

THE TORTURES OF RHEUMATISM

Happy Stopped When He Began To Take "Fruit-a-tives"

3 OTTAWA ST., OTTAWA, P. C. "For a year, I suffered with Rheumatism, 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."

FOR SALE House and barn, and three acres of land, two miles from the city. W. H. GODWIN & SON

"PEMETINE" for PYORRHEA Several inflamed conditions of the gums are usually the forerunners of that dread disease—Pyorrhoea. Most people over thirty have it in some form.

SPECIALS AT THE UNIQUE GROCERY 3 bars Laundry Soap . . . 25c. 1 lb. Egg-o Baking Powder 35c.

Grip, Influenza Hamlin's Wizard Oil a Reliable, Antiseptic Preventive During influenza epidemics spray the nose and throat several times a day with one part Wizard Oil and two parts water, using an atomizer.

SKATES SKATES All kinds of Skates hollow ground; guaranteed oil finished edges. Ground while you wait. 15c. PER PAIR. J. M. PATRICK

STOMACH DISORDERS ARE READILY CORRECTED AND ORGANS RESTORED TO REGULAR AND HEALTHY ACTION BY THE USE OF PARMELEE'S VEGETABLE PILLS

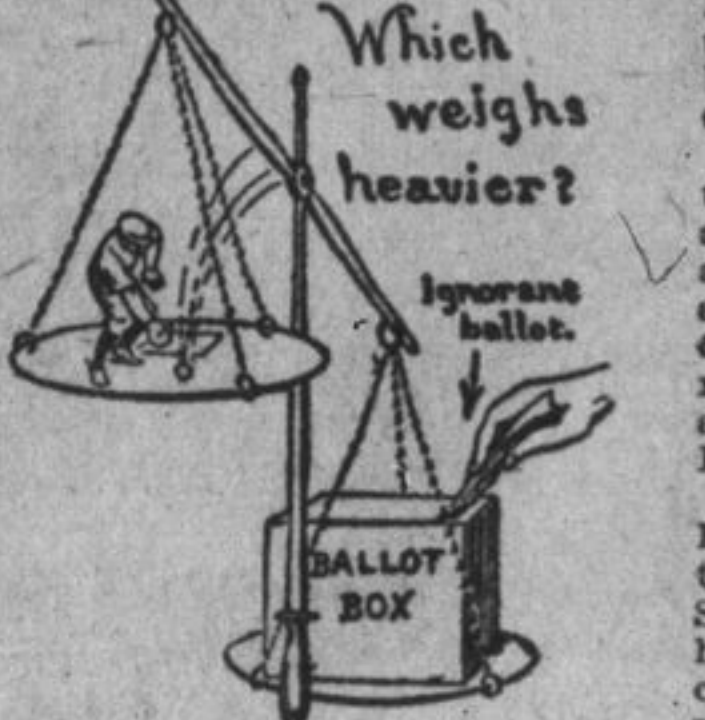
The Cash Store SPECIAL PRICES—LAKE AND SEA FISH B. C. Chicken Halibut, B. C. Red Spring Salmon, fresh extra large Smelts, fresh Starlings, fresh Squid.

The United Grocery COMPANY 133 Princess St. Phone 287 Next Standard Bank

SCHOOL BRITISH WHIG

Study Problems Solved

Citizenship BY CHARLOTTE G. KUIP FRANCES 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 basketball 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 basketball. Besides yourself and your team, your failures in citizenship harm the entire community.



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 or town.

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."

Men invariably overestimate their capacity. They never know when they have enough until after they acquire too much. The poorer the lawyer the fewer his trials.

Good Night Stories

Squeedee Helps Mama Pussy Willow. One day in the very early spring as Squeedee was on his way through the woods he spotted Mama Pussy Willow with her baby buds all huddled up in a heap. "Well, well!" laughed the elfin. "What a happy family you have Mrs. Pussy Willow. And how are you this lovely spring day?" "Lovely!" exclaimed Mrs. Pussy Willow, and she shivered so hard her bud children nearly tumbled off their stems. "Lovely nothing! I think it's dreadfully cold."

Louise School.

School News. Some of the boys enjoyed a good hockey practice at Queen's rink on Saturday last. Jook, our school dog, returned to school after a long vacation. The pupils find that returned schooliers make good teachers.

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 and Covenant and Parliament had to be called. 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 Mortimer's Cross 1647, at Preston 1648, at Worcester 1651, and the battle of Edge Hill 1643, was a drawn battle.

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 also puts a band around their legs, one with a 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.

Sydenham School. A Canyon. A river was once a small stream but it grew deeper and bigger, being well fed, till finally it began to make its way through the rocks and it cut deeper and deeper where the rock in the mountain was softest till it made a small canyon and it cut still

of Mr. Bluejay from a bush near Mrs. Pussy Willow and Squeedee. "I'm sorry if I disturbed your slumber, but these old woods looked dreadfully bare without your folks to chat with. It's really terribly lonesome, you folks all sleep so soundly. Why, I've been trying for ever so long to awaken the flowers, but they're sounder sleepers than you are. But I'm sorry if it caused you any uneasiness, and I'll away this very minute, so you can go back to sleep again if you wish."

"Well, I guess you won't find me sleeping any more this year," laughed Mama Pussy Willow. "There's too much to be done before summer comes, so we'll make the best of things. If we get to work we'll not be so cold, I'm sure."

"I'll help you out," thought you'd still be asleep. None of the other folks are up yet. "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 sprits 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 we are almost frozen to death."

"Tea or Coffee often disagrees with some one in the family. An easy way to get away from such annoyance is to drink INSTANT POSTUM. It agrees with everyone in the family. No sleepless nights, disturbed digestion or irritated nerves follow its use. There's Reason."



deeper till in thousands of years a large canyon was formed. 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. It stretches for two hundred miles and is, in some places, fourteen miles wide; while at the bottom, tearing along, is the Colorado River. I would love to live there where I could look a mile down at the river while standing on the cliffs.—Grace Steacy, age nine years.

Wild Life of Forest and Field Ground-Hog Day BY ADRIAN BELLE BEARD On the second day of February the Ground-Hog comes out of his hole to play Peek-a-boo with his shadow. That is 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 decide to remain out and then our longing for spring may appear at any time.

Sugar. Sugar is one of the most important foods in the world. It could not be strong and healthy without it. Sugar is found in the sap of many trees, especially the maple. It is also found in the nectar of many flowers and in fruits and vegetables. We know that peaches, grapes and pears are sweet because of the sugar in them. 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 Mediterranean 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 the other, who had talking to strangers and wished to nip this one in the bud. "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?" "This little man smiled affably. "What oil do you use for your tongue?" he inquired slowly.—Arnold Fair.

Bath Road P.O., Kingston, Jan. 29th, 1920. To the School Editor, Dear Sir.—I sent you an item to put in the Whig, but I have not seen it yet in the school column. Why have you not put it in? I sent it not only to put in the paper, but for

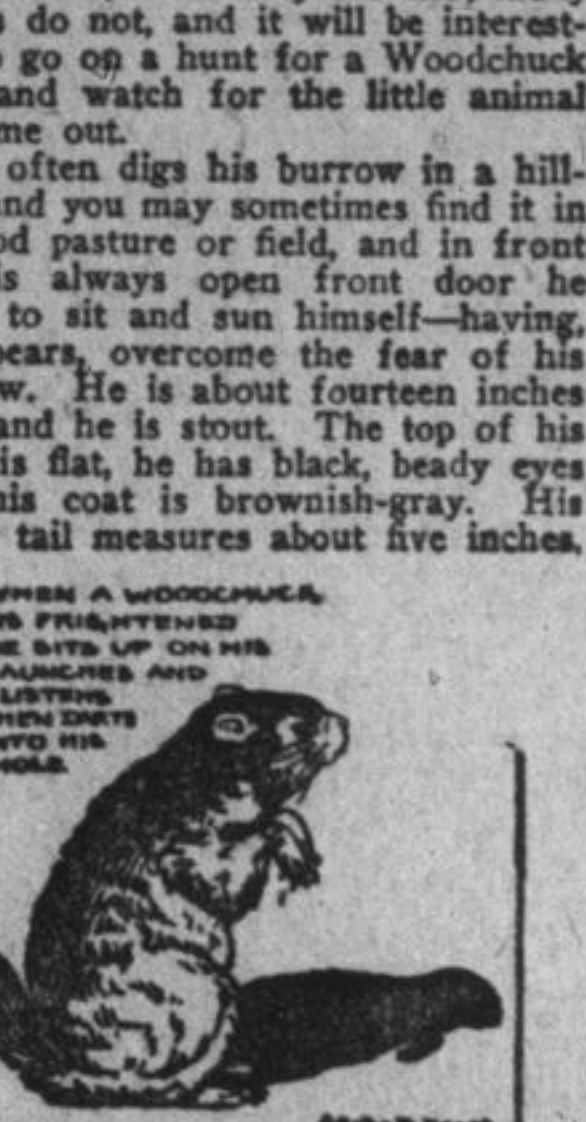
for this is apt to make the sore throat much worse. Simple Home Remedies. The use of plain table salt and hot water is very excellent for a sore throat. The salt, a teaspoonful to every glass, should be dissolved in hot water. This should then be allowed to cool and approach the temperature which your throat can bear and gargle. Throw the head way back when you gargle, so that the solution can penetrate as far down the throat as possible. 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 sore throats. The salt water acts, moreover, as an antiseptic whether applied daily or only at special times. It thus draws the lining of the throat together, has healing qualities and is a cleanser. The throat very often becomes sore from the presence of dirt or other irritating particles. In this event hot salt water is not as good as diluted vinegar, which should also be hot. Vinegar, like salt, has astringent qualities, and, therefore, a healing effect. It is to be gargled only. Consult Your Doctor. It is always wise for a person who is subject to sore throat to keep aloof from others. Sore throats are nests of bacteria and other contagions. Many infectious germs and diseases are communicated by way of the mouth. Sore throats are, therefore, sources of tonsillitis, bronchitis and other nose and throat maladies. A person who has a sore throat should 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 ailments 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 doctor.

The Great Unwanted. A crowd of pretty girls were taking tea the other afternoon when a rather irritating parrot came in. "Old rags!" he yelled. "Old rags, old bones, old iron!" And then, as he trudged slowly along the street, he yelled again: "Old copper! Old tin! Old bottles! Old papers! Old shoes!" The prettiest girl in the group made a dramatic gesture of despair. "Girls," she said, "he wants everything but old maida."

SECRET OF HEALTH By DR. L. K. HIRSHBERG A.B., M.A., M.D. (Johns Hopkins University) How to Treat a Sore Throat Until a Doctor Takes Charge. When you have a sore throat you need a doctor to make certain that it is one of the nine harmless types. Instead of the tenth or diphtheria kind. Always find it convenient to do this, especially if you need immediate relief. Cold compresses are generally good applications for sore throats and are at all times available. The only things necessary are cold water, a cloth or two and a warm room. It is preferable to lie in bed when these are applied to the outside of the neck, but it is not absolutely essential. Camphorated oil should find a place in every medicine chest. This is to be applied upon the throat externally. It should be thoroughly rubbed upon the jaw and down. It is best to apply it at night when the oil may be absorbed into the pores of the skin. This is assured under the warm covers. It is to be understood that the oil should be so rubbed into the skin that the hands and neck feel dry after the massage is complete. Any clean bandage such as a cloth or a folded handkerchief, will do for a cold compress application. Put the material in cold water, wring it out—not very dry—and put it around the neck. Over this place a piece of flannel and pin it in order to insure its position. Under no circumstances allow the cold air to penetrate the bandage or the neck.

Wild Life of Forest and Field

Ground-Hog Day BY ADRIAN BELLE BEARD On the second day of February the Ground-Hog comes out of his hole to play Peek-a-boo with his shadow. That is 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 decide to remain out and then our longing for spring may appear at any time.



In the North-West he is larger and his coat is grayer. It is surprisingly dainty fare that the Ground-Hog chooses, for he loves best to live on clover; falling that he will help himself to what he finds in the vegetable garden. In the fall, he becomes very fat and early in November 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 and mother. (Girls! Learn to make Home Picture Frames tomorrow.) Copyright, 1920, by J. H. Miller

old boys and girls to see. It is cold, but I am very seldom out in the snow, only when I have to. I have a silver pencil. It was my brother's and he gave it to me. I must close now. From, yours truly,—Robert Marriott, aged eight years. (Sorry, Robert, but your last item must have been mislaid somewhere. Send along some more items, and we will see that they are published.)

-and Seal Brand Coffee- Nothing else will do No other can compare with Seal Brand. Made only from the finest mountain-grown 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. CHASE & SANBORN, MONTREAL.

HIGH GRADE BONDS BOUGHT—SOLD—OR—EXCHANGED Owing to the favorable exchange it is a good time to sell your Anglo-French, United Kingdom or any bond, payable in New York funds. J. O. HUTTON 67 Clarence Street, Kingston

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 257 PRINCESS STREET. PHONE 12833. Our rent is low—our prices are low.

Grove's O-Pen-Trade Salve Opens the Pores and Penetrates 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 In Winter Overcoats And Suits All Styles \$25.00 \$28.00 \$30.00 \$32.00 \$35.00 \$38.00 \$40.00 \$42.00 TWEDDELL'S Reliable Ready-to-wear Clothing and Perfect Fitting Tailoring 121 PRINCESS STREET