is in this simple home-made cough syrup, which is easily prepared in a few

Get from any druggist 21/2 ounces of nex (50 cents worth), pour it into a loz. bottle and fill the bottle with vrup, using either plain granulated ugar syrup, clarified molasses, honey, or corn syrup, as desired. The result is 16 ounces of really better cough syrup than you could buy ready-made and saves easily \$2. Tastes pleasant and

his Pinex and Syrup preparation gets
it at the cause of a cough and gives
out immediate relief. It loosens the
egm, stops the nasty throat tickle
heals the sore, irritated membranes
gently and sasily that it is really

day's use will usually overcome the ary cough and for bronchitis, croup, knoss and bronchial asthma, there

ex is a most valuable concentrated ound of genuine Norway pine ex-and has been used for generations alf directions, and don't accept any-bing else. Guaranteed to give absolute atlefaction or money promptly re-inded. The Pinex Co., Toronto.

Deception is the principle working tool of dishonesty. The mean words in writing may

return to bother you.

SCHOOL BRITISH

TUESDAY, JANUARY 18, 1920.

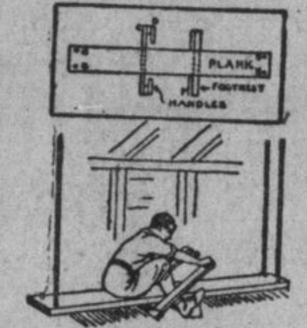
For Boys to Make Handicraft

FIRST YEAR

Swing Rowing Machine BY GRANT M. HYDE.

You've heard of the rowing machines used in college gymnasiums to develop the back, leg, and arm mus-cles of varsity crew men? A swingingplank rowing-machine is a similar dethere is room and fresh air. The principal part of the rowing ma-

chine is a swinging-plank hung on four ropes from joists or rafters above. The



plank should be about 10 feet long, 154 to 2 in. thick, and 10 to 12 inches wide. It should hang about 8 inches above the floor on four ropes tied separately to prevent tilting. To be stiffer, it might be hung on four long narrow boards, say 1x4 inches, pivoted on spikes at

The handles, or stationary oars (E of the handle of an old shovel or rake.

The uprights (D and D) to which they are fastened with bolts, should be about 2 feet long and of 2x4s. The cross-piece (C) to which the uprights are nailed should be a 2x4 about 3 feet long. The clearance between the inside ends of the handles must be at least 20 inches. The footrest (F) is a

footrest depends on the boy's size. Hang the plank and build the oar and f otrest frameworks. Before nailing them to the floor, sit on the plank, lean far back, almost touching the back to the plank, and keep legs absolutely straight. While in that position, have someone place the footrest so that it is against the feet and the oar framework so that you can just reach it with your hands by stretching. Then nail the frameworks in that position.

To use the machine, sit on the plank, with the feet on the footrest and pull yourself forward with your hands, allowing knees to bend; then push back with your feet. Do it slowly and pull hard. A load of boys on the plank will nelp the exercise. (Next week: "Home-made Call

Copyright, 1920, by J. H. Millar

vindow pane and looked out over the with me."

Gocomeback Raps.

Frontenac School.

Three years ago, when I was seven years old, I lived in Montreal. I had quite a distance to go to school, and my brother often called for me with our horse and rig. The horse was very nervous and easily frightened. One day, on our way home, my brother stopped to call at the blackvice that any ingenious boy can set up smith's. While he was inside a big in the attic, basement, or wherever | dog came along, barking loudly and frightened the horse. It at once ran off, with me in the rig. I was terribly frightened and was going to try to jump out when I saw my brother running very quickly after us. succeeded in catching up, all out breath, just in time to jump in behind and catch the reins before they shipped down. He managed to stop

> Some time after this my father and mother and I were going home. We had to pass a canal, where we saw two little girls playing. My mother noticed one of the girls falling into the water. My father hurried to the place where she fell in, and the little girl was struggling and trying to catch hold of something with her hands to pull herself out. My father held out his cane to her, and she caught hold of it and he pulled her

The Tramp. A tramp was once invited to a banquet in the hall of a big palace. He had never been a guest in so fine a place before, for people do not usually invite tramps to their homes. This tramp had slept in hay-lofts and in sheds more often than in comfortable rooms. He looked at the fine dresses of the servants, and then at his own shabby clothes, and expected to be ordered out. But one of the servants bowed before him as if he were a prince and said, "Permit me, sir, to take you to your room." The tramp The distance between the handles and took courage and answered, "Very

when he reached the room he stood admiring the grandeur of it. Men go slouching by with rubbers in the soft snow and ice. The roofs of After he had bathed he dried himself | the houses are black, edged with the with a soft towel, and took clean white snow, and the rain is dripping clothes from the drawers and clothes from them. If they were tin, one was well dressed he stood in front of them. All the trees seem to look a mirror and admired himself. Then black, and are also dripping with he said, "I do not think I am any rain. The autos, rigs and carts happier now than when I was poorly splash up the water on the streets. dressed and wandering through the cold."-Fred Thornton, aged 11 yrs. basement rather than going out in

The Squirrel and Little Rabbit.

"Well, if it wasn't too cold maybe I

could go with you," laughed Bobby

Gocomeback Raps.

"How do you think you'd like to live

He gripped Bobby's hand tighter

and they sailed toward a queer-look-

PLACE

One hundred and forty-three years ago today, January 13, 1777, Congress authorized a new flag with thirteen stars.

Find another Congressman.

Answer to yesterday's puzzle: Left side down, in body.

their doorways.

in a treetop?"

nuts, hickory, beech, butternuts and acorns. He had several places in which to hide his winter supply, one in the old oak tree, and another among some rocks. All day long and for days he was busy filling these hiding places, always taking care that no boys saw where he put them, I guess squirrels do not care much about boys, for they always ran up a

tree when they see them coming. All this time little rabbit was running and jumping and frisking about and eating all the dandelions, cabbage, beets lettuce and parsnips. He was having a very good time indeed. and was not thinking of the coming winter like the little squirrel. The fall came and then the snow, and there was no more nice juicy green stuff for him to eat, and he had to be content to eat the bark off the little saplings. He soon grew very thin. But what about the little squirrel? He was overjoyed to see the snow, for he knew he had plenty of the horse and we reached home safefood to keep him until the spring came and he could get more .-- Stanley Richards, aged 12 years.

Orphans' Home School

On the last day of school before Christmas we had our closing and we all got nice presents. My teacher cut to safety. Not long after this we and books and some other things moved to Kingston, where I have liv-from Miss Bates' School. I got a nice paper doll. We all got mittens from the lady teachers of the other city schools. My mittens are red. They had two chocolate bars in them, and some others had money in them. I am in the senior first class and am nine years old .- Violet McRae.

Macdonald School.

A Rainy Day In December. This is a rainy day and it is not very pleasant. Everything around shows that it is raining. The women are clad in raincoats and rubbers and are carrying umbrellas. closets and put them on. After he could hear the rain drumming on School children prefer staying in the the rain. Little children are looking through the windows or are playing inside because of the rain. No gro-A little black squirrel and a little ceries are outside on the shop win-rabbit once lived in the same wood. dow-sills, but are inside because of it. When the nuts were ripe the little So you can imagine what a rainy day squirrel was very busy running up 's like.—Winifred Louise Rawson, and down his tree with all kinds of Macdonald School.

little travel elfin, hopped upon the window sill beside Bobby. "I was just on my way to visit my little brown cousin, the fisherman of New Guinea."

'Is it any colder there than it is Constination, although generally "Colder!" exclaimed Gocomeback. described as a disease, can never ex-OCOMEBACK AND BOBBY VISIT "Why, it's so very warm there that ist unless some of the organs are they wear just as few clothes as pos- deranged, which is generally found Bobby flattened his nose against the sible. But hurry if you want to go to be the liver.

There is nothing more productive as tired of his toys. His trains, his pening Gocomeback had him by the orse and his fire engines, even his sled had no charms for Bobby. Bobby the air toward a strange land.

There is nothing more productive of general ill health than constipation of the bowels, and a regular action is absolutely essential to general thealth. One of the most common, in health. One of the most common, man, of Rochester, N.Y., is the didn't like the cold wind that whizzed Bobby laughed as he spied the painful and troublesome troubles "mysterious Mr. Smith," who has queer-looking little houses built up caused by constipation is piles and given or pledged \$11,000,000 to among the treetops, and the funny unless the bowels are kept open by Massachusets Institute of Technolong rope-like ladders leading up to the use of a good laxative such as logy. The secret of more than seven "They look like so many bird houses don't they?" he laughed.
"So they do!" replied Gocomeback.

your bowels regular. "Well, if I were a bird I might like Laxa-Liver Pills have done for me. t, but I'm not a bird, so I don't be- I had been suffering from constipalieve I'd like it very much," replied bad cough and headaches. I tried all Samuel Cameron sank quietly to rest sorts of cures and remedies, but got on Dec. 23rd, at the home of her son, no relief until I was advised to try Donald Cameron, Flower Station.

sticks and straws, with heavy boards ed, Toronto, Ont.

Gocomeback rapped on a pole that "Now if it only were summer I'd go started from the root of the tree and cocoanuts and bananas, and sharing fishing," he mused with a wrinkle in ran up to the tree house, and a brown them with their pet pig and a pet

his forehead. "I hate to have to play woolly head popped out from the rude parrot. in the house. I'd just love to live doorway and a happy voice bade them where I could fish, and fish, and fish, welcome. Bobby wanted to laugh at the sight, but he knew that would be dreadfully "Well, that's easily fixed," laughed long pole to the entrance of the house. a merry voice, and Gocomeback, the There sat the family eating yams, There was not a picture, not a stick

of furniture, not even a bed, a chair nor even a mat on the floor. Not a toy nor a plaything of any sort could Bobby see, and he remembered all the toys he had in his own home, and wondered what the little brown boy would say if he saw them.

"My children have no time for such trifles as toys!" said the Daddy Brown Man. "They must fish and hunt like their daddy does. Gocomeback tells me you'd like to live with us."

Bobby laughed a queer little laugh and shook his head.

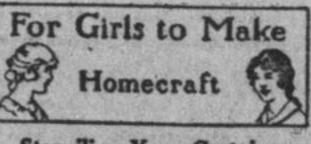
As quick as a wink the tree house with its brown people, Gocomeback and all faded like a dream, and Bobby found himself once more with his nose flattened against the window pane

watching the snow fall.

"Guess I'd better be satisfied with what I have," he laughed and he climbed down from his chair and went to play with his engine.

ACTION OF CHURCH.

London, Jan. 13 .-- By a decision the learned dispitaries sitting in of the learned dignitaries sitting in the Council of the Church of England, it is forbidden to erect a figure of Christ on the cross on the walks of a church as a memorial to those killed in the great war. The reason given is that "However artistic and architectural a decoration it may be, it will be treated with superstitions reverence and therefore be undesirable."



Stenciling Your Curtains BY CAROLYN SHERWIN BAILEY.

Your own room, dainty and beautiful with the furniture you decorated, may have stenciled curtains to match. The same stencil design of flowers or fruits that you used for the chairs and table will be attractive for the curtains. Use heavy, unbleached cotton, cheesecloth or scrim. These materials stencil well and make good wearing curtains.

First Step Lay a large piece of blotting paper on a board, and over this the edge or the corner of the curtain that you are going to stencil. The stencil patterr should then be pinned to these about half an inch from the hem. Ther test your oil colors on an old piece of cloth. The paint should be as thin as possible to give the right color, so you may need to mix turpentine with it. Ar old cup may hold each color, and you should have short, bristle brushes, .ne for each color.

Putting on the Colors Once you learn the process of stenciling, you can do it very well. Use at little paint on the brush as possible, and dab the brush on the cloth that shows through the holes of the pattern, working from the edges of the design toward the a ter. As you along, hold the curtain up to the light to see if the color is right. Wipe off the pins before using them again, and



fasten it on for the next strip of the

Finishing Touches Be sure not to fold the curtains until the stenciling is perfectly dry. If your colors are not too thick, the curtains may be washed with the care given to ordinary colored ones. The hems may be done in hemstitching, and a stenciled valance at the top of the window will add ever so much to them.

If you did your furniture in yellow, the curtains may be decorated with stenciled nasturtiums in yellows and orange. A blue room needs roses on the curtains, and green painted furni-ture is attractive with a design of vio-lets that is repeated in the hangings.

Doesn't this sound like your best-of-all craft work? And the nicest part about it is that stenciling is so easy.
(Next week: "Useful Things of

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EASTMAN IS "MR. SMITH."

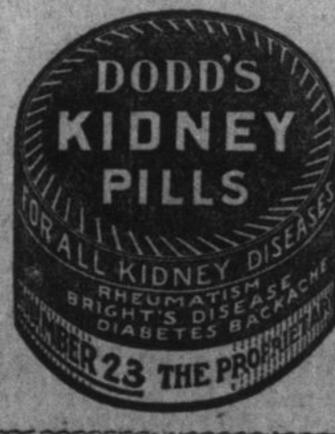
Donor of \$11,000,000 Kept Secret

Boston, Jan. 13 .- George East-Milburn's Laxa-Liver Pills the whole | years' standing was revealed by system will be poisoned and many President Richard C. MacClaurin, of different complications of diseases the institution, in a statement made arise, so if you would be well, keep prior to a jubilee dinner of the Alumni. The dinner celebrated the Mr. A. Roder, Hastings St. E., Van- raising of \$4,000,000 for the encouver, B.C., writes:- I desire to ex- dowment fund of the institute to press my thanks for what Milburn's match a pledge of \$4,000,000 from

upon lives on the edge of the water."

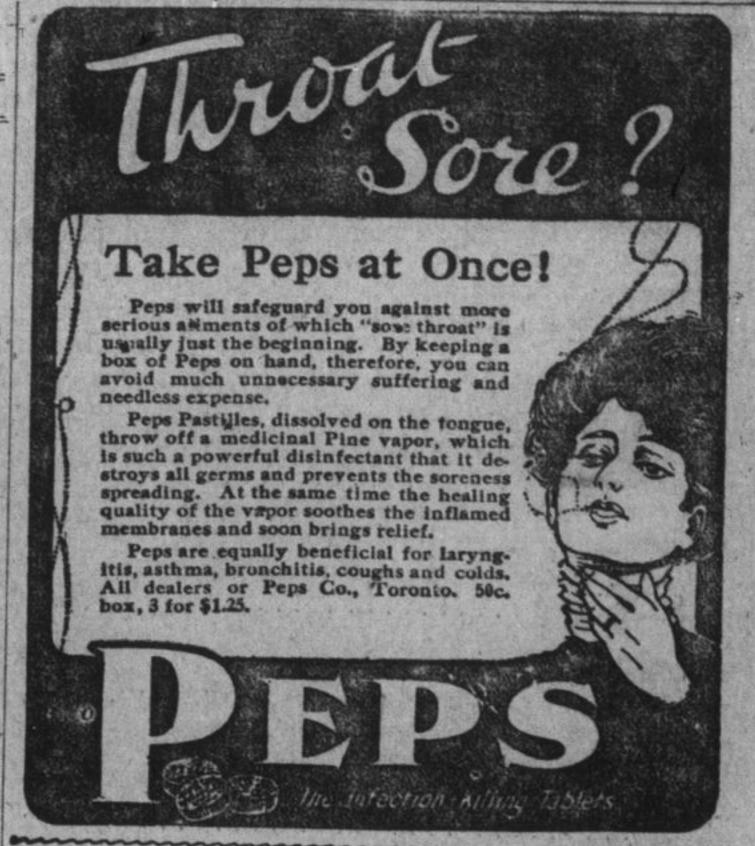
Your pills. I got great relief after Mrs. Cameron was a sufferer from a the gripped Bobby's hand tighter the first few doses." complication of diseases, being con-Get Milburn's Laxa-Liver Pills fined to bed for over nine months. ing, old, bent tree that overhung the when you ask for them or send 25c. She was born in Dalhousie township, water. There in its topmost branches and they will be sent by return of near McDonald's Corners, on Feb. was built a queer-looking house of mail by The T. Milburn Co., Limit- 14th, 1849, and her maiden name was Christina Avery. "Not knowing" is often justly

punishable by law.



Men and women at forty stand at the portal of a crucial period. Strength must be kept up, the body well nourished.

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