

PALE ANAEMIC CHILDREN NEED VINOL

It Makes Puny, Thin, Ailing Children Strong, Robust and Rosy

Physicians Recommend It and Druggists Guarantee It

Rapidly growing children need a great deal of vitality. They not only grow fast but play hard and work hard at school and often are tired, thin, pale, worn and listless when they should be strong, robust and rosy.

If mothers could only realize how VINOL will build up strength for this, pale, delicate, ailing children, create a hearty appetite, sound flesh and muscle tissue, rich red blood, and make them strong, robust and rosy, they would not rest until they had started their little ones taking it.

It is the medicinal, body building extractives of fresh cod's livers, aided by beef peptone and tonic iron, three of the oldest and most successful tonics known to medicine, that act so quickly in VINOL, and you know what you are giving your little ones.

If VINOL fails to benefit them, your druggist will return your money.

SPRING CLOTHES

We are making to your measure suits of all varieties, from \$45.00 up. We also have a special price for those who have their own material.

M. YAMPOLSKY 353 PRINCESS STREET Phone 2119



BABY'S OWN SOAP

In the interest of your skin, insist on Baby's Own Soap. Cleansing—Healing—Fragrant.

FRESH SPRING VEGETABLES CHOICE GROCERIES

Prompt delivery. FRIENDSHIP'S 216 DIVISION STREET PHONE 548

BETTER DEAD

Life is a burden when the body is racked with pain. Everything worries and the victim becomes dependent and downhearted. To bring back the sunshine take

GOLD MEDAL BARLEN OIL

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, Sec. A. Van. Look for the name Gold Medal on every box and accept no imitation.

Cuticura SOAP

and Cuticura Ointment

The pre-cleaning, purifying and softening properties of this wonderful skin soap, using plenty of hot water and soap, best applied with the hands, which it softens wonderfully and the soothing and healing properties of Cuticura Ointment for redness and roughness, preventives and cures, if any, will prove a revelation to those who use them for the first time.

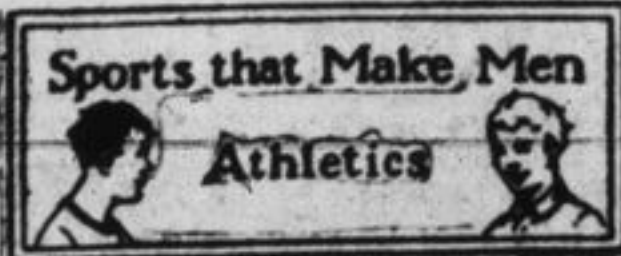
Send 10c for Cuticura Soap and Ointment. Cuticura, 1/2 lb. Box, 10c. Cuticura, 1/4 lb. Box, 5c. Cuticura, 1/8 lb. Box, 2c.

SCHOOL BRITISH WHIG

FIRST YEAR

THURSDAY, MAY, 20, 1920.

NO. 122



Sports that Make Men

Athletics

Walking the Plank

FRANCIS BOLT-WHEELER No, this isn't any pirate stuff. This is a game to test your nerves, your balance, and your good temper. You'll be surprised to find who's the best in your class at it, maybe a fellow you didn't expect at all.

Get four 12-foot 2x4 planks. Nail each two of them together at the ends, by cleats, nailing the cleats on the sides. That will make two long planks, 2 inches wide, and 36 feet long. Lay them on the ground, edgewise, leveling the ground exactly as you go. If the ground is very uneven, find some old one-inch boards, cut them into pieces a foot long and splice the 2x4 on these pieces, at right angles to the length of

the long plank. That will hold them solid, so they won't tip.

Start two fellows at one end of each plank at the same time. At the word "Go" let each try and get to the end of the plank as quickly as he can, with the only condition that he must not set foot to ground. He can wave his arms all he likes. For the second stunt in these Olympic games, walk the plank, each holding the toe of the other foot. A judge, on either side, will see that this is fairly done.

The sport can work into a dozen events. Imagine hopping the entire 36-foot length of a 2x4. The fellow who does this, without tipping over on one side or the other, is some frog! Or, for the very skilful, leap-frog, landing fair and square on the 2x4, will catch the best of them. Low hurdles can be put up, with a jump to negotiate. A plank made this way will provide as much fun on the athletic field as it will on the playground.

(Tomorrow—The Garden Doctor.)

taking care to keep the rows very straight.

Every evening I watered my garden and pulled out the weeds. These weeds seemed to spring up in the night because I seldom let a day pass without weeding my garden yet there was always a good crop of them waiting for me on my return.

The onions and lettuce were ready to use about the last of June. How proud I was to bring in the first of them to my mother.

About this time the tomato plants were beginning to bud. The leaves of the cabbage which I had transplanted about the same time were beginning to fold up and form a head. The cucumbers were just flowering, that is, little yellow blossoms were coming on them. These little blossoms soon withered but from them the cucumber developed.

My garden was a great success. I resolved that another year I should try to have even a better one. I had learned much in a year regarding the growth and care of these plants and had provided my home with fresh vegetables which we would not have had otherwise.

—Patricia Doran, Form I.

Lost In The Woods. Prudy was a girl about three years old. With her sister, Mary, and her mother, Prudy went to her grandma's for a visit. One day there was a picnic up in the pines to which the girls and their cousins were invited.

A girl named Ruth, who was going to the picnic, offered to take care of her as her cousins were not old enough. They all started off very happily, Ruth promising to take good care of Prudy.

They met their friends at the pines all ready to have a good time. Ruth took very good care of Prudy for about two hours, then Prudy chanced to get away with her two cousins, Horace and Gilbert. They liked her and therefore tried to mind her.

They travelled quite a distance away. Gilbert had some matches in his pocket and he wanted to make a fire. Horace gathered the sticks and Gilbert put a match to them. He pulled a parcel out of his pocket in which were three fish. He said, "If we can cook those for supper we will have great fun." Horace held them over the fire and they got all burned. While they were doing this Prudy strolled away. When they found she had gone, they became very much frightened.

They started on their journey to find her right away. A colored man who was around and who often visited the neighbors found Prudy. He picked her up and carried her to the place of the picnic. They found her hands and face all bruised and her dress torn. When Ruth saw her she was very glad and thanked the man a great many times. The boys returned after their long search, and were very sorry they had not taken better care of her, instead of watching the fire. It taught the boys a lesson and also made Ruth mind Prudy better afterwards.—Cecelia Burke, Form I N.D.C., Age 14 years.

Arthur and the Apples. One evening Arthur's father brought in from the orchard six beautiful rosy-cheeked apples, which he put on a plate and presented to Arthur. The son thanked his father for his kindness. Then said the father, "My son you must lay the apples aside for a few days, that they may become mellow."

Arthur cheerfully placed the plate on which the apples were on his mother's store-room. His father asked him to bring back the fruit. Then he laid on the plate with the others an apple, which, though it still had a rosy side was quite decayed saying: "Here is another for you, my son."

"The father said he knew they would be rotten but he wished to teach his son a lesson about choosing his companions and so took this plan. If he chose bad ones, like the apples, he too would become bad."

Long afterwards when Arthur was tempted to do wrong, he thought of the apples and resisted.—Edna Ryan, Form I.

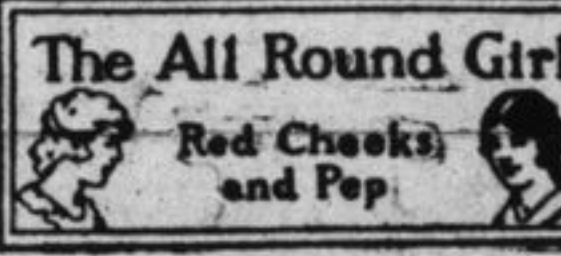
are very short of seed potatoes. Andrew Leeman has some ripe tomatoes; grown in their house this spring. The roads are very dusty, as there has been no rain for quite a while. Rain is badly needed now.

BRIEFS FROM MALLORYTOWN

Rev. C. J. Curtis Addressed the Members of the L.O.O.F. Mallorytown, May 17.—Mrs. W. B. Lanigan, Montreal, called on friends, Saturday. Major and Mrs. A. Stroud and children, Max and Betty, returned from Kingston on Thursday. Dr. J. L. Carroll, and Miss Jean Nicholson, made an official visit to the school on Friday. Master Murray Curtis, who has been spending a few days with Henry Brown and family, returned home on Saturday evening. C. J. and Mrs. Phillips, Escott, spent Saturday with Mr. and Mrs. M. C. Trickey. Rev. C. J. Curtis returned from Athens, Saturday. Miss Frances Judson, Brockville and Miss Eileen Fisher, Ottawa spent last Saturday with Mr. and Mrs. C. E. Mallory. Miss Margaret McNish, "Maple Grange," Lyn, is spending a couple of weeks with her sister, Mrs. Francis Collins. A sale, disposing of the property of the late Thomas A. Mallory, took place on Saturday.

The W.M.S. held a meeting at the parsonage on Wednesday evening, and the Ladies' Aid met at the church on Thursday night, when several important questions were discussed. C. W. and Mrs. Mallory, Kingston, spent the week-end in the village, the guests of relatives. Rev. C. J. Curtis delivered an eloquent address to the L.O.O.F. on Sunday, which was largely attended.

Rev. Dr. Tanner, Lancaster, occupied the pulpit of the Presbyterian church on Sunday evening, when he gave a very forceful and inspiring address on the duties of the Christian church at present, to the Presbyterian and Methodist congregations. Miss Bertha Chick, nurse-in-training at the General Hospital, Brockville, spent a day last week with her par-



The All Round Girl

Red Cheeks and Pep

She Thought Twice

MOLLIE PRUDY "Agnes was down town shopping with her mother. "Oh, Mother, look at that pretty girl!" she said. "That's the kind of hat I want!"

Mr. Morris gazed at the object of Agnes' admiration. "That's a horse on parade, Agnes, not a young lady."

"Oh, Mother, you're so old-fashioned!" "Nonsense, Agnes, you know I'm not old-fashioned. I like to see girls well dressed. Every girl owes it to herself and to the rest of the world to look as well as possible. But there is such a thing as being over-dressed. Just study that girl without prejudice."

"She would be much prettier if she wore a plain sailor hat, if her hair were dressed plainly, if she omitted that fur or some of those strings of beads, and the white-topped shoes. There is a high water mark on the back of her neck, and her white gloves are soiled. She would be stunning if the color of her clothes were more subdued. I can almost guess that her nails are dirty!"

"I never thought of it that way, Mother. I wonder if you're not right. Her heels are run down and the shoes look sloppy at the sides. Low-heeled sport shoes like mine would be better."

"Mr. Morris was not old-fashioned, the was talking up-to-date common sense. A sweet wholesome girl can look like a fright if she does not study and emphasize her good points and conceal her bad ones. The looking-glass does not do it for you. Think fully, you girls, who read this. Study yourself; do not admire yourself. Is your hair clean and glossy and arranged simply? Is every part of your body clean? Is your dress becoming to you—or to someone else? Are your feet as well-groomed as your hands? Your shoes, are they in good condition and shined? Are they hook-and-eye and button in place, or are you fastened together with pins? Are your gloves in order, or dowdy? It is up to you whether you are attractive or unpleasant to look upon."

(Tomorrow—Kitchen Chemistry.)

Pencil Twister

CAN YOU CHANGE THIS HORSE INTO A TURKISH LADY?



Answer to yesterday's "Pencil Twister" puzzle. The horse is a Turkish lady.

so round and smooth were rotten. "O father," cried Arthur, "did I not tell you that the decayed apple would spoil the good ones?"

The father said he knew they would be rotten but he wished to teach his son a lesson about choosing his companions and so took this plan. If he chose bad ones, like the apples, he too would become bad."

Long afterwards when Arthur was tempted to do wrong, he thought of the apples and resisted.—Edna Ryan, Form I.

The Government announces that about a million and a half dollars was due from farmers on December 31st last, for advances for seed grain.

The strike of journeymen bakers at Halifax ended on Wednesday when the employers granted the increase of twenty-five per cent.

Increases Your Weight, Restores Lost Strength, Prevents Illness

Every day come new converts to that great army of men and women who rejoice in new-found health that came to them through the use of that wonderful blood-renewing preparation called "FERROZONE."

Very simple how it acts. All you have to do is take two small chocolate-coated tablets with a sip of water at the close of each meal.

Ferrozone is a marvel. It contains just what thin blood lacks—lots of iron, but mark you, the kind of iron your blood is able to absorb. Ferrozone puts life and vim into the blood. Makes it rich, red and nourishing. Naturally the body is better fed and grows stronger day by day.

Of course digestion must be improved, and probably the stomach will require aid as well. Ferrozone serves the purpose admirably. Those who use it, enjoy appetite and digestive powers far beyond the ordinary. That tired feeling is replaced by the buoyant, joyous sensation of health and vigor. Day by day as your strength increases, you feel new energy surging through your veins, and know that a great tonic of great merit is at work.

No remedy more nourishing or uplifting, no treatment so sure to bring lasting health, good spirits and contentment. Ferrozone contains just what run-down folks need; it cures because it supplies more nutriment than you can get in any other way. 50c per box or six for \$2.50 at all dealers.

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 achievement on the way. Order now and avoid delay. STANDARD VULCA RUBBER COMPANY 284 Ontario St. Res. 104 Queen Street. A. NEAL, Manager

Greatest Little Motor Boat afloat. The many distinct advantages of the Disappearing Propeller Device has made Motor Boating a greater delight for man, woman and youth. Catalogue tells of fifteen features that make these craft most desirable. A. C. Knapp, Boat Builder AT LASALLE CAUSEWAY.

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

Parol The Oil of Human Kindness The Human Body Lubricant. No woman would think of running her sewing machine without oiling it regularly. No man would think of running his motor car without oiling it regularly. No stenographer would think of running her typewriter without oiling it regularly. No man would think of running the machinery in his factory without oiling it regularly. But how few of us oil the human body regularly! Yet, for the very same reason that you oil machinery—you should oil the human digestive organs—the bowels. The purest, most effective oil for this is Par-ol, the Human Body Lubricant. Par-ol is a highly refined petroleum oil of unvarying purity. It has a specific gravity of .865 to .870 at 15° Centigrade. One week's treatment should benefit you wonderfully. If you suffer from recurrent constipation it will banish it by removing the cause. Most druggists sell it. Don't accept a substitute—you'll be disappointed—Par-ol—that's the name. \$1.00 bottle is enough for a month's treatment.

The Par-ol Company H. G. WEST & CO., Distributors TORONTO 86 George Street ONTARIO 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 include) BEST WEARING CLOTHES VALUES —at— TWEDDELL'S One Door Below Randolph Hotel.



LETTER FROM AUNT MIRANDY.

Dere Childern, That there St Perkins has bin tokkin foolish agin but I aint goin to discuss it with him in public noo-papers. Enyways achuns speaks a lot louder than meer words as he noes to his sorrow. I seed a funny thing the other day. There was a party uv picknickers cum out to a grove neer the house here an started in to hev a mitey fine day uv it. Wal, the bunch was maid up sumthin like this. There was bout thirteen dozen kids to begin with. I spose I should say childern but I bin listenin so much to St callin them kids that I hev most forgot the langwidge entirely. Besides the youngsters there was three young men an three young women. The last member uv the party was an old lady uv bout sixty or seventy. Wal they was havin a fine time wen I sees Green's bull hed got into the same field, count uv that useless Ann Green leevin the gate open. Soon ex they said like this all round the fence ex fast' they kin go all but the old lady. Mr. Bull he sorter starts after them. Then that old lady picks up a little switch, cool ex you please, an starts fer that bull. Either he was scared or he hed sum respect fer old age, fer he gits out there fast. The old lady told the rest never to be scared uv a thing till you hed a good look at it.

yurs truly, —AUNT MIRANDY.

Notre Dame Convent.

My War Garden. When the great struggle between Germany and the Allies began the people of Canada tried by every means to aid their soldiers overseas. I wished to do something for them.

My first work in the garden was to measure off the plots. I made a little path along the sides of each and heap ed up the earth on each plot. Then I smoothed the bed for the onions and for the lettuce and marked off the rows. In these rows I planted the little onions and the lettuce seeds. I did not plant the radish and parsnips until the last of May because they are seeds which germinate quickly. In a space of a quarter of an acre I planted the two packages of radish seeds. Then I planted the parsnips

remains taken to Cataragui for interment.

At Bunker's Hill. Bunker's Hill, May 13.—The weather is dry and pasture is very short. The most of the spring work has been completed. Some of the people

NEURITIS

So many have Neuritis. Do you suffer from it? If you are a victim, try

Templeton's Rheumatic Capsules

Nothing else brings relief so quickly and so surely. Send for free sample to Templeton, Ltd King St. W., Toronto.

GROWING DEAF WITH HEAD-NOISES? TRY THIS

If you are growing hard of hearing and feel Catarrhal Deafness or if you have roaring, rumbling, hissing noises in your ears go to your druggist and get 1 ounce of Parmitin (double strength), and add to it 1/4 pint of hot water and a little granulated sugar. Take 1 tablespoonful four times a day.

This will often bring quick relief from the distressing head noises. Clogged nostrils should open, breathing become easy and the mucus stop dropping into the throat. It is easy to prepare, costs little and is pleasant to take. Anyone who is threatened with Catarrhal Deafness or who has head noises should give this prescription a trial.

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but what could I do? Then, as if in answer to my query came the cry, "Produce more and save more."

It was then I thought of cultivating a little plot which for years had been used as a lawn, and to raise a war garden.

My father and brothers agreed to share with me the work of my garden. They ploughed and cultivated the ground so that when the weather was warm enough my plot was in excellent condition.

Early in the spring I had bought two packages each of tomato and cabbage seeds. These I knew must be planted early for their growth is slow. I prepared small boxes of earth and set them in the sun. In one of these boxes I planted my cabbage seeds and in the others the tomato seeds. I planted the tomato seeds about two inches apart for these plants are very tender.

In about two weeks I could see my tomatoes and cabbage beginning to come up. I waited two more weeks before I transplanted them. When they were in boxes I kept them in the bright sun and watered them after the sun went down. This made them come up very quickly. About the last of May I lifted them very carefully and laid them in hills which I had made with the hoe in the garden.

After I planted the tomatoes I put up small sticks so the tomatoes could twine up around them. This was a great benefit to the tomato plant because it is weak and cannot support alone the heavy tomatoes.

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A girl gets mad if a young man tries to kiss her. And if he succeeds she gets mad, if he doesn't keep it up. Married men imagine that heaven lies to kiss her. And if he succeeds she gets mad, if he doesn't keep it up.