

## RAILWAY POSTAL CLERK TESTIFIES

Attacks of Bilioesness and indigestion End After He Takes Taniao.

"Since I started taking Taniao I have gained ten pounds in weight and my general health is as good as it ever was," said Albert MacKenzie, a railway mail clerk, who resides at 2149 Scarth street, Regina, Sask., recently.

"For some time I have suffered from a severe stomach trouble and frequently would have bilious attacks," he continued. "After every meal gas would form and I would blast something terrible and what little I ate just seemed to form into a solid lump. My appetite was very poor and I had to force down every mouthful I ate. At times I would turn deathly ill and become so dizzy it was all I could do to keep from falling and spots of different colors would come before my eyes. I was so nervous I could get but little sleep and was so restless I would just roll and toss from one side of the bed to the other all night long, and get up in the morning feeling miserable.

"I had been reading so much in the newspapers of people who had been benefited by taking Taniao I decided to try it, and after I had taken two bottles my improvement was simply wonderful. I continued taking it until now I have taken five bottles in all, and I am glad to say my stomach trouble is a thing of the past. My appetite is simply splendid, and I can eat anything I want and all I want without suffering the least bit afterwards. I never have those pains or dizziness spells, and my nerves are in such good condition I can sleep all night long without ever waking up once, and always get up feeling greatly refreshed and full of energy. I am surely glad I took Taniao and I never miss an opportunity to tell others about it."

Taniao is sold in Kingston by A. P. Chown, in Plebna by Gilbert Ostler, in Batterssea by C. S. Clark, in Farnleigh by Ervin Martin, in Ardooch by W. J. Scullion, in Shabot Lake by M. Y. Cannon. —Advt.

## Young Citizens' Adventures

### Good Roads and Mud

"Well boy, we're stuck!" The farmer with whom Hunting Eye was riding climbed off his wagon and took hold of a wheel. The Indian Boy jumped down and, between the two of them, they helped the team pull the wagon out of the hole.

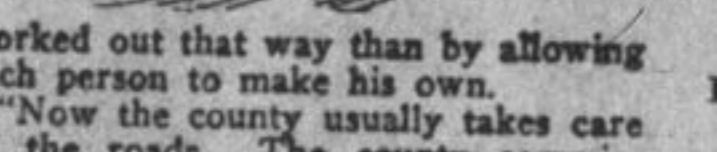
"That's a rotten road," said the farmer as they started on, "the commissioners ought to be fixing it."

"Why are the commissioners supposed to take care of the road?" "Originally roads were private. Each person made and kept up his own just as he wanted them. But soon the state took over this work because it saw that a better system of roads could be worked out that way than by allowing each person to make his own."

"Now the county usually takes care of the roads. The county commissioners usually decide which roads are to be laid out; old roads changed; or important improvements made in them such as paving, etc. The ordinary sweep and repair of the roads is usually under the control of Road Supervisors, one for each township either elected by the people of the township or appointed by the township trustees or the county commissioners. These Supervisors either hire men to keep the roads in repair, or require each man in the township to work on the roads for a certain length of time each year. Of course, the method of doing this work varies in different states but usually it is done about as I have described."

"Why is this road we are on now so much better than the one where we got stuck?"

"This is a state road. The state sometimes helps the counties to build roads between the larger cities. The state gave about half the money required to build this road on condition that the counties and townships raise the other half. Sometimes the state bears all the expense of improving a road."



(Girls read about the fun of a bobbed party or a hayrack ride tomorrow.) Copyright, 1929, by J. E. Miller.

The School British Whig is attracting attention all over the United States and Canada. The Whig is the only paper in Canada which has a section written by the school children of the city schools, although it is certain that many other papers in their cities will soon follow suit.

## SCHOOL BRITISH WHIG

### Victoria School.

**Basketball Notes.**  
In the Society Circle on Friday afternoon at 4.15 the two great champion teams will be honored guests at a banquet given by the other girls. The two captains, Misses Fair and Moyle, will sit at the head of the tables with their teams around them. This event will be the crowning feature of the season.

In spite of the rough weather the basketball teams of Victoria School are still at their favorite sport of basketball. The captains are very busy drilling up their teams in order to be ready for the championship games in the spring.

Since the captains of the basketball teams are so intent on playing the game, their teams strongly advise them to go to the sunny south for a trip for the remainder of the winter and take their teams with them, as February is a great month for snow.

The girls who play basketball intend to have a social in the kindergarten room, Victoria School, on January 24th, at which the guests will be the Junior and senior champion teams. Miss Conley is now very busy collecting funds for the event.—Dorothy Bushell.

### The Power of Niagara.

The Niagara River pours over the falls 25,000,000 tons of water every hour. The power that can be generated from all the coal that is taken from our mines every day. This is equal to 7,500,000 horse-power.—Jack Tweddell.

### How the Penknife Got Its Name.

Pobably you have thought that the word penknife was a strange name for a knife. The name originated when these knives were carried for the purpose of shaping the ribs of quill pens. The word pen is derived from "penna" meaning the wing of a bird.—Jack Tweddell.

### Grandpa's Snaps.

Tow that stars did snap that December night. The moon was up, too, and how cold and white she looked. And how busy Jack Frost was. No one saw him swing a hammer, no one heard him drive a nail, but by the time morning had come he had laid right across the ponds and the river a floor of ice smoother than any floor ever laid down by the carpenters of Norridgewood.

All the boys were out sliding. Ed. Peet had come from over the river; Fred Danforth was there from the tavern; and George Sawtelle came running in from the big house under the willows. Others were there, too, slipping along on Jack Frost's floor.

Little Albert looked out of the window and saw the boys at their play. "Why couldn't he go out too?" "Shall I go, mother?" he asked. "Your slippers are too thin, Albert."

"Oh, I can put on grandpa's boots."

"All right, you can go, but be careful; you're too young for such rough sport."

Off scampered the eager feet, and on went the big boots. A smile lit up the mother's eyes as she heard her little boy tramping over the floor in the big boots. The boys were

taking their turn at sliding. Away down at the end of the line stood Albert. They were sliding carefully; not running too hard, for a little way out the ice was thin. "I'll beat those big, clumsy boys," said Albert, when his turn came.

Taking a long run, and driving ahead with all his force, he shouted, "Now see your grandpa go." And sure enough grandpa's boots went on and on, where the ice was thin, and down went Albert into the water. The water, fortunately, was not deep, and he was out again in a moment, dripping like an icicle in a January thaw. I can hear the boys laughing and I seem to see the smile lighting up the mother's brown eyes still more merrily when her little boy came home. Albert never forgot it, and in after years he would say, "Whenever I feel inclined to show off, I think of Grandpa's boots."—Reggie Patterson, aged 10 years.

## Woodcraft For Boy and Girl Scouts

If It Rains

It is never safe to start on an all-day hike when a storm is threatening, but often a gray day remains only gray and nothing happens—then, again, it pours. In such weather take a raincoat or a poncho with you, unless your shoes are waterproof, oil the soles and the upper, and hide with MELTED MUTTON TALLOW or other unsalted grease. Thoroughly rubbed in all crevices the grease makes perfect waterproofing.

**A FIRE IN THE RAIN**  
If you are prepared, a light shower need not turn you back, but if by dinner time, it still continues, you will have to MAKE YOUR FIRE IN THE RAIN and of wet wood. This will be a new experience and the "know how" of great value when you are actually camping.

**PLACE TO BUILD IT**  
Your first care must be to keep your matches dry, then select a protected place for the fire; in the lee of a bank, shelving rock or, if nothing better offers, a big tree or leaning log. After that collect your fuel.

**FUEL TO USE**  
Never forget that birch bark will burn, wet or dry, and can always be depended on for tinder. The dry shredded, inner bark of dead Cedar lights easily and Pitch Pine knots burn like oil. You will find Pine knots on dead Pine trees and rotting stumps. One will start your fire, but in wet weather it is safer to have two or three. Save the knot to a fringe at one end like a tassel and stand it fringed end up. The inner part will be dry.

For the rest gather twigs and small branches from fallen trees, but those that lie wet and sodden on the



MAKE YOUR FIRE IN THE RAIN. (Illustration)

ground, then add larger sticks of soft wood, Balsam fir, Bastwood (Linden) or White Pine. Black Birch is good, it burns easily in the rain.

When you start home be sure to PUT OUT EVERY SPARK OF FIRE; do not depend on the rain to do it for you. Tomorrow learn how to do the Roll-over, the first of a series of acrobatic stunts.

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around him. The elephant was frightened, and making a great noise, ran around the tent. The mouse, well satisfied went back to the others and started boasting to his amazed friends. But he stopped short with a frightened squeak, for a famous mouse had pounded upon him. The others ran away, one less in number, but having learnt a good lesson.—Herbert Hamilton, aged 10 years.

## TODAY IN HISTORY



Thirty-three years ago today, January 21, 1897, Stanley started for Africa. Answer to yesterday's puzzle: Left side down, at head and shoulder.

Laugh and the world laughs with you; growl and the world laughs at you.

Judicious diet and exercise will frequently improve a man's opinions of his neighbors.

## Grape-Nuts

supplies what many breakfast cereals lack —solid nourishment including the vital mineral salts so necessary to encourage normal growth in children.

A body-building food that tastes real good

"There's a Reason"

Some husbands are mean enough to keep half a dozen mothers-in-law busy. If brevity is the soul of wit, some of our jokesters must be soulless.

## The Business Man's Bank

The financial side of a business ranks equally with the production and sales departments.

The 87 years of banking and mercantile experience of this Bank are available at over 300 Branches, and our large resources are only a measure of our willingness and ability to serve our customers in the present difficult reconstruction period.

**THE BANK OF NOVA SCOTIA**

Capital . . . . \$ 7,000,000  
Reserve Fund . . 18,000,000  
Resources . . . . 250,000,000

A. N. LYNTER  
Manager Kingston Branch

### Special For Saturday

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

**QUICK WESTERN MEAT MARKET**  
112 CLEGGY STREET

### We have a supply of cut hard wood and kindling.

J. Sowards Coal Co.

### When She Wants A Portrait

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

**The Gray Studio**  
Phone 1738  
151 WELLINGTON STREET

## THE BANK OF NOVA SCOTIA

Head Office: Montreal, OF CANADA  
ESTABLISHED 1864.  
KINGSTON BRANCH.  
PARHAM AND VERONA BRANCHES.

### If Your "Victory Bonds" Were Burnt or Stolen

They might prove a total loss. So with Stock Certificates Promissory Notes and other Negotiable Securities. Do not leave Valuable Papers at home or at the office, where there is always danger of fire or theft. Keep them in a Safety Deposit Box in the vaults of this Bank. The highest measure of security and protection against loss is afforded, at a small annual rental.

**THE MERCHANTS BANK**

Head Office: Montreal, OF CANADA  
ESTABLISHED 1864.  
KINGSTON BRANCH.  
PARHAM AND VERONA BRANCHES.

### Our Milk Is Thoroughly Clarified

Completely pasteurized—adequately cooled—reliably bottled  
It is clean—it is safe—it is good.  
It is 14c. per quart.

PHONE 845.

**Price's Dairy**

### After Stock Taking Sale

We find we are carrying too much stock and must reduce it by at least \$5,000.00 right away.

All Boots and Shoes, the prices are cut right in two.

Ladies' and Children's Boots, prices from \$1.75 to \$7.50.  
Men's Boots, big variety . . . . . \$4.00 to \$7.50  
All Rubbers reduced . . . . . 10% for January.  
Men's Fleece-lined Underwear; regular \$1.25 for . . . . . 90c.  
Children's Underwear from . . . . . 25c. to 75c. each.

**JOS. B. ABRAMSON**  
237 PRINCESS STREET. PHONE 12833.  
Our rent is low—our prices are low.

## HAVE DARK HAIR AND LOOK YOUNG

Nobody Can Tell When You Darken Gray, Faded Hair With Sage Tea.

Grandmother kept her hair beautifully darkened, glossy and attractive with a brew of Sage Tea and Sulphur. Whenever her hair took on that dull, faded or streaked appearance, this simple mixture was applied with wonderful effect. By asking at any drug store for "Wyeth's Sage and Sulphur Compound," you will get a large bottle of this old-time recipe, improved by the addition of other ingredients, all ready to use, at very little cost. This simple mixture can be depended upon to restore natural color and beauty to the hair.

A well-known downtown druggist says everybody uses Wyeth's Sage and Sulphur Compound now because it darkens so naturally and evenly that nobody can tell it has been applied—it's so easy to use, too. You simply dampen a comb or soft brush, and draw it through your hair, taking one strand at a time. By morning the gray hair disappears; after another application or two, it is restored to its natural color and looks glossy, soft, and beautiful.

About the only time a woman sees anything adorable in any one of her sex is when she looks in a mirror.

When a man begins to be his own worst enemy he can get a lot of free assistance.

### SPECIALS AT THE UNIQUE GROCERY

3 bars Laundry Soap . . . . . 25c.  
1 lb. Egg-o-Baking Powder 35c.  
2 pkgs. Custard Powder . . 25c.  
2 pkgs. Jelly Powders . . . 25c.

**C. H. PICKERING**  
490 and 492 Princess Street  
Phone 530

### SORE THROAT

IS A COMMON ALARM WHICH UNLESS CHECKED SOON WILL LEAD TO A SERIOUS CONDIION. A COUGH OR COLD MAY DEVELOP AND REQUIRE UNTREATED TREATMENT BEFORE IT IS OVERCOME. BUT THE RIGHT AT ONCE MUCH INCONVENIENCE AND SUFFERING MAY BE AVOIDED. A GOOD AND RELIABLE REMEDY IS OBTAINABLE IN

**DR THOMAS' ECLECTIC OIL**

### A DANDY PAIR Light Team Bobsleighs

Two well-upholstered seats—just right for a farmer.

Some heavy boys yet on hand, but going fast. Our patent Coupling on all of them.

**McNAMEE & SLACK**  
54 QUEEN STREET  
PHONE 1217W.

### Blood Poisoning Hamlin's Wizard Oil a Safe First Aid Treatment

How often lockjaw and blood poisoning result from the neglect of a slight scratch or little cut! Hamlin's Wizard Oil is a safe and effective first aid treatment. It is a powerful antiseptic and should be applied immediately to wounds of this kind to prevent danger of infection.

It is soothing and healing and quickly drives out pain and inflammation in cases of sprains, bruises, cuts, burns, bites and stings. Just as reliable, too, for stiff neck, sore feet, cold sores, canker sores, earache and toothache.

Get it from druggists for 30 cents. If not satisfied return the bottle and get your money back.

Ever constipated or have sick headache? Just try Wizard Liver Whips, pleasant little pink pills, 30 cents. Guaranteed.

### The Cash Store SPECIAL SALE JANUARY

Epps Cocoa, 1/4 lb. tins . . . . 35c.  
16c. size . . . . . 2 for 35c.  
Dominion Corn Flakes . . . . 2 for 25c.  
Kellogg's Corn Flakes . . . . 2 for 25c.  
Gusto Corn Flake Toy . . . . 2 for 25c.  
Choice farmer Butter, cooking . . 30c.  
Best . . . . . 62c.  
Finest Creamery Butter, per lb. . . 55c., 63c., 68c., 70c.

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

## Good Night Stories

### Betty Learns A Secret of Happiness.

Betty had almost everything a little rich girl could think of, and yet she wasn't happy. She always wanted more, and the more she had the more she cried for. Why, she even cried for the moon one night, and the next morning when she awakened and found the sun behind a cloud she cried for the sun.

"No use crying for Mr. Sun," laughed a merry voice, and Betty giggles, the elfin from Makebelieve Land, hopped upon the window sill beside her. "Old Mr. Sun has been promised a good long nap to-day, and he's sound asleep this very minute." Around the house there came a great rush of wind that sounded almost like some one snoring. "Hear him snoring."

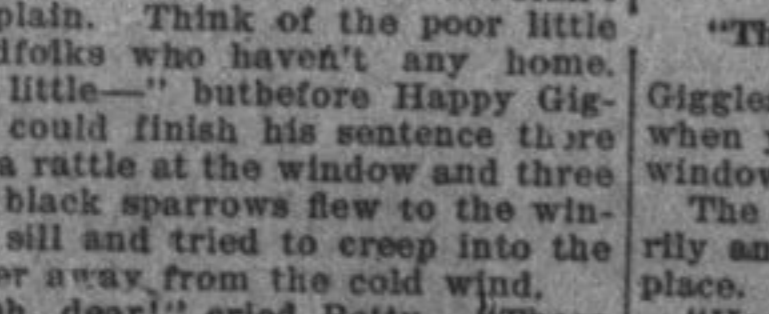
Betty laughed. Old Mr. Sun was surely sound asleep and snoring.

The white snow began falling, and before Betty could even think the ground was all white.

"See now, I can't even go out and play. I wish it wouldn't snow," and a frown settled on Betty's forehead.

"Well, now," laughed the elfin, "any one who has a nice warm room to play in like you have shouldn't complain. Think of the poor little sodfolks who haven't any home. The little—" but before Happy Giggles could finish his sentence there was a rattle at the window and three tiny black sparrows flew the window sill and tried to creep into the corner away from the cold wind.

"Oh, dear!" cried Betty. "Those poor little sparrows. They'll freeze to death out in the cold," and she swung the window open and invited



"These Poor Little Sparrows!"

Giggles was just feeling sorry for you when you happened to light on our window sill."

The three sparrows chirped merrily and hopped over near the fireplace.

"How lovely it must be to live in nice warm quarters like this," said one little sparrow to his mates.

"Yes, indeed, how happy she must be," joined the other sparrows.

"One never knows how well off he is until he finds some one less fortunate than himself," laughed Happy Giggles. "Betty here has so much she isn't as happy as she should be."

"But indeed, Happy Giggles, I'm happier at this very minute than I've been in a long, long time, and it's snowing and blowing harder than ever."

"Just because you have been sharing something with others," laughed Happy Giggles. "It's the only way to be happy." Betty laughed, and running out to the kitchen brought in a slice of bread, crumbed it up on the rug. The three little sparrows had a jolly feast, and by the time they were ready to leave the snow had stopped falling, and Betty was the happiest little girl in town, just because she had made some one else happy.

## DODD'S KIDNEY PILLS

FOR ALL KIDNEY DISEASES

RHEUMATISM  
BRUISES AND SCALDS  
DIABETES SACCHARINA  
BILIOUSNESS  
GRIPPE

23 THE PRO