# Began To Take "Fruit-a-tives"

8 OTTAWA ST., HULL, P. Q. "For a year, I suffered with Rhoumatism, being forced to stay in bed for five months. I tried all kinds of medicine without relief and thought I would never be able to walk again. One day while lying in bed, I read about "Fruit-a-tives" the great fruit medicine; and it seemed just what I needed, so I decided to try it.

The first box helped me, and I took the tablets regularly until every trace of the Rheumatism left me." LORENZO LEDUC.

50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Feult a-tives Limited, Ottawa.

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# PEMETINE" for PYORRHEA

Sore and Inflamed conditions of the gums are usually the fore-runner of that dread disease—Pyorrhea. Most people over thirty have it in some form. If not checked pus-pockets form in the gums and Khaumatism, Neuritis, Bright's Disease, Stomach Disorders or Heart Troubles are often the result—sometimes even

"PENETINE" destroys Pyorrhea germs and pus. It rapidly relieves and corrects Sore. Spongy, Bleeding, Receding, or Discolored Gums, and Loose Teeth become tight.

"Pamerine" is the best preventative of Pyorrhea or diseased gums. By far the best Mouth Wash. Keep it handy and use it daily. It saves teeth, and protects your health.

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1 lb. Egg-o Baking Powder 85c. 2 pkgs. Custard Powder . 25c. 2 pkgs. Jelly Powders ... 25c.

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Hamiln's Wizard Oil a Reliable, **Antisoptic Preventive** 

During influenza epidemics spray day with one part Wizard Oil and two parts water, using an atomizer. If you haven't an atomizer, gargle the throat and snuff the mixture up the nose. This treatment sets up an antiseptic wall of defense against "Flu" germs.

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get your money back. Ever constipated or have sick head-ache? Just try Wizard Liver Whips, pleasant little pink pills, 30c at drug-gists. Guaranteed.

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All kinds of Skates hollow ground; guaranteed oil finished edges. Ground while you

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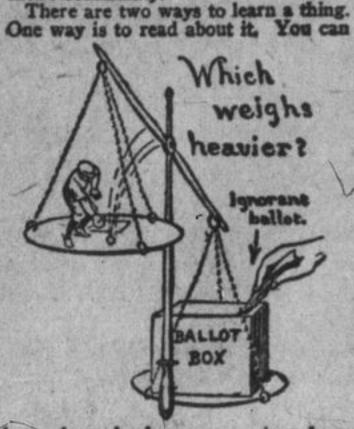
Next Standard Bank

FIRST YEAR

### Study Problems Solved

Citizenship BY CHARLOTTE G. KUH Francis W. Parker School

How do you expect to be a good citizen if you don't know how the government works? There is nothing that is interesting to do that does not require preparation and training. You can't play basket-ball or football, or bake a pie, without knowing how. If you fail in your knowledge and practice of citizenship, you hurt more people than you would by a poor play in baseball or basket-ball. Besides yourself and your team, your failures in citizenship harm the



learn from books or magazines how to do things and how other people have done them. But a more effective way of getting at a problem is to see it solved and to try to do it for yourself.

Apply this to Civics—the problem of government. You will be a part of the government when you are old enough to vote. You can best learn how to be an effective part by seeing how the government works in your own city

There are a hundred ways in which the government affects you or those near to you. Make a list of all the means by which the government touches your life and that of your family. One of the things on your list will be taxes. Do you know how a tax is levied and collected? Do you know which taxes are good ones? You can find out about taxes by visiting the office of the Collector of Internal Revenue. Another thing that the government does for you is to protect you. Do you know in how many ways your

city or town keeps you safe, and how it goes about doing this?

To know about citizenship, observe what the government does. Go to the City Hall and ask questions. See the courts at work, and learn how your government takes care of you. You will get much training toward becoming an effective member of that large team which is called "The Sovereign People."

(Tomorrow learn how to build a copyright, 1920, by J. H. Millar

capacity. They never know when acquire too much.

squeedee Helps Mama Pussy Willow.

as Squeedee was on his way through

the woods he spied Mama Pussy

"Well, well!" laughed the elfin

'What a happy family you have Mrs.

Pussy Willow. And how are you this

"Lovely!" exclaimed Mrs. Pussy

"Well, it is rather crisp," replied

Squeedee, drawing his little coat

around his shoulders. "But come to

think of it, aren't you putting your

I'll Help You Out."

thought you'd still be asleep. None

"I wouldn't have been either."

shivered Mrs. Pussy Willow, "only I

heard Old Bluejay calling, and the

first thing I knew this morning I

was awakened by the stream sprites

singing as they danced over the stones at my feet. They made so

much noise they awakened my baby

buds ,and out they popped ,and here

"Oh, dear," chuckled Squeedee.

"when will Old Bluejay stop teasing folks. He probably saw you sleep-ing and called to make you think it

"Called!" exclaimed Mama Pussy

topmost twig, and I heard him tell

Willow. "He deliberately tilted my

the stream sprites it was long past

sleeping time and warm as milk out-

side. So, of course, I hopped out of bed. And, as usual, out tumbled my bud children. Now we'll freeze, and I suppose Old Bluejay will be tickled to see us suffer."

"Say, say," cried the merry voice.

we are almost frozen to death."

was time to get up."

of the other folks are up yet."

Willow, and she shivered so hard

her bud children nearly tumbled off

their stems. "Lovely nothing!

think it's dreadfully cold."

lovely spring day?"

One day in the very early spring

Men invariably overestimate their they have enough until after they its way through the rock and it cut put in the Whig, but I have not seen The poorer the lawyer the fewer

#### MONDAY, FEBRUARY 2, 1920.

BRITISH

Louise School.

SCHOOL

School News. Some of the boys enjoyed a good Saturday last.

school after a long vacation. soldiers make good teachers. Thomas Fowler, of senior fourth class, left on Friday for Belleville, to Steacy, age nine years.

attend a Sunday School convention. Gladys Harpelle, Kathleen Baker, Reporters.

Oliver Cromwell. Oliver Cromwell lived in the Stuart Period, in Charles the First's reign. He was an Independent in religion. At this time Charles was breaking his promises made in the Petition of Rights. Cromwell saw something had to be done. He got Parliament

to pass the "Grand Remonstrance,"

bringing up all the wrong things

Charles had done before him. Charles still kept doing wrong and unlawful things so Cromwell raised an army and fought Charles. His army was called the Parliamentary army, or Ironsides. He defeated Charles at Naseby in 1645, at Mortimers' Cross 1647, at Preston 1648, at Worcester 1651, and the battle of

Edge Hill 1643, was a drawn battle. Cromwell passed the Solemn League and Covenant in 1643 after the battle of Edge Hill, getting the Scottish to help him on condition that he would make the Presbyterian church the state church. In 1645 he passed the Self Denying Ordinance, forbidding any member of Parliament to hold office in the army. In 1648 he sent Colonel Pride to the House to order all Presbyterians to leave. In 1649 he had Charles ex-

Cromwell ruled from 1649-1658. England prospered under his rule. It was a one-man rule but he did what he thought was for the good of the peope. Gladys Harpelle.

Jack Miner's Farm. Jack Miner lives in Kingsville,

Essex County, in southern Ontario. He has a bird farm. He used to be a hunter but takes care of birds now. Birds of every sort come in spring, about May, and in the autumn, about October. He has 200 acres on his farm. When the birds come he has food to give them and he aso puts bud. band around their legs, one with Bible verse and on the other one he puts a request that whoever finds the bird sends the band back and he

pays a dollar to them. There were quite a few bands came back from the Indians around Hudson Bay, He has over 2,000 wild ducks and geese .- Margaret Hunt, senior fourth class.

Sydenham School.

A river was once a small stream but it grew deeper and bigger, being To the School Editor : made a small canyon and it cut still not only to put in the paper, but for will see that they are published.)

of Mr. Bluejay from a bush near

Mrs. Pussy Willow and Squeedee.

"I'm sorry if I disturbed your slum-

ber, but these old woods looked

dreadfully bare without any of you

folks to chat with. It's really ter-

ribly lonesome, you folks all sleep so soundly. Why, I've been trying for

but they're sounder sleepers than

Bluejay was only too glad to do

all he could to help, so Squeedee

hopped on his blue wings and away

they not only brought soft, woolly,

gray coats for Mama Pussy Willow's

children, but for every pussy willow

Mama Pussy Willow was so proud

she thanked Bluejay for awakening

her and said he might do so every

year if he'd furnish woolly coats for her bud babies, and that's how it

Variety is the spice of life espec-

fally in a first-class vaudeville show.

tailors take their measure.

sleep again if you wish."

be so cold, I'm sure."

pussy willow children."

baby along the stream.

coats every spring.

deeper till in thousands of years a large canyon was formed

WHIG

There is beautiful scenery in one on the Colorado River. This canyon is a mile deep in the earth and the colors are glorious. There are browns, purples and reds on the cliffs. hockey practice at Queen's risk on It stretches for two hundred miles and is, in some places, fourteen miles Jock, our school dog, returned to wide; while at the bottom, tearing along, is the Colorado River. The pupils find that returned would love to live there where I could look a mile down at the river while standing on the cliffs .- Grace

> Winter Fun. There is lots of fun in winter but I like to skate best. We have a rink in our yard on which we skate most days. In making it we cleared a space, smoothed it and sprinkled it. When it froze we sprinkled it again and kept on sprinkling till it was smooth, Now we have lots of fun on it. We also have a snow house and when we are tired skating we go into the snow house and sit down. It is large enough for three. I hope that the snow on the lake will soon go away so we can have a skate out there with miles of skating ice .-Jessie Ward, junior third.

Sugar is one of the most important foods in the world. We could not be strong and healthy without it. Sugar is found in the sap of many trees, especially the maple. It is also a wood pasture or field, and in front found in the nectar of many flowers of his always open front door and in fruits and vegetables. We loves to sit and sun himself-having, know that peaches, grapes and pears are sweet because of the sugar in

The ordinary sugar we use is made from the sugar-cane and sugar-beet. The first sugar was made in India about 800 years before the birth of Christ, and the process slowly travelled across the countries of the Mediterrenean and then explorers brought sugar to the new world and now sugar cane is grown in the United States and the West Indies and South America. Cuba has the largest plantations of sugar-cane. Sugar-beet is grown and manufactured to sugar in many countries in Europe and the United States, and a very little in Canada.-Gerald Walker.

Not Yet Satisfied. "Going far?" asked the chatty little man on the train. "Only to Albany," replied other, who hated talking to strangers and wished to nip this one in the

"I am a commercial traveller. "My age is forty-six. "I am married. "I have a son of nineteen. "He is at Harvard.

"My father died last January. "He was on the stock-exchange "Mother is still living. "I have a niece with red hair. "Our cook's name is Bridget.

"Is there anything else?" The chatty little man smiled affably. "What oil do you use for your tongue?" he inquired slowly .-- Ar-

cold, but I am very seldom out in the snow, only when I have to. I have Bath Road P.O., Kingston, a silver pencil. It was my brother's Jan. 29th, 1920. and he gave it to me. I must close now. From, yours truly,-Robert Marriott, aged eight years.

well fed, till finally it began to make Dear Sir,-I sent you an item to deeper and deeper where the rock it yet in the school column. Why in the mountain was softest till it have you not put it in? I sent it

# SECRETS OF HEALTH

ever so long to awaken the flowers, How to Treat a Sore Throat Until

a Doctor Takes Charge. you are. But I'm sorry if it caused you inconvenience. I'll fly away this

very minute, so you can go back to need a doctor to make certain that gargled. it is one of the nine harmless types. "Well, I guess you won't find me instead of the tenth or diptheria you gargle, so that the solution can Willow with her baby buds all hud- sleeping any more this year," laugh- kind. Always find it convenient to penetrate as far down the throat as ed Mama Pussy Willow. "There's do this especially if you need imme- possible. too much to be done before summer diate relief. comes, so we'll make the best of

Cold compresses are generally things. If we get to work we'll not good applications for sore throats and are at all times available. The "I'll help you out there," said only things necessary are cold water, Squeedee. "I knew where there is a cloth or two and a warm room. It some lovely moss. If Bluejay will is preferable to lie in bed when some nice warm coats for your the neck, but it is not absolutely es-

place in every medicine chest. This qualities and is a cleanser. children out too soon? Why, I they sailed. When they returned is to be applied upon the throat ex- The throat very often becomes ternally. It should be thoroughly sore from the presence of dirt or rubbed upon the jaw and down. It is other irritating particles. In this best to apply it at night when the oil event hot salt water is not as good may be absorbed into the pores of as dilluted vinegar, which should althe skin. This is assured under the so be hot. Vinegar, like salt, has aswarm covers. It is to be, under- tringent qualities, and, therefore, a of her children in their new coats stood that the oil should be so rubb- healing effect. It is to be gargied ed into the skin that the hands and only. neck feel dry after the massage is

comes that Mama Pussy Willow's Any clean bandage such as a cloth | It is always wise for a person who bud babies all wear soft, woolly, gray

## By DR. L. K. HIRSHBERG A.B., M.A., M.D. (Johns Hopkins

Simple Home Remedies.

The use of plain table salt and hot water is very excellent for a sore

throat much worse.

The salt, a teaspoonful to every glass, should be dissolved in hot water. This should then be allowed to cool and approach the tempera-When you have a sore throat you ture which your throat can bear and

Throw the head way back when

If your throat is very sore it may even be advisable to swallow hot salt water. This is soothing and at the same time it is an irritant. Hot salt water may even be made a daily application for the throat. In this capacity it acts as a preventive of take me there I'll bring you back these are applied to the outside of sore throats. The salt water acts, moreover, as an astringent, whether applied daily or only at special times. It thus draws the lining of Camphorated oil should find a the throat together, has healing

Consult Your Doctor.

or a folded handkerchief, will do is subject to sore throat to keep for a cold compress application. Put aloof from others. Sore throats are the material in cold water, wring it nests of bacteria and other contaout-not very dry-and put it gions. Many infectious germs and around the neck. Over this place a diseases are communicated by way of Printers measure their takes and piece of flannel and pin it in order the mouth. Sore throats are, thereshould sleep alone by all means, perhaps stay in a room by himself until the trouble is entirely relieved. Let me repeat then if the throat becomes sore a physician should be sent for immediately. Great allments are often mistaken as trivial sore throats, and for this reason no chances should be taken. Children, especially, fall easy victims to contagious sore throat ,and require the attention of a vigilant, inquisitive

"Old rags!" he yelled. "Old rags,

"Old copper! Old tin! Old bottles! Old papers! Old shoos!" The prettiest girl in the group made a dramatic gesture of despair. "Girls," she said, "he wants every-

# -and Seal Brand Coffee -

NO. 85

Wild Life

of Forest

and Field

Ground-Hog Day

BY ADELIA BELLE BEARD

Ground-Hog comes out of his hole to play Peek-a-boo with his shadow. That

s the story we have all been told, and

it goes on to say that, if the sun shines and the Ground-Hog finds his shadow, he will immediately rush back to his burrow and stay there six weeks longer for fear his shadow may find him. This

is said to be the sign of six more weeks

of winter. But if the eventful day proves cloudy and the Ground-Hog does not see his shadow, he will de-

cide to remain out and then our

longed for spring may appear at any

the story literally, yet everyone is apt

to notice the weather on Ground-Hog

Day and talk of an early or late spring.

country know a Ground-Hog, or

Woodchuck, when they see one; many

others do not, and it will be interest-

ing to go on a hunt for a Woodchuck

hole and watch for the little animal

He often digs his burrow in a hill-

side and you may sometimes find it in

shadow. He is about fourteen inches

long and he is stout. The top of his head is flat, he has black, beady eyes

and his coat is brownish-gray. His

bushy tail measures about five inches

In the North-West he is larger and his

It is surprisingly dainty fare that the Ground-Hog chooses, for he loves best to live on clover; failing that he

will help himself to what he finds in the vegetable garden. In the fall, he becomes very fat and early in Novem-ber he hides himself deep in his burrow

where he sleeps soundly until February. Look for Baby Woodchucks in June.

They play like puppies in front of their burrow, never far from home

(Girls! learn to make Home Pic-

other boys and girls to see. It is

(Sorry, Robert, but your last item

must have been mislaid somewhere.

Send along some more items, and we

for this is apt to make the sore

Copyright, 1920, by J. H. Millar

IS PRIGHTENED

PIE BITS UP ON HIS MAUNCHES AND LISTENS THEN DARTS INTO HIS PIOLS

Most boys and girls who live in the

It is doubtful if any one believes

On the second day of February the

#### Nothing else will do

No other can compare with Seal Brand. Made only from the finest mountaingrown beans, which have developed slowly, absorbing goodness from the air, the sun and the luxurious soil of the cool wonderful Tropic Uplands.

Perfectly Blended and Roasted, the rich aroma and rare flavour sealed into the Tins.

In 16, 2 and 2-lb. sizes. Whole, ground, and fine-ground. At all good grocess.

Write for "Perfect Colles" Perfectly Made", Mailed free on request. CHASE & SANBORN, MONTREAL.

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

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A Remedy for Chest Colds, Head Colds, Sore Throat, Stiff Neck, Earache, Spasmodic Croup and kindred ailments. Apply freely to the skin just over the affected parts and rub it in.

#### **GROVE'S** O-PEN-TRATE SALVE

is also an Excellent Germicide for the Nose and Throat.

It should be applied to the nostrils so that you will be continually inhaling the vapors while in the presence of patients who are sick with contagious diseases, or when you are entering crowded cars or other public places during an epidemic of Grip or Influenza. Any Grip or Influenza germs breathed through the nose are destroyed by this germicide salve before the germs can reach the throat.

#### FOR THE SICK

Place One Level Teaspoonful of GROVE'S O-PEN-TRATE SALVE in a hot saucer in the sick room. The Antiseptic Vapor rising from the heated salve makes breathing easy for the patient. It induces sleep and is a great comfort to anyone suffering with Spasmodic Croup, Asthma, Bronchitis, Sore Throat, Coughs, Colds, Whooping Cough, Diphtheria or Pneumonia. The Healing Effect of the Vapor relieves the patient and is very comforting. Price 35c per box. If your Druggist hasn't any, send 35c in postage stamps to Paris Medicine Company, 193 Spadina Ave., Toronto, and a full-size box will be mailed to you promptly.

#### Real Values to insure its position. Under no cir- fore, sources of tonsilitis, bronchitis In many cases writer's cramp af- cumstances allow the cold air to and other nose and throat maladies. penetrate the bandage or the neck, A person who has a sore throat Overcoats And Suits All Styles \$25.00 \$28.00 \$30.00

#### Tea or Coffee often disagrees with

some one in the family. An easy way to et away from such annoyance is to drink





It agrees with everyone in the family. No sleepless nights, disturbed digestion or irritated nerves follow tts use. There's a Reason"

The Great Unwanted. A crowd of pretty girls were taking ten the other afternoon when a

And then, as he trudged slowly along the street, he yelled again:-

thing but old maids."

If a man is ruled by his feelings he is apt to travel in a migrag course.



\$32.00

\$35.00

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\$40.00

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