

HER CASE SEEMED HOPELESS

But "Fruit-a-lives" Brought Health and Strength

29 St. Ross St., MONTREAL. "I am writing you to tell you that I owe my life to 'Fruit-a-lives'...

SAGE TEA TURNS GRAY HAIR DARK

It's Grandmother's Recipe to Bring Back Color and Lustre to Hair.

That beautiful, even shade of dark, glossy hair can only be had by brewing a mixture of Sage Tea and Sulphur.

Don't bother to prepare the mixture; you can get this famous old recipe improved by the addition of other ingredients...

Everybody uses "Wyeth's" Sage and Sulphur Compound now because it darkens so naturally and evenly that nobody can tell it has been applied.

Ends Stubborn Coughs in a Hurry

For real effectiveness, this old home-made remedy has no equal.

You'll never know how quickly a bad cough can be conquered, until you try this famous old home-made remedy.

It takes but a moment to prepare and really there is nothing better known.

You can feel this take hold instantly, soothing and healing the membranes in all the air passages.

Pinex is a most valuable concentrated compound of genuine Norway pine extract, the most reliable remedy for throat and chest ailments.

Drink Coffee

If It Causes Indigestion, a Couple of Stuart's Dyspepsia Tablets Will Promptly Give Relief.

Indigestion caused by coffee is the same as indigestion caused by anything else.

"I am sure to enjoy my coffee! I'm not afraid to drink it either, for I have a box of Stuart's Dyspepsia Tablets."

Stuart's Dyspepsia Tablets mix with the food you eat. The stomach by its peristaltic action churns and moves the food around the stomach walls and the powerful ingredients in these tablets instantly began digesting the food as they are forced through it and around it.

The use of one of these tablets after meals will in a very short time correct the faults of digestion and you will enjoy your coffee and food without the old time distress of indigestion.

Every drug store carries Stuart's Dyspepsia Tablets. Price 50 cents.

Rev. Sister St. Sylvia died at Ogdensburg, N.Y., aged fifty years. Previous to her novitiate she was Miss Catherine Dougherty, Almonte, and entered the order at Ottawa thirty years ago.

James Tice, Wellington, was a few days ago the victim of a paralytic stroke and his condition is critical.

Young Citizens' Adventures

Lincoln and the Slaves

By R. S. ALEXANDER

"Old Abe's looking mighty frisky this morning," said Hunting Eye's friend, the mayor, looking at the statue of Lincoln in front of the town hall.

"Who was Old Abe and what did he do?" asked the boy from the North Woods.

"His real name was Abraham Lincoln and he freed the slaves."

"Slaves! What are they?" "They were persons who were owned by other people. Long ago, when two peoples or nations fought, the members of the nation which conquered took the men and women of the other as slaves; that is they made them their property and forced them to work for them.

"Shortly after the white men began to come over the Great Water, they commenced to bring with them black men from Africa as slaves. These black men were still wild and uncivilized without improved methods of warfare. Thus they were easy to capture. These slaves were needed in the southern part of the country to help grow cotton. The industry of the north was so organized that it could not use them. So they were sent mostly to the south.

"Gradually people began to feel that slavery was wrong. England, one of the greatest of nations across the Big Water prohibited it nearly one hundred years ago. The people in the north of this country wished at that time to follow England's example. But the people in the land of cotton, who had grown up among these slaves and had been trained by the conditions about them to think that slavery was right; did not wish to abolish it.

The controversy over the question became hotter and hotter until, finally, it resulted in the great war which we call the Civil War. Abraham Lincoln

was the leader of the party which was opposed to slavery. For four long years the conflict lasted. During the war, Lincoln issued the famous Emancipation Proclamation which declared that the slaves should be free. Under his leadership, the north was victorious.

"But don't the people of the south hate the north and Lincoln?" "No, this was like a quarrel between two brothers. No matter how hard they may fight, each other they love each other just the same after they get over their anger. Both north and south now see that slavery was wrong and are glad that it was abolished. So both pay tribute to the great Lincoln."

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SCHOOL BRITISH WHIG

WEDNESDAY, FEBRUARY 11, 1920

Victoria School.

Victoria Girls' Club.

On Friday, February 7th, the regular meeting of the Girls' Club was held in the kindergarten room. The meeting was opened by singing 'Mother Macree' and 'I'm Forever Blowing Bubbles'.

We then had a play entitled 'Bluebeard.' The girls danced for ten minutes afterwards. The meeting was brought to a close by singing the National Anthem.—Edith Wood, senior IV, class.

Hockey News.

Mr. Ettinger's class and Miss Gordon's class met at Queen's open air rink on Saturday morning, and a fast game of hockey was played by the two teams. Mr. Ettinger's class won by the score of 6 to 2.

The Star.

The star danced in the lake, Uncertain, tremulous, Deep in the heart of the lake The star danced.

But far, far in the sky, Searching unchangeable, Pined at the spirit of love The star shone.—(A School Girl.)

Jokes.

Grabber—I envy that tenor. He can't sing.

Grabber—I know that, but think of the nerve he has to think he can sing.

Mrs. Goodsole—Well, you're the first bum I've seen at my back door since several weeks. Are the rest of them working?

Percy Pikepounder—No'm, they ain't workin'. They're on strike. They demand shorter hours an' pie handouts.

Husband (newly married)—"Don't you think, love, if I smoke it would spoil the curtains?"

Wife—"Ah, you are really the most ass-fish and thoughtful husband to be found anywhere; certainly it would."

Husband—"Well, take the curtains down."

My Pets.

I have two pet rabbits. I call them Peter Rabbit and Bunny Cottontail. They were sent to me from Sulphide, Ontario. They were on the express train all night when they were coming.

Girls of the club, Victoria school, have a slogan, "No slang." I wonder if any of the girls have said anything.—A School Girl.

Who are the two largest ladies in the United States? Miss Ourl and Mrs. Stippi.

When is the clock on the stairs dangerous? When it runs down.

What is that which a fox has and a hare most needs? A brush.

How long did Cain hate his brother? As long as he was Abel. (Able).

When is a lady deformed? When mending stockings, then her feet are where her heels ought to be. Lillian Moyle

Ladies First.

Little Tommy and his younger sister were going to bed without a light. They had just reached the bottom of the stairs when Tommy after rain.

"Ma, is it polite for a gentleman to precede a lady when they have to walk in single file?"

"No my son," replied his mother, "the lady always takes the lead." "I thought so," said Tommy

against her sides. The string he had held in his hands a few seconds before dragged along in the water, a great, heavy rope. His tiny sailboat

Woodcraft

for Outdoor Boys and Girls

Without Matches

BY ADELLA BELLE BEARD

To forget or lose your matches, or let them get wet accidentally, will not be the calamity it might prove if you always carry a piece of flint and a strong steel of some kind in your pocket when you go on a hike.

The use of flint and steel for starting a fire is only going back several generations to the period when we had no matches, and all outdoor boys and girls, you among them, should know how to light a fire in this primitive fashion. Practice at home; practice until you can make a sure thing of it every time, then you can rely on your skill when the occasion comes to use it.

A piece of strong steel shaped like the one shown in our illustration is STRIKE THE FLINT A GLANCING BLOW ON THE STEEL

most convenient to use and to carry, but the back of a knife will answer if it must. The flint should be large enough to hold easily, and the way to secure the sparks is to strike the edge of the flint a quick, glancing downward blow with the steel.

That part is soon mastered. The trick is to catch the spark and keep it alive. To do this you must use dry, very dry tinder. Hold your flint so that the sparks will fall into your small bunch of tinder and when a volume of smoke arises, fan it with your hand and then gently blow it into flame. Have ready shredded Birch bark, or other quickly lighted stuff, to use as a match and with it catch your flame immediately and apply it to your kindling.

It is safest to carry tinder with you packed in a small tin box to keep out dampness. You can make this at home. Tear—do not cut—away strips of old cotton cloth and scorch it in the oven, then pull it apart into small pieces. Try it and see that it lights easily. Dry moss, dry grass, dried willow catkins take sparks readily; also the dried inner bark of Cedar rubbed into fine shreds.

(Do you know why there is a Valentine Day? Find out tomorrow.) Copyright, 1920, by J. H. Miller

delightfully," go ahead, Sue," Lillian Moyle.

Victoria Hockey News.

Victoria's hockey team last Thursday night on the latter's rink by the score of 12 to 5. The teams lined up as follows:

Victoria St. Marys Lennox ..... Goal ..... Hammond Vokes ..... Defence ..... Georghagen Leggett ..... Defence ..... Fredericks Grimason ..... Centre ..... Cook Treadgold ..... Wing ..... Compeau Gibson ..... Wing ..... Hiscock McPherson ..... Spare ..... McMahon Referee—T. Beardall.

On Friday, Feb. 6th, the girls of the Victoria Club met again in the kindergarten room for their meeting, which is held every two weeks. The club was opened up by the girls singing 'Mother Macree' and 'Betsy Murray' who is the president spoke about the School Journal, which is to be ready for sale on Feb. 12th. Miss Conley then discussed having a slogan with the girls. It was finally agreed that all the girls would try to be careful in their talk in order to speak "no slang." After the business matters were over "The Grayhound" was played by Miss Mable Oakes as a piano solo. The play of Blue Beard was then given by five girls of Mr. Ettinger's class, with which the audience was greatly delighted. The meeting closed by the singing of the National Anthem.

was a toy no longer, but a real-foresture fair boat filled with tiny fairy folks. Dicky pinched himself real hard to see if he was awake or dreaming. Of course, he couldn't feel it, but he laughed just the same.

"I guess it doesn't matter if I feel a pinch or not in Fairyland," he laughed.

"Well, I don't know about feeling pinches," said the funny little elfin, "for in Fairyland all one feels is happiness. Now let's get down to the point—if you'll help us steer the boat over to the shore we'll soon be home."

"Home!" exclaimed Dicky. "Why that's my mama's garden on the shore side of the stream—I mean here." Dicky corrected himself quickly. "I didn't know fairies lived there."

"Indeed we do!" laughed the funny little fairy, "even if you didn't know it. We live right out in your garden among the cabbage and toms to plants, and old Warty Hoppy Toad is the keeper of our castle."

Only that morning Dicky had nearly hit Warty Hoppy Toad with a stone—what if he had kept ringing in Dicky's ears! Right then and there Dicky promised himself he'd never throw another stone at any toad for fear he'd hit the keeper of the fairy castle.

As the boat sailed toward shore Dicky made up his mind he'd follow the fairies and see where their castle was. But a great, big wave dashed against the side of the boat and washed the merry band up on shore, and by the time Dicky had gotten the water out of his eyes every fairy on the boat had disappeared.

Although Dicky hunted high and low he never saw them again.

The death occurred in Saskatoon of John Dunning a former well-known resident of Plainfield. Robt. Dunning, Caniton, is a son and Jas. Dunning, West Huntingdon, a brother. Interment took place in Saskatoon.

WARD OFF INFLUENZA BY KEEPING IN BEST PHYSICAL CONDITION

Persons Who Catch Cold Easily and Who Are Weak and Run Down Are Earliest Victims.

DANGER IS TOO GREAT TO TAKE ANY CHANCES

Build Up Your Bodily Powers or Resistance by Taking Tanlac and Fortifying Against Attack.

Much of the difficulty experienced by health authorities in checking the spread of influenza lies in the fact that it spreads with almost lightning rapidity. Although state and city authorities have succeeded in keeping it under control in some sections, the disease has gotten entirely beyond control in others.

It is universally agreed by all well-informed persons that the surest preventative is to get the system into the best possible physical condition, in order to be able to throw off the infection. It has been stated that it is possible to perfect the powers of human resistance so that it can throw off almost any infection, not excepting Spanish Influenza, which is generally supposed to be one of the most contagious diseases known.

Medical authorities agree that people who are weak and run-down are the earliest victims of the influenza epidemic. If you find yourself weak and losing flesh, or if you are in a generally run-down condition you are really in danger if you should come in contact with the influenza germ.

As a powerful re-constructive tonic a system builder Tanlac is without

an equal. This is a statement of fact, and is fully supported by recognized authorities. According to all accepted reference works, including the U. S. Dispensatory, Encyclopedia Britannica, and the leading text-books used in the schools of medicine, the principal ingredients of Tanlac possess the most powerful re-constructive properties known to science. This statement is further proven by the fact that millions of persons who have actually taken Tanlac possess testified to its extraordinary powers as a medicine.

Tanlac restores health and strength to the weak and run-down system by enabling every organ of the body to perform its proper function in the way nature intended. It creates a good, healthy appetite for wholesome, nourishing food, and is an ideal strengthening tonic for persons who are in a run-down condition and who are suffering from the after-effects of hard winter colds, grippé, or bronchial troubles.

Irrefutable evidence of the re-constructive powers of Tanlac is shown by the fact that it was used by tens of thousands during last year's epidemic with splendid results. One well-known Texas physician stated that he had never found anything to equal Tanlac for building up his patients who had had influenza, and that he had treated over fourteen hundred cases in one month.

In connection with the Tanlac Treatment, keep the bowels open by taking Tanlac Laxative Tablets, samples of which are enclosed with every bottle of Tanlac.

Tanlac is sold in Kingston by A. P. Chown, in Plevna by Gilbert Oster, in Battersby by C. S. Clark, in Fernleigh by Ervin Martin, in Ardoch by M. J. Scullion, in Sharbot Lake by W. Y. Cannon.

A MIGHTY HELPING HAND "Sweat the machine and not the man" said Lord Leverhulme when asked his method of getting greater production. Let a "London" Engine do the hard work. You'll find it in "Your RIGHT arm of Power" You know that vertical type engines are used in all autos because they have proven best. Well, the "LONDON" is that kind of engine. No tank, no packed joints, no freezing—a compact, simple, willing worker, and a giant for power. Fully guaranteed and moderately priced. LONDON GAS POWER CO., Limited 11 York Street, London, Canada

Special Sale on Dresses AT J. B. ABRAMSON, 257 PRINCESS STREET. ABOUT 50 DRESSES FOR WOMEN AND MISSES WOMEN AND MISSES' LOVELY DRESSES that represent values that will live in the memory of Kingston's thrifty women. They are without doubt the biggest economies we have offered in many months. Every Dress is beautifully tailored in the season's newest and smartest style conceptions. The materials are Satin, Georgette, Serges, of all staple colors. The women who know the value of thrift will be here Saturday, February 7th, 1920, early. Regularly worth \$50.00 to \$65.00. Your choice at \$22.50. REMEMBER THIS IS ONE WEEK SALE. JOS. B. ABRAMSON 257 PRINCESS STREET. PHONE 12833. Our rent is low—our prices are low.

Robertson's Limited Headquarters for CROCKERY We have added two new patterns to our already big variety of open stock lines. This giving us the finest and most extensive range yet shown. Also some new patterns in Dinner Sets just opened. These are very moderately priced. CALL and SECURE YOUR SET EARLY Robertson's Limited

Good Night Stories By Blanche Singer Dicky and the Magic Sailboat. Dicky waded far out into the little stream with his tiny sailboat. Loosening the string he let it dance out on the tiny waves. "I wish it was a fairy boat, and—" but Dicky got no farther, for as if by magic the little sailboat began to twist and tumble in the water, growing larger and larger at every turn until Dicky had to stand on his tip-toes to see over its rail. The deck of the little sailboat was now transformed into a beautiful deck filled with tiny fairy folks, and Dicky laughed with glee as he watched them skipping around. One of the fairies, spied Dicky's bright eyes peering over the side of the boat. Calling Dicky by name they cast a long rope, and swinging it over to Dicky they pulled him up on the boat. "Well! Well!" cried the little fairy, hopping first on one funny little foot then the other. "If it isn't our friend, Dicky. Where did you come from anyway, and how did you happen to be out on such a rough sea?" Dicky laughed and bowed politely before the merry band of fairies. "Rough sea?" he exclaimed. "If it isn't this isn't a sea at all, it's only a very tiny brook back of my mama's house." The fairies all looked at one another, then back at Dicky, then over the side of the boat, and when Dicky's eyes followed their gaze jumped up and clapped his hands glee. His wish had come true! His little sailboat was rolling and tumbling in the great white caps that dashed

Full Food Value is secured from a dish of Grape-Nuts It is easily digested and its food-worth is quickly taken up by the body. No ready-to-eat cereal compares with it. A wonderful blend of ripe wheat and malted barley. Grape-Nuts needs no Sugar Made by Canadian Postum Cereal Co. Ltd. Windsor, Ontario