

SCHOOL BRITISH WHIG

FIRST YEAR

TUESDAY, JANUARY 20, 1920.

NO. 35

How to Purify the Blood

Fifteen to thirty drops of Extract of Roots, commonly called Mother Sedge's Castor Syrup, may be taken in water with meals and at bedtime, for the cure of indigestion, constipation and bad blood.

The Telgmann School of Music

Piano, violin and other stringed instruments; elocution and dramatic art. Pupils may begin at any date. Terms on application. Engagements for concerts accepted.

216 Frontenac Street. Phone 1325j

HELP FOR MOTHER

A mother whose strength is over-wrought or who is thin, pale or nervous, should find renewed energy in every drop of

SCOTT'S EMULSION

Let it help turn your daily tasks from a burden to pleasure. Scott's Emulsion is abundant in those nourishing elements that every mother in the land needs.

Scott & Borne, Toronto, Ont.

Special For Saturday

Choice Pot Roast . . . 20-25c. lb. Stew Beef . . . 18-20c. a lb. Choice Steak . . . 30-35c. a lb. Choice Stew Lamb . . . 20c. a lb. Choice Pork, Bacon, etc., at—

QUICK'S WESTERN MEAT MARKET 112 CHERY STREET

MAN'S BEST AGE

A man is as old as his organs; he can be as vigorous and healthy at 70 as at 35 if he aids his organs in performing their functions. Keep your vital organs healthy with

GOLD MEDAL BRAZILIAN OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles since 1896; corrects disorders; stimulates vital organs. All druggists, 50c. a box. Look for the name Gold Medal on every box and accept no imitation.

When She Wants A Portrait

of him or he one of her, we make them the kind that pleases.

The Gray Studio Phone 1738 151 WELLINGTON STREET

WATCH YOUR GUMS—BLEEDING A SIGN OF TROUBLE

Medical science knows how serious is the sign of bleeding gums. For it knows that tender and bleeding gums are the fore-runners of Pycorrhoea, that dread disease which afflicts four out of five people over forty.

If the disease is unchecked, the gum-line recedes, the teeth decay loosen and fall out, or must be extracted to rid the system of the Pycorrhoea poisons generated at their base—poisons which seep into the system and wreck the health. They cause rheumatism, nervous disorders, anaemia, and many other ills.

To avoid Pycorrhoea, visit your dentist often for tooth and gum inspection, and use Forhan's For the Gums. Forhan's For the Gums will prevent Pycorrhoea or check its progress, if used in time and used consistently. Ordinary dentifrices cannot do this. Forhan's keeps the gums firm and healthy—the teeth white and clean. Start using it today. If gum-shrinkage has already set in, use Forhan's according to directions and consult your dentist immediately for special treatment.

5c and 50c tubes in Canada and U. S. If your druggist cannot supply you send us your direct and we will mail tube postpaid.

FORHAN'S, LTD., Montreal

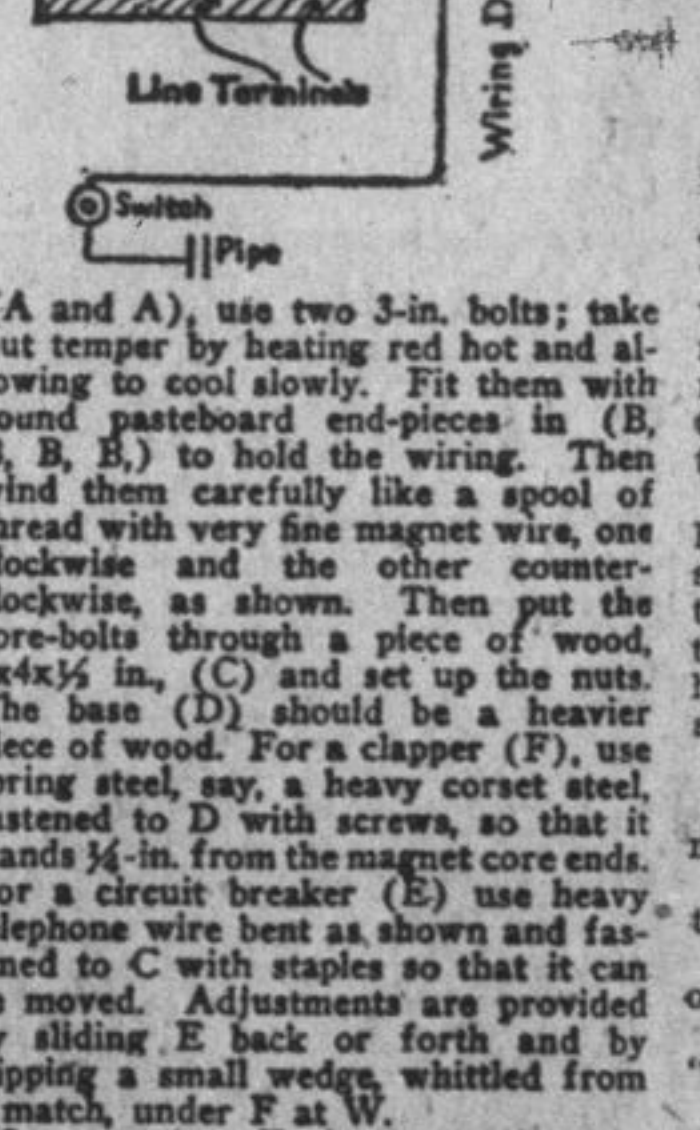
Forhan's FOR THE GUMS

For Boys to Make Handicraft

Home-made Call Buzzer

Every Boy's Mother would be grateful for a signal or buzzer system leading from Loy's room or den to the kitchen so that she might call him by pressing a button.

The boy who does not feel capable of making a buzzer can buy a cheap bell or buzzer at an electric shop. His job then is merely to string the line, and in most houses gas, water, or steam pipes will serve as one wire.



(A and A') use two 3-in. bolts; take out tempo by heating red hot and allowing to cool slowly. Fit them with round pasteboard end-pieces in (B, B, B, B') to hold the wiring.

The main topic of interest amongst the teachers this week has been the chances of the Board of Education giving them a salary increase.

Good Night Stories

Peggy Visits the Coral Castle Under the Sea

"Oh, dear me," sighed Peggy as she sat on the sands, watching the waves wash up over the shore. "What a dreadful, lonesome life it must be to live under the sea all the time."

TO-DAY IN HISTORY

Alaska

Twenty-two years ago today, January 20, 1898, a relief expedition was equipped for service in Alaskan Gold Fields. Find a miner.

Answer to yesterday's puzzle: Upper left hand corner down, in trees.

Frontenac School.

The Miller of the Dee. There was once a miller who lived on the bank of a little river called the Dee. He was very poor, and had to work hard, but still he was happy.

The Miller was happy because God blessed him and gave him a wife and children to love him. When he was working he always sang a little song, and this is what he sang: "I envy nobody—no, not I. And nobody envies me."

Macdonald School.

The Winds of the World. In the great oceans of the world the wind moves in a systematic manner, and we call this system of movement ocean currents.

Odessa Personal. Odessa, Jan 20.—Miss Clark, Detroit, is the guest of her grandparents, Mr. and Mrs. W. V. Smith, Mr. and Mrs. Knapp, Picton, spent a couple of days with Mr. and Mrs. Henry Smith last week.

John Fraser has bought the former Revere House property, Carleton Place, latterly occupied by Jacob Morris as a hotel. We understand the intention of the new proprietor is to remodel the building into apartments.

Ann McGurn, a maiden lady in her 77th year, died on Friday at her home in the 4th concession of Sidney, after a few days' illness. She was a daughter of the late James McGurn, and lived in Sidney almost all her life.

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For Girls to Make Homecraft

Useful Things of Cretonne. Often the shops that sell beautiful fabrics for home decorating have short lengths of bright cretonne, pillow size. Two or three of these will be enough to make several attractive things for your room to go with the new furniture and curtains.

A TEA SET. If you have a chafing dish or a tea service in your room to help in entertaining your girl friends after school why not make a table cover and small napkins to use with them?

Use coarse, unbleached linen. Cut tiny flower bouquets or baskets of flowers from a length of chintz that has a small, bright design. Sew these chintz figures to one corner of each of the napkins and to the four corners of the table cover just as you put them on the pillow cover. The stitches will hardly show if you make them fine enough.

FOR PHONE NUMBERS. The scraps of cretonne that are left will make you a dainty telephone directory. An oblong piece of heavy cardboard about the size of a cabinet photograph is the foundation. Cut a piece of cotton wadding to fit one side, glue it on, and then cover the whole with some sort of firm lining material.

During our big Money Saving Shoe Sale. Tuesday, we will feature Women's Oxfords in our ads. We are going all through our stock to give our many friends such a feast of offerings that will make this the biggest sale we have ever held.

J. H. Sutherland & Bro "HOME OF GOOD SHOES"

UNPREPAREDNESS—FAILURE. A bank account is an assistant in character building. It establishes the confidence, independence and pride which increases effort and paves the way to success.

THE CANADIAN BANK OF COMMERCE. PAID-UP CAPITAL \$15,000,000 RESERVE FUND \$15,000,000 KINGSTON BRANCH, F. M. Gibson, Manager.

Business Co-operation. THE Bank of Toronto is always ready to encourage healthy business expansion, and offers the necessary financial backing to young men starting in business and to sound business ventures of reliable firms.

It is in the spirit of co-operation that The Bank of Toronto offers its facilities to Canadian business men. Our organization embraces departments for the transaction of every form of banking business.

G. B. McKAY, Manager. THE BANK OF TORONTO

HOLIDAY GOODS AT HOOD'S STORE. 100 SMOKED HAMS 40c. 100 lb. BACON, whole or half 45c. 100 lb. Chopped Suet 25c. 1000 lbs. Fresh Pork 25-40c. Also a nice lot of Turkeys, Fowl and Chickens at lowest market prices. HOOD'S MEAT MARKET COR. EARL AND BARRIE STREETS. PHONE 407

Conserve Fuel BY USING A DUPLEX FIRELESS COOK STOVE. Cooks the Entire Meal. Bakes and Roasts Brown. SEE WINDOW DISPLAY STEVENSON & HUNTER, Phone 55 85 and 87 Princess street.

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