

SHE HAD SUFFERED FOR TWENTY YEARS

Mrs. Doyle Eats Anything She Wants Now—Has Perfect Digestion and Nerves Are Calm.

"I certainly have cause for being grateful to Tanlac, since it has overcome a case of stomach trouble that has bothered me for twenty years," said Mrs. Annie Doyle, who lives at 240 Paradise Row, St. John, N.B.

Ends Stubborn Coughs in a Hurry

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

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.

Grip, Influenza

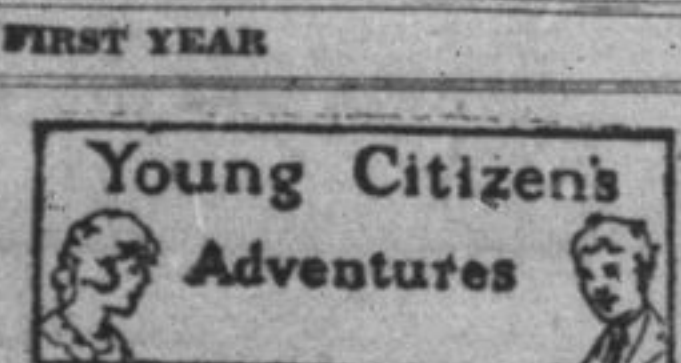
Hamlin's Wizard Oil a Reliable, Antiseptic Preventive

During influenza epidemics spray the nose and throat several times a day with one part Wizard Oil and two parts water, using an atomizer.

Chest colds and sore throats 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.

Never judge the size of a woman's feet by the price she pays for shoes.



Young Citizens' Adventures

Hunting Eye Sets Out to Find the League of Nations

All summer, Hunting Eye had helped Swift Foot, the old Indian, guide the summer campers through the great North woods. Hunting Eye could tell the white men where to camp and where to fish; he could tell them the secrets of the woods and rivers; but he liked better to listen to them talk about the big world which he had never seen.



EASTWARD TO THE LAND OF SUNRISE

of peace. It was a treaty, but it was not the League of Nations. Hunting Eye resolved to ask the white Captain to tell him all about the League of Nations. But it was the end of the summer. That night the Captain went back to the great city. He was gone and no one could answer Hunting Eye's question.

"Eastward to the land of sunrise," said Swift Foot, "to the new world where the white Captain lives, is many days' journey. The League of Nations is not here. It may be there. I will go and see," said Hunting Eye.

The next morning he packed his bow with food, and took his bow, his arrows, and his knife, and turning his face toward the dawn in the east, started on his long journey.

(Next Wednesday: "Hunting Eye joins the Boy Scouts.") If you have to write a theme for English composition, read the School British Whig. You will be sure to find something that suggests a subject.

Mr. Hyde would like to know what the boys and girls who read the "School British Whig" would like to know about next in "Everyday Science." If you have any pet questions, write Mr. Hyde about it. Address your letters "Mr. Grant M. Hyde, 107 Roby road, Madison, Wis. U.S.A."

GOOD PRICES REALIZED At Sales Held Recently in Stella and Vicinity. Stella, March 9.—The heavy rains of Friday melted the snow and ice, but the sudden change to colder weather has made good driving on the ice. A car of oats, comprising about 1,700 bushels has arrived at Ernest-ton Station for the Amherst Island Farmers' Club. Good prices were realized at D. H. Smith's auction sale of farm stock and implements held on February 11th. Mr. Smith and family have moved to the city, where they will reside. W. H. Preston conducted a very successful auc-

The Essay Prize-Winners.

The task of selecting the winning essays from well in excess of one hundred entries was no light one, and the School Editor is pleased to be able to make the announcement to-day. So many of the essays put forward excellent ideas and were so well written that it was indeed hard to choose the best, but after a lengthy examination of the various efforts, the following were selected as the winners:

Class 1. In class one, that of children of ten years old and under, there were only two entries, so that it was a rather easy task to allot the prizes as follows: 1. Nella Gollygoly, St. Vincent's Academy.

Class 2. There were dozens of entries in this class, and the winners are: 1. Anna Moore, Notre Dame Convent.

Class 3. The entries in this class were larger than in the other three, but most of them came from pupils of the convent. The essays were of so high a standard of excellence that it was a very difficult matter to decide which were the best. The choice of first prize was not in doubt for a moment, the winning essay being a splendid piece of work, with original ideas and expression throughout. It was a hard matter to decide which was the next best, but the result is:

Class 4. The entries in this class were larger than in the other three, but most of them came from pupils of the convent. The essays were of so high a standard of excellence that it was a very difficult matter to decide which were the best. The choice of first prize was not in doubt for a moment, the winning essay being a splendid piece of work, with original ideas and expression throughout. It was a hard matter to decide which was the next best, but the result is:

Class 5. The entries in this class were larger than in the other three, but most of them came from pupils of the convent. The essays were of so high a standard of excellence that it was a very difficult matter to decide which were the best. The choice of first prize was not in doubt for a moment, the winning essay being a splendid piece of work, with original ideas and expression throughout. It was a hard matter to decide which was the next best, but the result is:

Class 6. The entries in this class were larger than in the other three, but most of them came from pupils of the convent. The essays were of so high a standard of excellence that it was a very difficult matter to decide which were the best. The choice of first prize was not in doubt for a moment, the winning essay being a splendid piece of work, with original ideas and expression throughout. It was a hard matter to decide which was the next best, but the result is:

Class 7. The entries in this class were larger than in the other three, but most of them came from pupils of the convent. The essays were of so high a standard of excellence that it was a very difficult matter to decide which were the best. The choice of first prize was not in doubt for a moment, the winning essay being a splendid piece of work, with original ideas and expression throughout. It was a hard matter to decide which was the next best, but the result is:

Class 8. The entries in this class were larger than in the other three, but most of them came from pupils of the convent. The essays were of so high a standard of excellence that it was a very difficult matter to decide which were the best. The choice of first prize was not in doubt for a moment, the winning essay being a splendid piece of work, with original ideas and expression throughout. It was a hard matter to decide which was the next best, but the result is:

Woodcraft for Outdoor Boys and Girls

Bill Learns How Soldiers Measure Heights of Trees BY J. E. MILLAR "Billy, how high is that tree on the hill?" "About thirty feet."

"Well, it is a scale used in the army to measure the height of things which are some distance away. If you know how far you are from an object, you can look at it with the millscale and tell how high it is. I reckon you could buy one at one of the stores. I'll show you mine some day."

"But you can do the same thing with a stick. Hold up your stick at arm's length so that the top of it just comes to the top of the thing to be measured. Then put your thumb at the point where the bottom of the thing to be measured comes on your stick. Now measure the distance the stick is away from your eye and the distance from the top of the stick to your thumb."

"Suppose you know the distance to the tree is 200 yards and your stick is 20 inches from your eye and the distance measured on the stick is one inch. That makes the distance in yards from you to the tree just ten times as far as the distance of the stick from your eye in inches."

"So, according to a law of geometry that I won't stop to explain to you, the height of the tree in yards ought to be just ten times the height measured on your stick in inches. That makes the tree 10 yards or 30 feet high."

"Suppose you find that the distance in yards from you to the tree is seven times the distance in inches from your eye to the stick. Then the height of the tree in yards ought to be just seven times the distance measured on the stick in inches."

"If you don't want to go to the trouble of measuring the distance from your eye to the stick each time, just measure your 'reach' and remember it. Your reach is the distance from your eye to the stick. Then the height of your arm is held outstretched."

Tomorrow another of Beppo's acrobatic tricks for boys.) The sailors and marines were singing about how they like to see the powder lighting and the shot as it tears through the ships.

It was noon and at this time the battle began. The ship was tearing through the water as if it had wings. The gunners' lads were ready, since the time about the end of the battle—about how few there would be left to tell about it, and then they would all share the glory.

The English people had now lost their respect for the Temeraire. They decided to sink it. This shows the ingratitude of the people. The reason for this was that sailboats were being done away with and steamboats had taken their place. A little tug towed the now useless boat out in front of London on the Thames River. No people turned out to see the boat, which showed their indifference. Just before the sun went down, the good old Temeraire was no more.—Herbert Hamilton, aged ten, Sr. III.

It was eight o'clock on the morning and the cannon's lads were expecting a battle, so they polished the guns. They were singing, which shows how light-hearted they were about it and how much they were looking forward to it. Before I go on I must tell you something about the cause of the war. The English boat would have a French name. It was captured in the battle of the Nile from the French, which explains its French name. It was a boat which was beside Nelson's during the battle of Trafalgar. When it got through fighting it was much battered, but the people of England had much respect for it and used it for a training ship. Now I will go back to the little scene aboard the battleship.

Max Eastman, the New York propagandist, threw down his periodical with a snarl. "You're too much of this sunshine fiction being written," he said. "With prices what they are, there's too much smile stuff, too much optimism altogether. A chap was talking about an optimist the other day. 'What an optimist Smiler!' he said. 'If he failed in business, he'd thank Providence for being written; if he failed in health, he'd thank Providence he had his business, and if he failed in both, he'd give a cheery, optimistic laugh and say: 'Oh, well, what is the one without the other?'"

Nearly all men believe that honesty in moderation is the best policy.

Victoria School Club Notes

On Monday, March 8th, the meeting of the Victoria Club was held in Miss Conley's room.

The meeting opened with singing "Mickey." Miss Freda Simmons gave a recitation. We then sang "Mother Maehree." We then decided to have a debate, the subject being: "Resolved, that flowers give more pleasure than words. The debate will take place at the next meeting. Owning to illness among the girls, the play to be given by Miss Macdonald's girls was postponed. A reading by Nora William was very funny, being one of Bill's love letters. We then tried our new song, "Daddy Long Legs." The girls then had a deli-

gious man said to a wag who had a wooden leg. "How came you to have a wooden leg?" "Why," said the wag, "my father had one and so had my grandfather. It runs in the blood."—Edith Wood, senior IV. class.

Care of a Gun. To take good care of a rifle or shot gun, keep rust out of all parts of the mechanism and the barrel. As soon as a rifle gets rust in the barrel it loses the accuracy it should have. When cleaning, always clean from the breech end of the barrel. This will help a good deal, because when a gun is cleaned from the muzzle with a steel cleaning rod the rifling will wear away with the continuous rubbing of the rod on the edge. This will also lessen the accuracy. A gun should be cleaned not later than the evening of the day it is used. A good suggestion for cleaning materials are the following: Any kind of solvent oil is very good.

Ammonia is the best thing to get the fouling out of the barrel, but be sure to wipe it dry before oiling afterwards. Ammonia is acid and might injure the bore. If there is rust in the barrel, get it out with Winchesters rust remover, or ammonia; either one is good. Be sure to keep the mechanism well oiled or greased.

The cause of shells splitting or swelling after being fired or sticking in the chamber is because the chamber is worn.—Donovan Clark.

The Fighting Temeraire. It was eight o'clock on the morning and the cannon's lads were expecting a battle, so they polished the guns. They were singing, which shows how light-hearted they were about it and how much they were looking forward to it. Before I go on I must tell you something about the cause of the war. The English boat would have a French name. It was captured in the battle of the Nile from the French, which explains its French name. It was a boat which was beside Nelson's during the battle of Trafalgar. When it got through fighting it was much battered, but the people of England had much respect for it and used it for a training ship. Now I will go back to the little scene aboard the battleship.

Max Eastman, the New York propagandist, threw down his periodical with a snarl. "You're too much of this sunshine fiction being written," he said. "With prices what they are, there's too much smile stuff, too much optimism altogether. A chap was talking about an optimist the other day. 'What an optimist Smiler!' he said. 'If he failed in business, he'd thank Providence for being written; if he failed in health, he'd thank Providence he had his business, and if he failed in both, he'd give a cheery, optimistic laugh and say: 'Oh, well, what is the one without the other?'"

Nearly all men believe that honesty in moderation is the best policy.

Max Eastman, the New York propagandist, threw down his periodical with a snarl. "You're too much of this sunshine fiction being written," he said. "With prices what they are, there's too much smile stuff, too much optimism altogether. A chap was talking about an optimist the other day. 'What an optimist Smiler!' he said. 'If he failed in business, he'd thank Providence for being written; if he failed in health, he'd thank Providence he had his business, and if he failed in both, he'd give a cheery, optimistic laugh and say: 'Oh, well, what is the one without the other?'"

Nearly all men believe that honesty in moderation is the best policy.

Nearly all men believe that honesty in moderation is the best policy.

Nearly all men believe that honesty in moderation is the best policy.

Nearly all men believe that honesty in moderation is the best policy.

Cedar Fence Posts. We have a good supply of sound Posts on hand at reasonable prices. Let us quote you on your requirements. Allan Lumber Co. Phone 1042. : : : Victoria Street

CASTORIA For Infants and Children In Use For Over 30 Years. All kinds of old Mattresses Renovated and Recovered. Frontenac Mattress Co. 17 BALACLAVA STREET Phone 2106w

KINGSTON MILLING COMPANY, Ltd. Foot of Brock Street, Kingston. Our mill is equipped with modern machinery, driven by electric motors with current generated at Kingston Mills. WE MANUFACTURE:— HUNGARIAN PATENT AND WHITE ROSE FLOUR, BUCK-WHEAT FLOUR, GRANULATED CORN MEAL, GROUND CORN, GROUND OATS, CRACKED CORN, GROUND FEED, BRAN, SHORTS, FEED, FLOUR. Our Products are good and freshly made FOR SALE BY ALL GROCERS

Influenza. "No one who has not had Influenza can realize the suffering it causes or how it defies treatment. I know of nothing that will give such prompt relief as Chamberlain's Cough Remedy, for when it is taken the pain in the chest disappears, the fever subsides and the whole body becomes more comfortable. Then again, the after effects of Influenza are often even more distressing than the disease itself, but they can be avoided if you use Chamberlain's Cough Remedy

Clearing Cash Sale. Thornton & Weighill's Store. TAMWORTH, ONTARIO. Will End March 20, 1920. First week of sale over. Results: \$1,000.00 Saved to the Purchasing Public. 300 satisfied customers, \$6,000.00 worth of goods to be sold by March 20th, consisting of:— MEN'S WEAR Women's and Boys' Coarse and Fine Boots; Men's and Boys' Heavy and Light Rubbers; Wool Guernseys, Fleeced-lined Guernseys, Overalls, Work Shirts, Linen Collars, Hats, Caps, Mitts, Gloves, Men's and Boys' Raincoats, and Sweater Coats. WOMEN'S WEAR Women's and Girls' Raincoats, Silk, Lustré and Muslin Waists; House Dresses and Overall Aprons; Skirts, Silk, Lustré and Tweed; Underskirts, Woolen, Lustré, Satene; Underwaists; White Skirts, Nightgowns, Ladies' and Children's Underwear, Corsets; Corset Waists; Woolen, Silk, Lisle and Cotton Goggles. GENERAL DRY GOODS Shirting; Cottonades; Flannels; Grey and Blue Flannellets; Table Oil Cloth and Linoleums. NOTIONS Thread (Silk and Cotton); Ladies' and Gents' Neckwear; Laces; Ribbons; Braids; Buttons; Trimmings of various kinds; in fact everything usually kept in an up-to-date general store. Those who have profited by this sale will do well to come again. We are resuscitating new bargains every day. The assortment is getting smaller every day, but as the assortment decreases, the bargains increase. Take time by the forelock, and come before March 20th, 1920. A. B. CARSCALLEN & CO.

DODD'S KIDNEY PILLS. FOR ALL KIDNEY DISEASES. RHEUMATISM, BRIGHT'S DISEASE, DIABETES, GRAVEL. 23 THE PRINCE OF WELLES STREET, LONDON, E.C.

Dandruff Soon Ruins The Hair. Girls—if you want plenty of thick, beautiful, glossy, silky hair, do by all means get rid of dandruff, for it will starve your hair and ruin it if you don't. It doesn't do much good to try to brush or wash it out. The only sure way to get rid of dandruff is to dissolve it, then you destroy it entirely. To do this, get about four ounces of ordinary liquid arvon; apply it at night when retiring; use enough to moisten the scalp and rub it in gently with the finger tips. By morning, most if not all, of your dandruff will be gone, and three or four more applications will completely dissolve and entirely destroy every single sign and trace of it. You will find, too, that all itching and digging of the scalp will stop, and your hair will look and feel a hundred times better. You can get liquid arvon at any drug store. It is expensive and four ounces is all you will need, no matter how much dandruff you have. This simple remedy never fails.

A Suggestion for Saving

CASH in the pocket encourages careless spending. You will find it a much easier task to save if you keep your "Spending" money in a Savings Account with the Bank of Toronto. There it is safe and can be drawn upon when really needed.

A reluctance to draw from that account will grow upon you, and protect you from many needless expenditures. Once the saving habit is acquired, the account, with its earnings of interest, will steadily grow to a substantial amount.

Many young men and women are working out this scheme with us to advantage. It is a plan worthy of a trial.

Branches: Kingston, Lansdowne, Lyndhurst THE BANK OF TORONTO Capital \$5,000,000 Reserves \$4,793,983