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Catarrh Of

The Stomach

Is Dangerous

and Treat.

York physician.

"Thousands Have It and Don't

Know It," Says Physician.

Frequently Mistaken for In-

digestion-How to Recognize

.

ed tongue, bad breath, sour burning

stomach, frequent vomiting, rumbl-

ing in stomach, bitter eructations,

gas, wind and stomach acidity and

call it indigestion when in reality

their trouble is due to gastric ca-

tarrh of the stomach," writes a New

ous because the mucous membrane

lining of the stomach is thickened

and a coating of phlegm covers the

surface so that the digestive fluids

cannot mix with the food and digest them. This condition soon breeds

deadly disease in the fermented, un-

assimilated food. The blood is pol-

luted and carries the infection

ter treatment. Moreover the B

powerful but harmless antacid which

will neutralize any excess hydroch-

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-Dried Fruits.

GOLD MEDAL

pared for this purpose.

Catarrh of the stomach is danger-

"Thousands of people suffer more or less constantly from furred, coat-

SCHOOL BRITISH WHIG

SATURDAY, APRIL 3, 1920.

FIRST YEAR

What Shall I Be? Answered for

> A Builder of Roads FRANCIS ROLT-WHEELER

There's a big future for the highways engineer. This country is only just beginning to build good roads. For

always is. The reason, in North Amer-



Then he needs to work on the questions dealing with the strength of materials, and their durability; asphalt, wood blocks, crushed stone and the like. Then he needs to learn enough architecture and engineering for the building of bridges and culverts.

In the practical end, it's easy for a boy to get a job as a surveyor's as-sistant during the summer vacation. If he lives in a city, there's a lot to be learned by watching the repairs of streets and chumming up with the foreman on the job. A grizzled old foreman will often tell an interested lad secrets which can't be found in any books. Then, too, good nature and the knack of handling men is a great

For the boy who wants adventure there's a demand for roadbuilders from China to the Caucasus. For the patrin otic boy there's a chance of doing one of the most needed things in the United States. For the boy who likes city life, there's a chance for such work in every city. Everywhere and all the time, there's a job for the road-builder, and, at the end of each day's work, he can go home confident that he's made the world a better place to live in. (Monday: Blood is not always

throughout the body. Gastric ulcers Twenty-four hour time is provided are apt to form and frequently an ul- by a large clock in a London railway cer is the first sign of a deadly can- station, the dial having Roman numerals for the hours up to noon and In catarrh of the stomach a good Arabic for the others.

Central School

An Imaginary Journey. On the fourth of July, 1919, we went on board the "Reindeer" at six a.m. Saturday morning with six hundred passengers and twenty of a crew. We set sail from Victoria at half-past six for Australia. At progressive nation, our roads are very five a.m. Monday morning we suddenly struck a floating mine. It There's a reason for this. There shook the ship so badly that tables, chairs, dishes, baggage, etc., were ica, is that when the great western; shaken to the floor; people fell out country was developed, railroads had of their bunks. Passengers who already been invented. Railroads were tired carrying their life belts quicker, so we built them first. Now before this found that they were we have to go to work and build roads) now a friend in need and a friend in-In Europe they built the roads first. | deed, and they all made great haste A boy who wants to get ready for to get out on deck. Captain Smith that career needs to prepare himself called out, "Make haste and lower along three lines. First of all, he needs the life-boats," which was done at his mathematics, and especially trigs his command by his well trained onometry, so that he can do surveying! crew. The women and children were hurriedly put in them, and pushed

> the children the milk to drink; they Frizzell. had no cups so they used the cocoanut shells, and we all ate the inside

When our boat struck the mine the wireless operator seeing the danger we were in sent at once a wireless to the nearest wireless station for help. The steamer "Arrow" had followed us four days after, from from the village. It was a good-Victoria. As soon as the operator

Pencil Twister

CAN YOU CHANGE THESE EASTER EGGS INTO A TEDDY BEAR?

ANSWER TO YESTERDAY'S

received our message he at once got connected with the wireless on the "Arrow" to put on speed and come to our rescue. Two of the deck hands tied their red handkerchiefs to a branch of a tree. The men took turns standing near the edge of the island watching for sight of a boat to signal to them. On Sunday noon men caught sight of the "Arrow" and how we all cheered. It came and took us on board and gave us a good dinner before sailing for Australia. We were all tired but happy and will always remember this trip.-William Holland, 10 years old, Jr. III class.

Frontenac School.

Do Birds Talk to One Another? and communicate with one another through various notes. Some birds have a special call note which summons the other birds into a flock. away to land which was an uninhab- When these birds are making their way to another climate, the leader We arrived safely on the island sounds this note again and again, so at five a.m. Friday morning. The as to keep the younger birds togethmen put up rough rude shelters for er. They have notes that they utter the women and children, while the when they are hungry and thirsty. men slept under the trees. We were Some birds are able to tell their on the island two days and a half, young when they are in danger, and When the men were looking for food warn them to hide, and to keep very they found cocoanut trees. They quiet. This gift of language to threw stones at the cocoanuts and birds is more highly developed in knocked them off the trees, and gave some species than in others.-Lois

Macdonald School.

A Haunted House. The house stood several miles sized brick house and had been vacant for several years as people thought it was haunted. Like many old English homes it had a fire-place

in each room. One night two weary travellers came to this house and thought they would stay there for the night. They found some cedar trees at the back of the house so they cut a few of the boughs to make beds. They took them to a cosy little bedroom and lit a fire in the grate with some dry

All of a sudden they heard a rustling noise in the chimney and thought it was ghosts. They ran out of the room, upstairs and into the attic, but were met by two bright, glaring eyes beaming at them. A queer feeling crept over them that the house must be haunted. Their next thought was to run out but remembering that the house was so far away from anywhere they decided to return to the bedroom and place their beds of cedar in another room. This done, they soon fell asleep.

In the morning they were awakened by a cat crying. They jumped up and following the sound to the attic saw the cat with the glaring eyes, with a bat in its mouth. This bat was the one that had frightened the men the night before when they lit the fire in the grate, for the bat had made its home in the chimney .-Wilma Hayward.

What Shall I Be? Answered for The Berry Farmerette CAROLINE M. WEIRICH

Katie, the berry farmerette, passed my window yesterday carrying cuttings from her cherished blackberry and raspberry bushes to some amateur who

is starting a plot this spring.

In June she will drive by with wagon loads of her choice fruits: tart, red currants; prickly gooseberries; long, sweet blackberries; raspberries, and juicy, big strawberries.

Katie is an ideal farmerette. Her strong body, untiring patience and care for every detail, coupled with a great love for the out-of-doors and her good

She started with a small patch of half an acre, divided equally among black and red raspberries, blackberries,



currants and gooseberries. She had no training in an agricultural college, although that might have helped her. Most of her lessons were learned from practical experience, the advice of her

neighbors, government bulletins and simple books on home gardening.

This plot brought such profitable returns that she bought another plot of a quarter of an acre and set it out with strawberry plants. Katie thinks that strawberries give the best returns for the amount of work expended on them of any of her fruits.

There is never any question about a demand for small fruits. Katie's are always promised weeks ahead, although there are several men raising berries in the same town. If she wanted to into a city fruit or commission man, there would be no doubt about a mar-

ket. Prices for good fruits are high. The cost of working a small fruit, lantation should not be over \$125 to \$150 per acre. Strawberries and currants can be made to yield 5,000 quarts per acre, blackberries 3,000 quarts, and red raspberries, 2,000. When one considers that it requires only a small piece of land, small capital and no heavy labor, so girl who is interested in small fruits should hesitate to undertake the venture. (Monday: Why Cities are where

Move After Death in Family. Of the inherited rover spirit of the wild people of Davao and their belief

that the death of a member of the family is indicative of the will of Allah for them to change their homes, the bureau of forestry says: "When someone dies in the house built on the land or homestead given to the head of a family, the entire

porpoises, dogush, the ray or devil- some years. A wild bird of the pigeon family, locally known as alimukon, is the common god or fortune teller of the wild people of Davao. Unless this bird answers favorably to their supplications to go back to the old place, their old abode or abodes are either forever abandoned or left untouched for many years."

Children at Play. You have but to go abroad for half an hour in pleasant weather, or to throw open your doors and windows on a Saturday afternoon, if you live anywhere in the neighborhood of a and there a patch of green or a dry place on it, and steal behind the curtains, or draw the blinds and let the ried through without injury to the 'resh winds blow through and through the chambers of your heart for a few minutes, winnewing the dust and scattering the cobwebs that have gathered here while you were asleep, and lo. you will find it ringing with the voices of children at play, and all alive with the glimmering phantasmagoria of leap frog, prison base, or knock-up-and-

> **CURE FATIGUE!** BUILD UP! GET FAT!

entch.-John Neal

NEW BLOOD-FOOD REMEDY

YOU'LL GET WELL QUICKLY. You're nervous and uneasy. Appetite is poor.

Sleep is hard to get. Still worse, you are thin and fag-

Work must be done, but where is he strength to come from? Make your blood nutritious and

Your only hope is Ferrozone, an estant blood-maker, blood-purifier, Such an outfit comprises an elec- blood-enricher. It brings keen aptric tattooing needle operated from petite, digests food and supplies nua battery and supplied with current trition for building up all the bodily

Ferrozone makes muscle and proper to whichever complexion is nerve-fibre, increases your weight, inselected by the customer. In some of stils a reserve of energy into the body these tattooing needles the coloring that defies weariness or exhaustion pigment is contained in a strall hol- from any cause,

ow chamber on the base of the nee- For men who toil and labor, for the office man, the minister, the teacher-to these will Ferrozone bring a new life of spirit and robust

biles has its front wheels much closer | For growing girls, women of all together than the rear ones and the ages-no tonic is more certain. Sold Lumber--

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

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and safe treatment is to take before meals a teaspoonful of pure Bisurated Magnesia in half a glass of hot Good High water as hot as you can comfortably drink it. The hot water washes the mucous from the stomach walls and draws the blood to the stomach while the bisurated magnesia is an excellent solvent for mucus and increases the efficiency of the hot wasurated Magnesia will serve as a

Jimmy Green Frog's Story.

asy, natural digestion without dis- here." tress of any kind should soon follow. "All but Hoppy Toad," replied Bisurated Magnesia is not a laxative, Johnny Grasshopper but just as he is harmless, pleasant and easy to finished speaking in hopped Hoppy

take and can be obtained from any Toad. "Well, Hoppy Toad, I'm glad you local druggist. Don't confuse Bisurated Magnesia with other forms came," croaked Limmy Green Frog. of magnesia, milks, citrates, etc., but "for my story to-night deals with get it in the pure bisurated form your ancestors, and I'd hate to tell it (powder or tablets), especially pre- unless you were here to hear it."

"If it's about the first toads, it's a good tale," laughed Hoppy Toad, for from what my great-grandma told my mama they certainly must have been strange fellows!"

"Hurry up and tell us!" cried Miss Katydid and Cheery Cricket and Sadie Beetle in one voice, then everybody laughed, because none of them spoke in the same key, and it sounded dreadfully funny. "Well!" began Jimmy Green Frog,

clearing his throat, "Long before any of us came to dwell near the old mill pond there lived under the great rocks yonder a family of green frogs. Willy Green Frog was the oldest of ginning of the toad family," ended the Green Frog children, and be- Jimmy Green Frog. living. Mama Green Frog told Willy of us, for we're all hard workers Green Frog set up a terrible howi. has." You see, he didn't like to work be- "It certainly goes to show what

"In fact," croaked Jimmy Green for Willy Green Frog changed his Frog. "Willy Green Frog was so lazy idle way after he was banished into impression that the English women he'd rather eat his own clothes than the meadows," said Johnny Grass- were blest with one of the finest comget up and hang them up behind the hopper, "for you hop toads are cer-plexions in the world, says the Elec-door. Well, Daddy Green Frog at tainly a hard working tribe." trical Experimenter, but here comes last grew very angry and said Willy | Just then the moon rolled out a cable from London telling of the ONCE YOU START USING THE Green Frog would either have to from behind a cloud and the little popularity accorded to a new fad in work or stop eating. So Mama meadow folks, bidding Jimmy Green the English city—that of electrically Green Frog went around among her Frog and his water friends good-bye. neighbors and finally started a kindergarten out around the lily pads in the middle of the mill pond, Here every day she'd send Willy Green Frog to watch the baby fish, the baby

tadpoles and the little frogs who attended the school. "Willy Green Frog would sit for hours on a lily pad, pretending to be asleep, while the baby fish and baby frogs and tiny tadpoles would play around him. When he was quite sure no one was watching him Willy Green Frog would nip up a tadpole or a baby frog or a baby fish and Any Headache

swallow him whole, "Terrible!" exclaimed Hoppy Toad. "But I thought your story was about my people instead of your

Cured by Zutoo "So it is," laughed Jimmy Green Frog. "Please dont' interrupt me this way. Well, one day Mrs. Perch spied A brooder to keep young pigs on Willy Green Frog. Several of warm, heated by an ordinary hand her baby fish had disappeared, and lantern, is a Wisconsin farmer's in- she had grown suspicious of Willy Green Frog, and, sure enough, that

day she caught him in the very act hurried away across the meadows, of swallowing one of her babies. She Hoppy Toad leading the way. made a terrible scene and called all the folks who lived in the mill pond together, and right then and there Willy Green Frog was punished.

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"They took away his bright green coat and gave him an old, wrinkled, The war, of course, took a heavy toll gray suit, and banished him from the mill pond out into the dusty meadows, where he had to work for his world's flocks and herds from which "Well!" exclaimed Jimmy Green food, for there were no baby fish or our leather usually comes. The sea, family will move to some other place loric acid that may be in your stom- Frog, shaking the water from his frogs or tadpoles for him to swallow, however, holds an almost inexhaust- and in most cases the house is either ach and sweeten its food contents. bright green coat. "I see you're all and that's where hoppy toads came | the larger | burned or torn down and the land on from. Willy Green Frog was the be. aquatic creatures-whales, sharks, which it was built is abandoned for



"He'd Pretend to be Asleep."

Frog told Mama Green Frog it was scratching her ear with her long time Willy began to work for his claw. "He surely ought to be proud

good a lesson sometimes will do

A Breakfast Food In Granular Form Different from the ordinary prepared cereal in many ways. Grape:Nuts

is baked for twenty hours, has a very likeable, nut-like flevor, is particularly worth while because of its staunch, health building qualities.

Grape-Nuts needs no sugar power is applied to the forward pair, in 50c boxes by all dealers.

Leather From the Sea.

Everybody is painfully aware of the scarcity and high price of leather. of the leather production of the world, and in addition reduced the

fish, the sawfish and some others. There have, however, been difficulties in the way of utilizing these sources on any large scale for the production of leather suitable for general purposes. The shagreen or outer coating of the skin of the shark, for example (as well as those of the ray and of the dogfish), is a horny structure frequently so hard that it is difficult to grind it off; while grinding, if carried far enough to remove it entirely, results in partial destruction of the skin proper.

Necessity, however, has again proved the mother of invention, and chemical means have been devised by which this horny material may be successfully removed, while improvements in lining now permit that part of the process of tanning to be carskin. A further step has succeeded in removing the fishy odor which would otherwise remain in the finished product. In the circumstances cause he was the oldest, Daddy Green "Well," laughed Hoppy Toad, It is not surprising to learn that new stations for the treatment of these sea products are being established on the southern Atlantic shores of what his daddy had said, and Willy now. The best friend the gardener | the United States where many of the sea creatures abound.

A Permanent Blush. We have always been under the

tattooing a permanent complexion or blush on the face. The report goes on to say that the pallid and sallow faces of London women are being permanently brightened and given a rosy tint by expert tattooists, whose electric needle applications can be graduated to suit any physiognomy, and further, that the tattooists report they have never done such a you'll have lots of strength. thriving and profitable business among women as now.

through a flexible wire, while a small rubber tube leads through the needle die itself.

One of the newer French automo- health.