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. It is quite true that the number of cases does not constitute an epidemic such as caused the suffering and sorrow during the torrible days of 1918. Yet there is no disguising the fact that everyone should be on their guard against the

In Montreal alone, from January 20th to February 21st, three thousand, one hundred and twenty-two cases of Influenza and 189 deaths from the isease 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. But coming as it has, at the end of the winter, there is grave fear that an epidemic may occur. For spring, with its slush and rain under foot, its dampness and chill, its constant shanging from cold to warm and back again, is a prolific source of coughs and colds, pleurisy and

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! What they need is a Blood-purifier, a body-builder, a strength-giver, like "Fruit-a-tives", the wonderful fruit

"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. "Fruit-a-tives" tones up and strengthens the organs of digestion, sharpens the appetite, brings restful sleep and renews the vitality of the nervous system. "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.

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. Get a box of "Fruit-a-tives" today and let this fruit medicine keep you

Fruit-a-tives." is sold by all dealers at 50c a box, 6 boxes for \$2.50, trial size 25c, or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

## SCHOOL BRITISH WHIG

FIRST YEAR

SATURDAY, MARCH 27, 1920.

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? Well, why not be a dealer in farm implements?

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. But that time is past. Machinery is now required on the farm just as anywhere else and more is being inventant and used all the time. A young man who embarks in the farm implement business will find that he has gone into a rapidly developing business.

Before you start as a farm implement dealer, you should know three things. You should know machinery, first of all. You should know farm machinery. There are two ways to get this knowledge. You may work in a factory which makes farm implements. There you will get experience in mak-ing the implements which you will later

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. Of course, you will have to learn a good deal of this end of it from actual experience running a busihess. But it is a good idea to know Your business is apt to be much healthier. You can get a knowledge of business methods and of machinery



either selling or handling machinery.

an up-to-date farm.

There are a considerable number of magazines published for dealers in farm implements. Go to your city library, get a copy of a good newspaper or magazine directory, and find what mag-azines are published in the territory in which you propose to locate and what into ito one seems to discuss the part of the be sold. farm implement trade in which you are

(A new article by Dr. Rolt-Wheel-er on Nature Study; Monday.)

Notre Dame Convent.

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An Autobiography of A Loaf of Bread This has certainly been an event-

have had, there was none so painful rain and sunshine. One day there was Sadie Whalen, Form I. a great storm and nearly all the grain was blown over, but we soon stood up again when the sun came

of grain they began to get ripe. Not long after I heard a man her room. come to the field with his son Jim. "The grain is ripe now" he said

noise coming up the lane. We looked out." all around to see what it meant. We soon saw that a binder was being the library the other day," said brought into the field drawn by three Betty's mother. "Two of them were horses. Jim was driving and he kept 'Boy's Make-at-Home Things' and this great noisy machine going up 'Girl's Make-at-Home Things. Anand down the rows and cutting down other was Boys and Girls of Colonial the wheat. What a painful experience Days. During the war she wrote a ital. Furthermore, the soil can be used it was! This machine cut down the book telling boys and girls things two or three times a season to prograin and tied us in bundles, and something about it before you start, dropped us on the ground again. We were tied up so tight, I thought I would never live for another day. When he had finished cutting the grain he came and shocked it up all around the field. Here we stayed for a few days and were then put on large wagons and taken into the barn.

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 anixety 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 some successful implement dealer and have much more suffering to endure, and waited in horror for the time to Last but not least you should know come when we would be thrown into something about farming. You can't the machine. The engine was started tell what kind of a machine to sell a and it made so much noise that we man or what arguments to use in trying could hear nothing else. We were to sell it unless you know the problems thrown into the machine and the he has to solve and the sort of tools he grain was separated from the straw is liable to want. You will get along and sent through the machine so better with the farmer if you are able quickly that I hardly knew what hapto talk to him in his own language. pened except that it was very pain-This knowledge you ought to be able ful. The grain was all carried into to pick up in a couple of summers on the granary.

We were soon put into sacks and taken to the mill. Here we were trade.-Dutch Proverb. ground into flour. This was a very painful experience and I thought it The constant struggle to measure was the last of me and we were very up to a high ideal is the only force frightened. After we were ground in heaven or on earth that can make into flour we were put into bags to a life great.

and say 'seven hundredweight of the British Isles is 72,519. Reindeer flour for Mr. Wright." Im- The full equipment of a diver

wagon and taken to the home of Mr. Wright. We were carried into the house and the housekeeper took us out of the bags and put us into a large dish. We were then set by the stove to be warmed and some yeast

was mixed in with us. Next morning we were kneaded ful life. As many experiences as I into loaves. After we had risen for as this last one, that of being baked. be baked. There were many tortur-The first thing I remember is ous events in my life but I think this when I was trying to face my way was the worst. I thought I was about through the earth. I could feel some- all burnt up, but just about the hotthing very warm from above, but did test part of fit the oven door was not know what it was. I kept coming opened and we were taken out. We up through the earth until at last I were very glad when we were placed came up and saw the bright sun out on a table to be cooled. Little above me and other little green Tommie has just come in from plants on all sides of me. The world school and is looking quite longingly around me was beautiful. I continu- at me. I think that I shall soon have ed to grow for many weeks in both my worst and last experience.—

Miss Bailey is Your Friend. "Aren's you going to the picture out. After I had sent out little seeds show, this afternoon, Elizabeth?" inquired Betty's mother, coming into

"No, I'm going to make that garden basket Miss Carolyn Sherwin "Tomorrow you shall come and cut Bailey told us about last week in the it, and we will take it into the barn School British Whig. I wonder what she will tell us about to-day. I can The next day we heard a clattering hardly wait for the paper to find

"I saw several of her books in

A barren sow is never kind to pigs. ishes and onions. A man envies every other man except his son and his pupil.-Hebrew

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 their school teacher or principal. Stories may be on any subject under the sun, and the writer's name and age should accompany them. Any news of school life, stories regarding the scholars or the school staff, stories of the school cadet corps, are especially invited, but original compositions and poems are also desired. In fact, there is no limit threshing machine. We would soon to the number of subjects upon which scholars may write. All copy should be handed in to the newspaper office addressed to the School Editor in good time for publication according to the schedule arranged for the various schools.

Worder of Wise Men. Eternity has no gray hairs.

You may dance on the ropes without reading Euclid. Set thy expense according to thy

One day I heard a man come in The total number of Girl Guides in mediately we were loaded onto a weighs about 175 pounds.

to place me in the meadow, so here

With a merry chirp Johnny Grass-

Seven Sentence Sermon.

Resolve to be thyself; and know

What Shall I Be? Answered for Girls

Pink Sunbonnet Lady Becomes Truck Farmerette BY CAROLINE WEIRICH

The Pink Sunbonnet Lady was always 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 capthey could do to help in the fight. duce such vegetables as lettuce, rad-

> 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 Ahe city within marketing distance. The latter plan is to be discouraged unless the owner has had wide experience and success; because a big plant de-mands 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

of Agriculture for bulletins. (Next Monday: "Don't Wait" is Study Problems Solved.)

Knows those on His Honor Roll.

God so loved the world, that He

gave His only begotten Son, that

whosoever believing in Him should voice, and Johnny Grasshopper him- you live in the meadow because your not perish, but have everlasting life. Years come to us in days, and the "Well, well!" chirped Johnny

He had been sitting in the grass Grasshoper merrily, "that is some day's burden is always bearable.-

I am. Happy? I should say so! I Loye is the only angel who can bid the gates unroll; wear green because I do make my with any of you. But, dear me, I've And when he comes to call thee, home in the meadow grass. It's a work to be done, so you'll have to arise and follow fast; protection against my enemies. For excuse me."

His way may lie through darkness. but it leads to light at last.

> hopper hopped away among the grasses, leaving his two friends look-Oh the littleness of the lives that ing at one another feeling rather 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 Len-

that he who finds himself, loses his ine's chief propaganda lieutenants, misery.—Matthew Arnold. has returned from Russia to Germany with a view to taking a lead-He who receives a good turn ing hand in the "revolution of the should never forget it; he who does proletariat." Negotiations are said to be under way with Britain for a loan of five

one should never remember it .--million pounds, to be used for con-

and a supplementary of the second of the sec



THE PRINCE INSPECTS THE FUSILIERS.

The Prince of Wales inspected the 1st Royal Scots Fusiliers at Borden Camp. After the inspection the Prince presented a number of honors won in the war. Subsequently, addressing the battalion, he referred to the splendid record of the regiment of which he was proud to be Colonel-in-Chief. The picture shows the Prince of Wales with the commanding officer after the ceremony.

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and Girls Real Gasoline Auto. Something Solve this Puzzle! FOR Johnny's birthday
his mother presented
him with a dandy
rifle, and Johnny took the

rifle, and Johnny took the four targets that came with the rifle 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 gus. Upon examining the targets showing all the holes made by the bullets, and being a quick thinking woman, she exclaimed: "Why, Johnny, what a good shot you are —and do you arow that you have made every target spell a word? Can you thin me what each target spells?" Can YOU Puzzle It Out?

Wear Werace you can work it out—and the prizes are worth trying for Copy your answer upon a plain white afect of paper as seat as you can, because neatness, spelling, handwriting and punctuation count if more than one answer is correct. Put your name at address in the top right-hand corner of the paper. If you have write a letter, or show anything else, put it upon a separate she need your answer is received and tell you if your solution is correct, and absend you a complete illustrated list of the grand prizes that you can wip. What Others Have Done, YOU Can Do!

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 \$3,000.00:

Here are the names of only a few of the boys and a to whom we have already awarded big prizes:

Shetland Pony and Cart—Helen Smith, Edmonton, Shetland Pony—Beatrice Hughes, Hazenmore, 4481 AlS.00 Bracelet Watch—Mary Procter, Vancouver, B. \$10.00 Doll and Carriage—Eva Gasson, North Bay. On Ws will send you the names of many others, too. On boys and girls under 17 years of age may send answer and each boy and girl will be required to perform a small process of the second seco The centest will close on June 30, 1920, at 5.50 p.m.! Send your answers this very evening.

Address: THE PRIZEMAN, Dept. 253-259 Spadina Avenue, Toronto, Ost.

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not risk using inferior preparations. MATHIEU'S SYRUP is the only genuine remedy whose to-putation has caused to crop up many imitations of doubtful value. ON SALE EVERYWHERE

## UMMER MONTHS BRING ASTHMA IND HAY FEVER, AND THESE DIS-RESSING DISEASES NEED EFFED-TIVE TREATMENT. DR. J. D. KELLOGG'S ABLE SMOKE, THE INHALING OF

# BETTER DEAD

TION, A TRIAL WILL CONVINCE,

fe 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

The national remedy of Holland for over 200 years; it is an enemy of all pains resulting from kidney, liver and uric acid troubles. All druggists, 50c. a box. Look for the name Gold Medal on every

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Johnny Grasshopper Settles a Dis- | Snail and Willy Bee.

with a funny expression on her funny noticed him sitting there.

er nearby and tipped his tiny cap.



"Good Morning."

"Good-morning, Miss Lady Snail," buzzed merrily. "Pray, why the ber look on your face this wonder-

ful sunshiny day?"

"I was just wondering," replied Miss Lady Snail, without looking up. "why some folks dress one way and other folks dress other ways." "Well!" exclaimed Billy Bee, "that's a crazy thing to bother one's head on such a wonderful day. I know I'm not dressed so gayly as Mr. Butterfly yonder, but that never bothers me one bit. Fact is, I'm glad

my clothes aren't quite so gay in

color. \*As for you-well, I couldn't

think of a snail in any other garb than the very one you have on right "Oh, don't misunderstand me!" laughed Miss Lady Snail. "I'm not complaining about my sombre dress. Fact is, I'd rather dress plain than fancy. But take Johany Grasshopper, he dresses in the brightest green, while his cousin, Willy Grasshopper; always wears that same old dusty gray suit. Why don't they all dress alike, that's what I'd like to know!

All snaits, as far as I know anything about, all wear the same color.' laughed Willy Bee, "I've often won- A few cents buys a tiny bottle of dered why Johany Grasshopper lives Freezone at any drug store. This is in the green grass, and why his cou- sufficient to rid your feet of every sin, Willy Grasshopper, lives in the pard corn, soft corn, or corn between road. Why don't they either all live he toes, also all callouses, and with-

"I suppose it's so they can see what | zone is the magic ether discovery of every one is doing," said Miss Lady a Cincinnati genius.

The state of the s

Snail. "Willy Grasshopper sees dusty gray, so folks can't tell him | But God, who sees His children here, everything that passes on the road, from the dusty road and my green and Johnny Grasshopper keeps tabs suit would shine out. The same thing on the doings of the meadow folks. I would happen with my cousin, Willy I always imagined they were a nosey Grasshopper if you put him in the

"Is that so?" chirped a merry "But," exclaimed Willy Bee," do self hopped from among the grasses suit is green or do you wear green |- John 3:16. and settled on a leaf near Miss Lady | because you live in the meadow?"

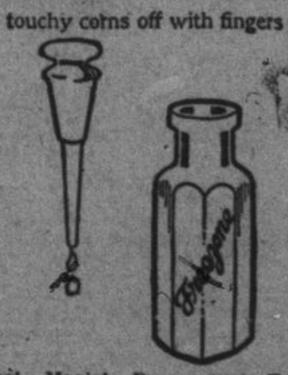
One day as Willy Bee winked his quite near them all the time, but question to answer. But I guess I Garrett. merry way over the meadow he spied his little green suit was so much the can answer it to suit you. The power Miss Lady Snail sitting on the ground color of the grass that neither had who gave me the green suit saw fit Self is the only prison that can ever

"You're both wrong as to Willy Bee tilted himself on a flow- cousin and myself," he laughed. "I wouldn't change places or clothes the same reason my cousin wears

> OUCH! CORNS! LIFT CORNS OFF



Doesn't hurt a bit to lift sore,



"Well, now, come to think of it," it right off. No pain! Try it. in the meadow or all live out in the out the slightest soreness or irrita-road?" tion. It doesn't hurt at all! Free-