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

29 St. ROSE ST., MONTERAL "I am writing you to tell you that I owe my life to "Fruit-a-tives". This medicine relieved me when I had

given up hope of ever being well. I was a terrible sufferer from Dyspepsia-had suffered for years; and nothing I took did me any good. I read about "Fruit-a-tives" and tried them. After taking a few boxes, of this wonderful medicine made from

Madame ROSINA FOISIZ. 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or send postpaid by Fruit-a-tives Limited, Ottawa.

fruit juices, I am now entirely well"

SAGE TEA TURNS

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

That beautiful, even shade of dark, glossy hair can only be had by brewing a mixture of Sage Tea and Sulphur. Your hair is your charm. It makes or mars the face. When it fades, turns gray or streaked, just slavery was wrong. England, one of an application or two of Sage and the greatest of the nations across the Sulphur enhances its appearance a Big Water prohibited it nearly one

ture; you can get this famous old time to follow England's example. But recipe improved by the addition of the people in the land of cotton, who other ingredients at a small cost, all had grown up among the slaves and ready for use. It is called Wyeth's bad been trained by the conditions Sage and Sulphur Compound. This about them to think that slavery was can always be depended upon to right, did not wish to abolish it. bring back the natural color and lustre of your hair.

Everybody uses "Wyeth's" Sage and Sulphur Compound now because it darkens so naturally and evenly that nobody can tell it has been applied. You simply dampen a sponge or soft brush with it and draw this through the hair, taking one small strand at a time; by morning the gray hair has disappeared, and after another application it becomes beautifully dark and appears glossy and lustrous.

Ends Stubborn Coughs in a Hurry

me-made remedy has no equal. Easily and cheaply prepared.

You'll never know how quickly a bad cough can be conquered, until you try this famous old home-made remedy. Anyone who has coughed all day and all night, will say that the immediate relief given is almost like magic. It takes but a moment to prepare and really there is nothing better for coughs. Into a 16-oz. bottle, put 21/2 ounces of Pinex (50 cents worth); then add plain granulated sugar syrup to make 16 ounces. Or you can use clarified molasses, honey, or corn syrup, instead of sugar syrup. Either way, this mixture saves about two-thirds of the money usually spent for cough preparations, and gives you a more positive, effective remedy. It keeps perfectly, and tastes pleasant—children like it.

You can feel this take hold instantly, soothing and healing the membranes in all the air passages. It promptly loosens a day, tight cough, and soon you will notice the phlegm thin out and then disappear altogether. A day's use will usually break up an ordinary throat or. chest cold, and it is also splendid for bronchitis, croup, hoarseness, and bron-

druggist for "2½ ounces of Pinex" with directions and don't accept anything else. Guaranteed to give absolute satisfaction or money refunded. The Pinex sediments and by the growth in

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. If eating food or drinking coffee makes you dyspeptic, all you need is Stuart's Dyspepsia Tablets, because they act with an alkaline effect which is just what the



"I surely do 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 in-

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

densburg, N.Y., aged fifty years. Pre- other, then back at Dicky, then ove vious to her novitiate she was Miss the side of the boat, and who Catherine Dougherty, Almonte, and Dicky's eyes followed their gaze entered the order at Ottawa thirty jumped up and clapped his hands

James Tice, Wellington, was a few days ago the victim of a paralytic sailboat was folling and tumbling a stroke and his condition is critical. the great white caps that dashed

SCHOOL BRITISH

WEDNESDAY, FEBRUARY 11, 1920

Young Citizen's Adventures

FIRST YEAR

Lincoln and the Slaves

BY R. S. ALEXANDER "Old Abe's looking mighty frisky his morning," said Hunting Eye's friend, the mayor, looking at the statue of Lincoln in front of the town hall. "But he has a right to look that way; it's his' birthday.

"Who was Old Abe and what did he do?" asked the boy from the North "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. The white men who first came over the Great Water made slaves of many of your people in this

"Shortly after the white men be-, n 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 most-

ly to the south. "Gradually people began to feel that hundred years ago. The people in the Don't bother to prepare the mix- north of this country wished at that

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



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

"But don't the people of the south "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. (Tomorrow: Dr. Angell Will Tell How to Stand on Your Head.) bayr'ght, 1920, by J. H. Millar

place of vertical ice wedges.

country on the globe.

Victoria School.

Victoria Girls' Club. gular 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." The girls decidmotto, "No slang."

senior IV. class.

Hockey News.

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, Serene, unchangeable. Fixed as the spirit of love

The star shone.

handouts.

Jokes. Grabber-I envy that tenor. Hugher-I don't see why. can't sing.

-(A School Girl.)

Grabber-I know that, but think of the nerve he has to think he can Mrs. Goodsole-Well, you're the

first bum I've seen at my back door for 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

Husband (newly married)-"Don't you think, love, if I smoke it would spoil the curtains?" Wife-"Ah, you are really the most unselfish and thoughtful husband to be found anywhere; certainly it would.'

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

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. Peter Rabbit is a black one, and Bunny Cottontail is a black and white one. I do not keep them shut it be." up, but I let them run in the yard. foot.' Every morning they come to the door to get their breakfast. When it is very cold out, I let them come in the house to get it. They have a burrow under the back steps. They are so tame they try to follow me to school. Besides the ribbits I have bantams dangerous and pigeons .- Harold Estes, aged 12, junior IV. class.

The spider has eight legs and each of his legs has seven joints. ther The feet are fitted with comb-like claws. These claws are usually three A professional paper of the U.S. in number, one being a great deal river region, in northern Alaska, de- the climbing spiders the third toe is be. Pinex is a most valuable concentrated | scribes the occurrence of ground ice replaced by a bunch of stout hairs. compound of genuine Norway pine ex- in that region and reviews the litera- The feelers are six jointed and legtract, the most reliable remedy for ture of ground ice in considerable like. On the female spiders they are detail. The author concludes that the small and hooklike and are used for an extra pair of hands used for grasping prey and carrying cocoons.

The male's feelers are club-like. The jaws consist of a base which often centains the poison gland, and the fang which is like a hook and can be folded down upon the base like a walk in single file?" jack knife. Near the tip of the fang is a small orifice leading to the poi- "the lady should always take the

is ejected into the spider's fang. The spider possesses from two to eight simple eyes, usually being eight. -Sometimes the eyes are raised to enable the spider to see in several directions but as a rule spiders are by On Friday, February 7th, the re- no means keen sighted and depend more on the sense of touch than on their powers of vision.

Woodcraft

for Outdoor

Boys and Girls

Without Matches

BY ADELIA BELLE BEARD

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.

Adelia B. Beard

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

PRODUCE THE SPARKS is to strike the

edge of the flint a quick, glancing

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

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

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-short 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 in-

ner bark of Cedar rubbed into fine

entitle Day? Find out tomorrow.)

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Victoria Hockey News.

the latter's rink by the score of 12 to

Lennox Goal Hammond

Leggett Defence. Fredericks

Grimason Centre..... Cook

Treadgold Wing Compeau

McPherson ... Spare McMahon

Victoria Meeting.

On Friday, Feb. 6th, the girls of

who is the president, spoke about the

then discussed having a slogan with

the girls. It was finally agreed that

all the girls would try to be care-

ful in their talk in order to speak

"no slang". After the business mat-

ters were over. "The Greyhound"

was played by Miss Mable Oaks as a

piano solo. The play of Blue Beard

was then given by five girls of Mr.

Ettinger's class, with which the audi-

ence was greatly delighted. The

Referee-T. Beardsall.

Vokes Defence. . Geoghagan

Victorias defeated St. Mary's

St. Marys

(Do you know why there is a Val-

downward blow with the steel.

STRIKE THE FLINT

A GLANCING

THE STEEL

The egg-bags or cocoons of spiders vary a great deal but they are all started in much the same way. The ed that they would have for their spider first weaves a little soft pad, on this she lays her eggs, she then We then had a play entitled "Blue- puts over this another layer of silk. beard." The girls danced for ten The egg bags when finished are fasminutes afterwards. . The meeting tened in crevices, under stone walls, was brought to a close by singing the clap-boards etc. Some spiders do not National. Anthem .- Edith Wood, trust all their eggs to one cocoon but make several small cocoons and string them in chains on their webs.

Although a spider is a spider, di-Mr. Ettinger's class and Miss Gor- rectly it hatches from the egg, it is don's class met at Queen's open air not until after a series of months it rink on Saturday morning, and a fast becomes a perfect spider. Soon after game of hockey was played by the the young spider has cast off its first two teams. Mr. Ettinger's class won skin it usually leaves the shelter of by the score of 6 to 2. They will the cocoon; sometimes whole familplay again next Saturday, if the les of spiders live together for a weather permits.—(Contrib.) week or two before they leave and during this time they do not feed. As soon as desire for food is awakened, the young spiders begin to prey on minute forms of insects and if there is a scarcity of them, they will begin to devour each other.

In the spring and in early autumn quantities of these little spiders may often be seen crowding on the tops of walls preparing for a flight. When about to set out on its aerial fourney the young spider faces the wind and straightens out all his eight legs raising its body high in the air and is borne lightly in the breeze. Then He it is wafted to the ground.

The young spiders must be through nine moults before they are adults. Casting the skin is often a considerable effort to the animal and in its struggles, it occasionally loses a limb, but this is not such a serious matter to a spider for it has the powers of forming lost parts and at the next moult the limb will be replaced though somewhat smaller .-Jack H. Baker, junior fourth class, your small bunch of tinder and when Victoria School, age 12.

Wit and Humor. He Was Dubious About It. "Remember my boy." said Uncle James, as he gave Bobby a coin. "that if you take care of the pennies the pounds will take care of themselves."

Bobby locked a little dubious. "I do take care of the pennies." Husband-"Well, take the curtains he replied. "but as soon as they get to be pounds, na takes care of them." Tambo-Say Mr. Interlocutor, I have got a little conundrum for you. What is it that a man finds and knows he's got; he picks it up and looks for it, and can't find it; then he puts it down again and walks home, nicks it up again, looks for it

Interlocutor-Why Mr. Tambo you're certainly getting foolish. delightfully." go ahead, Sue."-Lil-What is it that a mon finds and knows-he has, he picks it up and looks for it and can't find it then he puts it down again, and walks home. picks it up again, looks for it and hockey team last Thursday night on finds it. "Why what in the world ean Tambo-"A sliver in his 5. The teams lined up as follows

Who are the two largest ladies in the United States Miss Ouri and Mrs. Sippi.

When is the clock on the stairs Gibson Wing Hiscock When it runs down.

What is that which a fox has and a hare most needs A brush. How long did Cain hate his bro-

the Victoria Club met again in the kindergarten room for their meeting. which is held every two weeks. The As long as he was Ahel, (Able) club was opened up by the girls sing-When is a lady deformed? ing Mother Machree, Betty Murray geological survey on the Canning smaller than the two main ones. On feet are where her hands ought to School Journal, which is to be ready | 1. for sale on Feb. 12th. Miss Conle

Ladies First. Little Tommy and his younger sister were going to bed without e l'ght. They had just reached the bottom of the stairs when Tommy after vainly endeavoring to pierce the 'Ma, is it polite for a gentleman to precede a ladv when they have to "No my son." replied his mother,

meeting closed by the singing of the son gland through which the poison lead," "I thought so," said Tommy National Anthem.

sure fairy boat filled with tiny fairy folks. Dicky pinched himself realhard 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

"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 this boat over to the shore we'll soon be

"Home!" exclaimed Dicky. "Why that's my mama's garden on the other side of the stream-I mean sea," Dicky corrected himself quickly. "I didn't know fairles lived

"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 toma 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

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 wellknown resident of Plainfield. Robt. Dunning, Camifton, is a son and Jas. Dunning, West Huntingdon, a bro-ther, Interment took place in Saska-

NO. 40 BY KEEPING IN BEST PHYSICAL CONDITION

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 DANGER IS TOO GREAT ket when you go on a hike.

The use of flint and steel for starting a fire is only going back several TO TAKE ANY CHANCES

or Resistance by Taking Attack.

every time, then you can rely on your skill when the occasion comes to use A piece of strong steel shaped like that it spreads with almost lightning good, healthy appetite for whole ome, the one shown in our illustration is rapidity. Although state and city au- nourishing food, and, is an ideal therities have succeeded in keeping it strengthening tonic for persons who under control in some sections, the are in a run-down condition and who disease has gotten entirely beyond are suffering from the after-effects of control in others.

It is universally agreed by all well- chial troubles. informed persons that the surest | Irrefutable evidence of the reconpreventative is to get the system structive powers of Tanlac is shown into the best possible physical condition, in order to be able to throw off of thousands during tast year's epithe infection. It has been stated demic with splendid results. One that it is possible to perfect the pow- well-known Texas physician stated ers of human resistance so that it that he had never found anything to can throw off almost any infection, equal Tanlac for building up his pawhich is generally supposed to be that he had treated over fourteen one of the most contagious diseases hundred cases in one month.

epidemic. If you find yourself weak | bottle of Tanlac. and losing flesh, or if you are in a Tanlac is sold in Kingston by A. generally run-down condition you are P. Chown, in Plevna by Gilbert Ostreally in danger if you should come ler, in Battersea by C. S. Clark, in n contact with the influenza germ.

Persons Who Catch Cold Easily | an equal. This is a statement of fact. and Who Are Weak and Run authorities. According to all accept-Down Are Earliest Victims. ed reference works, including the U. S. Dispensatory, Encyclopedia Britanica, 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 Build Up Your Bodily Powers statement is further proven by the fact that millions of persons who have actually taken Tanlac have tes-Tanlac and Fortifying Against tifled to its extraordinary powers as a medicino.

Tanlac restores health and strength to the weak and run-down system by Much of the difficulty experienced enabling every organ of the body to by health authorities in checking the perform its proper function in the spread of Influenza lies in the fact way nature intended. It creates a hard winter colds, grippe, or bron-

excepting Spanish Influenza, tients who had had influenza, and

In connection with the Tanlac Medical authorities agree that peo- Treatment, keep the bowels open by ple who are weak and run-down are taking Tanlac Laxative Tablets, samthe earliest victims of the Influenza ples of which are enclosed with every

Fernleigh by Ervin Martin, in Ardoch As a powerful re-constructive tonic by M. J. Scullion, in Sharbot Lake by d system builder Tantac is without | 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. don" Engine do the hard work.

You'll find in it "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.

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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

CALL and SECURE YOUR SET EARLY

Good Tliaht

Dicky and the Magic Sailboat. Dicky waded far out into the little stream with his tiny sallboat. 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-'oes to see over its rail.

The deck of the little sallboat was low transformed into a beautiful leck filled with tiny fairy folks, and Dicky laughed with glee as he watched them skipping around

One of the fairles spied Dicky's bright eyes peering over the side of the boat. Calling Dicky by name they cast a long rope, and swinging t over to Dicky they pulled him up "Well! Well!" cried the little

tairy, hopping first on one funny lit-tle foot then the other. "If it isn't our friend, Dicky. Where did you ome from anyway, and how did you Dicky laughed and bowed politely

efore the merry band of fairies. "Rough sea!" he exclaimed, "Why, this isn't a sea at all, it's only a very Rev. Sister St. Sylvia died at Og- The fairles all looked at one an

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

a dish of

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A wonderful blend of ripe wheat and

Grape-Nuts needs no Sugar

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is secured from

It is easily digested and its food-worth is quickly taken up by the body. No ready-to-eat cereal compares with it. malted barley

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