WAS FORCED TO

Winnipeg Man Gains Fifteen Pounds and Is Back on Job Every Day Now.

"My work was more than I could stand and I had to give it up, but since taking Taniac I have gained fifteen pounds and am working all day long without the least trouble," said J. J. DeCrugensere, of 181 Dubuc street, Winnipeg, a few days ago. Mr. De Crugensere served for three years with the Canadian Expeditionary Force in France, where he received the Distinguished Conduct Medal; he now is employed in the government shors at Transcona.

"It was nearly a year ago that my health failed," continued Mr. De Crugensere, "and I kept going down hill until I became almost a physical wreck. Nothing tasted good to me and my appetite was so poor that I ate hardly enough to keep me going. My stomach was terribly upset and for hours after every meal I was so bloated up with gas that I felt miserable. My heart palpitated so bad I could hardly stand it and at times I was so weak I could not lift my sledge hammer. I had a continual pain right between my shoulder blades and often it was so severe had to stop in my work and draw my shoulders up hard to try and ease it. My sleep was restless and I would lie wide awake for hours at a time even though I was exhausted when I went to bed. I got up of mornings so weak and worn out I just had to drag myself off to work. Finally I gave out completely and had to quit work.

"I had heard so many of the boys down at the shop talking about Tanlac that I decided to try it. Well, sir, it has fixed me up the finest kind and now I am back at work and never miss a day. My appetite is fine and I can eat three big meals a day and never suffer one bit afterwards. I don't have that bloated feeling any more and my heart-action is normal and regular. The pain between my shoulder blades his left me and when I go to bed at night I sleep like a log. My strength and energy have come back and, as I said, I have picked up fifteen pounds in weight and just go about feeling fine all the

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

Back-Ache

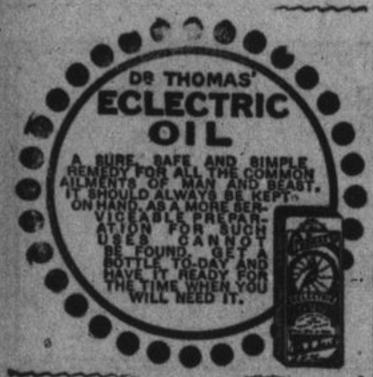
Limber Up With Penetrating Hamile's Wizard Oil

A harmless and effective preparatism, Sciatica, Lame Back and Lum-bago is Hamlin's Wizard Oil. It penetrates quickly, drives out soreness, and limbers up stiff aching joints and

You have no idea how useful it will be found in cases of every day ailment or mishap, when there is need of an immediate healing, antiseptic application, as in cases of sprains, bruises, cuts, burns, bites and stings.

Get it from druggists for 30 cents. If not satisfied return the bottle and

Ever constipated or have sick head-ache? Just try Wizard Liver Whips, pleasant little pink pills, 30 cents.



Kingston Co-operative Society Ltd.,

Buy at the Kingston Co-operative Society, 55 Princess St.

Participate in the profits, Armour's Oleomargarine —
equal to fresh butter, only ...

Phone 469. Deliveries daily.

Tells How to Stop a Bad Coug

Surprising results from this famous old home-made syrup. Enally prepared and costs little.

you have a severe cough or chest accompanied with soreness, throat de, hoarseness, or difficult breathing, if your child wakes up during the ht with croup and you want quick p, try this reliable old home-made

heip, try this reliable old home-made cough remedy. Any druggist can supply you with 2½ ounces of Pinex (50 cents worth). Pour this into a 16-oz, bottle and fill the bottle with plain granulated augar syrup. Or you can use clarified molasses, honey, or corn syrup, instead of sugar ayrup, if desired. This recipe makes 16 ounces of really remarkable cough remedy. It tastes good, and in apite of its low cost, it can be depended upon to give quick and lasting relief.

You can feel this take hold of a cough in a way that means business. It loosens and raises the phlegm, stops throat tickle and soothes and heals the irritated membranes that line the throat and bronchial tubes with such promptness, case and certainty that it is really

Be thou faithful unto death, and I will give thee the crown of life.—Rev. 2:10.

Then deem it not an idle thing A pleasant word to speak;
The face you wear, the thought you bring,
A heart may heal or break.

To have lived by high standards; to have made a happy home; to have won the love of true spirits; and to have served one's own day, by ever so little—what is this but true success? ness, case and certainty that it is really

Pinex is a special and highly concen-trated compound of genuine Norway pine extract, and is probably the best known means of overcoming severe | cause a loan of £5,000,000 to be is-

coughs, throat and chest colds.

There are many worthless imitations of this mixture. To avoid disappointment, ask for "2½ ounces of Pinex" with full directions and don't accept anything else. Guaranteed to give absolute satisfaction or money promptly refunded. The Binex Co., Toronto, Ont.

SCHOOL BRITISH

WEDNESDAY, FEBRUARY 18, 1920

BY R. S. ALEXANDER. "There Sonny, take a look at the yet rang Father of His Country," said the mayor A more inexcusable peal! as he handed the paper to his little friend from the North Woods. and the young

"The Father of His Country," echoed "Yes that is what they call him. His real name was George Washington. It of the tongue, When it once gets it into its dashing penmanship: was largely due to his work that this nation was first established."

"Didn't the white men who first came the track! over the Great Water belong to a nathe back! "Yes, but they were not Americans.

Most of them were Englishmen. They belonged to England, the great nation across the Great Water. Their government was directed by the English government. They formed a colony of "For a long time this went very well.

Young Citizen's

Washington and Taxation

Adventures E

But the people on this side of the water were surrounded by different condi-tions from those in which their brothers on the other side lived; they had different problems to work out; different dangers to meet. Thus they began to think differently. They began to feel able to take care of themselves and run heir own government.

"The main thing they objected to was the fact that they had to pay taxes to the English government. You see, they were not represented in that government at all. They felt very strongly that they should not be compelled to pay money without having a voice in the manner in which it was to be spent.

"After eight years of war, they won their independence. Washington was their leader and it was largely by his skill and devotion that the victory was won. Afterward, he led in form-



"Are the English and Americans still

"No, they are now friends. You see that cartoon below Washington's pic-ture shows 'John Bull' and 'Uncle Sam,' who represent England and the United States, walking out together. In the great war just finished, the English and Americans fought side by side like brothers. The success of the colonists merely taught England a lesson. Now she allows her colonies considerable independence. Canada, her greatest colony, comes just about as near governing itself as the United States itself."

(Tomorrow: Molly Price Cook will describe "Short Cuts.")

Write to "School Editor," Wouldn't you like very much to read in this column, perhaps right where this paragraph is, an article written by your chum with your chum's name on the end? Your chum, and many other boys

and girls too, would like to read a dress? good interesting paragraph written Do you know how to make a new

lane that flies? Can you dress a doll economically according to the latest Paris style? Can you make biscuits so nicely that your father says "Mother, what fine

biscuits you made to-day." Please write to the "School Editor" and tell just how you did it. He will print it if it is really a good

Don't make it too long though.

Schoolmaster: "You don't remember a single thing I tell you. Come to my room after school, and I'll give you a sound thrashing!" Pupil: "Yes, sir; I'll tie a knot in my handkerchief."

Seven Sentence Sermon

thlehem be born,

If He's not born in thee, thy soul is

Be thou faithful unto death, and

ttle-what is this but true success?

Great Britain, France, the United

States and Japan are prepared to

Victoria School.

Down With the Slang Habit. 'Tis a hideous practice, this using of

A blot on the language we spiel, The belis of progressiveness never

The mouths it pollutes of the old With its vilely contaminate touch. Makes a flippant, degenerate slave

It throws all politeness clear off of

Young fellows just starting upon a That promise honor and fame,

whose heavens are clear. Who hold all the trumps in the Fall into the habit so fearfully rank,

Their language is that of the They toy with the monster while try- box a fan. Molly hugged it and dancing to yank From the tree of distinction the

plums, Their shining escutcheon of guage they stain With the foulness of slang! Oh, it

maiden as fair as the blush of A gem of the sex that we love, A model of grace from her block to

her toes. As sweet as a sprite from above, Will riddle her chinning with hideous things. With bum phraseology till

The language she so inadvertently written on the wrapper: Would give a cadaver a chill; Each flower of speech is attached to

the matter with her!

Knock our true veneration to

A chickeny slash in the neck, The ones who as shining examples say: "Come, Molly lets begin the should pose

As models of good for the young. Lose respect for their training, and everything goes, As their slang they fire off from the tongue;

And though at their slang-riddled spiclings we scoff. They keep it a-comin' and never

Oh, ye who believe in the chaseness Sit down on this idiot fad, ters the beach

Of purity, give it the gad. If all will unite in a vigorous war. And hustle for all we are worth. We'll knock out the habit we all so one, They have money, and we need

Just make it get right off of the If we all make a pass at the dizzy deal, we-

A Man of His Word. He-Next week.

"That's what you said last week." "Yes, and that's what I say now, led? Have you invented a new air- and am going to say next week. I Oh for a glimpse of a natural b sin't the kind of a man who says A boy with a freckled face, one thing one week and another With forehead white neath tangled -Pansy F. M. Wood, Victoria school thing next week."

When Molly Was Seven. It was Molly's birthday. Cousin Ella had just handed her a yellow Whose knees are patched always; rants. Molly almost pouted. This was You give him a word of praise. the strangest birthday she had ever awakened her with a tender kiss of Who seeks the pantry shelf same time. Each paper pays a fracgreeting for the doctor had ordered To eat his "piece" with a resounding tion of the cost—the bigger papers mamma away for a rest, two months smack,

ago. Indeed nothing was as nice at Who isn't gone on himself.

Who isn't gone on himself.

Who isn't gone on himself. had not waited breakfast for Molly A "Robinson Crusoe" reading boy.

this morning. Usually he greeted her teasingly in this fashion: "Well, Mousi, how old are we today?" Then he would pinch her cheek and drop something into her apron pocket. Just think of it. No party, no letters, no gifts, none of the nice things that had always made her birthday full to overflowing with the thrills of

Molly was really sweet-tempered and always ready to help. So she began to gather the pretty fruit, but what do you suppose she saw tucked in among the green leaves? A piece of white paper twisted into a cockedhat! Opening it she read in Jack's

"If you want some jolly fun To the front door swiftly run." Molly forgot the currants, and on Our delicate instincts it rips up flying feet obeyed Jack's rhyme. Tied to the old brass knocker by a long red string, was a tiny box. It held a pretty ring with a blue stone which twinkled up at her from a bed of pink cotton. She gave a little cry Whose trail seems a smooth one, of joy. Under the ring lay a note from Brother Tom:

> "Now Mollykins, away, away! In the apple tree is my gift today." Sure enough, a long, thin parcel was found in the hole where Sir Squirrel lived. Molly found in this ed up and down with joy. But that was not all. On the cover was glued a funny picture of a messenger boy and papa had printed beneath it: "To horse, to horse, my pretty maid,

> "Go seek a treasure in Lilac glade." To the hedge of lilac bushes Molly sped, and saw on the lawn a table set with pretty china near Molly's plate, which bore a name card in the shape of a cunning little pussy cat, were two mysterious bundles.

> One proved to be a beautiful doll dressed in pink and bearing the message, "With Mamma's tenderest care." The other was from papa. A pair of shining roller skates. He had

For Molly to skate with around the town. But take care, little girl, don't fall down." "Well, well, Molly, where are my currants?" asked a Of slang, and that's just what's brisk voice. There stood Cousin Ella, smiling roguishly and bearing on a silvery tray a wonderful birthday And even the old, whom we delight cake. Up the driveway came the sound of laughter. Molly's little playmates were flocking to the party. So busy was she welcoming them By giving the language we all hold that her biggest surprise came around the lilac hedge and she never knew it until she heard a sweet voice party."

> It was Mamma and papa. That night she went to bed a happy girl. She said. "After all it was the best party she had ever had before."--Isabell O-, Victoria school.

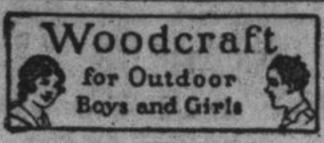
"Take in all Kinds of Things." "It ain't so hard to be contented with the things we have," said the old woman dolefully, "it's bein' contented with the things we haven't that's so tryin'." "I don't know about that; I don't know," said Uncle Silas. This slime-covered pebble that lit- "When we begin to look at things our neighbors have and we haven't, we always pick out just the things we want. They live in a nice hor we say, and we have only a litt to count every penny. They have an easy life, and we have to work. We ever say they had the typhoid fever. but it did not come near us. They have a son in the insane asylum, but Well, say, we just won't do a thing our brains are sound. Staggering feet go into their grand door, but nothing worse than tired ones come home to ours at night. You see when we begin to call Providence to ac-She-When are you going to give count for the things that don't come to us it's only fair to take in all kind of things .- Pansy F. M. Wood, Victoria school.

The Old Fashioned Boy.

-Edith Wood, senior IV. class. And limbs devoid of grace, Whose feet toe in while his elbows flare;

bowl, asking her to fill it with cur- Who turns as red as a lobster when which the author received a hundred had. First of all no kind mamma had A boy who's born with an appetite,

WEDNESDAY, FEBRUARY 18, 1920



Hunting the Spring BY ADELIA BELLE BEARD

We are going now on the most won-derful hunt we have yet taken, the hunt for spring. Only the alert and keen eyed may find the trail for it is early still, but that makes it only so much the

Perhaps you who live in the north have not begun to think of spring though it is high time, for February is busy month with her. Even where the snow is still deep and cold winds are blowing, she is stirring things up nerally underground, and before you now it, all her preparations will have been made and in plain sight spring will be here for every one to see,

Now is the time to get into the woods if we would be the first to find her. Look at the trees. Don't you see change in them? The sap is rising, see how it is sending a warm glow of color to the tips of the branches, notice how it is swelling the buds and coloring them so that they will soon make a brilliant show against the blue sky. The very sky itself seems to have lifted and the floating clouds no longer drag heavily near the earth.

Turn aside a pile of dry leaves, you may find tender, little shoots that have pushed their heads above ground but are

On the hillside, under the snow, the Trailing Arbutus is making ready to blossom; and warm in their furry coats the Pussy-Willows brush our faces softly as we pass.



the boys and girls bring home in triamph to show that they have been on the hunt for spring and have found her. (Tomorrow: Dr. Angell will tell toys how to walk on their hands.)

Whose pockets bulge with trash Who knows the use of rod and gun, And where the brook trout splash.

It's true he'll sit in the easiest chair, With his hat on his tousled head; That his hands and feet are every-For youth must have room to spread.

But he doesn't dub his father "old Nor deny his mother's call, Nor ridicule what his elders say

Or think that he knows it all..

A rough and wholesome natural boy, Of good old-fashioned clay-God bless him, if he's still on earth, For he'll make a man some day.

\$100 Article for 2c. Did you ever think that when you buy a newspaper for a few pennies, you may be buying an article for dollars? Usually a great many newspapers in different cities go together and publish these articles at the for all by itself.

If You Keep Hens CUT THIS OUT

1,000 Eggs in Every Hen-Four to Seven Eggs a Week per Hen Through Cold Winter Season. With Eggs at Dollar a Dozen, Means \$5.00 Profit Hen in Next Six Months. Amazing Poultry Secrets Revealed by AMERICA'S FOREMOST POULTRY EXPERT

teen years Editor of "Poultry Sus- "1,000 Egg Hen" system tells how markable system of rearing, breed- whereby any reader of this paper ing and feeding chickens for heavy may receive one copy absolutely free egg production that seems certain to by using the Coupon below. Send no revolutionize the poultry industry money, but cut out the Coupon and and give five eggs or more for every mail it with your name and address egg produced today. This plan or to Henry Trafford, 467 E. Tyne Bldg., system is explained in Mr. Trafford's Binghamton, N. Y., and the story of which will be sent to any person who by return mail. keeps six hens or more.

Poultry keepers, following Mr. Trafford's directions, learn how to start young pullets laying early; make old hens moult quickly and resume heavy laying during entire winter season. Most any hen will lay cuddling under the warm blanket of in spring when eggs are cheap. Mr. Down by the brookside there | Trafford tells how hens lay four to are patches of grass green as the grass seven eggs a week during coldest of June and in the marsh the hand- winter days when eggs sell at a dolsome though ill-smelling, skunk-cab- lar a dozen or more. His system bage is thrusting up its dark, purples shows how any breeder, with ordinary care, may get 1,000 eggs or more form nearly every hen in five years' time at a net profit of \$25.00.

This is an offer no reader of this There is big money to be made paper who keeps chickens can afford with chickens this winter by the man to ignore. We will tell you why. | or woman who gets the eggs. The Henry Trafford, Famous Poultry time to get the hens ready for heavy Expert and Breeder, for nearly eigh- winter laying is now. Mr. Trafford's cess," has developed a new and re- and arrangements have been made "1,000 Egg Hen," a free copy of the 1,000 Egg Hen will be sent you

> British Whig. Feb. 18, 1920. FREE COUPON

This Coupon entitles holder, provided he keeps six hens or more to one free copy of Mr. Trafford's "1,000 Egg Hen." Write name and address plainly and enclose in envelope with this coupon. Address Henry Trafford, 467 E. Tyne Bldg., Binghamton, N. Y.

GROVE'S O-PEN-TRATE SALVE

Opens the Pores and Penetrates

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

The Stomach Begins

digestion, but the most important work is done by the bowels, liver and kidneys. Failure of these to act efficiently allows the whole body to be poisoned.

BEECHAM'S PILLS do more than produce bowel movement. Liver, skin and kidneys are influenced to more active effort with resulting increased effect. It is always safe to take

Beecham's Pills

Had Romantic Flight.

Cant. Ross Smith's story of his great flight from England to Australia as published in the Sydney Sun, reads like a tale from the Arabian

AINT HELEN

For absolutely new adventure his tour of the countries of Asia and Oceanica is unsurpassed. Landings made by the party, especially in Java, were dangerous. At two landings in the Malay Siam Archipelago, the natives would have nothing to do with them, believing that the airmen were spirits of the dead who could come back to the world, but could not rest, so kept on flying from place to place. In farther India and Siam, the natives were simply frightened out

When two hundred miles north Port Darwin, on the day of which their voyage was completed, they passed the cruiser Sydney, the famous warship which destroyed the Emden. They dropped a message in a bottle attached to a small parachute, which they had made while flying. This was picked up by a boat from

The entire story of the flight is one of dauntless courage, bull-dog enacity and initiative. Several times they were nearly beaten down to the ground or the sea by torrential rains, and while flying over Malaysia, ran into a storm so terrible that definite teering was practically out of the question, and they merely circled aimlessly until better weather was

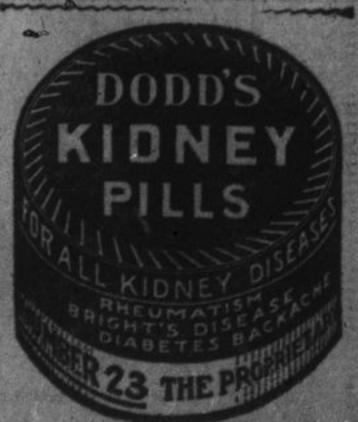
At the home of Alfred Deline, Conecon, there has been serious illness. Mr. Deline, his wife and son were all suffering from pneumonia, following the flu. The son, Albert, succumbed

H. E. Morris, Brantford, is the new manager of the F. W. Woolworth Picton store.

MARMORA FARMERS

Form an Organization in Support of Marmora, Feb. 18 .-- A meeting was held in the town hall here for the purpose of organizing the farmers of Marmora township for political urposes and in support of the nited Farmers of Ontario. The lownship was well represented. After ddresses by Jesse Williams, the hairman, and by Mr. Meiklejohn, esident of the United Farmers' Asociation of West Hastings, Hugh faloney and H. V. Hoover of Rawon, one of the leaders of the farmrs' movement in this section, the with the following officers: President, Thomas E. Laycock; vice-president, R. E. Bonter; chairmen for the different polling subdivisions, L. E. veal, James Hughes, T. L. Wiley, ohn Richardson, Fred Higman, Hugh Holoney, Jesse Williams.

A Central Communist propagands ureau for the western will be established in Mexico.



Canada's Great Wheat A man must be excessively stupid well as uncharitable who believes there is no virtue but on his own and Barley Food-Poverty is want of much; but avarice, of everything. — Publius Though Christ a thousand times in

Grape-Nuts enjoys increasing sales as more people become ac-

quainted with its delightful taste, real economy and high qualities of nutrition.

ary cereal food in that it does not need the addition of sugar to make it pleasing to taste. Grape-Nuts has its own sweetening, a true sugar

developed from its grains; not added in making.

Remember please: Grape-Nuts is unlike the ordin-

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