OSEPH A. YORK, well-known

Me., who says he feels twenty

years younger and has gained

sixteen pounds on four bottles of

Tanlac. Declares he can now eat

respected citizen of Portland, Maine.

and in all my life I have never run

"For the past two years I have been in a miserably run-down condi-

as I was too weak to look after any-

thing. I was nervous, worn-out, had

no appetite, and suffered most all the

time with indigestion. Some days I

would eat scarcely anything; in fact

as usual, and never felt better in my life. I am able to eat three hearty

meals a day and everything agrees with me perfectly. I eat anything I want and never feel a touch of indigestion. I never thought there was a

medicine that could do me so much good, and I am only too glad to have

the facts about my case given to

P. Chown and by the leading drug-

Rheumatic Pains

Quickly Eased By Penetrating Hamiln's Wizard Oil

Get it from druggists for 30 cents.

NUXATED

MASTER STRENGTH

ND BLOOD BUILDER

Prince George

In Centre of Shopping and Business District

250 ROOMS UROPEAN PLAN

in his business.

RON

trong, Sturdy

Men and

If not satisfied return the bottle and

gists in every town. -Advt.

Tanlac is sold in Kingston by A.

the public."

croup and colic.

get your money back.

all of twenty years younger.

"I am now sixty-nine years of age,

three square meals a day.

business man of Portland,

SCHOOL BRITISH WHIG

FIRST YEAR

WEDNESDAY, APRIL 28, 1920

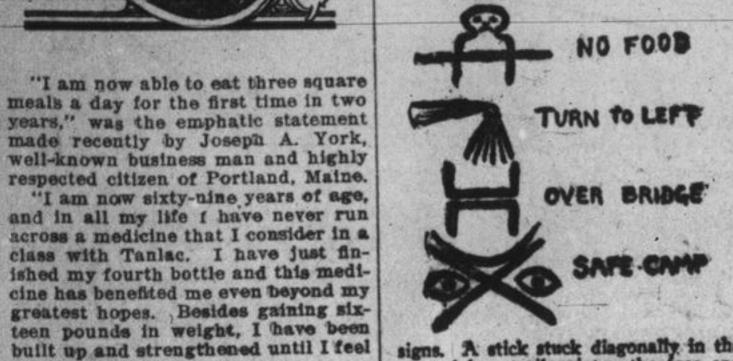
Woodcraft for Outdoor Boys and Girls

Your Woods Code

FRANCIS ROLT-WHEELER When a bunch of fellows starts out into the woods, they ought to know trail signs. There are a number of these, and no boy can use a better, manual than Dan Beard's book, re-

cently noted in these columns. But everybody can't know all the signs, nor are all of them necessary. So the gang ought to get together, pick out iwenty or thirty of the most important signs and learn these thoroughly. Then, if the last chap in camp has to go away for some reason, he can leave a message stating why. Or, on the trail, signs may be made for the fellows following.

There are half a dozen different groups of marks. There are the stick



signs. A stick stuck diagonally in the ground is a trail pointer, the free end showing the way. If an upright is near the free end of the stick, it means that camp is a long way ahead; if near the grounded end of the stick, it tells tion, and was compelled a short time ago to give up all idea of business that camp is near. With stones, a small stone on top of a larger one shows the trail; if with a third stone to right or left, it shows a turning. With a their heads down.

I was afraid to eat because I knew I would suffer afterward. Sometimes I had such severe cramping pains after eating that I would alger, three tied tufts of grass, three blaze marks on a tree, three smokes, three shots or a tripod. If a piece of bark hangs from the tripod it is a sign of sickness; if a piece of branch, with a ring of bark entirely removed, is hanging, it signifies starvation. Another sign for hunger, in chalk, is a man with a black dash across the stomach. An arrow shows direction, with a circle it means that a letter has been cached three paces away. Signs for rivers, woods, bridges, camps and the like are very useful. Use the recognized signs, and such trail talk becomes a valuable piece of woods knowledge.

in horses' mouths without being first warmed.

6. That it is cruel to keep twitching the reins while driving.

7. That when your horse is put in a strange stable you should always see that he is properly fed and watered, and in cold weather that his blanket is properly put on.

8. Always refuse to ride behind a poor looking horse.

9. Always speak kind to every dumb creature.—Edith Wood, sen. IV. class.

One grain of indigo is sufficient to affect the color of a ton of water. most die. My nerves were all unstrung and the least thing would worry me and I never could get a good night's sound sleep. In fact I just lost interest in everything and was greatly discouraged over my "The ordinary treatment failed to do me any good and as I had read so many statements from people I know here in Portland who had been benefited by Tanlac, I decided to give it a trial. And now I know for myself what it will do, for I have simply taken a new lease on life. am now able to look after my work

Three Minute Journeys

WHERE ONLY WOMEN DANCE TO

HONOR A BRIDE AND GROOM.

By Temple Manning.

length and breadth of "the dark con-

tinent" has said, you can find almost

anything in the heart of Africa. As an example, it is customary in almost

every land for guests to dance at a wedding, but in Africa—at least in Ufipa, near lake Tanganyka—only women dance at weddings, and what

The music by which the celebrants

be relieved at intervals during the

tree and a huge earthenware cook-

ing pot turned with its mouth to the

by scraping the legs of the stool

round and round on the pot. The

Close by the dancers prance, Mar-

ried women, young and old, and un-

married women as well, perform the

dance in honor of the invisible bride

and groom. The dance is unbeliev-

ably monotonous, yet every woman dances as though her life depended

upon her keeping going. But every

once in a while one of the dancers

drops out overcome by fatigue. They

rest a while and then they enter the

One of the strangest things is that

women dance with their babies tied

fast to their bodies by blankets over

their backs. And those little babies

don't seem inconvenienced by the mo-

tion of the dance. Perhaps the very

monotony of the step lulls the babies

much as if they were being rocked.

Up and down, round and round,

minute after minute, hour after hour

the whole livelong day they keep up

the dance, while the stool and the

earthenware pot scrape out their

Substitutes for Potatoes.

Parsnips; boiled, fried, creamed or

Parsnip Fritters:-Boll four of

five parsnips. When tender, remove

skin, mash fine; add one teaspoonful

wheat flour and beaten egg. Put a

tablespoon of beef dripping in pan over fire, and to it a salt-spoon of

spoon. When one side is a delicate

Serve on a hot dish after pouring

over cakes a little of the fat in which

-Committee on Household Econ-

brown, turn and brown the other.

When briling hot put in pars-

Make in small cakes with a

French Toast.

they were fried.

dance again.

music sounds like a rusty saw.

by a band of one, who, however, must or rope drive.

earth. The musician makes the music | machine.

quickly, drives out soreness, and lim- appear. But the guests continue the new type of aeroplane invented by picture at the top of the plane, is a

bers up stiff aching joints and muscles, observation of all the rites the Ufipa Franklin W. Lake, 361 Alfred street, double propellor—one propellor back

You will find almost daily uses for people accord marriage and the new- Kingston, Canada, and patented in of the other, capable of revolving at

it in cases of sudden mishaps or ac- ly wed. Chief among these rites is Canada (No. 183010) and in the the same time in different directions

A safe and harmless preparation a dance it is!
to relieve the pains of Rheumatism, After the bride and the bridegroom Sciatica, Lame Back and Lumbago is have safely passed through the cere-

Hamlin's Wizard Oil. It penetrates mony that makes them one they dis-

cidents such as sprains, bruises, cuts, the dance which lasts all day even

burns, bites and stings. Just as re-liable, too, for earache, toothache, "invisible" at the time.

Ever constipated or have sick head-ache? Just try Wizard Liver Whips, legged stool—which is made in one

As one who has travelled the

LETTER FROM UNCLE SI.

Dere Children: Ez i wuz sayin yistiday, them there examynashuns are purty bothersum. Now i cums to think uv the hi cost uv livin which most people is tokking bout nowdays. This heer There is only one sudden death tankerous noosance. I gives mi men. missus all the money i has in the world evry Sattiday night an tells her she can get along on thet er of Wales is composed of ex-service starve, an she genrally gets along all men. rite, bekoz wen she needs sum more money she tells me to get it or i'll

Victoria School.

Schools News. The boys of the different classes have organized an overall brigade. We hope to have fine weather, as thier. we want to have good baseball this

Some of the boys are starting to 25 years; a generation of flies covers talk of swimming .- Contributed. Jokes.

scholar)-"Who made you?" Ten-year-old-"Don't know." Teacher-"Don't know! You ten of age. years old and can't answer that ques-

swer it? Who made you, Willie? other aids to bring out its beauty. Willie (model scholar)-"God." Ten-year-old boy-"Oh! well; he ought'er know; he's only been made ern English railway engine have three years, and I've been made ten."

School News. The girls' yard is drying up fine, and we are all hoping it will continue fine weather, as we are anxious to start basketball. The Easter exams, start on April 27th.-Edith Wood.

Things to Remember. 1. Never to stick pins into butterflies and other insects. 2. Never to carry poultry with

grass sign, a bunch tied shows the trail, the tied part bent to right or left shows change of direction.

A fellow should always remember in winter.

A fellow should always remember that three of anything stands for dan-3. Never to throw stones at those 4. That it is kind to feed the birds

5. That bits should never be put ger, three tied tufts of grass, three in horses' mouths without being

United States (No. 1278358).

dance is weird indeed. It is supplied airships, to be driven by either shaft the propellors can be thrown to the

piece, hewn out of the trunk of a United States. These are valuable and he is assisted in landing, where thickness.

Wise Words of the World's Wise Men

is the way i beets thet there can- among women to every eight among

The household staff of the Prince

The river Amazon and its tributaries provide 50,000 miles of navigable

During last year, 197,233 people passed through the locks of the river Chames, London, in small boats. War food rations are said to account for people of England now-

adays living longer and being heal A human generation is counted as

seven or eight days. Of the total deaths registered dur-Teacher (to new ten-year-old ing a recent year in England, 12.9 per cent. were infants under one year

tion! Why, there's little Willie; he The pearl is the only precious gem is only three, and I know he can an- which does not require cutting or

> The driver and firemen of a modabout twenty-two separate levers and handles to attend to.



of the rays on the sun striking the surface. Overcome this difficulty, and the rest is easy.

For Boys to Make

A Water-Glass

GRANT M. HYDE

tomed boat, Uncle Bob, so that I could

watch the fishes under the water in

the lake. Do you suppose I could make a glass peek-hole in our boat?"
"I wouldn't advise you to try it. Un-

less you use very heavy and tough glass, which is hard to get, you'd run a good chance of smashing it. And, even then, I doubt if you're handy enough with tools to make a window

which wouldn't leak. That's a bit too

"There's another way to watch un-der-water life, though. Make a water-glass. The reason why you can't see

down into the water, when you sit in

a boat, is because water is a reflector

dangerous to try.

"I wish I could make a glass-bot-

Handicraft

"A water-glass is a long narrow box with a glass window in the lower end. To make it, use pine boards aboard 1/2 inch thick, four of them, 7 inches wide by 3 feet long. Plane the edges at an angle to make a mitred edges at an angle to make a mitred joint and fit some strips of cloth or rubber into the joints before you nail them together. They should be watertight. Then get a piece of glass 6½ inches square. This will give you room to drive in large-headed tacks around the edges of the glass to hold it in position. Make the glass end watertight by placing strips of surgeon's adhesive tape or plaster along the edges of the glass, lapping over both glass and wood. Then fill the joints in the wood with white lead, and give the whole a couple of coats of good paint to keep it from soaking up water.

"When you go out in your boat, you can stick the water-glass over the side, and leaning over, watch the fishes to your heart's content. Be sure to sit near the end of the boat to keep it from tipping over when you lean over the side."

"DANDERINE"

Stops Hair Coming Out:

Doubles Its Beauty.

A few cents buys "Danderine." Af-

ter an application of "Danderine" you

can not find a fallen hair or any dan-

is being landed with the top pro-

Mr. Lake has applications for

patents now pending for pontoon

boats and also for landing devices for

Interested parties will be given

further information on application to

Thomas Mills, 79 Clarence street,

An Artistic Mark of Gratitude.

It was probably just about 300

years ago that Antony van Dyck

painted the sketch on wood of St.

Martin sharing his cloak with a beggar, that has come to the Toledo

Museum of Art, as a gift to the Amer-

ican people by Charles Leon Cardon,

Belgian art critic and connoisseur, in

recognition of American assistance to

Belgium. The sketch is believed to have been made by the painter as

preliminary to painting the large al-

tar-piece in the Church of Saventham,

between Louvain and Brussels; and

the altar-piece is held to have been

painted in 1622 or 1623. How long

the sketch preceded the painting is

unknown, but it could hardly have been much earlier, and it now has an

additional interest in showing the minor changes that the famous

Dutch master made in his design

when he painted the altar-piece. He

worked out details of architecture

omitted in the sketch, changed the

subordinate figure of an Ethiopian in-

to that of a man wearing a metal-

casque, and otherwise modified his

eriginal conception. In 1910 the aketch was exhibited in juxtaposition

with the Saventham altar-piece at

the Brussels Universal Exposition,

and halberdiers in ancient costume

guarded the two treasures. Now an

ocean separates them, and the beau-

tiful and brilliant panel testifies in

an American city to the gratitude of

Belgium for help in an heur of need

that nobody at the Brussels exposition seriously imagined could be so

The ivy is the ancient badge of the

and a contraction of the state of the state

use on the water.

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PURINA Scratch Feed — PURINA Chowder — PUR-INA Chiek Feed Sold in checker-board bags only Guaranteed produce mor eggs than any other feeds. Ask for PURINABOOKS.

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ders. Shipments made same day received and at market prices.

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stitute for milk

for calves.

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be pleasing to the taste but more than that have them building foods.

will delight your palate and through nourishment.



Try Grape=Nuts at breakfast-It's worth while.

give you healthful strength

A NEW TYPE OF AEROPLANE

The above picture represents a main propellor, shown in the above

Mr. Lake holds two previous control that he can direct these pro-

patents in Canada and one in the pellors to pull either at an angle or United States covering other types of straight ahead. In making a descent

The first two inventions are pro- cient speed to allow the machine to

inventions and cover machines hav- he will, by the two auxiliary propel-

ing twin propellors on the top of the lors on the face of the frame (see

The reader is reminded that the either forward or backward while it

-on one shaft. The pilot has such

top of the machine, and given suffi-

tected by Patents Nos. 180758-759 in alight at the will of the pilot without druff, besides every hair shows new

Canada and by No. 1278358 in the a prepared runway or landing place, life, vigor, brightness, more color and

above) that will drive the machine

Let your choice of foods

Grape:Nuts



Among cereals,



There's a Reason"

Made by Canadian Postum Cereal Co., Ltd. Winsor, Ont.

When a man seeks notoriety he The too sweet, amiable man in pubusually finds more than he can use lie is senerally a surly bear in his