# Red Blood



Any loctor will tell you that the ingredients of Vinol, as named below, will enrich the blood and banish anaemia and create strength. When the blood is pure, rich and red, the body is strong and robust.

R Cod Liver and Beef Peptones, Iron and Mangauese Peptonates, Iron and Ammonium Citrate, Calcium and Sodium Hypophosphites, Nuz Vomica and Wild Cherry.

Your money back if it fails Get Vinol at leading drug stores HESTER KENT & CO., WINDSOR, ONT.

#### All kinds of old Mattresses Renovated and Recovered

Frontenac Mattress Co.

17 BALACLAVA STREET Phone 2106w

### MILLER'S WORM POWDERS

OF MOTHERS FOR THEY HAVE PROVED THAT THEY ARE ONE OF THE MOST EFFICIENT AND BENEFICIAL REMEDIES THAT CAN BE GIVEN TO A CHILD. THEY ARE SWEET AND EASILY TAKEN AND **QUICKLY ERADICATE THESE WRETCHED** PARASITES FROM THE SYSTEM.

CONTAIN NO NARCOTICS



#### Fire Insurance

minimum

We would appreciate a line from you. We have first-class English and Canadian compan-

J. R. C. Dobbs & Co. Tel. 819 41 Clarence St

## FREE TO

Den't Be Cut-Until You Try This New Home Cure That Anyone Can Use Without Discomfort or Loss of Time. Simply Chew up a Pleasant Testing Tablet Occasionally and Rid Yourself of Piles.

Let Me Prove This Free.

My internal method for the treatment and permanent relief of piles is the correct one. Thousands upon thousands of grateful letters testify to this, and I want you to try this method at my expense.

No matter whether your case is of long standing or recent development, whether it is chronic or acute, whether it is occasional or permanent, you should send for this free trial treatment.

No matter where your lives a send to the present the send to the free trial treatment.

No matter where you live - no matter that your age or occupation - if you are roubled with piles, my method will reeve you promptly.

I especially want to send it to those operently hopeless cases where all forms to intiments, salves, and other local apparations, have failed. want you to realize that my method treating piles is who one most depend-This liberal offer of free treatment is so important for you to figgled a single ay. Write now. Send no money. Simply e coupon - but do this now -

Free Pile Remedy B. B. Page. 92e Page Bidg., Marshall, Mich.

Picase send free trial of your Method \*\*\*\*\*\*\*\*\*\*\*\* \*

#### SCHOOL BRITISH

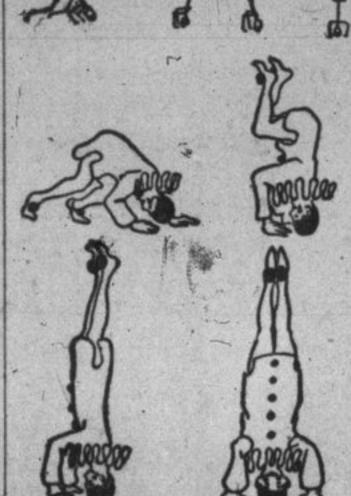
FIRST YEAR THURSDAY, FEBRUARY 12, 1920.

Sports that Make Men Athletics

The Head Stand

BY DE. E. D. ANGELL "What new trick will you teach us today?" asked Ralph. Beppo walked to the mat and bent forward till head and hands were on the mat; his legs straightened in the air and, motionless as a statue, he stood there on his head. "That's it," he said. "It's so dead easy that I am surprised every boy in the world does not do it naturally. It's really much harder to stand on your feet than on your head; for when upside down, you have three points of support-your head and your two hands. "Now watch me and remember all that I tell you-kneel on the left knee

with the right foot just a few inches



ahead of the knee-place both hands on the floor with fingers spead-place your head on the floor about a foot in front of the hands-rest both knees on your elbows and lift your feet from the floor. See-I am standing on m head but my legs are not up in the air Beppo made the boys do what he had shown them a number of time and, when they had demonstrated the they could hold the position easily, he

continued his lesson. "Remember what you have jus learned," said the little clown, "and the perfect 'head stand' will come with over on their backs-but if you go at and danced in the moonlight.

feel of the head stand." (Tomorrow: Making Money by Selling Homemade Handerkerchiefs.)

Copyright, 1920, by J. H. Millar

which grows decays.

Decision destroys suspense, and Mohammed. But I had no time to suspense is the charm of existence, stop to wonder.

The cashier should be known by the company that keeps him.

Grandpa Oppossum's Tale.

opposum children - Weedy, Seedy

the long clay pipe, and Slimmy

Grandpa Opossum would always

take a long time in getting comfort-

ably fixed then a longer time filling

and lighting his pipe, trying to think

up a new story to tell the youngsters.

"Surely you haven't run out of stories," laughed Weedy one evening

"Tell Us a True Stery."

"Oh, no, grandpal" cried the

other story to tell us."

nd then the fun would start.

It was a great time for the three party.'

slippers, Seedy Opossum would find ing paw-paws.

Notre Dame Convent. A Solemn Ceremony.

Monday morning the chapel (of brated his first mass.

from hands fresh and strong in the on thousands of sparkling lights, and

Lawlor, form III.

What the Moon Saw.

my window I thought that the moon wished to throw saide his cares and journey around the world." Before knew I was over Kingston again."

travels, I looked down upon a city happened the clock struck one. broad prairies of the Saskatchewans as I did .- L. Fyland. and heard the rush of rivers and the (Owing to lack of space ,parts of . roar of waterfalls of Western Can- this excellent story have had to be a little practice. From the position | ada. While among the frozen snows abreviated. Short stories are preferhave just taught you, raise the leg of the north I saw the cabin of the able to long ones .- Ed.) very gradually and don't let your neck goldseeker, and looked in through wobble-keep your feet well in front the window at the circle of hardy until you get 'the feel' of the balance miners' gathered round the cheerful Boys usually fail in the head stand fireplace. Then along the Mississippi because they are in too much of a I saw the merry darkies and heard hurry to get the feet up, and they fall the music of the banjo as they sang

it easily and slowly raise your legs, "Having left the 'new world,' I you can keep your balance and before saw below me the lovely flower garlong you will wonder why you couldn't dens of Japan, with the colored do it the very first time you tried. lanterns swinging to and fro, and the "When you get home, place a sofa quaint throng which crowded them. pillow about a foot from the wall and Then I found myself looking into a try your head stand on that; if you Chinese temple in Pekin, where a over-balance, touch the wall with your Chinese youth was burning incense later when Jennie awoke she heard foot and that will help you get 'the and gold-leaf before an image, Down a noise in the yard and got out of Australia, where all was wrapped in whose fault it was and always got tree. When she got them to the tree to visit the tomb of their founder, 11 years,-

> and soldiers in every place. I pass- When the young birds were learning was kind to it all the time. - Charlie ed over central Europe, and saw the to fly the mother bird took them to a Crawford, age 12 years.

voice. "Tell us a true story."

on his pipe before he continued.

"We had a glorius time," con-

or dance any more. Then we bade

way we had to pass a lovely poultry

yard, and forgetting we had filled

"We got the chicken; I gave it to

in a trap ,the farmer standing over

decided we'd have a chicken.

ruined cities and towns, and the white crosses on the battlefields. They say there has been a war, Ah! I know there has been a war, for night after night I have watched the soldiers fighting, and I know all they did. Anyway, you shall read about Notre Dame Convent was the scene the airplanes flying about over Euof a most touching and solemn cere- rope. I think the airmen saw just mony, when Rev. Father Coyle cele- as much of the war as I did. In England I saw the stately manors The front seats of the chapel were and many a magnificent gathering of occupied by the young priests's moth- the fords of: England. In a little er, sisters, brother and a few friends. Highland village of Scotland I saw Shortly after seven o'clock Father some people gathered around an old-Coyle entered the sanctuary, accom- piper, and many a veteran who had first century A. D. there were two Roman priests named Valentine who did much good for their people, dispanied by Rev. Father Hanley and marched proudly to war in the ranks of the Highland regiments, were It was an affecting scene when there too. Then I sped across the the rev. father descended the altar 'Emerald Isle,' and saw the billows of steps and carried Holy Communion the Atlantic dashing against the to his mother. What a sublime re- bleak rocks, of Connaught. On turn on the part of a grateful sen so went over the sea, and saw its cruel a devoted mother! During the mass waves dashing and wrecking a little the convent choir sang. The appro- fishing boat. I knew that many an "Did we just copy the custom from the Romans?" priate hymns rendered by the young anxious face in that Irish village voices proclaimed their appreciation would see their fishermen no/more. of the honor and privilege conferred I, only I, saw the struggling men,

on looking closer I saw that this city With our thanks and hearty con- of lights was New York. I saw the gratulations we mingle our wish that merry throng of people, and saw Father Coyle may live many years to Broadway shining like one broad labor in his holy vocation, and that diamond belt. But all was not his example may be followed by many gayety in New York. I looked of the Kingston boys .- Josephine through a window in one of its towering buildings and saw a man writing at his desk. On his face was a look of despair, as he stopped writing, rose impatiently, and looked One night as I was gazing out of down on the gay avenue below and seemed to be shining more brightly join the care-free people of Broadthan usual, so I glanced up at it. way. Then I passed on to see the What was my surprise to see the gleaming waters of the St. Lawrence. moon smiling down at me, and say- I looked down on shining streets, on ing: "Good-night, my little friend, crowds of people, stately churches, why are you looking at me, as if you and gay theatres The place was could hardly believe your own eyes. familiar. Of course, it was Mont-You think it is strange that I can real; how could I have forgotten it? speak. Not only can I speak, but I Then looking up the St. Lawrence, I can see, and many a wondrous sight saw another group of lights and the I witness each night as I go on my shining waters of a large lake, and I

I could reply, the moon began its There was silence. I rubbed my eyes, and looked at the moon, and "One night, in the course of my while I was still wondering what had where lights were shining and the thought it was time for me to be in river and lake sparkling in the light bed, and it was not long before I was that I shed on them. Of course, the lost again in the "Land of Dreams.". city was Kingston, a city I had pass- I was so impressed by what the moon ed over many times before. Then I told me that I write down for all to saw the lonely farmhouse on the read, and I hope you have enjoyed it

Cataraqui School.

Disobedient Jennie. Eight o'clock one Sunday morning

Jennie was still in bed, her mother called and asked if she was getting up. Jennie said, "yes", but she went back to bed and fell asleep. An hour in India the Hindus were bathing in bed and went to the window and saw the sacred waters of the Ganges, the family drive off, they were going while around Calcutta the British to grandmother's and had left Jensoldiers were gathered in groups out- nie at home alone. She was very side their tents, talking of home, much disappointed, and began to cry Then I looked down on Melbourne in very bitterly. She had found out slumber. Not all for I saw one lone- up when she was called. When they a cat saw them and went to get them

Poor Little Robin Redbreast.

A hog upon trust grunts till he's ly operator sending and receiving came home and found her crying The mother bird flew away and the telegrams to and from different they told her of all the fun they had small bird fell down. The cat was parts of the earth. Across the bar- had and hoped she would do what just going to grab it when my little All that rises sets, and everything ren land of Arabia I sped, noticing she was told afterwards. The next sister chased it away and got the bird

the city of Mecca, where numerous time they went Jennie was the first. She nuts a box on the window up-Mohammedans had gathered together to be ready .- Blanches Curran, age stairs and got some hay and made a nest and fed it every day. She left it there to see if the mother would come and get it but it did not. One "Up in cold Russia I saw the cities One day last summer a robin made day when she went to feed it, it was and towns and a great many people its nest on the top of our house. dead, so she went and buried it. She

"You're a darling girl, and always original," said her mother, and Doro-

thy thought mother's eyes looked a

(Tomorrow Mr. Hyde will explain

"Why Such High Chimneys.")

Bath News Budget. Bath, Feb. 10 .- Sidney Howard has returned from a visit with

friends at Cape Vincent, N.Y. Charles the river. She was crying bitterly, | Vanalstine has sold his house to Wil-"One bright moonlight night when for I had been gone so long she was I liam Hamilton, of Amherst Island. trouble. Believe me, when we reached [ Kingston while he is away. Mr. and home we vowed and declared we'd Mrs. Henry Wemp have returned never bother poultry yards again, from a visit with friends at Verona. Mrs. James Stevenson is visiting her them ever at Grandma and Grandpa him that late in the fact when the Opossum's house. For just as soon fruit on the paw-paw trees were ripe pa," cried Weedy, clapping his hands. James Dargavel, of Rock Mills, has returned home. Her sister, Miss But Grandpa Opossum yawned, Gladys Topliff, accompanied her. and grandma's knitting needle fell to Mrs. (Dr.) Northmore has returned

#### HAD TO GO TO BED HEADACHES SO BAD

MILBURN'S LAXA-LIVER PILLS MADE HER WELL.

side. Mrs. Lawrence Bullen has left | Amherst, N.S., writes:-"I take pleafor England to visit her sister, who is sure in writing you of the good I received by using Milburn's Laxa-Liver Pills for headaches. I was so bad I had to go to hed, and could Sir John Gibeon's Son III. not sit up. A friend told me about.

Hamilton, Feb. 12.—A. Hope Gib- your wonderful medicine, and two son, son of Sir John M. Gibson, for- vials have made me as well as I can



Girls! Your hair needs a little "Danderine"-that's all! When it becomes lifeless, thin or loses its lustre; when ugly dandruff appears, or your hair falls out, a 35-cent bottle of delightful, dependable "Danderine" from any store, will save your hair, also double it's beauty. You can have nice, thick hair, too.

Barriefield News. came into England, a little of the St. | Mark's church, Sunday morning, | daughter, Miss Alice's birthday. by this first mass celebration. At the and I heard the last faint cry as the Vaientine spirit remained. Rural folks conclusion the assistants received the ocean swallowed up its prey.

young priest's blessing—a blessing—a blessing—iLeaving the sea, I looked down entine's day an occasion for gifts beson of William Murray, who undertween sweethearts. If the young man went a serious operation for appendibrief illness, Ernest Stuart Anderson, did not give a gift to his bride-to-be citis, is reported doing nicely. Mr. son of the late Major C. J. Anderson on February 14th, she had cause for and Mrs. T. H. Rooen, who have of the Finance Department, Ottawa, annulling the engagement. It is also been visiting with her mother, Mrs. passed away at his home in Lindsay thought that St. Valentine's day is the G. Medley, have returned to Oswego, on Monday. Mr. Anderson, who was time when birds begin to mate; there- N.Y. Mrs. S. Saunders and children, manager of the Dominion Bank in fore a time for messages of love be- city, recently visited with her par- Lindsay, was taken ill about a week ents, Mr. and Mrs. Nat. Stanton, ago and later pneumonia developed. Dorothy said: "Mother, I'm going Quite a number from here attended He was born in Ottawa fifty-two to make Valentine's day a real time the hockey game last week at Joyce- years ago. ville. William Milton and J. Sibbit are at work canvassing for the For-When you see my list, you will be surward Movement. The dance and there would be just as much kicking euchre party held by the United as in a horse trade.

NO. 41

The All Round Girl

and Pep

That Old-Fashioned Saint

tine's day, mother?"

"Why do we celebrate St. Valen-

"It's like most of our customs, Dor-

othy. A celebration that has only a

local interest is taken up by outsiders

and falls into universal use. In the

tributing alms and sacrificing them-

selves in many ways. They died on

the same day. Thereafter, the Ro-

mans did them honor by distributing

gifts on their memorial day-February

"Not exactly. When Roman customs

will not know how I value friendship.

Dorothy went to her desk and wrote.

1. Answer Aunt Eleanor's letter. Write grandmother (I have not

written for months). 3. Send each of

the girls a card wishing her good luck.

4. Write a short note to every mem-

ber of the family saying something

pleasant (to be used instead of place cards at the dinner table). 5. Return

the book I borrowed from Mary

White, 6. Mend my stockings, 7. Do

8. Be pleasant all day. 9. Do all the

odds and ends that I have been neg-

lecting. 10. As I do each thing I

will make a check over the number."

Dorothy was a trifle embarrassed

over the things she listed and showed

it to her mother with some hesitation.

something especially nice for mother.

Red Cheeks

Barriefield, Feb. 11 .- At St young folks in honor of her little

Death of Bank Manager. Lindsay, Feb. 12 .- Atter a very

If people could exchange troubles Farmers and also one by St. Mark's . An ounce of action is worth a choir were successful. Mrs. William | pound of threats,

#### JUMP FROM BED A SINGIN'

Take "Cascarets" for Your Liver and Bowels and Wake Up Clear, Cheery, Fit-Don't Stay Sick!

you, Everything will seem clear, constipated. Feel splendid always by rosy and bright. Your system is fill- taking Cascarets occasionally. They ed with liver and bowel poison which act without griping or inconvenience. keeps your skin sallow, your stom- They never sicken you like Calomel, ach upset your head-foggy and ach- Salts, Oil or nasty, harsh Pills. They ing. Your meals are turning into cost so little too-Cascarets work poison, gases and acids. You can while you sleep.

Tomorrow the sun will shine for | not teel right. Don't stay billious or

### Drink Charm Black Tea

Sold in Packages Only

GEO. ROBERTSON & SON, Limited



MATHIEU'S SYRUP is the only genuine remedy whose se-putation has caused to crop up many imitations of doubtful value.

ON SALE EVERYWHERE

#### Real Values Overcoats And Suits All Styles \$25.00 \$28.00 \$30.00 \$32.00 \$35.00 \$38.00 \$40.00 \$42.00

Reliable Ready-to-wear Clothing and Perfect Fitting Tailoring

131 PRINCESS STREET

### NEURITIS ther day. If you are a setim, try

"Right you are, little fellow," me. Well, I acted as if I was dead.

laughed Grandpa Opossum clearing He took me out of the trap and laid

Nothing else brings relief so quickly and so rumply. Send for free sample to Templetons, 142 King St. W., Toronto.

For sale at reliable druggists for \$1.00 a box.

guess I never did, so here goes," away. and Grandpa Opossum puffed hard "I met Grandma Opossum down by

around to shut the chicken house!

"Let me see-did I ever tell-well more securely I jumped up and glided !

your grandma and I were young and afraid harm had befallen me. She Frederick McGuin, of Napanes, spent foolish," here Grandma Opossum had ben chased by the farmer's dog Sunday with his parents, Mr. and blushed and got so nervous she near- and had drepped the chicken in her Mrs. William McGuin. Rev. A. H. ly dropped a stitch in her knitting. flight, so there we were, tired out, Kennedy left on a business trip to "She and I went out to a paw-paw | footsore and not a chicken for all our | Ompah. Mrs. Kennedy is staying in Of course, Weedy wanted to know and Slimmy Opossum-when their what a paw-paw party was, and mama and dada went away and left Grandma Opposum laughed and told and we never have."

"Tell us another!"

as Grandma Opossum would clear up the oppossums from far and near the supper dishes, Weedy Opossum would gather under the wide spreadwould run for Grandpa Opossum's ing trees and have a great party eatthe floor for the third time, and from a visit with Miss Clara Johnson, grandpa knew what that meant. It of Napanee. A large number from would push Grandpa Opossum's tinued Grandpa Opossum. "We ate comfy chair up before the fireplace and we danced until we couldn't eat was time for them all to turn into here attended the dance at Stella on bed. So kissing the three youngsters Friday evening last. good-night they all trooped off to our friends good-night, and your grandma and I turned home. On the

Cataraqui Puts on a Play. up on paw-paws, your grandma and Cataraqui, Feb. 10 .- The young people of Christ church put on a little play entitled, "The Squire's as Grandpa Opossum lay back in his grandma, and she scorted across the comfy chair and blew rings of blue field. I went back for another, Daughter," in the township hall last Wednesday evening. A good audience listened appreciatively, and prosmoke into the air. "You have an- when, dear me, I found myself caught nounced the evening very enjoyable. The collectors for the Forward Movement are doing their work this his throat. "Shall it be a fairy tale me at one side. For quite some time success. Mrs. W. G. Hooper spent a Your bowels become constipated, few days with her parents here last your head aches, your tongue is coat-I played dead, then when he turned

near Cloyne last week. There are spotted complexion, etc.
still a number ill of grippe. Mr. and Help the liver to resume its proper
Mrs. C. Gillespie, Wolfe Island, are function by removing the bile that is visiting at T. Weston's. Mrs. J. circulating in the blood and poison-Johnston, Kingston, has been the ing the system.
guest of Mrs. W. J. Smythe, Sunny- Mrs. E. Bainbridge, 30 Maple Ave.,

merly lieutenant-governor of Ontario be." is seriously ill from influenza. In an | Milburn's Laxa-Liver Pills are effort to help Mr. Gibson, the attend- small and easy to take, do not gripe, ing physicians have made a blood weaken or sicken do not leave any transfusion from a person who had bad after-effects. Price 25c a vint recovered from influenza. Mr. Gib- at all dealers, or mailed direct on

When your liver gets sluggish and week and meeting with very good inactive, your whole health suffers. week. Henry Harpell, sr., is visiting ed, breath bad, specks float before his son, Archie Harpell, in Oshawa. | the eyes, you are bilious, have heart-Mr. Wise attended the funeral of hurn, water-brash, pain under the his brother, James Wise, who died right shoulder, muddy and brown

son's condition is somewhat improv- receipt of price by The T. Milburn ed.

were more or a charge to commercially and a commercial to the consequence of the conseque