GONE TO PIECES

"Fruit-a-tives" Conquered **Nervous Prostration**

R. R. No. 4; CHARRET PLAINS, MAR. "In the year 1910, I had Nervous Prostration in its worst form; dropping from 170 to 115 pounds.

The doctors had no hope of my every, and every medicine I tried proved useless until a friend induced me to take "Fruit-a-tives".

I began to mend almost at once, and never had such good health as I have enjoyed the past eight years. I am never without "Fruit-a-tives" in the house". JAS. S. DELGATY.

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During influenza epidemics spray the nose and throat several times a day with one part Wizard Oil and two parts water, using an atomizer. If you haven't an atomizer, gargle the throat and snuff the mixture up the nose. This treatment sets up an antiseptic wall of defense against

Chest colds and sore throat lead to grip. Stop them at once with Wizard Oil before they can develop into dangerous influenza.

Get it from druggists for 30c. If not satisfied, return the bottle and get your money back.

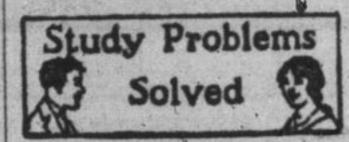
Ever constipated or have sick headache? Just try Wizard Liver Whips, pleasant little pink pills, 30c at druggists. Guaranteed.

Yes, the Pain goes!

The very first rub gives relief and as you massage in the healing, penetrating oils of Chamberlain's Liniment, you experience a feeling of ease, comfort, and relief, that assure you a real cure is taking place. This fine old family safeguard



PIRST YEAR



The English Sentence

BY HERMAN T. LUKENS Skill in writing is like skill in han-dling any other tool. Shakespeare used four times as many words as the ordinary writer of English, because he used them precisely. Increase the number of words you use accurately. Read carefully exact descriptions and imi-

2. Condense. Omit everything that can be implied or taken for granted. Bring out the main idea quickly. Leave the smaller things for the reader to think out for himself. He will find it

3. Break up long, complicated sentences into short, independent ones.
You will thus not only gain in clearness, but you will have two forms of writing available for comparison. The most stilted writer is he who thinks there is only one way to say a thing.

4. For clearness, use short sentences. But for skill in handling English, of connectives. With them you can combine the simpler ideas into longer these connectives, such as relative pronouns and conjunctions, that must be used skillfully if the long sentence is to be clear. They are the sign posts that guide the reader at the turns of the clauses as he makes his

way through the sentence.

5. Get flexibility by trying different ways of saying the same thing. Read a good short story, a fine poem, or a vivid description and then try to write



it out from memory, or try to write it in your own words in your own way, and compare what you write with the original. This will call your attention to many points that a merely casual reader would never notice.

6. Commit prose and poetry to memory. This forms your mental habits and influences your habits of writing much more deeply than mere reading. No other one thing will produce a greater effect on your English than the imitation of good selections you have

(About kite-flying time. Learn how to build a box kite tomorrow.)

Daily Paragraph for Teachers. Teaching used to be regarded as a stepping stone to one of the learned professions or to business and not as a business or profession in itself. Many a successful man is able to attribute his first start to the opportunity which a few terms teaching tendered him by way of immediate salary and a chance to

study on the side. make teaching attractive, permanent

ge to sleep and forget it.

LIQUOR TO DETECTIVES.

Magistrate Farrell, was Engaged all

Friday and Saturday in Hearing

the Cases-Another Scheduled for

William Seals, fined \$700 and

William Mitchell, fined \$400

Charles Grass, fined \$200 and

The above penalties were handed

out by Magistrate Farrell at the

Police Court on Saturday afternoon,

in connection with the raid made on Friday by provincial detectives, act-

ing with William McCammon, license

The case of James Delph Jr.,

charged with selling liquor to the

government detectives was enlarged

till Monday morning. He is accused

of having sold the "spotters" a bottle

of whiskey on January 30th. He

and costs or three months.

costs or three months.

inspector for Kingston.

costs or six months.

SCHOOL BRITISH WHIG

MONDAY, MARCH 1, 1920

Louise School

On Fabruary 21 I saw a barn owl. It was about seven and a half inches long. Its face was like a fla. lisk with a short, strong bean chiking out at the lower part. Around the eyes there were short dark hairs. The wings and body were of a creamy color, with dirty gray specks. It had long and sharp claws.

As we were pitching hay on the sleigh the owl shot down like lightning to where some hay had been pulled away, seized a mouse with its claws and flew up to a beam. It then picked at it till it was dead Then it chewed its head off, and not being hungry dropped the mouse

in some hay in a corner of the barn We wanted to see how tame it was, so seeing that it was within reach of the pitch-fork, we stuck the fork right amongst his feathers, but he would not move, so we left him

A little while later I wanted to make a careful examination of it, so I climbed up a ladder. When I turned around it was over at the other side of the barn. None of us heard

We had a leather mit, and threw

it up at it to see if it would move,

but it just glanced at the mit as it

passed by .- Eric H. Warwick.

Our Household Science Lesson. Household science is one of the girls' best classes in school. It is a way of learning how to be clean in everything we do. It teaches one how to cook and bake necessities for home use. There are many good rules in household science, such as table care, having the room well lighted, temperature should about sixty-eight degrees, laying of table, that is, serving, laying of

We first learned to cook cereals for breakfast use, next foods for dinner, and now we are learning how to bake cakes. The lesson which I liked the best this year was on muffins. We made three kinds of muffins, e.g., plain muffins, cornmeal muffins and Graham muffins.

In making these we first had to get our dishes ready for mixing, next we had to sift our dry ingredients, then add the light ingredients. then the fat (butter), then bake in greased muffin pans until cooked.

There are four girls in each group, and every week each girl has a different duty to perform. These duties consist of washing and wiping the dishes, scrubbing the tables, housekeeping, such as cleaning sinks, stoves and looking after the two towel racks to keep them in order .--Evelyn Dumbleton.

My Nature Study Walk.

lesson we would have, so we decided children, for we had a delightfu to go out for a nature study walk. time.—Charlie Cherry, Sydenham The teacher divided us up in two school. groups. Gordon Bearance was appointed captain of one group, and in the other group I was appointed

and when we got near the Queen's carefully turn it upside down, and burning, and in a minute the battery College grounds we saw a chick-a- the water will stay in. The air holds would be blown to pieces. But Capt. and head, and underneath it was gray. It was about the size of a spar-

tion will again return. It means in- a-dee, we went through the college liam Peel, commander of a British tinued to run. Then he raised it efficiency. It means that the schools grounds, and from there down warship, whose men had landed to over his head, hurled it over the will be run by untrained men who George street to Macdonald Park. In fight on shore. Captain Peel and his earthwork that protected the guns. take only a passing interest in their the park we heard a woodpecker, men were sent to a certain place No sooner had it left his hands than jobs. The cure is ont merely a liv- but could not find it. When we were where guns kept firing at all times it burst with a terrific crash. A moing wage, but a salary big enough to on Barrie street we saw a crow fly- on the enemy. Suddenly the ammunf- ment later he would have sacrificed If you are troubled with insomnia We left for school at half-past ten the greatest danger, as Russian sc Captain Peel won a Victoria

and arrived there at recess, and told shells' were bursting around all Cross .- Harry McGuire.

the teacher the birds that we had seen Hughie Smith.

A Nature Study Walk. Tuesday morning we go to mnual raining, but as the teacher for it was sick we went back to school. Our teacher let us have whatever We wanted, so nearly all of us chose a nature study walk.

We had two parties. For these we chose a lieutenant and a captain. The teacher let me have her watch, so we would be back in time. My side went out Johnson street. one tree we saw where a woodpecker had been at work. Pieces of the wood were at the bottom of the tree. We saw no birds except sparrows until we reached Macdonald street. The snow was pretty near up to our waists, but we struck a hard track and did not sink very far. we were near the end of it we heard a peculiar noise. We looked around to see what it was, and discovered it was a nuthatch. The nuthatch is smaller than a sparrow, and back is black. Its breast is white. It s a species of woodpecker. It was picking away at the tree. The next thing he saw was a chickadee. The chickadee's crown, throat and back are black, the sides of the head and neck is white, back is ashy gray, wings and tail feathers white, and the stomach and sides a sort of buff. Next the saw an evening grosbeak in a tree. The top of the head is yellow, tail black, wings black, back and sides of head olive, and breast yellow. Next we saw some funcos. They are at the upper parts a dark, ing his gay, little song. He is not much grayish slate color; belly pure white. to look at, but the Song Sparrow fills a The two outer tail feathers were big place in bird life because of his white. It was eating seeds. On our sweet song and never-failing cheerway back to school we saw a dead hermit thrush, and also a crowd perched in one of the high trees. We started from school at nine o'clock and was back at ten-thirty o'clock .--Gordon Bearance.

Sydenham School.

Our Sleigh Ride.

On Feb. 14 the children of the Home had a sleigh ride. We started out at four o'clock, and we went out to the penitentiary road. A horse and cutter came past, and our sleigh had to get to one side. Our sleigh went over on one side that had a lot of snow drifts, and one of the girls fell off. After we got on the good road and the horses began to gallop, and one of the girls was left, till we told the driver to stop. Quite away on another girl fell off the front sleigh. Our sleigh had to go slow. We thought we would get off and get some snowballs to throw at eacl other. Miss Chown was one of the ladies who were with us, and she got off and was throwing snowballs and wasn't watching the sleigh, and the horses started on a gallop again. We On Tuesday morning, when the had a long run before we could catch boys of "Senior Fourth" class of up again. After our sleigh ride Louise school were over to Macdon- which ended at five o'clock, we had ald school for manual training one a Valentine party. Miss Chown and brings many more; and by the end of the teachers said that the manual some of the other ladies helped to training teacher was sick, so we serve at the party. We had games If you will keep a Bird Calendar and the party of the birds will keep a Bird Calendar and the party of the birds will keep a Bird Calendar and the party of the birds will keep a Bird Calendar and the party of the birds will keep a Bird Calendar and the party of the birds will keep a Bird Calendar and the party of the birds will keep a Bird Calendar and the birds will be birds will keep a Bird Calendar and the birds will be birds Louise school were over to Macdon- which ended at five o'clock, we had training teacher was sick, so we serve at the party. We had games went back to our school. after. Some of the bigger ones are When we got to our school the going to write to Miss Chown thank teacher let as choose what kind of a ing her for her kindness to th

A Trick With Water.

The Man Who Carried Death. There is danger that this condi
Tow, but it had a strait, erect tail.

During the Crimean war a gallant The men shouted, "Look out! the After we had examined the chick- deed was performed by Captain Wil- fuse is burning," but Capt. Peel coning in a northerly direction. Then tion ran out. A number of men his own life for his battery. But if we went over to the City Park, but volunteered to go and bring am- it were not for presence of mind the munition. To do so was to run into battery would have been ruined. And

There are always wideawake boys and girls who see the first nonfer as early as the last week in February, but

Early Birds

CHASE SLINE SALISON YE

of Forest and Field

Wild Life

in our northern states this is not apt to happen and there is some doubt about a February Robin having just ar-rived because he may have been here few Robins do stay with us arough the winter and they will show hemselves the first, warm, sunny day

though snow may be on the ground. But they surely begin to come up from the south the first weeks in March. The Bluebirds come, too, close in the wake of the Robins and are sometimes given a cold welcome by a March snowstorm and wintry winds. It is well to put out food for them, for they often starve because everything is snow and icebound and they can find nothing

Grackle makes his appearance and in the south the Purple Grackle. The Purple Grackles are found in some places in the north, too. They are plentiful on Long Island and appear in flocks walking about lawns and parks in : leisurely fashion as though they

Look for the Song Sparrow next. He will come bringing all his hapoy-

Then the Red-Winged Blackbird may



be found down by the marshes, and a little later the Meadowlark will pipe up to tell everyone the glad news that spring is here. The very welcome Phoebe and most unwelcome Cowbird will follow, and afterward the beauti-ful Cedar Waxwing, the Purple Finch, and the sweet-voiced Vesper Sparrow

write down the names of the birds as you see them, the dates and the localities, you will find it unusually interest-

(Miss Bailey tells how to entertain bird tourists, tomorrow.)

You take a wine glass and fill it places. The boxes of shot and powder captain, and Norman Jones was to the brim with water. Then you were brought and hastily unbacked, take a thin sheet of paper and put then right in the midst dropped a big We started out on Division street, it over the top of the glass. Then shell from the enemy. The fuse was dee. It was a dark blue on its back the paper aganst it .- Arnold Fair. Peel without a moment's hesitation rushed forth and grabbed the shell, ran with it to the side of the battery.

> London, March 1 .- Great Britain's In 1905 the convictions for drunkshow a decrease in consumption and but from then onward the convictions dropped sharply to 135,811 in 1915, 84,191 in 1916, 46,410 in 1917 and 29.079 in 1918.

The number of public houses has also decreased from 103,341 in 1895 to 84,644 in 1918.

TO BE HANDED OVER.

Germany to Surrender Fifty-nine Warships on March 10th. London, March 1.—The transfer of the remaining German warships to the Allies has been fixed for March 10th. On that day eight battleships, eleven cruisers and forty-two destroyers will be formally surrendered. Seventy per cent. of them will go to Great Britain, eleven per cent. to Italy and eight per cent. to Japan.

Yukon Has Gone Bone Dry. Dawson, Y.T., March 1.—Territorial-wide prohibition of the liquor traffic has been endorsed by the peo-ple in the plebiscite just held. The bone-drys, with a few more polls to hear from, have a majority of 185 over those favoring a continuance of the bar, and 265 over those favoring the establishment of Government liquor agencies.

Service Men Going to Farm. Ottawa, March 1.—Soldiers settlenent of land in Canada is progressing rapidly, especially in the three western provinces of Manitoba, askatchewan and Alberta, according to reports received at headquarters of the soldier settlement board here. A total of 15,023 service men so far has taken advantage of the movement. Under favorable conditions, it is estimated the annual production should average at least \$2,000 for

A girl never forgets the first kiss she gets after reaching the age where kisses count. Remember "The Rese Maiden," by Queen's Choral Society, this evening.

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Columbia Artist Records 90c

The Columbia Factory is the Largest Manufacturing Plant in any line of business in all Canada. Its output is enormous, and the good news to Grafonola owners is that THERE HAS BEEN NO ADVANCE IN THE PRICE OF RECORDS, nor is it anticipated that any such advance will occur.

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Grove's O-Pen-Trate 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

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

FOR THE SICK

germs can reach the throat.

destroyed by this germicide salve before the

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.

pleaded "not guilty" when arraigned. Mr. Smith, of Cunningham & Smith appeared as his counsel, and at his equest the case was laid over until

Monday, in order that the accused might have a chance to get witnesses. In imposing a fine of \$700 and costs on Seals, Magistrate Farrell stated that Seals had been before the court on a similar offence. William Mitchell, whom he fined \$400 and costs, had been before the court for intoxication, but this was the first

time for selling liquor. T. J. Rigney, counsel for Christopher Grass, who was fined \$200 and costs, pointed out that this was the first time the accused had been convicted on a charge of this kind. All Saturday forenoon was taken up by Magistrate Farrell, in the hearing of the case of Grass. Provincial

FINES OF \$1,300 IMPOSED detectives swore that Grass sold them abite of brandy in the Albion Hotel, on Feb. 21st, about 12.30 drink bill for 1918 is estimated to enness in England and Wales totalled UPON THREE MEN WHO SOLD did not sell any liquor to the detec- 000,000, yet statistics just issued and in 1914 they numbered 188,877,

Great Britain's Drink Bill.

