

MOTHER SUPERIOR OF ROSARY HILL HOME

Tells How Vinol Restores Strength and Vitality to Weak, Run-Down, Nervous People

She says: "For eighteen years I have been at work among the sick and poor and have used VINOL for weak, run-down, emaciated people with excellent results. One young woman when she came to me was so weak she could hardly creep to my door, and so changed in a month by taking VINOL I hardly recognized her, she had improved so much. I cannot recommend VINOL too highly for such conditions. These words are uttered from my heart in order that more people may know about VINOL."

Such testimony as this should convince every one of the value of VINOL. The reason it is so successful in such cases is because it contains the tissue building and medicinal elements of cod's livers, without oil, aided by the blood making, tissue building and strength creating properties of tonic iron, beef peptone and hypophosphites. It creates hearty appetite, aids digestion, enriches the blood, with thousands of red blood corpuscles and in this natural manner imparts health, strength and vitality to every organ, muscle and tissue of the body. Why not try VINOL on your druggist's guarantee?

TOO LATE

Death only a matter of short time. Don't wait until pains and aches become incurable diseases. Avoid painful consequences by taking

GOLD MEDAL MARBLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles—the National Remedy of Holland since 1866. Guaranteed. All druggists, 50c a box. Look for the name Gold Medal on every box and accept no imitation.

CUTICURA HEALS RASH ON CHILD

On Body and Face. Red and Itchy. Cried For Hours. Lasted a Year.

"A rash started all over my little girl's body, and she had some on her face. It started in a pimply that was full of water, and it got red and itchy. She cried for hours. This trouble lasted a year. Then I started with a free sample of Cuticura Soap and Ointment. I bought more, and I used four cakes of soap and three boxes of Ointment which healed her." (Signed) Mrs. Dora Langley, 1032 Gertrude St., Verdun, Que., August 11, 1915.

BE SUSPICIOUS OF TENDER GUMS

Be suspicious of any tenderness or bleeding of the gums. This is usually the first stage of Pyorrhoea—an insidious disease of the gums that destroys the teeth and undermines bodily health. Gradually the gums become spongy. They inflame, then shrink, thus exposing the unenameled tooth-base to the ravages of decay. Tiny openings in the gums form gateways for disease germs to enter the system. Medical science has traced many ills to these infecting germs in the gums weakened by Pyorrhoea. They are now known to be a frequent cause of indigestion, anemia, rheumatism and other serious conditions. So watch carefully for that first tenderness or bleeding of the gums. Try Forhan's immediately. It positively prevents Pyorrhoea (Riggs' Disease) if used in time and used consistently. And in preventing Pyorrhoea—it guards against other ills. Forhan's (For the Gums) cleans teeth scientifically as well. Brush your teeth with it. It keeps the teeth white and clean. If gum-shrinkage has already set in, start using Forhan's and consult a dentist immediately for special treatment. 35c and 60c tubes in Canada and U.S. If your druggist cannot supply you, send price to us direct and we will mail them postpaid.

FORHAN'S LTD. Montreal Forhan's FOR THE GUMS

Young Citizens' Adventures



Hunting Eye Meets Sleuth

"Please," said Hunting Eye, as he walked up to a policeman on the corner, "are you the man who finds out if people are good?" The policeman smiled. "Well, in a way," he answered, "I find them out if they're bad, that's sure. Why?" "I saw a man creep into the camp box, near by," said the Indian boy, and he went on to tell how he had seen this rough fellow, with a knife at his belt, swim ashore from a ship. The policeman went to a telephone box, near by, and sent a message. Presently a couple of men came in answer to the call. "This is a Secret Service Man, Hunting Eye," the policeman explained. "He's really a different sort of police-



man, with the whole United States in his care."

Hunting Eye looked at the Secret Service Man and decided that he was a real chief, so he told the story again, and led the way to the house where he had seen the stranger. No one answered the bell, so the first of the two men broke the door in and rushed up. Hunting Eye would have liked to have gone in, too, but was told to stay behind. Presently he heard shots, and a few minutes later the Secret Service man came down, with the rough-looking man a captive. "You've done a good piece of work," said the captor, "when we searched the man, we found plans in his pocket for blowing up some important government factories. He is one of those bad fellows who doesn't believe in any kind of government." "Are you going to kill him?" asked Hunting Eye. "Not as bad as that," answered the Secret Service man, "no, we'll deport him, just send him back to the country from which he came. We don't want his kind on this side of the Atlantic." (Tomorrow—Camouflage in the Woods.)

And the lullaby is responsible for many a kid-napping. Many a great hope is erected on a small foundation.

From The Countryside

FRONTENAC

VERONA. May 14.—The fine weather is greatly aiding the farmers and gardeners in their work. Arbor day was well spent at the school giving it a general clean up. Charles Dayey has started to build his new house on Depot street, also Dr. Geddis' on Main street. A quiet wedding took place at the Free Methodist parsonage, Tuesday evening, when Miss Leona Babcock was united in marriage to Hawley Bush, the bride and groom were assisted by Miss Nettie Cowdy and Mrs. Ira Snyder. Clarence Grant is on the sick list. Miss Rhoda Ball and Miss Mable Veley, Kingston, spent Sunday at their home here. Mrs. Daniel Bush, Godfrey, spent Sunday with her parents Mr. and Mrs. Charles Babcock. Born to Mr. and Mrs. Oscar Veley, a son. Mr. and Mrs. Alexander Curl, Moscow, called on friends here on Sunday last.

PARHAM.

May 14.—The funeral of the late Mrs. H. C. Brown was held in the church on Tuesday afternoon. Rev. J. D. Ellis, of Kingston, and Rev. A. W. Stewart, of Harrowsmith, conducted the services. The remains were placed in the vault. Her husband, one son, and three daughters survive. J. A. Goodfellow has purchased A. McLeod's residence in the village. Mrs. J. Howes and Mrs. F. Harris, of Tichborne, at J. A. Goodfellow's. John Lowrey has sold his house and lot in Mill street to E. Hannah. Mr. and Mrs. Parr have returned to Toronto, after attending the funeral of Mrs. Brown. Mrs. P. Ritchie returned to the city. Mrs. D. Drew is at Ross House. J. N. Smith, William Clow and T. A. Wagar are attending the district meeting of the I.O.O.F. in Kingston. Mr. and Mrs. H. S. Wagar, of Long Lake, at J. N. Smith's. Mrs. Frank Wagar at Tichborne. Miss Hudson has returned to Smith's Falls.

LEEDS

JONES FALLS. May 13.—The farmers are seeding and planting, and report the land in good working condition. A great many in this vicinity are beginning to get uneasy about their seed potatoes.

SCHOOL BRITISH WHIG

TUESDAY, MAY 18, 1920. NO. 120.

LETTER FROM UNCLE SI.

Letter From Aunt Miranda. Dere-children, Sum fokes is jist natcherly mean an spiteful. Talk that man Si Perkins which by cool misfortune I am obliged to call mi husband. Now sith he knit much worse than the average run of men, a lot better than sum i coud name, what does he up an do but raffe a letter to you children soter littin at mi remarks the nite before. Thet there kind uv dunky-doodlin must stop, an into he bargain, it must stop at once. Wen that there Si cums in from pertontdin he's workin I'll give him a peuce uv mi mind, an it wont be no bordin-house peuce neether. I'll hev him to understand that no poor, miserable crawlin speymen uv a mere man can tramp on the rites er the toes uv the poor downtrodden, hardworked an unacquainin women. Time an agin I hev told that man thet he shoob seed an not heed, jist like the stachoo uv Napoleon which I seed once. Course Napoleon aint neer as fat ez quiet ez Napoleon, an I wish he was.

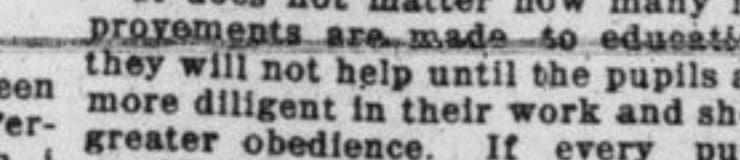
Macondal School.

A Fire. Hark! What is it? It is the mingled clamour of bells, horses' feet and rumbling wheels. Around the corner came the fire reels, drawn by powerful white horses. There was a hose wagon, hook and ladder and steam pump. Many people followed the reel, all bent on the excitement of a fire. Turning a corner, we saw volumes of smoke pouring from the rear of a large wholesale warehouse. The firemen in rubber apparel were scurrying toward the building with ladders, poles and axes, while others were busy with the manipulation of hose lines. Hoses were soon smashed in the wall, and water was pouring on the fire, which made clouds of steam. As the fire was at the water's edge, additional water pressure was obtained.

Frontenac School.

How Education Could Be Improved. Most children think that going to school is a hardship, and do not realize that education is a gift, and that it is the only thing that will help them in after life to attain good positions. There might be a few ways in which education could be improved, such as the following: If children were constantly reminded of the good results that education will bring to them in after years they would, I think, work harder with their studies, and in this way it would help both children and teachers. Miss Skilling, of Toronto, had a plan worth while about a Grafonia. A Grafonia in each school would count for writing, physical exercises, tonic so-fa, etc., and the teachers would be free to walk around the room examining the work. If the parents of the scholars would inquire of the teacher how they are getting along and inquire if

For Girls to Make



A Butterfly Luncheon. Do you want to entertain the girls in your class before school closes? Is your best friend with you for a visit, and do you plan to give a luncheon for her? Then have the daintiest possible table decorations, which means that you will make them with your own hands. A roll of crepe paper stamped with butterflies in all their colors of garden and field is your material. It may be found in your stationer's shop. Cut out the butterflies, a whole flock of them, and mount them, two of them, back to back, on this white paper, pressing them under a weight to keep their shape. Suspend them from the lighting fixtures by silk threads to match their coloring. These threads should be of varying lengths, so that the butterflies will seem poised in the air and will move with every breath.

Macondal School.

On a sudden the chief snapped out a command for the firefighters to leave the building; they were out none too soon, as the roof gave in with a rendering crash. After this the fire was soon under control and in an hour was out. From the time of the alarm to the time of the putting out of the last spark it was four hours. No lives were lost, but thousands of dollars' damage was done.—Gordon Davies.

A Rainy Day.

The rain has been falling for a whole week. The streets are full of mud and puddles, and the water is making a slow course to the drains. Cars and wagon wheels splash through these puddles, and the water splashes up around them like small fountains. Birds have taken refuge in old barns, sheds and hay lofts. Cats or dogs do not venture out in the rain, but go to sleep on the rug in front of the fireplace or stoves. When people go out they are wrapped up in rain hats an rain coats, and wear rubber boots. Soaking umbrellas, carried by people who are wet an miserable, and a few dismal-looking horses and wagons are the only things on the streets. Children stand at the windows or sit beside the fire, looking to the rain splash upon the windows, and wishing that the rain would abate and wondering if the sun will ever shine again through those dark, threatening clouds which have shut out its warm rays for one whole week. The rain has been falling all this week, which makes the school room yard very muddy and full of puddles. Along the fence which separates the school yard is a line of snow splashed with mud, that the sun rays have not been strong enough to melt. This gives the fence a very dirty appearance.—Jessie Shepherd.

Domestic Service in Australia.

If a campaign begun by Sydney women bears the expected fruit, domestic servants in Australia will be termed "household assistants," and they will have a new working standard, with hours not exceeding nine and a half, and a minimum wage for adult general workers of £1 a week. The gathering of women in the Sydney Town Hall emphasized the necessity for sweeping aside class snobbery for sweeping aside class snobbery and the chairwoman voiced the feeling of the meeting when she said: "Unless we have the dignity of labor practically established as a social axiom, there will continue to be this distaste for domestic work." The movement is extending to Melbourne, and as it represents the opinion of a large section of employers as well as of employees, a new era is possible in domestic service.

Jewish Soldiers.

Dr. Max Nordau told the English Zionists Federation in London the other day that in the world as a whole Jews had furnished 900,000 soldiers to the various armies. This, he said, was about 7 per cent of the whole number of Jews, a proportion equalled by few and surpassed only, he believed, by the French. The Jew had lost 30,000 dead and about 200,000 casualties. But what had the Jews fought for? Even in the advanced and highly civilized countries of the west, he continued, a huge wave of anti-Semitism was welling up; in the new countries that had arisen in the east the most criminal passions were let loose against the Jews. In this dark picture there was one bright spot, the British declaration in favor of a Jewish National Home in Palestine.

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Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proved.

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