Run Down Men



What you need is

The Well-Known Cod Liver and Iron Tonic - Without Oil It will restore your vitality and working strength. Your money back if it fails -at leading drug stores - look for the Vinol sign on windows. CHESTER KENT & CO., WINDSOR, ONT.
THE ARTHUR SALES CO., TORONTO.

THOMAS COPLEY l elepnone 90/

Wanting anything done in the carpen-tery time. Estimates given on all kinds of repairs and new work; also hard-wood floors of all k.ads. All orders will receive prompt attention. Shop 28 Queen street.

PUT CREAM IN NOSE AND STOP CATARRH Tells How To Open Clogged Nos-trils and End Head-Colds.

You feel fine in a few moments. Your cold in head or catarrh will be Your clogged nostrils will open. The air passages of your head will clear and you can breathe freely. No more dullness, headache; no hawking, snuffling, mucous discharges or dryness; no struggling for breath at night.

Tell your druggist you want a small bottle of Ely's Cream Balm. Apply a little of this fragrant, antiseptic cream in your nostrils, let it penetrate through every air passage of the head; soothe and heal the swollen, inflamed mucous membrane, and relief comes instantly.

It is just what every cold and catarrh sufferer needs. Don't stay stuffed-up and miserable.

Use Cocoanut Oil For Washing Hair

If you want to keep your hair in good condition, be careful what you wash it with.

Too much alkali dries the scalp, makes the hair brittle, and is very harmful. Mulsified cocoanut shampoo (which is pure and entirely greaseless), is much better than anything else you can use for shampoo- Rev. Mr. and Mrs. Workman Thrown ing, as this can't possibly injure the

ter and rub it in. One or two tea- accident on Tuesday evening while vigorated even although miles may tributed.) spoonfuls will make an abundance of going to a concert practice at Mr. have been travelled. The best time rich, creamy lather, and cleanses the Horne's. The cutter in which they for this outing is a clear cold moonhair and scalp thoroughly. The lath- were riding tipped over, throwing light night, taking for granted that er rinses out easily, and removes the occupants out. Luckily they es- the snow has fallen freshly to a proevery particle of dust, dirt, dandruff caped injury. The horse ran away, per depth. When well started the and excessive oil. The hair dries and headed for the village, landing rate of travelling is much quicker quickly and evenly, and it leaves it at his own stable. fine and silky, bright, fluffy and easy | Karl Laughlin has gone to Water-

RHEUMATIC PAINS

the fight out of them. Sloan's Liniment is kept handy. out rubbing and helps drive 'em Mrs. Garlock, Cape Vincent, who forest. Then we understood. A guss, no bother, no stained skin or tives, has returned home.

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

Keep u handv

Made in Canada.

The Cash Store SPECIAL SALE JANUARY Sppss Cocoa, 1/4 lb. tins Dominion Corn Flakes Kellogg's Corn Flakes Gusto Corn Flake Toy 2 for 20c. Choice farmer Butter, cooking 50c. Best 62c., 65c. Finest Creamery Butter, per lb. ... 55c., 68c., 68c. 70c.

The United Grocery 138 Princess St. Phone 267 Next Standard Bank

Don't get the idea under your but that other people think as much of you as you think of yourself.

SCHOOL BRITISH

THURSDAY, JANUARY 15, 1920.

Sports that Make Men Athletics

FIRST YEAR

Basketball Team Play BY H. O. (PAT) PAGE.

Team work is the cornerstone of success in basketball as in every other game. It means the working out of the best system of play for the whole team. It means that every man must fit himself into that system. The team must think and move as one man. Several systems of play have been

The lone star system is built upon the speed, endurance, and all round brilliance of one man. He plays the floor and works the ball into his opponent's territory where either he or one of the forwards who stay near their opponent's basket can get a shot. To do this he must be very good at driboling. The other four men play territory, two as stationary forwards, and two as rough guards who lay back and fight all opposition. The drawback to this system is that, if the star is stopped the whole team is stopped.

rather than territory, two rangy, husky ward, and the other as a stationary guard. The stationary forward is fed ty extensive use of the long pass. In the short pass system, four or five men play the ball. This system requires the quick, stocky, shifty type of

player with tremendous endurance. One tall, rangy guard usually plays under the basket to break up opponent's play and dig out the ball. Then his four team mates by a series of short fast passes work it back up the floor. This short pass game must be fast to be suc-The five men defense system uses the

whole team as a defensive combination. It goes on the theory that, if your opponents can't get any baskets, they can't win, while you may be able to put in a lucky basket or two. Men play territory. Quick moving and ability to intercept the ball without fouling is necessary. The presence of five men guard territory makes it necessary for the opponents to take long shots. The danger of this sort of game is the of fouls.



(Next week begins a series Copyright, 1920, by J. H. Millar

WOLFE ISLAND ACCIDENT.

From a Cutter. Wolfe Island, Jan. 11 .- Rev. Mr.

is very cheap, and a few ounces is The traffic between Cape Vincent enough to last everyone in the family and Kingston is very good at preed to the Hotel Dieu Hospital, Kings- have described above that several of

has gone to Point Alexander for the wood when some of the party seemed winter. R. Halliday had the misfor- to have suddenly vanished. We could tune to break his arm. Patrick not go on and leave them. Probably fering from a severe cold. William out them, as the moon was sinking Horne has completed his new steel lower in the sky. Where had they Sloan's Liniment, kept handy, takes barn. S. Maloney had his nose frozen gone? Each of us felt in our hearts with the recent cold spell.

lumbago, sciatica. neuralgia. are dance on Friday evening in the C. M. the early Indians, when they held our house to cut some sods for the ptly relieved. Keep a bottle B. A. hall. There were seventy-five their camp fires and grotesque fig- lawn. As I was cutting them a boy you've run out of Sloan's Liniment, the sweet strains of Russell's threepiece orchestra. The supper was served at midnight. The dance broke up at three o'clock in the morning. Thomas Hutchison, who went to the General Hospital, Kingston, to undergo treatment, is greatly improved

> News From Fallbrook. Fallbrook, Jan. 12 .- The reeve and councillors were returned by aclamation. Mr. and Mrs. Adam Long have arrived to spend a couple of months in Fallbrook. Messrs. Edgar, McKerracher, Percy Anderson and James Maclay left for Oshawa on Wednesday. The infant child of Robert and Mrs. Thompson passed away on Saturday. The baby contracted a cold which developed into pneumonia. The funeral was held on Monday. Mr. Lohmes has taken charge of the senior room in the school, Miss Cannon returning to the junior room. Miss Cora Buchanan of Maberly and iMss Minute Lashley of Lanark spent the week end at J W. Walroth's. The roads are in fine condition for automobiles. The farmers are wishing for more snow so as to be able to baul their wood.

ares danced and screamed around

Notre Dame Convent.

The Story of the Candlesticks. Two very old and battered candlesticks are my treasured possessions. Lined by innumerable scratches, worn thin, even to holes, by constant polishing; bent in some places; scarred deeply in others, these two old veterans (relicts, in truth of that great struggle between Wellington and Napoleon, at the battle of Waterloo), hold themselves erect, with, as it seems to me, true martial pride.

day, June 18th, 1815, as they told it long for skates, while the hills and to me. You will have noticed that valleys were one great expanse of the history of Europe at the end of sparkling white snow, making poss-the eighteenth and the beginning of ible coasting, snow-shoeing and the nineteenth century deals chiefly sleigh driving. with Napoleon Bonaparte. One of the greatest generals of all times, his conquests fill us with admiration. He The two pivot man system uses three first distinguished himself as an of-speedy floor men who play the ball ficer of artillery at the siege of Touficer of artillery at the slege of Toulon. From that time he gradually he had risen to the Emperor of the ball at every opportunity. This France and all Western Europe lay at system of play usually calls for a pret- his feet. At last Britain herself was the head of eighty thousand troops.

> back with terrible slaughter. Na- at least. tion held by the French.

them. I shall never forget the cation. struggle I had to keep my flame from flickering and blowing out. If that graced forever."

Rhoades, form three.

A Snow Shoe Tramp.

Simply moisten your hair with wa- Workman and his wife met with an such a trip and feel refreshed and in- he wishes in sleigh-driving.—(Con- Mcliroy, aged 12 years. than anyone can walk, and the exertion does not tire one so much as town, N.Y., to visit his parents. A walking. There are always ways of You can get Mulsified cocoanut oil wee girl has come to brighten the making the trip more exciting. One shampoo at most any drug store. It home of Mr. and Mrs. Robert Boyd. of these I shall relate from my own

It was on just such a night as I C. Cole, Cape Vincent, drove from ing to spring something on us which then—the dreaded rheumatic Cape Vincent to Kingston, being the would either please or frighten us. this winter. Orval McDermott, who which it was. Suddenly a fire in a Pains, strains, sprains—how soon has been confined to his home tiny clearing crackled and leaped inthis old family friend pentrates with- through illness, is slowly improving. to flame in the black stillness of the away! And how cleanly, too no spent a few days here visiting rela- great shout burst from all, for was it not a surprise and pleasure. It I took my cart and shovel and an axe elegged pores. Muscles limber up, The hockey club held their annual brought to my mind the history of

We had a splendid time warming ourselves, and after making sure that every spark was out, we set off merrily for home .- Beatrice Bedard.

Christmas Sports. Christmas vacation, the time to

which we have so eagerly looked forward, is over for another year, and thinking it may be interesting for some of bur readers, I shall try to describe some of the sports I enjoyed during my very important two

To make everything more enjoyable we had an abundance of snow and ice, both of which are so neces-Hove them, and I only am in their sary for almost any kind of Canconfidence, Perhaps you would like adian winter sport. The lakes and rivers were covered with icy sheets, to hear their story of that historical which to look at would make one

I had my best skating experience one afternoon on a lake near my home. When I reached the ice, accompanied by three of my friends, we quickly put on our skates and premen who play, one as a stationary for- rose, seizing power after power; pull- pared for a race. The ice was ideal, ing down throne after throne, until the day perfect, and with the wind he had risen to the Emperor of whistling around our ears we quickly covered the distance set for the race, After this we spent some time threatened, and sent Wellington, at skating, but as the sinking sun warned us of the lateness of the hour we to subdue the all-conquering "little set out for home very much refreshed after our exercise.

Our best coasting companion was a After a severe engagement between large sleigh, which accommodated the French and the British at Quatre ten of us. Our first ride was taken Bras, the two great generals joined one afternoon, just following a very battle near the village of Waterloo, heavy snow-fall. When we reached The fight was long, stubborn and our favorite hill no time was lost in bloody; for five hours the British making our first dash. Off we starttroops fought doggedly, resisting ed, but only succeeded in getting wave after wave of fierce attack- about halfway down the hill, when fought until evening began to close our sleigh stopped so unexpectedly in. The French cavalry, brave and that we all landed violently in a desperate, flung themselves on the snow-bank. This unpleasant exinvulnerable British squares, but al- perience showed us that the snow ways they were broken and driven was too deep for coasting, that day

poleon at length ordered up his tried | We were all determined that we friends, veterans who had won for should not be overcome, so we subhim many a well-fought battle. Gal- stituted the coasting expedition for a lantly his "old guard" advanced, but snow-shoe tramp, which we enjoytendency to play the man and not the were received with such a pitiless ed very much. When we reached ball. This results in a great number fire that even they wavered and home that night, in addition to the were driven back. Wellington's pleasure of our very exciting afterwhole line now advanced, and in one noon, we had learned the valuable irresistible sweep carried every posi- lesson never to be overcome by little

Atthough I spent many of my va-"Well I remember," mused one cation hours in skating, coasting and old candlestick, "how the windows in snow-shoeing, I found my greatest our humble village home rattled and enjoyment in sleigh-driving. I shall shook as the vibration from the tell you of one of the parties of this British and French volleys smote kind which I enjoyed during my va-

A number of my friends and myhad happened I would have felt dis- self had made preparations previous to the holidays for a sleigh-driving "Yes, indeed," broke in the other party, so one bright moonlight night candlestick. "What a comfort it is having gathered all our party toto think that all through the noise gether we started off over the glitand thunder of that day we remained | tering roads to the merry jingle of quite cool and collected, guarding the sleigh-bells and the laughter of with our two flames the treasure of our companons. After a swift, inour humble home, the little wooden vigorating drive of three miles, image of the Virgin Mary."-F. which everyone enjoyed, we draw up at a cosy farm house, where we found awaiting us a warm fire and a

deliciously appetizing lunch.

To conclude, I think I may safely say that although any winter sport and cut my three fingers. My father There is no sport or winter pas- is very enjoyable, the school girl or was just coming home from work time which affords more pleasure boy just set free from the confine- and he took me up to Dr. Keyes'. It than snow-shoeing. After a day of ment of the classroom and seeking was not long before I could use them bodily or mental labor, one may take holiday pleasure is sure to find all again the same as before-Harold

Cataragui School.

The Milk Man's Accident. There was a milk man whose

name was Lapier. He was coming down Ordnance street hill and when he reached Bagot street the street car struck his cart, and the horse was cut on the neck and died, the us went on such an expedition. We wagon was carried from Ordnance R. McReady, immigration officer, were very close to a dense black street to Bay street, and the man spicuous place in the public library. was injured badly too.

When my father heard the street RAISING A RUMPUS? tune to break his arm. Patrick not go on and leave them. Probably car hit the horse and wagon he ran we could not find our way back withstocking and his pants. He ran to the vinegar works and phoned for S. S. Corbett. The ambulance came and took Lapier to the hospital and my father got in too and went with him. He did not die, he came out in twings! But not for long when first to drive a horse from that port It did not take us long to learn about a month or two very well. James Trenhaile.

An Accident

When I was about seven years of



Fifty-five years ago today, January 15, 1865, Fort Pisher, N. C., was Find a Confederate soldier.
Answer to yesterday's puzzle: Left side down, in body and ruins,

NO. 51.

The All Round Girl Red Cheeks and Pep

I'll Say So BY MOLLY PRICE COOK. "Elizabeth, close those windows. You are freezing us out."

"I'll say so," Jack called.
"Well, you need fresh air every hour," answered Elizabeth, "and if it is too cold to keep the windows open all the time, they should be opened frequently, letting in fresh air and closed when it gets too cold. We can exercise while they are open.

"I get enough exercise," said Jack. "Of course, you get a lot, Jack, but there are jolly things to do in the house that you wouldn't dare do outdoors.



For instance, this is an exercise that girls like and there's no reason why

boys should not try it." Elizabeth held to the back of a chair with her right hand and balanced herself on her right foot, with her left leg stretched as far back and as high up as possible. Rising on the ball of her foot, she bent the upper leg, rotating the knee outward and pointing the toe. Her left arm extended diagonally forward above her head. "This is harder than it looks," said

"I'll say so," said Jack, trying to hold the position. "Here is another exercise."

Elizabeth put her hands on her hips. Then keeping the body perfectly straight, she bent one knee, extending the other fo.t forward, and raised her body up and down ten times. With each bend of the knee, the free foot swung back and forth. Then she changed to the other foot and repeated

That exercise can be varied by pointing the toe of the free foot, touching it to the floor and kicking outward from five to ten times; then changing

Kick-A-Twos: 1-Hands on hips body erect, kicking forward alternately and as rapidly as possible, toes pointed and just skimming the floor. 2-Same exercise, kicking backward instead of forward. A clever girl can think up dozens of variations to exercises of this kind.

(Next week: "Bobsled and Hay-Copyright, 1920, by J. H. Millar

knew came along and wanted to help me so I gave him the axe and I held the sod. Some how the axe slipped

A Cat and Four Kittens. This fall a stray cat made her home in our garage. She was all black except a white spot that looked like a tie. Her four kittens were ex actly like her and being well looked after they were soon almost as big as their mother. The problem that had to be solved was, where could homes be found for them? A happy thought came to the one who looked after them. She took a couple of snap shots of "the family" and pasting the snaps on a placard asked for homes for the orphans, and put it in a con-In less than a week the four were placed in good homes. - (Contribut-

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