

Run Down Men



What you need is Vinal. The Well-Known Cod Liver and Iron Tonic—Without Oil. It will restore your vitality and working strength.

THOMAS COPLEY Telephone 387. Wanting anything done in the carpentry line. Estimates given on all kinds of repairs and new work.

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

You feel fine in a few moments. Your cold in head or catarrh will be gone. Your clogged nostrils will open.

Tell your druggist you want a small bottle of Ely's Cream Balm. Apply a little of this fragrant, antiseptic cream in your nostrils.

Use Cocoanut Oil For Washing Hair. If you want to keep your hair in good condition, be careful what you wash it with.

RHEUMATIC PAINS RAISING A RUMPUS? Sloan's Liniment, kept handy, takes the fight out of them.

Sloan's Liniment, kept handy, takes the fight out of them. LOSHING around in the wet and then—the dreaded rheumatic twinges!

ALL DRUGGISTS—35c., 70c., \$1.40.

The Cash Store SPECIAL SALE JANUARY. Eggs Cocoa, 1/4 lb. tins

The United Grocery 138 Princess St. Phone 267. Next Standard Bank. Don't get the idea under your belt that other people think as much of you as you think of yourself.

SCHOOL BRITISH WHIG

THURSDAY, JANUARY 15, 1920.

NO. 51.

FIRST YEAR

Sports that Make Men Athletics

Basketball Team Play

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.

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.

The two pivot men system uses three speedy floor men who play the ball rather than territory, two rangy, husky men who play, one as a stationary forward, and the other as a stationary guard.

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.



(Next week begins a series of acrobatic stunts.) Copyright, 1920, by J. H. Miller

WOLF ISLAND ACCIDENT.

Rev. Mr. and Mrs. Workman Thrown from a Cutter. Wolf Island, Jan. 11.—Rev. Mr. Workman and his wife met with an accident on Tuesday evening while going to a concert practice at Mr. Horne's.

Karl Laughlin has gone to Watertown, N.Y., to visit his parents. A few girls have come to brighten the home.

R. McReady, immigration officer, has gone to Point Alexander for the winter. R. Halliday had the misfortune to break his arm.

C. Cole, Cape Vincent, drove from Cape Vincent to Kingston, being the first to drive a horse from that port this winter.

The hockey club held their annual dance on Friday evening in the C.M.B.A. hall. There were seventy-five couples on the floor.

News From Fallbrook. Fallbrook, Jan. 12.—The reserve and councillors were returned by acclamation. Mr. and Mrs. Adam Long have arrived to spend a couple of months in Fallbrook.

The Cash Store SPECIAL SALE JANUARY. Eggs Cocoa, 1/4 lb. tins. 15c. size, 2 for 25c. Dominion Corn Flakes. Kellogg's Corn Flakes. Gusto Corn Flake Toy. Choice farmer Butter, cooking. Best. Finest Creamery Butter, per lb. 55c., 68c., 80c. 70c.

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 (relics, 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.

I love them, and I only am in their confidence. Perhaps you would like to hear their story of that historical day, June 18th, 1815, as they told it to me. You will have noticed that the history of Europe at the end of the eighteenth and the beginning of the nineteenth century deals chiefly with Napoleon Bonaparte.

After a severe engagement between the French and the British at Quatre Bras, the two great generals joined battle near the village of Waterloo. The fight was long, stubborn and bloody; for five hours the British troops fought doggedly, resisting wave after wave of heroic attack.

"Well I remember," mused one old candlestick, "how the windows in our humble village home rattled and shook as the vibration from the British and French volleys smote them. I shall never forget the struggle I had to keep my flame from flickering and blowing out. If that had happened I would have felt disgraced forever."

A Snow Shoe Tramp.

There is no sport or winter pastime which affords more pleasure than snow-shoeing. After a day of bodily or mental labor, one may take such a trip and feel refreshed and invigorated even although miles may have been travelled.

Cataract School.

The Milk Man's Accident. There was a milk man whose name was Lapier. He was coming down Ordinance street hill and when he reached Baron street the street car struck his cart, and the horse was cut on the neck and died.

An Accident.

When I was about seven years old I took my cart and shovel and an axe and went over in the field in front of our house to cut some sods for the lawn. As I was cutting them a boy I

The All Round Girl

Red Cheeks and Pop. I'll say so. Molly Price Cook. "Elizabeth, close those windows. You are freezing us out."

"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."

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 our readers, I shall try to describe some of the sports I enjoyed during my very important two weeks.

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 prepared for a race. The ice was ideal, the day perfect, and with the wind whistling around our ears we quickly covered the distance set for the race.

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.

Although I spent many of my vacation hours in skating, coasting and snow-shoeing, I found my greatest enjoyment in sleigh-driving. I shall tell you of one of the parties of this kind which I enjoyed during my vacation.

A number of my friends and myself had made preparations previous to the holidays for a sleigh-driving party, so one bright moonlight night having gathered all our party together we started off over the glittering roads to the merry jingle of the sleigh-bells and the laughter of our companions.

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MATHIEU'S SYRUP OF TAR & COD-LIVER OIL. CURES Coughs, Colds, Grippe, Bronchitis, Whooping Cough, Asthma, Etc. MATHIEU'S SYRUP is a sovereign tonic combining the curative properties of TAR and the strengthening virtues of COD LIVER OIL.

FOR HOLIDAY COOKING COVERED ROASTING PANS—STOREY CAKE TINS—PYREX OVEN WARE—MIXING BOWLS FOR GIFTS. ALUMINUM AND ENAMEL CHILDREN'S SETS. AUTO STROP SAFETY RAZORS. GILLETTE SAFETY RAZORS. RAZOR STROPS. ELECTRIC IRONS. TOASTERS. Our stock is very complete. LEMMON & SONS 187 Princess Street. PHONE 840

J. Collis Browne's Chlorodyne THE ORIGINAL AND ONLY GENUINE. Acts like a Charm in DIARRHOEA and is the only Specific in CHOLERA and DYSENTERY. Check and arrests those too often fatal diseases—FEVER, GROUP, AGUE. The best Remedy known for COUGHS, COLIC, ASTHMA, BRONCHITIS. Effectually cuts short all attacks of SPASMS.

STARR SKATES SUPREME STRENGTH SPEED & SUPERIORITY. By actual weight Starr Skates are lighter. By actual test Starr Skates are stronger. The result of over fifty years' experience in the manufacture of high-grade skates is represented in the headlines of this announcement. It is this experience that has made Starr Skates the favorite choice of leading hockey players—figure skaters and racers.

TODAY IN HISTORY



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