

GUARD AGAINST THE 'FLU

Serious Outbreaks of Influenza all over Canada

GOOD HEALTH IS THE SUREST SAFEGUARD

'FRUIT-A-TIVES' Brings Vigor and Vitality and Thus Protects Against Disease

There can be no doubt that the situation regarding the spread of influenza throughout Canada is one of grave concern.

In Montreal alone, from January 20th to February 21st, three thousand, one hundred and twenty-five cases of influenza were reported to the Health Department.

If the outbreak had come at the beginning of the winter instead of the end, we might reasonably feel that the very cold weather would check the spread of the disease.

Those who are not as well and strong as they should be; those who are underweight; those who are "run-down" through overwork or sickness; should build up at once.

What Shall I Be? Answered for Boys

Farm Implement Dealer Sells More Than Hoes, Rakes, Scythes

BY R. S. ALEXANDER

Are you fond of machinery? Do you like the country? And do you want to figure some way to put the two together?

It used to be that when a farmer had a hoe, rake, a scythe, and a wheat cradle he had all the tools he needed.

Then you should know something about business methods. A lot of hardware merchants fail because they do not know how to run their business efficiently.

Then you should know something about business methods. A lot of hardware merchants fail because they do not know how to run their business efficiently.

The best protection, in fact, the only safeguard against the 'Flu, is, GOOD HEALTH.

Those who are not as well and strong as they should be; those who are underweight; those who are "run-down" through overwork or sickness; should build up at once.

'Fruit-a-tives' regulates the kidneys and bowels, causing these organs to eliminate waste regularly and naturally as nature intended.

'Fruit-a-tives' keeps the skin active, and insures an abundant supply of pure, rich blood.

Now is the time to build up your health and strength, not only as a precaution against the ravages of influenza, but also to protect you against "spring fever" and the inevitable reaction which comes with the appearance of warmer weather.

'Fruit-a-tives' contains everything that an ideal tonic should have; to purify the blood, to build up strength and vigor, and to regulate the eliminating organs, so that the whole system would be in the best possible condition to resist disease.

'Fruit-a-tives' is sold by all dealers at 50c a box, 6 boxes for \$2.50, trial size 25c, or sent postpaid. Get a box of 'Fruit-a-tives' today and let this fruit medicine keep you well.

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SCHOOL BRITISH WHIG

SATURDAY, MARCH 27, 1920.

No. 79

Not a Dame Convent.

An Autobiography of A Loaf of Bread

This has certainly been an eventful many experiences as I have had, there was none so painful as this last one, that of being baked.

The first thing I remember is when I was trying to face my way through the earth. I could feel something very warm from above, but did not know what it was. I kept coming up and saw the bright sun above me and other little green plants on all sides of me.

Next morning we were kneaded into loaves. After we had risen for some time she set us in the oven to be baked. There were many torturous events in my life but I think this was the worst. I thought I was about all burnt up, but just about the hottest part of the oven door was opened and we were taken out.

We were very glad when we were placed out on a table to be cooled. Little Tommie has just come in from school and is looking quite longingly at me. I think that I shall soon have my worst and last experience.—Sadie Whaley, Form I.

Miss Balley is Your Friend. "Aren't you going to the picture show, this afternoon, Elizabeth?" inquired Betty's mother, coming into her room.

"No, I'm going to make that garden basket Miss Carolyn Sherwin Balley told us about last week in the school's Make-at-Home Things. Another day was 'Boys and Girls of Colonial Days.' During the war she wrote a book telling boys and girls things they could do to help in the fight.

A barren sow is never kind to pigs. A man envies every other man except his son and his pupil.—Hebrew Proverb.

Write Anything—But Sign It. Scholars who are anxious to have their stories appear in this section need only write them out and hand them to the school teacher or principal. Stories may be on any subject under the sun, and the writer's name and age should accompany them.

It was not long after that we heard great confusion outside the barn door. We wondered what all the noise meant and why they were doing so much talking outside. We were not in anxiety very long, for the barn door was soon opened and to our surprise a great machine which we had never seen before was brought into the barn. This was the threshing machine. We would soon have much more suffering to endure, and waited in horror for the time to come when we would be thrown into the machine. The engine was started and it made so much noise that we could hear nothing else. We were thrown into the machine and the grain was separated from the straw and sent through the machine so quickly that I hardly knew what happened except that it was very painful. The grain was all carried into the granary.

We were soon put into sacks and taken to the mill. Here we were ground into flour. This was a very painful experience and I thought it was the last of me and we were very frightened. After we were ground into flour we were put into bags to be sold.

One day I heard a man come in and say "seven hundredweight of Redlander flour for Mr. Wright." Immediately we were loaded onto a

dusty gray, so folks can't tell him from the dusty road and my green suit would shine out. The same thing would happen with my cousin, Willy Grasshopper if you put him in the meadow.

"But I exclaimed Willy Bee, 'do you live in the meadow because your suit is green or do you wear green because you live in the meadow?'"

"Well, well!" chirped Johnny Grasshopper merrily, "that is some question to answer. But I guess I can answer it for you. The power who gave me the green suit saw fit to place me in the meadow, so here I am. Happy? I should say so! I wouldn't change places or clothes with any of you. But, dear me, I've work to be done, so you'll have to excuse me."

With a merry chirp Johnny Grasshopper hopped away among the grasses, leaving his two friends looking at one another feeling rather sheepish.

Snail. "Willy Grasshopper sees everything that passes on the road, and Johnny Grasshopper keeps tabs on the doings of the meadow folks. I always imagined they were a nosy set."

"Is that so?" chirped a merry voice, and Johnny Grasshopper himself hopped from among the grasses and settled on a leaf near Miss Lady Snail and Willy Bee.

He had been sitting in the grass quite near them all the time, but his little green suit was so much the color of the grass that neither had noticed him sitting there.

"You're both wrong as to my cousin and myself," he laughed. "I wear green because I do make my home in the meadow grass. It's a protection against my enemies. For the same reason my cousin wears a

Seven Sentence Sermon. Resolve to be thyself, and know that he who finds himself, loses his misery.—Matthew Arnold.

He who receives a good turn should never forget it; he who does one should never remember it.—Charron.

It may be a battle with terrible pain. A struggle with mind or soul.

Doesn't hurt a bit to lift sore, touchy corns off with fingers

Yes! Magic! Drop a little Freesone on a bothersome corn, instantly that corn stops hurting, then you lift it right off. No pain! Try it!

A few cents buys a tiny bottle of Freesone at any drug store. This is sufficient to rid your foot of every hard corn, soft corn, or corn between the toes, also all callouses, and without the slightest soreness or irritation. It doesn't hurt at all! Freesone is the magic ether discovery of a Cincinnati genius.

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What Shall I Be? Answered for Girls

Pink Sunbonnet Lady Becomes Truck Farmerette

BY CAROLINE WERRECH

The Pink Sunbonnet Lady was at ways at work in her garden. She was there at dawn and at dusk, digging, planting, and weeding. The Sunbonnet Lady raised vegetables and plants for sale to the town people. Cut flowers, too, were a specialty of hers.

Through the fence could be seen eggplant, celery, sweet potatoes, and many other good things that could not be found in other gardens around the town. At the far end of the big lot were oblong frames covered with glass. These were the greenhouses where lettuce, cucumbers, radishes, tomatoes, etc., were cultivated.

The Pink Sunbonnet Lady knew her business. When the Great War was waging, she had been a farmerette. On a huge farm, she had "done her bit." She had pitched hay in the fields, husked corn, driven teams and gardened for \$3.00 a day.

After the war was over she went to an agricultural college and studied market gardening. She took up this phase of agriculture because it is the type of farm work for which woman is best fitted. She can do almost all of the actual labor herself. She can start into business with a small capital. Furthermore, the soil can be used two or three times a season to produce such vegetables as lettuce, radishes and onions.

There are really three possibilities open to the farmerette; one is to hire out on a farm and thereby get the actual experience; another is to run a small plant near the city; a

third is to install a large one outside the city within marketing distance. The latter plan is to be discouraged unless the owner has had wide experience and success; because a big plant demands one's being out in all kinds of weather and doing all kinds of heavy work. A woman would be helpless if left without labor.

The Pink Sunbonnet Lady was making the right start. All managers of large market gardens were managers of small ones first.

If you want to start a garden this summer, write to the U. S. Department of Agriculture for bulletins. (Next Monday: "Don't Wait" is Study Problems Solved.)

Word of Wise Men. Eternity has no gray hairs. You may dance on the ropes without reading Euclid. Set thy expense according to thy trade.—Dutch Proverb.

The constant struggle to measure up to a high ideal is the only form in heaven or on earth that can make a life great.

The total number of Girl Guides in the British Isles is 72,519. The full equipment of a diver weighs about 175 pounds.

But God, who sees His children here, Knows those on His Honor Roll.—Selected.

God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.—John 3:16.

Years come to us in days, and the day's burden is always bearable.—Garrett.

Self is the only prison that can ever blind the soul; Love is the only angel who can bid the gates unroll; And when he comes to call, His way may lie through darkness, but it leads to light at last.—Anon.

Oh the littleness of the lives that we are living, denying to ourselves the bigness of that thing which it is to be a man, to be a child of God!—Phillips Brooks.

Karl Radek, one of Nicolai Lenin's chief propaganda lieutenants, has returned from Russia to Germany with a view to taking a leading hand in the "revolution of the proletariat."

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Lumber--

We have on hand a well Assorted Stock of Spruce, Pine & Hemlock

Allan Lumber Co.

Phone 1042. : : : : Victoria Street

JUTE BAGS WANTED

We will pay highest prices for all kinds of Jute Bags. Get in touch with us.

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Distributors for

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Large stock on hand.

345 King Street - - - - Phone 94

JOY FOR GIRL OR BOY



Genuine Culver Chummy Racer. The Marvellous Boys and Girls Real Gasoline Auto.

Something We All Do. Something We All Eat. Something We All Want. Something We All Wear.

FOR Johnny's birthday you can give him a dandy ride, and Johnny took the four targets that came with the ride and went out to the back yard to try his skill. Shortly after, his mother came out too to satisfy herself that Johnny knew how to use his gun.

Can YOU Puzzle It Out? Johnny couldn't, so his mother told him HOW TO DO IT. Each target spins as you use one by the target, and each circle represents a letter the number of times indicated by the position of that letter in the alphabet.

THE PRIZES: First Prize - Genuine Culver Chummy Racer, value \$250.00. Second Prize - Magnificent Gold Watch and Chain, or Girl's Wrist Watch, value 25.00.

Third Prize - Genuine Autographic Kodak Folding Camera, value 20.00. Fourth Prize - Solid Gold Ring, for Boy or Girl, value 15.00.

Fifth Prize - Moving Picture Machine, with Film, value 10.00. Sixth to Tenth Prize - Self-Filler Fountain Pens, value, each 2.50.

And 2,000 Extra Special Prizes Valued at 25,000.00.

What Others Have Done, YOU Can Do! Here are the names of only a few of the boys and girls to whom we have already awarded big prizes!

Mathieu's Syrup of Tar & Cod-Liver Oil. Cures Coughs, Colds, Grippe, Bronchitis, Whooping Cough, Asthma, Etc.

Mathieu's Syrup is a sovereign tonic combining the curative properties of TAR and the strengthening virtues of COD LIVER OIL.

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Mathieu's Syrup is the only genuine remedy whose reputation has ceased to crop up many imitations of doubtful value.

ON SALE EVERYWHERE

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Dr. J.D. Kellogg's Asthma Remedy. SUMMER MONTHS BRING ASTHMA AND MAY FEVER, AND THESE DISTRESSING DISEASES NEED EFFICIENT TREATMENT.

BETTER DEAD. Life is a burden when the body is racked with pain. Everything worries and the victim becomes despondent and downhearted. To bring back the sunshine take GOLD MEDAL HAZEL OIL.

Good Night Stories. Johnny Grasshopper Settles a Discussion. One day as Willy Bee winked his merry eye over the meadow he spied Miss Lady Snail sitting on the ground with a funny expression on her funny face.

An Illustrated Booklet. Containing INTERESTING FACTS Concerning Gold and Silver Production of Northern Ontario's Mines. Sent FREE on request. Write for your copy to-day.

Homer L. Gibson & Co. 703-4-5 Bank of Hamilton Bldg. TORONTO

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OUCH! CORNS! LIFT CORNS OFF. Seven Sentence Sermon. Resolve to be thyself, and know that he who finds himself, loses his misery.—Matthew Arnold.

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