

"WE WOULDN'T BE WITHOUT TANLAC"

Mrs. McCurdy Says It Helped Her Whole Family Back to Health.

"Tanlac has done us all so much good that we look upon it as the family medicine, and I wouldn't be without it in the house now on any account," said Mrs. M. C. McCurdy, of 149 Stanley avenue, Hamilton, Ontario recently.

"I was in a very run-down condition a little while ago," she continued. "My stomach was so badly out of order, and I had such a very poor appetite I didn't care whether I ate anything or not, yet even a light meal would upset me. The food would lie in my stomach like a lump of lead, and cause me severe pains. My head ached at times fit to burst, and I had dreadful spells of dizziness. I fell off in weight until I only weighed a hundred and thirty pounds and always had a dull, heavy and tired feeling, so that the work of the house was too much for me, and I wanted to lie down all the time. My nerves were all on edge and even the slightest noise out of the ordinary would upset and irritate me.

"When I read of how Tanlac was helping so many people, I thought I would give it a trial. My appetite improved on the very first bottle, and from then on my general improvement was rapid. I soon found that I could digest whatever I ate and that my food seemed to be doing me good. As a matter of fact I haven't had any stomach trouble since, and have gained fully ten pounds in weight. I now feel strong and energetic, and really never felt better in my life.

"When my husband saw how much good Tanlac was doing me, he started taking it too, for he was feeling run down at the time, and it helped him quite as much as it did me. The whole family have used it, and it agrees with all of us. We think it is a wonderful medicine and that there's nothing as good as Tanlac."

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

GRAND TRUNK RAILWAY SYSTEM. A change of time will be made on SUNDAY, JUNE 27th, 1920. Standard time, not so-called Daylight Saving Time, will continue to be used for schedules of all trains on the Grand Trunk Railway System.

CP & OS TO EUROPE. From Quebec to Liverpool. July 5, Aug 4, Victoria; July 14, Aug 11, En France; July 28, Aug 23, Pr. F. Wm. Aug. 4, ...

JERSEY CLOTH FOR BLOUSES. Slip-Over With Peplum Said to Still Hold Prominent Place; Silks Desirable. Jersey cloth in silk, in one of the weaves that go by various names, is used increasingly for blouses.

THE SCHOOL CHILDREN'S PAGE

My Town Adventures

Keeping Flag Day. CAROLYN SHERWIN BAILEY. My Town doesn't pay a great deal of attention to holidays. Everyone is so busy with his or her own affairs that there is little time to do things together.



The Clan of North America

III. Camp Departments. FRANCIS ROLT-WHEELER. After a long consideration of various camp systems, and with the advice of two of the High School teachers, one of whom had served in the Canadian Army and the other in the United States Army, six departments were decided on for the Juventon Independent Camp, and hence six departmental heads must needs be elected.

Poor Farm, or wherever it is needed, and the Junior Red Cross boys and girls, and the Corn Club, and the Pig Club, and the Girls' Canning Club. How did they dress up? Why, it was as easy as easy. The Corn and Pig boys wore overalls and big straw hats. And didn't the girls look nice in gingham dresses, white aprons and caps, and carrying large tin spoons over their shoulders like guns!

The Camp Engineer was to lay out the site of the camp, direct the building, plan sanitary arrangements, supervise the water supply and look after the general hygiene of the Camp. The Camp Gardener was in charge of all the gardens, and, with the discretion of the Council, was entitled to demand such labor as was necessary for keeping up the food supply.

The Camp Steward was to buy all supplies, give them out to the kitchens, supervise the diet, and see that food was properly prepared, in ample quantity and good quality. The Camp Transportation Expert was to look after the moving of the tents, the hauling of the logs, and, after the establishment of Camp, the hauling of supplies and necessities.

A Motoring Story. Shades of Raleigh!—Cars were so closely packed on the bridge and its approaches that I worked a full ten minutes in reaching the far side. Then, just as I heaved a high sigh of relief and started ahead, a tall man deliberately stepped directly in front of me. Down he went, and the usual crowd began to gather as the traffic policeman, who had seen the whole affair, hurried over to give first aid.

Trapping Bears. Most wild animals, it appears, are stupid as well as greedy and obstinate. But for sheer brainless obstinacy in the face of opposition there is, the best authorities contend, no animal like the Himalaya bear. If he finds a thing in his way he will always push it aside, if he can, even, though it would be easier to go around the obstacle.

The wily natives of India have observed that trait in his character and from it have contrived a trap to catch him. They select a tree with a suitable horizontal bough. At a point on the bough about ten or twelve feet from the fork they fasten a bait likely to attract the bear—honey, for example, or goat's flesh. Then from another bough, above that one they suspend a heavy block of stone. The rope is so fastened to the upper bough that the stone hangs between the bait and the fork of the tree.

The Camp Treasurer was in charge of all funds, holding and disbursing of the money, and the keeping of an exact statement of the earnings and expenditures of the Camp. Who were to hold these posts? Competition was keen. (Tomorrow: The Camp Governors.)

A Turtle Earthquake. Before there was any land at all, when it was all sea, the Wyandots say, a Chief's daughter dropped from Sky-Land with two babies in her arms. She would have been drowned, but that she fell on the back of a Wild Swan.

"We must make an island," said he. So Big Turtle sent Otter, and Muskrat, and Beaver, and Old Toad, to swim to the bottom of the sea and bring up a few grains of sand and mud. This the animals spat out on Big Turtle's back, and it grew and grew until it became an island, and Chief's daughter stepped off Wild Swan to the island. All land was made that way.

Thin Girls. "Did you notice, Kathleen, that I'm growing thinner, almost too thin, now that the summer weather has begun, and I think it is that which makes me feel tired." "You ought to do like me, Evelyn. Every afternoon, directly after lunch, take a little sleep—not longer than an hour. Then go to the bathroom and take a very short spray of cool water, not cold. You will feel perfectly refreshed, and your body will gain daily in recuperating strength, so that you will cease losing weight. All thin and nervous girls ought to take a siesta every day, the whole summer long. Give a little amount of rest in the middle of the day, it will prove beneficial for your health, if taken regularly."

Daily Twelve-Syllable Rhyme. Finger nails Full of dirt? All your looks Will be hurt.

Nature Study. "The heavens declare the glory of God, and the firmament sheweth his handiwork." Psalms, 19th, 1st verse.

"You're My Prince Charming." "Last night!" laughed her neighbor. "Why my dear, foolish, little friend, it has been a long, long time since you crawled into bed. Your house has been covered with snow and rain several times since you bade me good-night. Winter has come and gone, and summer is here. So come out of this love nest and take a look at yourself. You'll never need your wooley coat again, too warm!"

Good Night Stories by Blanche Selous. THE AWAKENING OF MISS WOOLEY WORM. Mrs. Tree Toad smiled to herself and gently knocked on the door of the little cocoon cottage. "Rap-tap-tap!"

No one answered. Mrs. Tree Toad knocked again a wee bit louder. "Rap-tap-tap!" until the little cocoon cottage trembled on its twig. "Come, come, you sleepy head, wake up!" she called, rapping on the little door once more.

"Well," laughed the good-natured Tree Toad. "I'm neither charming nor am I a prince, but I'm glad to see that you're still alive. So you expected to die, did you?" "Yes," replied Miss Wooley Worm, fighting back the tears. "You see, ever since I was a tiny worm I've heard lovely tales about the charming prince who comes to awaken us—how he gives us each a pair of wings, and how happy our awakening would be. But, dear me, now I know that it was just a fairy tale, and I was foolish enough to believe it. Why, even you told me that yourself!"

"So I did!" croaked Mrs. Tree Toad with a merry twinkle in her bright eyes. "So I did. We'll just pretend that I'm Prince Charming, so come out into this glorious sunshine. Summer is here!" "Summer!" exclaimed the sleepy head. "Why, it feels cold and damp to me. We must have had a hard rain last night. My clothes feel so sticky and damp. Guess my house leaks, and I can't remember where I put my wooley coat when I crawled into bed last night."

Year After Year The same people eat Grape-Nuts and year by year new thousands become converted to the same good custom. Grape-Nuts is distinctive among prepared cereals, not only in form and flavor, but chiefly because of its surpassing food value. Grape-Nuts builds tissue for body and brain. In this food are preserved, in easily digested form, the concentrated nourishment of all the best that wheat and malted barley can provide. Trial shows a way to better health and sturdiness. There is no better breakfast food than Grape-Nuts "There's a Reason" Made by CANADIAN POSTUM CEREAL COMPANY, Ltd., Windsor, Ont.

Illustration of a woman and a child. "You're My Prince Charming." "Last night!" laughed her neighbor. "Why my dear, foolish, little friend, it has been a long, long time since you crawled into bed. Your house has been covered with snow and rain several times since you bade me good-night. Winter has come and gone, and summer is here. So come out of this love nest and take a look at yourself. You'll never need your wooley coat again, too warm!"

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