

SANDERSON IS LIKE NEW MAN

Declares Tanlac Put Him on His Feet With New Life, Strength and Energy.

"Yes, sir, I can recommend Tanlac because it has put me back on my feet with new life, strength and energy," said Samuel Sanderson, of 1018 Retallack street, Regina, Sask., a few days ago.

"A little over a year ago I had a severe attack of the 'flu' that was so bad it kept me off work for seven months," continued Mr. Sanderson. "I was in bed, miserable condition, couldn't get any strength, and I was troubled with a chronic cough. My appetite went back on me and the little I did manage to force down did more harm than good, and I could hardly retain a thing I had eaten. After I got back to work I would get so short of breath I would have to stop and rest. At night I was very restless and would cough so bad that I couldn't sleep, and many a time I woke up all during the night.

"But things are exactly the opposite since I have begun taking Tanlac, and I have improved so much that I am feeling like a new man. I have a fine appetite now and what I eat does not bother me any more and I have no trouble retaining anything. I feel much better and I don't know what it is to lie awake, for I can sleep like a log from the time I go to bed till the time I get up. I can do my work without getting short of breath and I don't get tired except in a natural way. Tanlac has built me up in every way and I am gaining in strength right along and I think the change that has come over me is remarkable. I cannot say enough for Tanlac and it will always be a pleasure for me to recommend it highly.

Tanlac is sold in Kingston by A. P. Chown, in Plevna by Gilbert Ostler, in Battersay by C. S. Clark, in Forthlegh by Ervin Martin, in Ardoek by M. J. Scullion, in Sharbot Lake by W. Y. Cannon.—Adv.

HOW TO MAKE YOUR HAIR BEAUTIFUL

Ten Minutes' Home Treatment Works Wonders, Stops Falling Hair and Dandruff and Makes the Hair Soft, Brilliant, Lustrous and Pluffy.

Better than all the so-called "hair tonics" in the world is a simple, old-fashioned home recipe consisting of plain Bay Rum, Lavona (de Compose) and a Little Menthol Crystals. These three mixed at home in a few minutes, work wonders with any scalp. Try it just one night and see. Get from your druggist 2 oz. Lavona, 6 oz. Bay Rum and 1/4 drachm Menthol Crystals. Dissolve the Crystals in the Bay Rum and pour in 8 oz. bottle. Then add the Lavona, shake well and let it stand for an hour before using. Apply it by putting a little of the mixture on a soft cloth. Draw this cloth slowly through the hair, taking just one small strand at a time. This cleanses the hair and scalp of dirt, dust and excessive oil and makes the hair delightfully soft, lustrous and fluffy. To stop the hair from falling and to make it grow again rub the lotion briskly into the scalp with the finger tips or a medium stiff brush. Apply night and morning. A few days' use and you will not find a single loose or straggling hair. They will be locked on your heads as tight as a vice. Dandruff will disappear. You will find downy new hairs sprouting up all over your scalp and this new hair will grow with wonderful rapidity. Any druggist can sell you the above. The prescription is very inexpensive and we know of nothing so effective and certain in its results.

IF KIDNEYS ACT BAD TAKE SALTS

Says Backache is Sign You Have Been Eating Too Much Meat.

When you wake up with backache and dull misery in the kidney region it generally means you have been eating too much meat, says a well-known authority. Meat forms uric acid which overworks the kidneys in their effort to filter it from the blood and they become sort of paralyzed and loggy. When your kidneys get sluggish and clog you must relieve them, like you relieve your bowels; removing all the body's urinous waste, else you have backache, sick headache, dizzy spells; your stomach soars, tongue is coated, and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment, channels often get sore, water scalds and you are obliged to seek relief two or three times during the night.

Either consult a good reliable physician at once or get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate sluggish kidneys, also to neutralize acids in the urine so it is no longer irritating, thus ending bladder weakness.

Jad Salts is a life saver for regular meat eaters. It is inoffensive, cannot injure and makes a delightful, effervescent lithia-water drink.

A recent canvass by a pharmaceutical journal has disclosed the fact that the number of women pharmacists in the United States has more than doubled in the last five years.

For every 100 men in England there are 121 women between the ages of twenty and forty-four. France has 124 women for every eleven men.

FIRST YEAR

Every Day Science for Boy Mechanics

Under the Pavement

BY GRANT M. HYNE

"I saw a man working at a manhole cover in the street today, Daddy. And down in the hole there was a room and another man fixing something. Is there a room under every manhole in the street?" "What was the man using a pump for?"

"The pump was to send in fresh air to keep the man inside from being suffocated by sewer gas while he fixed the pipes or cleaned the sewer. That's what manholes are for. Although you perhaps do not know it, there is under a city street, a network of pipes and sometimes tunnels in which you can walk for blocks. When they build a subway-railroad in a large city, it sometimes takes longer to untangle the under-the-pavement pipes and move them aside than to dig the subway. The manholes are needed to fix the pipes because the pavement may be two feet thick—a solid mass of rock, cement, or other material, with asphalt, wood, or bricks on top.

"Under the pavement, there is always a service sewer—a big clay-tile pipe to carry sewage from buildings—with a branch or lateral leading to each building. There is also a storm sewer, perhaps a concrete tunnel, to take away water when it rains. There is a water main—a large cast iron pipe, with small lead-pipe laterals for each building. The gas company has mains, too, with house laterals. In some cities, telephone cables are placed underground, and in a few cities steam or refrigerator pipes carry heat or cold to customers. All are down at least 4 feet to be below the frost line.

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"In our city, where most of the pipes are owned by the city, the system is simple. In old cities like New York and Boston, where many separate companies, there is a veritable network of private pipe-lines. It is safe to say that in some cities, if a downtown block were filled with costly automobiles, their value would not equal the money represented by the many pipes running under the pavement on which they are parked."

(Boys! Tomorrow read about how to become a veterinarian.) Copyright, 1920, by J. H. Miller

Poor Little Fellow. The following poem by an unknown author, is one which will appeal to all school children, as well as to grown-up people who often look back with regrets and longings to their own school days.

Poor little fellow, your case is sad, You must go to school when you'd like to play. And you want to be old like your father, Who may come and go in his own sweet way; And you seldom have traveled on railroad trains, And never alone you may wander far. You long to be done with your growing pains, And get off there where the big men are.

Poor little fellow, your life is hard, There are so many things that you may not do; So many pathways to you are barred, And so many rules that are made for you; Oh, you see men come and you see them go, Old and battered and worn and gray, And to win the freedom you think they know, You would fling all of your youth away.

Poor little fellow, time was that I looked out on the world through the self-same eyes, And the years seemed long and I wondered why I couldn't be old and grown and wise. Then I used to dream of the days to be, And the joys I'd claim and the things I'd do, When the years had fashioned a man of me— Now I'd give them all to be just like you.

Poor little fellow, don't sigh for age, For the years are swift and their cares are great; Bitter the battles that men must wage, As grown-up learn when it's all too late; Oh soon, too soon, shall you come to see, When the work of the world shall be yours to do, Why there's never a man but would gladly be, A poor little fellow once more like you.

Co-operative Meeting at Wilton. Wilton, Jan. 28.—A meeting of the Wilton Co-operative Association was held in the Grange hall on Tuesday afternoon, Jan. 27th, with a large attendance of members. The election of officers resulted as follows: President, William Forsythe; vice-president, Guy Simons; secretary-treasurer, M. C. Burgess. The members of the Wilton Dramatic Club are preparing their new

PILES Do not suffer with hemorrhoids, itching, or bleeding. Dr. Williams' Pink Pills. No surgical operation required. Dr. Chase's Ointment will relieve you at once and at a certain cost. See a list of dealers, or Edmondson, Bates & Co., Limited, Toronto.

SCHOOL BRITISH WHIG

FRIDAY, JANUARY 30, 1920.

No. 33

Central School.

William Shakespeare. William Shakespeare was born in 1564. The date of his birth is not certain, but is supposed April 23. He was baptized on April 26. There were many stories about his character. He was born and lived till after his marriage at Stratford, a place in England beside the river Avon.

Shakespeare's early life was passed in happy and comfortable circumstances. His father was a glover by trade, but belonged to an old Yeoman family. He also dealt in wool, meat and farm produce. Being a prosperous man and owning land in Stratford, he became alderman and high bailiff of that district. His wife was Mary Arden, and they had seven children. William was their third son. He attended the Stratford Grammar School with his brother Gilbert. At sixteen he left school to help his father, who had lost his high positions and had become poor.

When only eighteen he married Anne Hathaway, a girl who lived at Shottery. She was eight years older than her husband. They had three children, one son, Hamnet, and two daughters, Judith and Susanna. Susanna was his favorite child. He left the greater part of his fortune to her.

He went to London about 1588 to find work in a theatre. He finally became an actor, and soon gained success. He began to write about 1588, and his talent soon won him fame. A few years later he was rich, and among his works was the famous "Romeo and Juliet," "A Comedy of Errors" and "Love's Labor Lost." He was the most famous and honored man of his day. He wrote the "Merry Wives of Windsor" at Queen Elizabeth's request.

He was also honored by James I, in whose reign he produced some of his best tragedies. He wrote about thirty-five plays. He retired from London about the year 1611 to Stratford, and died there on April 23, 1616.—Ethelyn Burke.

Japan's Ice Cream. In Japan the children do not go into a decorated tea room and order a sundae or even plain ice cream. Instead of these kind of dishes, the Japanese have raw ice served in what they call "korimizu" fashion. The Japanese children delight in small cakes of ice broken in pieces and mixed with sugar and some favorite flavoring. Or sometimes have a bit of ice shaved in snow by hand and seasoned with sugar and fruit juice, which is much to their liking. If anything else is added to the shaved ice the dish is just as pleasing as a banana split or double chocolate is to the average boy or girl of Canada.

That the children in Japan enjoy the sweetened shaved ice is not so strange to us as only a few years ago in London, England, there was street vendors selling this stuff for a penny. They called it hoky-poky. But what is strange to us is that they prefer their sweetened ice to our ice cream. However, we are told that they are learning to like ice cream, although they still enjoy ice served in the "korimizu" fashion.—Emily Horsfall, aged 13.

A Ghost Story. A man owned a house in a village, but he did not live in it because it was haunted. One day a man came to buy this house to live in himself, but the owner told him it was haunted, and when he went to shave, a hand would come out from behind the looking glass and shave the razor so as to cut his throat.

"Well, I will take the house anyway," said the man. "You will be killed," said the owner. "My whiskers are getting long, and I will have to shave," said the man, and himself one day after living in the house for a long time. He got everything ready and started to shave, when all of a sudden he seemed to hear a door opening, and he looked about, but did not see any door open or anyone come in. Yet all the time he had a feeling that there was some one there.

"Ah! I am only imagining things," he said to himself. All at once a hand seemed to come from behind the glass and shave the razor. "Stung, it is a Gillette safety razor, and you did not cut my throat," cried the man to the ghost. He was always safe after his first experience. — Marion Aestelaine, senior fourth, Central school.

The Boys' Naval Brigade. We are having great fun with the boys. On Tuesdays we have physical drill and signalling. We expect to have lots of fun over at Barfield. On Wednesdays we box, wrestle, play games, etc. The other classes learn compass boxing and knot-tying. At the armories after drill we play indoor baseball. Last time we played we beat the Signallers, 25-20. Every Saturday those who belong to the "Veterans" in the summer we are going camping far away so we can't run home. On Friday nights we meet at the armories and practice physical drill. Our instructor is Mr. Gilbert. Mr. Shaw is our Indian club instructor. Next Wednesday we are going over to Barfield to sleigh down the hill. After we come back there will be lots to eat.—A. J. A., aged 13.

play entitled, "Valley Farm," a domestic drama in four acts, and will put on the entertainment in the near future. Everyone is looking forward to a thaw, as nearly all citizens are dry. James Lewis, who has been confined to his bed for the past three weeks, is somewhat improved. Henry Hutenson is very ill. Several of the school children are suffering with measles. Mrs. E. Burt returned to her home on Monday, after spending some weeks with friends at Morven. Mr. and Mrs. John Spafford, Switzer, Mich., and Atlanta, Ga., have formed a union and intend to affiliate with the American Federation of Labor.

My Visit to the Library.

We have in Kingston a public library, from which we get books both for boys and girls. They have them all piled neatly on shelves, above which is marked when they are for the girls or boys. The price for juvenile books is twenty-five cents for twenty-five books. You can go over to the shelves and pick out the book you want, and you then take it over to the desk, and the girl or Mrs. Kennedy will mark it on your card.

You are allowed to keep the book two weeks (which is plenty time to read it), and at the end of this time you return the book, or they will fine you two cents for each day after it is out the two weeks. There are many books which would help you along in school, both in history and geography, which you can have free.—Daisy Henry.

St. Mary's School.

The Autobiography of a Calendar. Three years ago I was owned by a farmer in southern Ireland near Cork in the form of flax-seed. About the twenty-seventh of May nineteen seventeen, I was sowed in a fertile field in my owner's farm. This field contained about seven acres of favorable soil for flax growing.

The land being rich and having an abundance of rainfall I grew well. In about three months I was cut and put in bunches to dry. After I had become perfectly dry I was taken to cork to be manufactured. The men stuck forks in me to get me on the wagons and then I was tramped and a large pole squeezed on me so I wouldn't fall off.

The wagon was rough and I didn't have very pleasant ride. I was then unloaded in the linen mills where I was badly hurt. I was put in a machine that cut me up into thin strips. I was then put on an elevator and taken to another part of the mill. There I was put into a large vat containing a blue mixture which I learned afterwards to be dye. When I was taken out I was a blue color and was hung up in a dry place where I dried.

The next step of my manufacture was the weaving. I was elevated to another part of the building where I was all put together again, was put on rollers and taken to the loom where I was rolled together. When I was taken out I was a large roll of Irish linen.

I was then shipped to Canada in the form of linen and was sold for a high price. I was then taken off the rumbling cars which I was glad to leave and placed on a shelf in a large store in Guelph. Many people admired and envied me but upon consulting their pockets found it impossible to buy me. I was later bought however and was made into a beautiful dress. I was taken to a dressmaker who cut me in several pieces and when I was sewed together I was a dress.

The lady that bought me was very proud and I looked well when she wore me. I often became soiled and when I did I was taken to the Long Sing Laundry and made as clean and beautiful as ever. After two years of wear I became nearly worn out and was sold to a rag man for a few cents. I was put in an old bag along with some other rags which were very dirty. After a long ride in a car I arrived at a paper mill where I was made into a beautiful calendar.

A merchant admiring me purchased me for his design for the coming year. Hundreds of others like me were made. We were then wrapped up carefully and put on a car. After three days ride we arrived at Guelph. We were unloaded off the car in a large truck in which we went very quickly to my owner's store. I now remain on the counter ready to be given to one of my owner's customers.—Francis Breaull, St. Mary's School.

The Obedient Horse. There was a wealthy man who owned a very intelligent horse. At his master's command the horse would obey him. It happened one day while this man was out for a horseback ride that he was going through a grape grove. He noticed some lovely grapes hanging from the vines. He wanted to have some, so he drove up under an over hanging vine. As the grapes were high from his reach he stood upon the saddle to get some. All of a sudden a thought came to his mind and he said "What if I say 'Get up'! I would be in a very good position and would likely be thrown into the thorn bushes and the thistles. Unfortunately he repeated his words a little louder than he should. The obedient horse responded when he heard his master's command, "Get up." He lost his balance and tumbled into the thistles and thorn bushes. The horse kept on going till it reached home. When the master's servant saw the horse with its empty saddle, they immediately began to search and later found their master in the thorn and thistles. They picked him up and treated his scratches. Then he said "the next time I express my mind I won't stand on my horse's saddle to say it."—Rene Lambert, St. Mary's School.

Christmas Vacation. I think I like my Christmas vacation best of all, there are so many sports that we boys all enjoy. When

Females employed in the factories in Dublin, Ireland, are paid only from \$4.50 to \$10 a week.

The New York legislature, without dissenting vote, ratified the federal woman suffrage amendment.

What Shall I Be?

Answered for Boys

Veterinary

Do you think that since horses have been replaced by automobiles there is no longer any need for veterinarians? If you do think that way about it, forget that idea now.

The cows which give the milk you put on your breakfast food have to be inspected frequently by a veterinary in order to protect you from disease. The cattle which are killed to furnish the meat you eat are, or should be, inspected by a veterinary, so that you can be sure that meat is fit to eat. The foot and mouth disease is just about as dangerous to your health and comfort as the "flu" itself. A veterinary ought to have just about as much training as the physician that takes care of you—perhaps more. You are able to tell what your symptoms are but an animal cannot.

Think these facts over before you turn down the veterinary profession as a life work. It is interesting; it is important; it is needed.

The boy who thinks of going into veterinary work should first get a high school education and a college education, with special work in chemistry and biology, if possible. The old idea that an eighth-grader was ready for a veterinary school is a thing of the past. Then he should go to a good school of veterinary medicine. Most state agricultural colleges, as well as a considerable number of universities, have such schools. The Bureau of Animal Husbandry, Washington, D. C., should be able to inform you as to the best school to attend.

After graduation you may set up in practice, just as other physicians do. You may enter the service of the state or Federal Government. Much inspection and research work along the line of the prevention of animal diseases is done by the government. Or you may become attached to some great stock raiser or a group of stock raisers as a veterinary for their flocks or herds.

there is plenty of snow we take the toboggan over to Queen's hill and occasionally to the fort which is some distance from our place. We had a hockey game a week ago Monday. At first the other team scored one then we scored two. At the end of the first period the score was four to two. Then they scored another, and the final score was seven to two. It was quite an exciting game.

I had a large snow fort built in our yard and a big supply of snow-balls ready for an attack from the boy in the next yard who also has a fort. One day when we were making snow balls a snow ball landed in the fort we pretty soon put our men in battle array; half of them went home crying. The second week of my vacation I was invited to my cousin's farm. He has a dog that he can harness to a sleigh. We also did a lot of skating as there is a lake back of their house I had such a good time I was sorry when I had to return home for school.—Charles Corrigan age 10 years.

Ragged little Tom Brown had been committed to the Children's Aid, where he was immediately given a bath, clean clothes, had his hair washed and cut short. His old clothes were burned. As his adenoids interfered seriously with his breathing, they were removed. When he had recovered from the operation the matron noticed that there was an unusually big and disfiguring wart at the end of his thumb. "Tom," she said, "I'll see that this wart is removed to-day." A look of absolute disgust spread over Tom's face. "Gosh!" he exclaimed. "Don't you let a fellow keep anything here?"

SERVICE COLORS Shopper: Are these navy beans? Salesperson: No'm. Them khaki colored ones is army beans. The navy beans is the white duck ones.



Innaform Pastilles prevent many distressing diseases by destroying the germs which lodge in the throat. The most effective preventive of Sore Throat, Whooping Cough, etc. AT ALL DRUGGISTS National Drug & Chemical Co. of Canada, Limited

NEGLECTED COLDS

lay the foundation of chronic chest troubles. Many cases of consumption can be traced to neglected colds in childhood.

A cold should receive prompt treatment with Peps. Peps is the direct treatment. It is breathable and therefore quickest and most effective.

Peps are so pleasant to take that children never refuse them and their absolute freedom from harmful drugs makes them especially suitable for children's coughs, colds, sore throat, bronchitis, etc. Every mother should keep Peps handy. All dealers 50c. box.

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and thieves break in. Don't risk the first, or invite the second, by keeping money in the house.

Put it in The Merchants Bank, where it will be safe from loss—always available—and earn interest at highest current rates.

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Last Fall

Some bright mind stated that this would be an open Winter. We now know he was wrong.

Last Fall Shoe Merchants were asked to place their Spring buying at prices that will mean that Shoes will be very expensive this Spring. You have probably heard this before—we want to assure you, you will need a cheque book and a step ladder to reach the Spring prices.

Your opportunity to buy the best Shoes in Kingston is right now during our big money-saving Shoe Sale. Our advice to you is buy now and keep on buying.

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