WORTH ITS WEIGHT IN GOLD, HE SAYS

Wouldn't Braham George Take Anything for the Good Tanlac Did Him.

"I wouldn't take all the gold you could pile up around me for the good Tanlac has done me," said George W. Braham of 31 Grove avenue,

Toronto, recently. "When I returned from overseas l was pretty much of a wreck. I used to have fainting spells, and my nerves were in such a bad state that I used to jump at the least sound. My stomach was always out of order so that whatever I ate upset me. never knew what it was to have a good night's sleep, and I always got up in the morning feeling tired and weary. I was steadily losing weight and finally got as weak as a rat.

"One evening I said to my wife, 'I think I'll try a bottle of Tanlac.' did, and the result was wonderful, It just semed to meet my needs from the start, and has relieved me of all my troubles. It gave me a good appetite so that I can now eat well and my food agrees with me. My nerves are so steady and I no longer have the fainting spells. I sleep fine and I'm stronger in every way. If there's one medicine that's worth it's weight in gold, its Tanlac, and I want to express my gratitude for what it has done for me."

Tanlac is sold in Kingston by A. P. Chown and by the leading druggista in every town. RUN DOWN, PALE AND WEAK, NERVOUS AND TIRED

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

Special For Saturday

50 lbs. Salt Pork 30c. 1b. Choice Corned Beef 15c. 1b Choice Dripping25c. 1b. Choice Beef Roast 25e to 30c. 1b. Choice Steak, Pork, Veal, Lamb. All kinds of Smoked Meats, etc.

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is the time to get your lawn mower ready. Don't wait until the grass is ahead of YOU All makes repaired and sharpened promptly.

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> AN OLD TIRE With a blow out fitted with an

R. C. Dobbe & Co.

Tel. 819.

41 Clarence St.

Have you tried one?

on the package, then you are sure fear, and from adoration to self-preyour child is having the best and servation that makes the way so long most harmless physic for the little and dangerous for the average man. stomach, liver and bowels. Children love its fruity taste. Full directions

THE SCHOOL CHILDREN'S PAGE

nailed the broken boards in the

fence. We clubbed together and

bought a pot of paint to paint it.

One afternoon we spaded up the earth on both sides of the walk, and

Then the mill folks, who live in

the same district where Buddy does,

seeing how nice his yard looked, be-

gan tending their own. They worked like anything and Mill Town

section got so that it looked quite

One day the Board of Health man

called us to his office. We were

afraid it was for vaccination. It

wasn't. He just wanted to thank

us for making My Town healthy as

well as beautiful. Weren't we

drive up and the farmers' wives came

with huge baskets, just bursting with

good things to eat. So, when the

borns blew for dinner, it was more

than a dinner, it was a spread, a

spree! Everyone deserved it, too,

for on all the bridges, the heavy

logs had been laid, and, on the road,

good deal of the grading had been

Two good hours were allowed for

dinner and then everyone turned to

again with a will. Never had such

hard work seemed so much fun. It

seemed impossible that such a lot

could be done so quickly. But a

couple of hundred men, well di-

rected, can accomplish wonders. By

six o'clock the planking was down

on the bridges, the road had been

for dinner, that there was enough

Campers were on the road home.

tired, but happy. The County had a

Your yard has ever so much to

My Town Adventures V

Puddy's Yard

CAROLYN SHERWIN BAILEY We all call him Buddy, for he doesn't seem much older than the rest of us boys. But he went to France, to fight under the flag, and came nome; now He has to sit all day long in a wheel chair in his small, dingy yard. Did I say a dingy yard? Well, it was, in the first days

Buddy always spoke to us when we went to school. And he would teil us stories about the war. How we all wished we could do something for him!

Bill did, with Bob's help. Then One day, after school, Bill and Bob took all the rubbish out of Buddy's yard and curned it in the alley. Then they raked it clean and



The Clan of North America

IX. Building the Bridge

FRANCIS BOLT-WHEELER Six o'clock in the morning is pretty early, but in June the days are long. When the Camp Director called the roll only two of the boys and two of the girls were missing, and every one agreed that 66 out of 70 was a good response, on a hard

Before nine o'clock the four trucks with their loads of workers reached the points predetermined by Lars. They had expected some of the farmers to come out and help, but to their surprise and joy, the farmersalways ready to respond when taken the right way-had turned out in mass. Instead of seventy or eighty, more than two hundred were already at work. The road was like the entrance of an ant hill.

Not only the farmers, either! By eleven o'clock, buggies began to

the kiddies. The housewives com-

plain about the high cost of sugar,

citizens in general kick about the

Canadian dollar shrinking in value

before the onslaught of the high cost

of living, but now the children have

long way in providing sweets for the

children, but to-day all the coppers

are good for is to help pay the war

tax at the movies, and help boos

the Sunday school collection. But.

beg pardon, they can be used for the

Older folk may have taken notice

of the change of things, but if you are not convinced just take note of

the size of the "all day suckers" the

children are getting these days. They are very much smaller. Years ago

the candy shops had certain candies

three, four and five for a cent, but my, how things have changed! Now

the children are doing well if they

get one for a cent. One cent's worth

of candy will never satisfy a child

nowadays. It takes a five cent piece to even give a youngster a good taste

And the worst of it all is that the children do not understand why their

money does not go as far as before

the war. And some of the shop keep-

ers have had a hard time trying to

mothers will have to loosen their

purse strings and give the children

a little more money when they want to provide sweets, for the day of get-

ing a cent's worth of candy is passed.

MOTHER!

"California Syrup of Figs"

Child's Best Laxative

So, in the future, fathers and

explain the cause of it all.

of aweets.

In the old days a copper went a

good cause to complain.

THE NIPIGON POWER DEVELOP-MENT. By J. E. Middleton.

CANNOT BUY SWEETIES FOR ONE North of Lake Superior on the height of land, sits Lake Nipigon, a great natural reservoir of crystal blue water. It discharges by the Nipigon River, a magnificent and hasty flood, roaring down through the wilderness and providing a congenial home for the finest speckled trout in all Canada. CENT ANY MORE. It Takes a Five Cent Bit to Give Youngster a Taste of Candy Nowa-That old bug-bear, "High Cost of living," is taking away candy from

for travel.

Every distinguished visitor, brought by Government or Railway Company to spy out the Dominion, must cast a fly on some Nipigon pool before he says good-bye. Last year the Prince of Wales was taken up the river by canoe and portage. The Indian guides and paddlers have a calling-list that any Canadian citizen might envy. The first entry on their visitors' book was probably the name of Father Allouez, a contemporary of Marquette. Accompanied by one Indian, he paddled from the south shore of Lake Superior to the mouth of the Nipigon, ascended the river, and preached to the aborigines settled about the Lake. On the long journey, their only food was ripe maze, a satisfying but not too tender

Today six hundred men, or thereabouts, are engaged under the direction of the Hydro-Electric Power Commission of Ontario, in putting a bridle on the river. Cameron's Pool, the site of the hydraulic works in process of construction is about 70 miles from Port Arthur. The district is nearly all Laurentian rock and spruce forest, therefore the task of clearing the power-site and the right-of-way was by no means easy. About half the poles required for the transmission line are set in solid rock. Before work could be begun on the development proper, it was necessary to strip the trees and it was necessary to strip the trees and undergrowth from 173 acres of tem-

Other preliminary work included the building of a service-railway of standard gauge, the construction of a bridge across the river, and the establishment of a temporary hydraulic plant to provide power for the machinery and light for the camp. This achieved, the rock-drills, channellers, shovels and pumps were started on excavating the "forehay" to which the water from the "forebay" to which the water from the upper reach of the river will be admitted. The effective fall of the water as it enters the penstocks and sweeps down to the turbines below will be 77 feet.

The power-house will be large enough to provide ultimately for an installation capable of developing 75,000 horse-power, but at first, only two units will be set up. These will produce 25,000 horse power and will serve the immediate and prospective needs of Port Arthur. Within four years, Fort Williams' contract with the private plant on the Kaministiqua River will end, and by that time the municipality will probably require another 18,000 horse power.

The Nipigon plant has been in process of construction since December 1918 and when completed, will be the twenty-second development plant to come under the control of the Commission. In view of the rapid and even startling growth of the pulp and paper industry of Canada, it seems reasonable to be lieve that the Nipigon plant will soon be in complete operation, providing abundant and cheap power at cost for the whole district at the "head of the Lakes."

Accept "California" Syrup of Figs tion will lead to a woman's heart. only—look for the name California It's this wobbling from hope to cold

The Sage and the Boor And the Memory-Man said : Once a boor, seeing a Wise Man passing along the road, noted his

planted it, one side for flowers, the other for vegetables. We boys are The Wise Man quickly turned looking after the vegetables, and the round, and seeing that the Boor was girls are tending the flowers. Of course, we worked on our own stupid as well as rude, walked up to yards, but Buddy's was the prize him and gave him a small piece of

> "That was very clever of you," he said, "to throw stones at me, but I am not rich. See that broad-shouldered merchant, who is passing by, over there? He is rich. Throw some stones at him and you will get more than I can give you." The Boor at once did so and pelt-

ed the merchant with stones. But the broad-shouldered merchant rushed across the road, caught the Boor and gave him a sound beating. When you cannot inflict justice When you cannot inflict justice The cleverness of age makes up yourself, it is wise to use the help for the lost activity of youth.—R.-W. of others.-R-W.

Drown Your Migraine "Oh, Irene, you look so tired! Don't you think you had better stay home and not go to the theatre to-

"Ah, it is a fit of that old migraine again. But what can I do? And I don't feel like staying home,

"I'll tell you: go to the bathroom fill the hollow of your hand with cool water, and sniff it up into the nose, several times. Gargle with cool water, too. Then, placing the inner side of your forearms under the faucet of the bath, let the cold water run strongly over them downward, for a couple of minutes. Do the same with your legs from the knees downward. Lie still, then, for ten minutes with a wet handkerchief on your neck. You surely will feel very soon relieved and the whole operation won't take more than a quarter of an hour and will be wholesomer than aspirin or any other drug. As you see, the whole process is to divert the blood from the congested brain, which is the

cause of the migraine." "Indeed! Well, I'm going right away to drown this migraine."

The Fool Paper. The angry citizen puffed into the ffice of the city editor. "See here, sir", he yelled. "what roughly graded. It was even ready lo you mean by publishing my resignation from my political office in So much food had been brought his way?"

"You gave the story out yourself for a jolly supper, and by dark the idn't you?" asked the editor. "Of course I did," replied the anry citizen. "But your fool paper rinted it under the head of 'Public seventeen stores in one afternoon and (Tomorrow: More Profit Ahead.) mprovements."

The Aged Snake And the Memory-Man said:

An aged Snake, finding that he

had no longer the activity to catch frogs, went quietly to a pond where queer appearance and threw stones the Frog-King lived and put dust on his head as a petitioner for favor. "What is your trouble?" asked an emissary from the Frog-King. "I have always lived by eating Frogs," said the Snake, "but, last month, while chasing a frog, he leaped over the foot of a holy man sleeping on the ground. I struck at the frog but my teeth entered the toe of the Holy Man and he became ill. Before dying he cursed me and forbade me to eat any frogs save those that might be given me by the Frog King for alms. Tell the King, therefore that I will be his steed for the pay of two Frogs a week." The King, remembering how fast the Snake could travel, agreed.

> Think of a number, multiply by 3, multiply the product by 2, divide the result by 6, add 20, subtract the number thought of, and divide by 4. You can always tell what the result is. (Ans.) Five.

> Making the Most of It
> "Do you think, Ursula, that I could wear this white frock one more summer? The material is still quite good, but I'm tired of it. What could I change?"

"If I were you, Margaret, I wouldn't change it at all. Instead. wear with it a hat, a girdle and a sunshade all of the same color. It will look distinctive and summerlike. Get your sunshade first, as itis easier to match the hat and girdle to the sunshade than the reverse. A plain mercerized cotton one is best. It will be cheap and can stand a summer shower, a contingency you must always reckon with. Cerise is a pretty color, easy to get and effective with white. Then get two yards of pongee silk, for your hat and girdle, which you can make yourself. Thus, out of your old dress, you will have a complete summer costume."

-GEO"GRITE BEUREY.

Daily Twelve-Syllable Rhyme The best friend In the end Is the one You befriend.

Divide twelve in half so as to make seven. (Answer): Draw a line crosswise through the middle of XIL

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When money is in a Savings Account in The Merchants Bank, it is absolutely safe from loss, as far as you are concerned. All the time it is here, it is earning interest -so that the bank actually pays you to let it take care of your money. Don't carry unneeded sums on your person or hide them at home. Protect them against loss, theft and fire by opening a savings account.

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J. W. McCLYMONT, Manager. Sub-Agency a. Mountain Grove open Fridays. Safety Deposit Boxes to rent at Kingston Branch.

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Diversify Your Purchases for the purpose of combining a liberal income return with desirable security. An equal amount invested in each of the following securities will yield an average of 6.54%

Dominion of Canada, 5½% Coupon Bonds, Due 1st November, 1934, To Yield 5.92%

Province of Ontario, 6% Coupon Bonds, Due 15th June, 1930, To Yield County of Carleton, Ont.,

6% Coupon Bonds, Due 1st June, 1921-1940, To Yield 61/4% Willards Chocolates Ltd.,

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The man makes a fool of himself; in them makes a fool of the other. Love, like any other comedy, is the second, the woman makes a fool

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25 Wellington street—stone; hot air. 181 Beverley street—Concrete block; hot air.

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J. O. HUTTON

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