TORONTO WOMAN HAS GAINED 30 POUNDS

Tried for Ten Years to Find Health Without Success—Troubles Overcome by Taking Tanlac.

"I have changed so much for the better than when my friends meet me on the street they don't know me, and no wonder for I have gained thirty-five pounds in weight," was the remarkable statement made by Mrs. Davies, of 55 Beaty avenue, Toronto, recently.

"I was a sick woman for ten years," she continued. "My ill health was caused by overwork and then a severe shock which shattered my nervous system and I had a complete breakdown. I was in the hospital for a year and when I came out I wasn't very much better. I had headaches that nearly drove me out of my mind, and all the sleep I ever got was after I was completely exhausted. I was as weak as a baby and went down from one hundred and thirty-eight pounds to a hundred and six. I was so pitiably pale and thin that you wouldn't have recognized me for the strong, healthy woman I used to be.

"It was my husband who persuaded me to give Tanlac a trial. He read of a case in the papers which almost described my own and he was convinced that it would help me. That was just before Christmas, and that bottle of Tanlac was the best Christmas present I ever had, for it was the turning point of my illness. The first thing it did was to make me sleep better, and soon my appetite improved, and I began to eat as I had not done for years. My whole condition steadily improved and I gained in strength and weight rapidly. I now weigh one hundred and thirty-six pounds so that I have gained thirty pounds and really I feel fine. For ten years I have been trying to find something to restore my health, so you can imagine how thankful I am for what Tanlac has done for me."

Tanlac is sold in Kingston by A. P. Chown and by the leading druggists in every town. —Advt.

COMB SAGE TEA INTO GRAY HAIR

Darkens Beautifully and Restores Its Natural Color and Lustre At Once.

Common garden sage brewed into a heavy tea, with sulphur and alcohol added, will turn gray, streaked and faded hair beautifully dark and luxuriant. Mixing the Sage Tea and Sulphur recipe at home, though, is troublesome. An easier way is to get the ready-to-use preparation improved by the addition of other ingredients a large bottle, at little cost, at drug stores, known as "Wyeth's Sage and Sulphur Compound," thus avoiding a lot of muss.

While gray, faded hair is not sinful, we all desire to retain our youthful appearance and attractiveness. By darkening your hair with Wyeth's Sage and Sulphur Compound, no one can tell, because it does it so naturally, so evenly. You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning all gray hairs have disappeared. After another application or two your hair becomes beautifully dark, glossy, soft and luxuriant and you appear years younger.

RUN DOWN, PALE AND WEAK, NERVOUS AND TIRED ?

"Vital" Tablets

THE GREAT FRENCH TONIC WILL BUILD YOU UP.

How many people to-day are putting in an existence, far different from nature intended. Disease of one sort or another is lurking in the system, sapping the very life itself. One cannot enjoy life. The French have come to the rescue of all such persons. In VITAL Tablets are all the essentials to make you healthy and strong. You have no appetite, your food does not agree with you, your nerves are all on an edge, why? Because the very part of your body that needs to be kept in a strong, healthy condition, is gradually getting weaker, rather than stronger. You must build yourself up. You must fortify your body. Once your body is strong, it will throw off the disease. The question is, what should one take to do this? The makers of VITAL Tablets will sell them under a guarantee. If they do not build you up, you can have your money back. Build yourself up, and away goes every disease. VITAL Tablets are a wonderful reconstructive remedy, known to science. Go to your druggist and procure a box of VITAL Tablets. See for yourself. Price fifty cents per box, at all drug stores.

Neuralgic Pains

Give Way to Soothing Hamlin's Wizard Oil

Hamlin's Wizard Oil is a safe and effective treatment for headache and neuralgia. Rubbed in where the pain is, it acts as a tonic to the tortured nerves and almost invariably brings quick relief.

Its healing, antiseptic qualities can always be relied upon to prevent infection, or other serious results, from sprains, bruises, cuts, burns, bites and stings. Just as good, too, for sore feet, stiff neck, frost bites, cold sores and canker sores.

Get it from druggists for 30 cents. If not satisfied return the bottle and get your money back.

Ever constipated or have sick headache? Just try Wizard Liver Whips, pleasant little pink pills, 30 cents. Guaranteed.

Cuticura Talcum
Fascinatingly Fragrant
Always Healthful
Sold throughout Canada. Talcum, 25c. each. Sold everywhere. Can. Depot: Lymans, Limited, St. Paul St., Montreal.

SCHOOL BRITISH WHIG

FIRST YEAR — WEDNESDAY, MAY, 19, 1920. — NO. 121.

For Boys to Make Handicraft

Two-Story Rabbit Hutch

GRANT M. HYDE

"Mother says she won't let me have rabbits this summer, because their pen messes up the yard. Can you tell me, Uncle Bob, how to build a rabbit house that will look nice? Then she won't mind."

"I think so. It will be different from any rabbit house I ever saw, but it will come out all right. If you paint it and keep it clean, your mother will not object to it.

"Get a fairly large and flat dry-goods box—about 36x72x16 inches. Lay it flat on its best side and fasten cleats for legs to keep it off the ground. Then, on each of the four faces, draw lines four inches from each edge for panels, and saw out these panels with a key-hole saw. Tack fine-woven chicken wire over these holes, on the inside. One long side can be made into a door,

by fastening strap hinges to the bottom edge, tacking upright cleats at the ends of the panel, and drawing out the original nails so that the side will open downward on its hinges. This is the first floor.

"The second story is the original top of the box. Cut a hole 18x6 inches on one side 10 inches from one end, and fasten a long slanting board to the lower floor for a staircase. Then cut—out of other boards—two end pieces shaped like the gable ends of a gambrel roof house. Cut panels in them, too, and cover with chicken wire. Toe-nail them securely in place. Four ½-inch pine boards form the roof, and three of these should be nailed fast, the fourth left loose for a door to clean the second story. Put strap fastenings on these. In some neighborhoods good padlocks might be advisable. Living in town, as you do, better nail stout mosquito netting over the whole affair, bottom, sides and roof, just as you would have to do if in the country, where weasels might be common. The house, thus finished and painted, gives a large airy living room downstairs and a cozy rabbit dormitory overhead."

(Tomorrow — The Girl Who Thought Twice.)

LETTER FROM UNCLE SI.

Dere Childern,

Ez I wuz sayin yistiday, sum peeple wuz born tokkin an others has jist sorter accoomalated the habbit. Me an Mirandy hed an argyment bout how to spell thet there habbit. I sez thet thur is too bees in rabbit so thur must be too bees in habbit. She sez thet I am a good-fer-nothin grouch an I tells her thet grouch an growl is always married an got the last word since the minister maid us one an a haff. Wal, Mirandy is sorter hetup, over thet letter I sent tokking bout her letter. She thinks I hed a lot uv nerve, sez thet I am a uneddicated old fool an a lot thet I'd be ashamed to tell on the wife uv mi declinin yeers. Why she used langwidge thet wood skair a mule-skinner let alone a meek an gentel little lam like,

yurs trooly,
—UNCLE SI.

Victoria School.

Dear Uncle Si:

Basketball will be starting next week. The baskets and everything are all ready for us. You can come any time next week and watch us play. But be sure and let us know that you are there.

Did you go and see the baseball match Monday night? You must have done some skipping if you skipped until they coundn't turn it any more.

Yours truly,
Pansy Woods,
Jr. IV. Class.

Note—Uncle Si would much appreciate more letters.

School News.

On Friday morning at ten-thirty the cadet corps of Victoria school will be inspected by Col. Gillespie. At the same ceremony Arthur Andrews will be presented with the gold medal for first prize in the shooting contests which were held recently.

Pupils and their parents are asked not to forget the concert to be given in Grant Hall next Friday.

The girls' basketball teams are now well under way, and everything is expected to be in full swing by next week.

Needless to say, the boys are fully occupied with baseball and more of it outside school hours.—Contributed.

More Tragedies.

He rang the door bell at three in the morning to see if his wife was awake.

She was.

He lit a cigarette in the office to see if the boss would kick.

He did.

He put his finger across the terminals of an electric switch to see if the current would run.

It ran.

He jumped off a ten-storey to prove that gravity was a fake.

It wasn't.

He jumped in the lake to see if he could breathe water.

He couldn't.

He walked into an insane asylum to find out if he was crazy.

He was.

Wise Words of the World's Wise Men

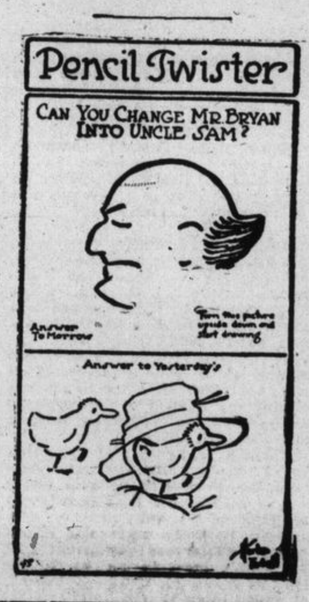
A "true-blue" is a thoroughly reliable good fellow, blue being regarded as the color or emblem of constancy, but whether in reference to the blue of sky or sea, or the fastness of some dye, is unknown.

In a ton of water from the Atlantic there are 31 pounds of salt as against 187 pounds in the same quantity from the Dead sea.

Water is used in Oregon to transport fine coal through pipes, and a blast of air is used to load hay in freight cars. The hay is drawn up to a deck or float beside the car to be loaded, a crane then lifts the hay to this platform, and a blower, driven by a gasoline engine, hurls the hay forcibly into the car.

In the early days of its history the earth grew rapidly by the addition of meteoric matter. It is still growing in the same manner, though scarcely to an appreciable extent, for the mass of meteoric matter added yearly is reckoned to be only 20,000 tons. In the course of ages the larger planets have swept up practically all the fragments of the original disruption, and the only available source of supply of meteoric matter seems to be that brought by comets.

Pencil Twister



Woodcraft for Outdoor Boys and Girls

Camouflage in the Woods

FRANCIS BOLT-WHEELER

Of course you've read Kipling's "Just So Stories." If you haven't, get busy! And if you have, you'll have read "How the Leopard Got His Spots."

The point is that there's a lot of good woodcraft in that story. All the woods folk fit into their backgrounds. Watch, and you'll see!

Khaki has been found to be the color least visible at a distance, and how many of the woods folks are brown? If you don't really look hard, of course, you won't see. Why? Simply because, though the creatures are there, you don't see them. They're camouflaged.

Good observers have said that if you go silently into any place in the deep woods, and keep perfectly still, by and by you'll see one creature, and then another, until maybe half a dozen are right near you. You didn't see them at all, at first, they seem to grow out of the woods like a puzzle picture.

Sometimes even the most striking colors are the hardest to see.

Try it. Take a piece of grey-green paper and pin on it a butterfly cut out of paper, solid color. You can see that butterfly a block away. Now take that same paper butterfly, scollop his wings, and give him big white spots and shades of blue. Near at hand he looks twice as conspicuous. Pin him on the paper. Twenty yards away you can't see him at all.

Now, try the trick yourself. A girl who wants to see the wild-folk should put on a light green frock, a little hat with flowers and stay quite still in shrubbery that is not too dense. Don't hide. If you fit into the background, you'll be really concealed. And you might see a fawn stroll by, prettiest of all spring creatures in the woods.

(Tomorrow—Walking the Plank.)

An author is a queer animal. His tale grows out of his head.

High Steps on Street Cars

What can be the explanation of the new summer street cars?

They are evidently not constructed for the use of children, as they can only scale their dizzy heights by climbing the steps on their hands and knees. They are evidently not constructed for the general use of women past middle life, for they have to be hauled up or rescued coming down—like women in a drowning accident or a house on fire. True, the conductors are willing and muscular rescuers, but quite a few women are averse to being gripped or pushed every day—without any excitment of a drowning or a fire—by even the most kindly rescuers.

The street cars are as obviously not intended for holiday making, for a crowd on the side ladders would make for calamity. Street car traffic under normal conditions leads to the belief that women and children are much in the majority among the passengers and, therefore, one would naturally think they would be considered in the construction of a vehicle of traffic which ought at one and the same time to accommodate the bulk of traffic and produce revenue. It may, of course, have been an irony on the narrow skirts of some of the young ladies, for it would be interesting to see how they could negotiate the climb!

It may possibly have been due to some enthusiast on athletics—who instituted this type of street car as a means of training in agility. He must have been a Spartan indeed who would seek to do away with the women past middle age, even in the interest of physical development of the younger members of the community!

After all, ladies, the men do not take us very seriously, vote or no vote, but it is strange that they would forego revenue on an investment.

Elected Methodist Bishop.

Des Moines, May 19.—Dr. Ernest G. Richardson, Brooklyn, was elected a bishop of the Methodist Episcopal church on the ballot taken Saturday evening, it was announced at the general conference.

Love may bubble over, but hate is apt to slop over.

Canada's Imports From Germany.

Ottawa, May 19. — The total amount of imports from Germany and Austria during 1919 was less than a quarter of the total amount of these imports during the first three months of 1920. During the year 1919 goods to the value of $14,041 were imported from Germany, and to the value of $779 from Austria. During the first three months of 1920 Canada imported goods to the value of $30,223 from Germany, and to the value of $48,944 from Austria.

The more we need advice the less likely are we to appreciate the kind we get.

When a minister makes a mistake we forget all about the mantle of charity.

WHEN THE MERMAIDS CALL : : : : : : : : : : By Juanita Hamel

Comes a time when the sun shines bright upon the yellow beach sands and the white-capped waves roll in—in lazy succession, one upon another. The sea-gulls detach their shining whiteness from the blue of the sky to dip in the blue of the salt sea water and out of that azure which is sky and water there comes the call of the mermaids. It is the call of the sea. And maidens fair, who sit on the yellow sands, need no second invitation to plunge in the deep blue surf. It is for them to rival the mermaid at her own sport.

Beaver Board

Red or White Cedar Shingles.

It will pay you to see our stock of Shingles before buying elsewhere. Always a good stock of Rough and Dressed Lumber

Allan Lumber Co.

Phone 1042. : : : : Victoria Street

To Keep Her Smiling

Put MAXOTIRES in those weak Tires and avoid blow-outs. Another big shipment on the way. Order now and avoid delay.

STANDARD VULCANIZING COMPANY
284 Ontario St. Res. 104 Queen Street.
A. NEAL, Manager

HOLD FAST TO HEALTH

With The Mighty Strength-Giving Power of NUXATED IRON

Nothing slips away so easily as HEALTH. Unless YOU hold fast to HEALTH by your own efforts—by keeping your blood pure, red and rich in iron—the day may come when all you can do is to WISH you had acted sooner. Nuxated Iron helps strengthen the nerves, restore wasted tissue and build red blood, strength and endurance. Over three million people use it annually. At all druggists.

FIRE, LIFE, ACCIDENT AND SICKNESS, PLATE GLASS AND AUTOMOBILE INSURANCE EFFECTED

High grade houses and lots for sale.

Victory and other bonds bought, sold or exchanged.

Telephone 703 J. O. HUTTON

67 Clarence Street, Kingston

When you Rise in the Morning

take a dose of

ENO'S FRUIT SALT

—for your health's sake. It's good for you. ENO'S FRUIT SALT is so pleasant to take, too. It prevents functional irregularities, corrects disorders of the liver and promotes good health.

ENO'S FRUIT SALT makes a cooling, sparkling drink—effervescent and refreshing. You can drink it at any time with benefit

Prepared only by
J.C. ENO, Ltd., "Fruit Salt" Works, LONDON, Eng.
Sole Agents for North America
HAROLD F. RITCHIE & CO. LIMITED
10 McCAUL STREET, TORONTO
(5)

Beware of Substitutes.

SPRING CLOTHES

OF THE FINER QUALITY

For Men And Young Men

SMART NEW MODELS IN SPRING SUITS AND TOP COATS

$25.00 to $50.00

(All prices between)
BEST WEARING CLOTHES VALUES
—at—

TWEDDELL'S

One Door Below Randolph Hotel.