"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 140 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 focel 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 feling, 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 alightest 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. now fel 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.

TRUNK RAILWAY

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.

For particulars, apply to:-

J. P. HANLEY,

C.P. & T.A., G.T. Ry., Kingston, Ont.



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, in used increasingly for blouses. In spite of everything that has been predicted, the slip-over blouse, with a peplum, is still the smartest vogue. To be sure, some of the very smart new blouses reach only to the waistline, but the peplum is the rule. And It is in these bleuses that jersey in silk weaves is especially desirable. For it has body enough and at the same time suppleness enough to hang well around the hips. It is often elaborately embroidered, sometimes heam ily braided in soutache, sometimes worked in machine stitchery with colored wool in a way that adds disting tion to many of the new blouses.

Pancakes For the Poor. Berhaps you profess ignorance as

to knowing how pancakes first came

to be produced? Well, the story is very interesting, and worth telling. Monks were the originators of pancakes, and we are fold that on Shrove Tuesday, their supper consisted of thin cakes, made in a pan with flour, milk, eggs, fat, lard, etc.—hence pancakes. The idea was to use up all the foodstuffs remaining, which were prohibited on the following day-Ash Wednesday, the commencement of Lent. In the olden days the poor people would gather round various monastery gates, it being the custom for the monks to distribute what pan-

amongst the hungry slum dwellers. Shrove-tide, and Shrove Tuesday, by the way, were in the first place, called Shrive-days. They were so called from the fact that in the Roman Catholic Church confessions are then made and received preparatory to the Fast of Lent. Shrive, which meant confession, later came to be called Shrove-thus we now get Shrove

cakes they had left after supper

Sunday and Shrove Tuesday. Following this is Ash Wednesday, which gets its name from the custom, in the Roman Catholic Church, of using ashes as a sign of penitence. These ashes were strewn on the head of the penitent on that particular day, consequently it came to be known as "Ash" Wednesday.

THE SCHOOL CHILDREN'S PAGE

My Town Adventures 5

> 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

We changed that, though. Did you hear how we made Flag Day a town

Bob was in overalls, working in his father's vegetable garden. "Going to the parade?" chaffed Bill, as he passed, early in the morning. "Wish I was!" Bob grumbled. "My

Town hasn't any parade.' "Come on, old sport," Bill called. "There's going to be the finest little parade ever. And, what's more, it's

going to be our parade." So it happened. Ever so many of the other boys marched. There were the Boy Scouts, and the Junior Band

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!

Up Main Street we marched, our band going first, and each one of us waving a flag. You should have seen the crowd that gathered! Some of the firemen and police who were off duty joined us, and then the teachers, and the older boys and girls who had organized to sell thrift stamps. "We : "for bumping into you!" were showing that we could work, and that is what the flag needs to stand

Some parade! More than that, it turned out to be a Flag Day pageant. It was fine and we are going to have a pageant on every state holiday in My Town.

(Tomorrow: Our Dogs: The



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. These, alphabetically arranged, were: Camp Captain, Camp Engineer, Camp Gardener, Camp Steward, Camp Transportation Expert and Camp Treasurer. These were to serve during the entire summer. The seventh in the Council was the Camp

The work of each of these departments was clear: The Camp Captain was to take charge of all outdoor sports, all games, all hikes, and, whenever any group was away from the main camp,

THE AWAKENING OF MISS

WOOLEY WORM.

self and gently knocked on the door

of the little cocoon cottage.

"Rap-ty-tap-tap!"

Mrs. Tree Toad smiled to her-

he was Director of that group.

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. 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

(Tomorrow: The Camp Gov-

No one answered. Mrs. Tree Toad

"Come, come, you sleepy head,

knocked again a wee bit louder.

trembled on its twig.

saw her caller.

the little door once more.

expenditures of the Camp. Who were

to hold these posts? Competition was

closely packed on the bridge and its Before there was any land at all, approaches that I worked a full ten when it was all sea, the Wyandots minutes in reaching the far side say, a Chief's daughter dropped from hen, just as I heaved a high of re. Sky-Land with two babies in her lief and started ahead, a tall man de arms. She would have been drowned, liberately stepped directly in front of out that she fell on the back of a Wild me. Down he went, and the usual Swan. crowd began to gather as the traffic

A Motoring Story.

affair, hurried over to give first aid on her back so she swam to Big I could see myself lodged in a Turtle. dark cell until, to the surprise of every one concerned, the tall man scrambled to his feet, brushed his rat, and Beaver, and Old Toad, to clothes and lifted his hat.

"Excuse me, lady." he grinned

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 ob- cause they have done great good to

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 bear scents the bait from a distance, comes to the tree, sees the take a very short spray, of cool water, food on the bough, and climbs up the tree. Reaching the bough, he walks along it to get at the bait. But suddenly he notices the obstacle in his way and pushes it aside with his paw. The stone swings out of the way for a second; then it swings back and hits the bear on the paw. With a growl of irritation the bear pushes it aside more violently. The stone swings away again; then it returns with greater force and hits the bear on the chest.

the stone a tremendous thrust and sends it up into the air in a wide curve. Then down comes the stone in a similar curve and hits the bear a a black one that won't stay still long thumping whack on the ribs.

Most animals would desist after that third blow; not so the bear He is now in a perfectly mad rage, and a bear is a good boxer. He hits out with his paws, right and left, and sends the stone hurling forward in a still wider curve. Then, after a few seconds, the stone comes back and hits the bear a terrific "uppercut"

But alas! the bear never went to school and learned the law of gravity. Every blow he hits the stone is returned ten-fold. And as the stone has no brains to be knocked out, it is the bear that gets knocked out. Then the wily natives hiding below

rush in with a net and throw it quick-

it. Why, even you told me that

pected a prince, did you?"

A Turtle Earthquake

Shades of Raleigh! - Cars were so And the Memory-Man said;

The Chief's daughter was terribly policeman, who had seen the whole beavy for Wild Swan to carry around

> "We must make an island," said he. So Big Turtle sent Otter, and Muskbring 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

When an earthquake occurs, says the Wyandots, it is because Big Turtle moves his foot. Sometimes he

Animals must not be misused, beman,-R.-W.

The worst kind of an opinion you can have is one that you have taken wholesale from someone else.

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

"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 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 hervous girls ought to take a siesta every day, the whole summer long. Even a slight amount of rest in the middle of the day will prove beneheial for your health, if taken regu-

-GEORGETTE BEURET.

A farmer's lad, who was not at the With a snarl of rage the bear gives top of the class for arithmetic, when asked to count the number of chickens a certain hen had hatched, answered: "There's nine anyway, and enough to be counted.'

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

A worn knife, well-sharpened, cuts better than a new one. Poor steel will have been thrown away.

Nature Study "The heavens declare the glory of od; and the firmament sheweth his andiwork." Psaims, 19th, 1st verse.

A tool for quickly stripping butly over him. And that is how any tons and their fasteners from shoes "zoo" or menagerie gets its Himala- without injuring the leather has been invented by a Michigan man.

"Well," laughed the good-natured yourself!"

Tree Toad. "I'm neither charming "So I did!" croaked Mrs. Tree "Rap-ity-tap-tap! . Rap-ity - tap- nor am I a prince, but I'm glad to see Toad with a merry twinkle in her tap!" until the little cocoon cottage that you're still alive. So you ex- bright eyes. "So I did. We'll just pretend that I'm Prince Charming, "Yes," replied Miss Wooley Worm, so come out into this glorius sunwake up!" she called, rapping on fighting back the ears. "You see, shine. Summer is here!"

ever since I was a tiny worm I've "Summer!" exclaimed the sleepy Miss Wooley Worm jumped out of heard lovely tales about the charm- head. "Why, it feels cold and damp bed and ran to the door, but her ing prince who comes to awaken us to me. We must have had a hard smiles faded as she peeked out and -how he gives us each a pair of rain last night. My clothes feel so wings, and how happy our awaken- sticky and damp. Guess my house "Oh, dear me!" she sighed with a ing would be. But, dear me, now leaks, and I can't remember where frown on her face. "I thought it I know that it was just a fairy tale. I put my wooley coat when I crawled was Prince Charming knocking at and I was foolish enough to believe into bed last night."



"Last night!" laughed her neighbor. "Why, my dear, foolish, little triend, 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 on this lovely leaf and take a look at yourself. You'll never need your wooley coat again, too warm!"

The little sleepy head slowly crawled out of her little cocoon cottage into the sunshine.

"My, how funny it feels without my wooley coat! Well, I suppose I'll get used to it before long." she laughed. "But I feel so queer. I'm not nearly so heavy as I was, and oh, my, look at my long legs and these two lovely long feelers. Why!" She hurried over to the shiny

leaf and gazed at her reflection. She was no longer a wooley worm, but a great big, beautifull butterfly with two dainty, gauzy, fluttering

My, how happy the little sleepy ead was! She kissed old Mrs. Tree Tead's wrinkled face and laughed and cried in one breath. "And now I'm a really-truly but-

terfly!" she exclaimed. "And you, dear, you're my Prince Charming." and kissing Mrs. Tree Toad once more Miss Butterfly flipped her beautiful wings and sailed over the

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