"ASTONISHING," SAYS MRS. ALAIN

Rid of Long Standing Troubles By Tanlac She Wants to Help Others.

"I am more than satisfied with the results I have obtained from Tanlac and feel justified in giving you a good recommendation, for a medicine that relieves anyone of all the froubles that I had, cannot be praised too highly, said Mrs. Appolinaire Alain of 190 Durocher street, Quebec, re-

For a whole year I was in a very run down condition, and suffered terribly with indigestion,' she continued, "I did not dare to eat meat of any sort and I could not touch a thing but what it would lie heavy on my stomach and cause me severe pain. Then too, the gas that formed made my heart palpitate and caused me great distress. In the midst of my housework, I would be seized with spells of dizziness, and break out in a patch of perspiration. My nerves were fearfully excited, so that I would spend whole nights without a wink of sleep, and would get up next morning absolutely tired and worn out. At last I got so weak that I was down hearted and discouraged.

"I had tried so many medicines without getting any relief that it was a long while before I could be persuaded to try Tanlac, but I am so thankful now that at last I consented to do so. It's effect was nothing short of astonishing. It quickly gave me a splendid appetite, and I soon found that I could digest anything that I fancied to eat, without fear of any trouble afterwards. The gas has stopped forming on my stomach, and I no longer have palpitation of the heart. My nerves have quietened down and I sleep well every night now. When I get up in the mornings I just feel that it is good to be alive. Tanlac has made a wonderful change in my health. and I hope this statement will help some one else back to strength and happiness."

Tanlac is sold in Kingston by A. P. Chown and by the leading drugzists in every town.

> AN OLD TIRE With a blow out fitted with an

INSYDE TYRE

Ran 3,000 miles. Cost less than \$2.00. Have you tried one?

J. R. C. Dobbs & Co.

Tel. 819.

41 Clarence St.

THE SCHOOL CHILDREN'S PAGE

How I Got into Big Baseball

Jake Daubert

First Baseman, Cincinnati Reds "The question you ask is: 'How did you get into Big Baseball? This, of course, is pretty hard to answer by a player, as the club owners are the ones who could explain this much

"Kane, Pa, was the first professional team I joined. This was in 1907, and it disbanded July 5th, the same year. I then joined the Marion, O., team (O and P. League). I was there about three days when the Cleveland Americans bought me. I went South in the Spring of 1908 with them, and being very young and inexperienced, was sent to the Nashville Team of the Southern League for that season. This, however, was one of the years of my pride; we won the pennant.

was recalled in the Fall of 1908



to the Toledo American Association. I did not play very good ball with this team, so in June I was sold to Memphis in the Southern League, and was very good with that team. Brooklyn bought me in 1909 and I went South with them and made good from the start. I played with Brooklyn for nine years, and was traded to Cincinnati in 1919, and, of course, am still with them.

"However, in looking over this letter you will notice quite a few changes from year to year, and if I would have lost my nerve and been disgusted because I did not stay with Cleveland in 1908, I would not be where I am today. To become a Major League ball player you must dogs, but a herd will give battle. never quit on yourself, you must be

And the Memory-Man said Flint, one day, harshly accused Steel of cruelty, because whenever he

Flint and Steel

wanted to do his work of making fire, he struck her brutally with al

"It is true." Steel answered, "but in this world there are some occupations which cannot be easy. So long as I strike you harshly and you resist me stoutly, we can make fire and all the world will be benefited." "I do not wish it any longer," an-

"Then," said Steel, "we shall both be thrown into the ditch as useless. So long as we are designed for rough work, we must do it, or fail in the reason for our existence." There must be some to do the rough

work of the world and they will be

thrown away as useless if they seek only the easy places. Red Nose

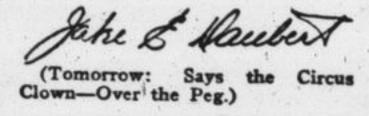
"Irene, you seem especially fond of "Why, yes, Aunt Lily, I suppose I am. You see, nature did not give me very small hands and feet."

"But, Irene, dear, you can't make them any smaller than they are, and, by wearing your gloves and shoes too tight you risk getting a red nose. Nothing is worse for the circulation than having the extremities compressed. It may even affect the heart." "Is that why? I've noticed that my nose was getting reddish-looking. think I had better keep my big hands and feet and get rid of my red nose." -GEORGETTE BEURET.

determined to get to the top of the ladder. I am not the only player who has had his ups and downs before he landed in the Major League. I am one of several hundred.

"As advice to any young boy: never think you know it all in baseball, as baseball is like music, you can learn more every day. There are few ball players who know this: there are no two ball games played

"Always be ready to listen to any suggestion that is made. Always do what your Manager tells you to do, as a ball game must be run by one person only, and the Manager is the one who makes a study of the game and how it should be played. That



A single musk ox will flee from Ancient Greek music had melody but no harmony.

The Unfilial Lion

And the Memory-Man said: In South Africa, Hottentot mothers tell their children about the Lion who thought he knew more than his mother. When she commenced to caution him. the young Lion was indignant.

"Are not the Lions kings of beasts?" said. "Let me see the animal that "There is an animal," said the Mother Lion, "whose head is on a straight line up from his shoulders. Beware of that

animal for it has a deadly sting that it can throw a long way."

But the young Lion thought his mother was timid, and he went through the woods roaring. "Who ever heard of an animal with

But, in a few minutes, he saw one, a Hottentot hunter with a sharp spear, This was the sting which he threw and with it he killed the young Lion. Always listen to a warning .- R.-W.

its head straight up from his shoul-

Puffy Eyes "How do you feel this morning, Bes-

"Very well, Mother. Why?" "Your eyes look so puffy and red, the last few days. You've been reading in bed again! Don't do it, dear. That is bad for anybody, but much worse when you are young. There are changes in a growing girl's life and all the nervous organism is affected, the eves especially. From fourteen to eighteen years of age, eyes must be carefully looked after. Next time you go to the drug-store, buy some camomile leaves and I will make a tea of them. Bathe your eyes a few minutes every evening with the warm camomile tea and then will feel better. But, if you read it bed, at your age, you will not only spoi your sight, but also spoil your looks Promise me?"

"I'll promise, Mother. I don't want to have red eyes!" GEORGETTE BEURET.

One on the Parson. "It is not always safe even for a clergyman to quote scripture," remarked Bishop Welldon the other

"For instance (he continued) one very cold day a certain vicar and one of his elderly parishioners were walking home from church when the latter slipped and fell flat on his

"The clergyman looked at him for

a moment, and being assured that he was not hurt, said : 'Ah, sinners stand on slippery "The 'old man looked up and smiled slyly.

" 'Yes, I see they do,' he said, 'but The American Red Cross has with-

The Clan of North America

XI. The Water Supply PRANCIS BOLT-WHERE RE-

"I voted against the Big Woods site," suddenly broke out Lars at the same Council meeting when the Camp Gardener had received his authorization to go ahead and prepare the land for a crop.

"I didn't want to rub it in," said Jim. "I know you did. But why?" "No use to worry you," answered the Pinn, sturdily, "until I found out what could be done. But you hadn't any business picking that site, without being sure there was plenty of



"Three springs on the place," put Will, hotiy.

"In those springs? No."
A sudden silence showed the gravity of the situation.

photographs on the table. The Camp Director picked them up without a word, raised his eyebrows and handed them round the table. chorus of exclamations rose. "Crikey!" "Running water!" Martha's exclamation was, "Plenty of water for the Kitchens, how lovely!" But Will O'Rahilly's keen eyes read

hear the corner of the print, he suddenly let out a war-whoop, "Wow! A Swimming Pool? Where "Built a flume from a branch a mile

and a half away," said Lars. "That's the biggest thing the Camp has done yet," said the Director. "Oh, that's all right," said Lars, who hated praise. But he was pleased,

Springs, yes? But do they run the year round?" asked Lars. "But there's enough water, don't you think, Lars?" asked Barton,

"But you said you have found out something, Lars?" queried the Camp Director, hopefully. "Here!" he said, and threw some

the most important thing, to him. Looking closely at a white blur down

did ye get the water, bully boy?"

just the same.

(Tomorrow: Settling Down.)



Know The Joy Of A Beautiful Complexion Hair And Hands

They may be yours if you make Cuticura Soap and Ointment your every-day toilet preparations. The Soap cleanses and purifies, the Ointment / othes and heals redness roughness, pimples, and dandruff.

SCIENCE PROVES THE DANGER OF

Medical science proves that unhealthy gums cause serious ailments.
People suffering from Pyorrhea (a disease of the gums) often suffer from other ills, such as rheumatism, anaemia, nervous disorders, or weakened vital organs. These ills have been traced in many cases to the Pyorrhea germs which breed in pockets about the teeth.

Four out of five people over forty have Pyorrhea. It begins with tender and bleeding gums. Then the gums recede, the teeth decay, loosen and fall out, or must be extracted to rid the system of the infecting Pyorrhea germs. Guard your health and your teeth. Keep Pyorrhea away. Visit your dentist often for tooth and gum inspection, and make daily use of Forhan's For the Gums.

Forhan's For the Gums will prevent Pyorrhea—or check its progress—if used in time, and used consistently. Ordinary dentifrices cannot do this. Forhan's will keep the gums firm and healthy, the teeth white and clean.

35c and 60c tubes in Canada and U. S. If your druggist cannot supply you, send price to us direct and we will mail tube postpaid.

FORHAN'S, LTD., Montreal

FOR THE GUMS

the last thing Saturday night.

MODERN EABLES

ROBERT THE LANDLORD.

And it came to pass that in the days when the great war had ended, there lived in the city of the King, which stands on the shores of the lake where it joins the mighty river place this burden upon us?" in its grand rush to the ocean, one who was known to all the people as Robert the landlord, for truly his possessions were great in houses and lands. And strange to say, like his good friend John the Master-builder, he was one who afore time had taken part in the councils of the city, and had even reached the great chair of honor in which only the chief councillor may sit. In divers ways he had served his city, and his name was high and honourable among

But when the great war had ended, and those valiant knights who had borne their country's colours in many battles returned to their native shores, they were sorely disappointed. While they had been in these many battles, the city of the King, had grown in the number of its inhabitants. And as all its men were employed in divers forms of war labour, there had been no building of dwellings in which the warriors could find shelter on their return. This was truly a grievious condition, and the warriors waxed loud and eloquently on the many grievances with which they met.

Strange to say, many of their grievances were levelled at the head of Robert the landlord, he who had in times past been the city's benefactor. Little by little the fire smouldered until on one morning in the first days of the year of 1920, it became known why Robert the landlord had fallen from grace.

It so happened that one of the warriors did reside in an humble dwelling which was owned by the wealthy Robert. By dint of energetic labour he had secured this dwelling as his home, and for the privilege of staying therein he paid to his landlord in coin of the realm each month twenty greenbacks. But alas, the great war had made food andraiment more expensive, and furthermore the family of Robert the landlord was growing into manhood, and perchance they reduced him to sore straits by their demands on his coffers. So one day a message came to the humble tenant from Robert the landlord, couched in eloquent language which read:

"May it hereby be known to you that on the 1st day of February, the sum which thou payest me for the privilege of staying in this, my mansion, shall no longer be the sum of twenty pieces of silver, which are called dollars, but shall henceforth be thirty pieces of silver. This is

the decree of Robert the landlord." And when he received this message the warrior was wroth indeed. and took council with certain of his comrades, who also dwelt in some of the many houses owned by Robert the landlord. Strange to say all had the same story. To some the increase was five pieces of silver, to some ten, to some fifteen, and to some who earned their livelihood, by dispensing merchandise in stores owned by Robert, even fwenty, thirty and Everybody wants to see that all forty pieces of silver for each moon, gas burners and jets are turned off And lo and Briold, when they had set one before the other the amount

by which their dwelling-fee had been sheart he was not a usuer, but was come forward with their shekels to increased, the great total was nigh one who went about doing good. to one thousand pieces of silver in each month.

lord. They did not know that in his of all the good people of this city to

sent throughout the land for an and I will place one thousand pleces "Of a truth this is monstrous," abundance of shekels to carry on the of silver, which are called dollars. said they. "Robert the landlord is work of the priests and high priests upon the altar of the high priests." unjust. He placeth upon us grev- of the places of worship. Robert And straightway was there much ious burdens that he may fill his cof- the landlord opened his purse strings relief among the oppressed. "Why fers to overflowing. Truly he is well and with a free heart he gave of his should we grieve," said fley, "when blessed with this world's goods. His gold and silver. He said to the peo- the extra pieces of silver which we sons and daughters are grown men ple congregated to hear the words of pay for our dwelling house in one and women, and need no longer feed visdom from the mouth of the high of the twelve months is to be given at his table. Why, then, should he priests of the temple of St. George: to the temples of the high priest?

But these men did not know what our High Priests must move for to receive." was in the heart of Robert the land- ward. Verily it is the solemn duty

place in the treasury. Even I, with For the time came when a call was my scanty store, will open my purse, "Verily I know that the work of Truly it is more blessed to give than



Oven the collar band and cuff edges need only a light rubbing between your hands —

WHAT hard rubbing the old way of washing meant! Even though you boiled the clothes, used cake soap and washing powder, the bad spots simply would not budge without a long session with the washboard. Now—with Rinso—you do next to no rubbing at all. RINSO not a cake soapnot a washing powder-but a new form of soap in granules, with power to cleanse the grimiest dirt. Yet it harms nothing-safe as pure water itself. Here is what you do:

AT NIGHT-SOAK WITH RINSO IN THE MORNING-JUST RINSE!

The dirt runs away. You've done a week's wash without rubbing, without beiling, without labor. Basy on you. Very easy on the clothes. Sounds almost too good to be true—does it? Just prove it.

Get a package of Rinso to-day at your Grocer's. LEVER, BROTHERS LIMITED, TORONTO



LUMBER

We have well-assorted stocks in Pine, Spruce and Hemlock.

Allan Lumber Co.

Phone 1042. : : : Victoria Street

JUTE BAGS WANTED

We will pay highest prices for all kinds of Jute Bags. Get in touch with us.

A. SPEIZMAN

60 QUEEN ST., KINGSTON

WE OFFER SUBJECT PROVINCE OF ONTARIO

6% 10-YEAR-GOLD BONDS Dated June 15th, 1920. Due June 15th, 1930.

Payable Toronto and Montreal PRINCIPAL and Half Yearly Interest (15th June & December) PRICE .100 and interest-YIELD 6%.

BONGARD, RYERSON & CO.

"The Home of Good Investments"

Phone 1728. - - - 237 Bagot St. H. J. Bongard, Manager.

Whu Big Dairies Teed Cow Chow

You can understand why Purina Cow Chow has been adopted as the standard ration on the D. W. Field Farms, the Allamuchy Farms, and hundreds of others that head the lists, when you realize that Purina Cow Chow is

24% protein

of which 85% is digestible. This means 20 lbs. of digestible protein in every 100 lb. bag.

It is a pure feed that balances homegrown roughage and reduces the cost of production. More milk from the same number of cows means a larger profit per

Purina Cow Chow Feed—sold only in checkerboard bags. Let us put your herd on a test.

Wholesale and Retail Distributors.

W. P. PETERS

Wholesale Foot of Princess Street

Used Motor Cars

1 Ford Roadster, 1920.

1 Ford Touring, 1918.

1 Chevrolet Touring, 1919.

Ford 1 ton truck, 1918.

2 Ford Touring, 1914.

All cars in good shape, at reasonable prices.

VanLuvenBros.

Show Rooms and Garage:

34-38 PRINCESS STREET