HOTEL MAN PUTS TANLAC TO TEST

Says He Wants His Friends to Know the Results of His Experiments.

good that I want to let my many friends at Black Lake and here in Quebec, know about it," said Edouard Lecours, recently, to a Tanlac representative, Mr. Lecours is well known to the travelling public, as he is the popular clerk at the St. Ursule Hotel in Quebec, and was formerly proprietor of the hotel at

Black Lake. "For six or seven years now I have suffered from indigestion," he continued. "The gas would form of my stomach and cause me great distress. I used to dread going to the dining table, because I knew only too well what I would have to go through afterwards, even although I was very careful what I ate. As the result of my indigition, my nerves got very bad and I used to have terrible dizzy spells while at my work. Any little excitement or exertion would make me break out in a bath of perspiration. My sleep at night was very disturbed, and I would get up in the mornings feeling more tired than when I went to bed the night before. I lost energy and ambition in life. I was getting gradually weaker every day, and at last my conditon became alarming.

"When I read of the wonderful benefits people were receiving from Tanlac I'decided to try it, and put it to test. I have only taken three bottles, but already the change in me is simply extraordinary. I never would have thought it possible that any medicine could do one so much good. It gave me a tremendous appetite. I'm always ready when the dinner bell sounds and I can eat anything I want without being troubled in the least afterwards. The gas no longer bothers me, and I do not have those dizzy spells any more. I sleep soundly every night and in the morning I feel full of life and vigor. have every confidence in recommend-

ing Tanlac to my fellow citizens." Tanlac is sold in Kingston by A. P. Chown and by the leading druggists in every town.

The Great French Tonic

Makes Men and Women Strong. Go to Your Druggist and Get a Box and Be Healthy.

Since the introduction of VITAL into Canada the sale has been phenomenal. VITAL is purely a tonicit builds up the run-down system creates a new lease of life. Everybody should take a tonic. The only question is what to take. You can rely upon VITAL as one of the greatest, if not the greatest, that man ever prescribed. Every Tablet of this wonderful French Tonic contains life. Your nerves are toned up to their proper tension. The stomach and bowels are made healthy and strong. while the kidneys and liver are cleansed and put in good working order. Headaches, biliousness and all blood impurities are at once removed. The skin becomes clear and healthy. VITAL, in short, will change your whole system, making it pure and healthy. Your druggist will refund your money if it fails. Price 50c. a box. -----

News of Barriefield. Barriefield, July 2 .- The school of the bishops had denounced the kilhas closed for the summer vacation ling of policemen as murder he reand some of the children are looking plied: forward to having a good crop of potatoes and some good poultry and they like but our priests teach us fancy work for the Kingston indus- here that to kill the police is no

Mrs. G. Medley, Jr., has left for motive." is visiting with her uncle and aunt. Mr. and Mrs. R. T. Roven. Mrs. H. A. cago, are visiting with her mother, going to war with Great Britain on Mrs. William Anderson.

Sunday with her parents, Mr. and quotes a passage from the "Irish Mrs. H. Le Heup. Mrs. Huggett, of Rosary," in which it was said that Toronto, and Mr. and Mrs. G. Jer- such a war might be brought about man, city, visited with Mr. and Mrs. within eighteen months. Stanton. The Misses Horsfall, city, spent Sunday with their uncle and Board entered a school in Kerry reaunt, Mr. and Mrs. Radwell. Miss cently and found the children writing in their copy books the sentence: Connell, of Brockville, visiting with Mrs. Winden, has returned home.

The thief is usually on the lookout had given them that sentence to

THE SCHOOL CHILDREN'S PAGE

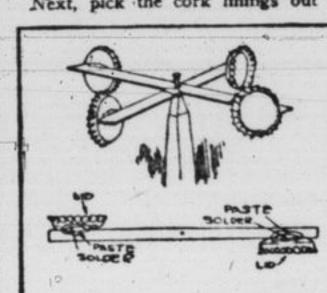
Tin Can Tricks 🛎

> Anemometer EDWARD THATCHER

You know the anemometers, or wind-measuring machines that the Weather Bureau uses? You can make a simple one out of four bottle caps and two strips of tin. (See Fig.

The two flat strips of tin for the supporting arms may be cut from a flat biscuit box, or a round can may be cut open and flattened out, and the strips cut from this. Each strip should be 16 inch wide and 5 inches long. With a small sharp-pointed nail, punch a hole exactly in the center of each of these strips, large enough for a very strong pin or a thin nail to slip through easily. Note that word "exactly."

Next, pick the cork linings out of



the bottle caps with your penknife. Lay a bottle cap on your work-bench with the crimped end down. Rest the edge of one of the strips on the bottle cap so that the end is just even with the edges of the cap and at right angles to it. Apply soldering paste to each side of the strip where it rests on the cap. Heat the soldering iron, place a small piece of solder in the angle between the strip and the bottle cap and melt it into place. Then place another bottle cap on the other end of the same strip but on

the opposite side, as shown in Fig. 2. Solder two other bottle caps in the same way to the other strip. Place the strips together so that they cross at right angles and the holes in each strip are over each other. The bottle caps must all face the same way, turned from you. | Solder the strips

Paint the inside of the bottle caps one color and the outside another. Mount the anemometer on the pointed end of a slender stick. It will spin around no matter in which direction the wind blows, and, by its speed, you can tell how hard the wind

is blowing. (Tomorrow-Indian Chiefs' Life Stories-Sik-si-kai-kwan.)

AN IRISH LETTER.

A correspondent of the "London

Morning Post" who is investigating

the extent and causes of Sinn Fein

terrorism in the South and West of

Ireland records a conversation he

had with a Sinn Fein at the funeral

of a policeman who was murdered

The Sinn Fein asserted that it was

not a murder but a patriotic execut-

ion, when he was reminded that some

"Oh well! the bishops can say what

murder if it is done with a patriotic

The correspondent also adds that

the Irish question is one of the prin-

An inspector under the National

"The King is our worst enemy," and

write she replied, "that it was the

And the Memory-Man said: One summer day a Russian cowherd met a flute-player from the city. "Howdy brother," said the cowherd, "I see you know how to pipe,

Cowhorn and Flute

"Brother, indeed!" he sneered. would have you know that when I

play, dukes and princes dance at my music. At your horn, cows switch their tails, that's all." "Perhaps," agreed the cowherd, "but there wouldn't be any food for your dukes and princes if it weren't for

if they be dukes and princes, don't It is not always the whitest hands that do the most work.-R.-W.

"Oh, Cousin Anna, I got for my birthday a beautiful piece of material, striped taffeta, black and white. Look! How do you like it? Couldn't I make

a nice afternoon frock out of it?" "Certainly, Maria, but you must be careful about the way the stripes fall, or you may spoil the whole effect." "I know. I thought, if the stripes were in the length, it would look

"Well, the dress might look pretty, then, but when you came to wear it, you would find it wouldn't suit you. You are slender, and vertical stripes would make you look too thin. For your figure, you ought to wear them in the width, you would look fuller. Wear, also, a white girdle, not a black one, which might seem like halfmourning. Do that, and I think your striped dress will look quite distingue." -GEORGETTE BEURET.

Why is a watch-dog bigger by night than by day? Because at night he is let out, and by day he is taken in.

Daily Twelve-Syllable Rhyme In its prime, Which is gay Breakfast-time.

Little Mark, aged five, was imparting to the minister the information that his father had a new set of teeth. "Indeed!" said the good man, patronizingly, "and what is he going to do with the old one?"

"Oh," replied Mark, "I suppose mamma will cut them down and make me wear them."-Breckenridge H. S. San Antonio, Texas.

Many a man drifts on to shoals mply because he is too shiftless to

BUD DOES THINGS

He Introduces Himself. I am Bud Simpkins, which does But the flute-player turned up his not mean a whole lot, but I guess most people have a name which is the reason I have one. My father works in an office which he also owns. Father says that the more you own the harder you have to work. My mother tells me what to do, and what not to do. and bosses father. I goess that is the best way, but when I get married I am going to be the boss. I am eleven my horn. And hungry people, even years old and in good health, which I have got by carrying a lucky stone around with me. Bill Peters lost

> right away. The reason why I am writing this is because I am going to write for a living some day, only it will not be real writing, I mean it will all be imaginary stuff about all sorts of wonderful things. This is writing real stuff because it is the truth. The other is not the opposite but it is not the truth either. Mother says that it is fiction, and it is not a lie. So whenever I want to go anywhere and do not want mother to know I tell her a lot of fiction, which is all right because it is not lies. Maybe when I write some more letters I will put a little fiction in them to make them more lively. In the ne one which will be about fishing. I am going to tell the absolute truth.

What to Wear. "Something old and something new, Something borrowed and something

"Sorrow is soon seen if you marry in green. "Married in white, you have chosen

Married in grey, you'll go far away; Married in black, you'll wish yourself back; Married in red, you had better be

"Yellow's forsaken, and green for-But blue and red ought to be worn. "If your eyebrows meet across your

Better not don wedding clothes." This has reference to the jealousy which meeting eyebrows are said to betoken.

Monday for health, Tuesday for Wednesday the best day of all.

Thursday for the losses and Friday for crosses, And Saturday not any at all.

as a general rule, short on experienc

People who are long on advice are

PROGRESS OF TORONTO HARBOR COMMISSION IS SHOWN.

The Clan of North America

The Log Buildings FRANCIS BOLT-WHEELER "Hog-pen or dove-tail?"

"I doubt if the fellows are handy enough with their axes to tackle a dove-tail finish to the log buildings." said the Director, doubtfully, "What's the difference between

them?" queried Barton. "Hog-pen finish has the log ends sticking out, dove-tail has the ends fitted and sawed flush."

"Suppose we do the indoor gym first, hog-pen style," suggested Will. "When we've a bit of practice, we can

his lucky stone and got the measles ' dove-tail." "The logs are there already," said

SIDE VIEW OF HEWN

"Then we'll begin, first thing Monday morning!" said the Camp Cap-

Lars himself leveled and laid the ground logs-which were of chestnut, so that they would not rot. Some of the fellows dug away the ground where the logs were to fit. The logs were then rolled into place. The first cross logs were rolled on these to rest. Fifteen inches from the end. Lars notched the cross logs about 2 inches deep, or a little more, the notch corresponding in curve to the ridge of the logs on which they were to ride. This was done at each end, and then the cross logs were dropped into place. The butt end of one cross log was placed on the opposite side from the butt of the other to keep the level placed true. Thus the corners were built

As, however, the gym was both bigger and wider than any single logs they could find, Lars hewed some saddles (See Fig.) and spiked these into place, using a steel tape to keep them level with the rise of the corners. In order to strengthen the construction, long and short logs were used alternately.

"But there aren't any windows!" eried Will. "We'll make them, now. You'll see." replied Lars. (Tomorrow-Putting up the Gym.)

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23 Mack Street-brick; hot air. 131 Beverly Street-Concrete Block; hot air. 87 Wellington Street-brick; no furnace.

89 Wellington Street-brick: no furnace. 91 Wellington street-brick; no furnace. 84 1/2 Collingwood Street-frame; no furnace.

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The true food values of wheat and malted barley, perfectly blended into appetizing form.

Ready-to-eat and rich in nourishment. Needs no sugar.

> "There's A Reason" for GRAPE-NUTS

Canadian Postum Cereal Co., Ltd. Windsor, Ontario

priest who had done it." The school in which this teaching is given is supported out of the taxes.

Rev. Dr. Henry who comes from in-law and daughter, Miss Alice, who ninety per cent. of the people of American and Dr. Salesby F.R.S.E. of London have been conducting a Cork believe the priests and not the bishops. Again he found that the propaganda in Ireland under the aus-Saunger and son, Master Ray, of Chi- responsibility of the United States pices of the Irish Temperance Leagthe industrial province of Ireland, Mr. and Mrs. F. Todd, city, spent cipal ideas of the priesthood, and he Dr. Salesby remarked, "The English cided on prohibition and it would be a stain on the ties binding the Great Dominion to the Motherland if the British Isles refused to rise to the same high level. The Canadians had not been pleased to find that while mission for \$7,000, and now estimated to be worth \$150,000. they were saving grain during the At the right, above, the first unit of the new plant of the war it was being wasted in Europe in the production of alcoholic liquor. when the teacher was asked why she It may be stated that the official Ireland on liquor per head of the pulation does not represent the

> nanufactured spirit" which is not by any means infinitesimal. A proposal is on foot for the establishment of a war memorial club in the centre of Belfast so that members of the Ulster ex-service mens' association passing through or staying in the city may have a suitable place in which to meet, and be provided with bedroom accommodation if required. The club when formed will be self-supporting. A subscribers book is being prepared as a perpetual record of the publics' appreciation of the Ulster ex-service men.

tual amount consumed, as in ad-

tion there is a traffic in "home-

In ansewer to a question in the Commons as to whether martial law would be proclaimed "seeing that the whole of the south and west of Ire-

was the most serious factor in the the foreign farmer can beat our whole international situation and its farmers in the quality of flax he proimportance to the British Empire duces for the spinners." It is rather particularly in relation to the United a pity that the Association had not States of America could not be ex- given advice and instruction on flax

so terrible a stain on the fair fame not have been in vain .. of their native land and he was pro- It is stated on reliable authority

feet in length. The lower picture shows dredging operations statistics as to the amount expended in connection with the new harbor wall. foundly convinced that the magnani- that the Government decided to in mity of Ulster would in-due time | troduce a bill for setting up a prodimake its impressions upon the cial tribunal in Ireland to decide The new moderator, the Rev. H. P. to warrant the detention of suspected Glenn, M.A., who hails from the persons. An Irish Judge is to pre-

Above are scenes showing the work being carried on or

promoted by the Toronto Harbor Commission. At the left,

above, is the steam yacht "Bathelma," purchased by the com-

Baldwin Steel Company. The unit is one of three, each 800

and spiritual address said: "Where there was such a marked there was something wrong in the has moved into Picton moral and religious teaching of those who set aside so flagrantly the plain teaching of God's holy law, on which all righteousness of character, and all law and just Government must be based." The condition of Ireland is the outcome of the preaching and

teaching for a generation of the arid gospel of national hatred. land are in open rebellion, and the After several months of continued dizziness, headache and lack of enordinary law has ceased to operate agitation for the decontrol of Irish ergy. Act quickly if you would avoid for many months" the chief secretary flax and when Irish Government con- the terrible ravages of chronic kidreplied that the question was being trol is actually being abolished the new complaint. Get Dr. Hamilton's flax producers Association bewails Pills to-day; they cure kidney and At the annual General Assembly the fact that only 5 per cent. of the liver troubles for all time to come. of the Presbyterian Church in Ire- whole of the Irish flax crops has been No medicine relieves so promptly, land held during the second week in graded number one. The Association cures so thoroughly. For good blood, June the retiring moderator, (Major-states "the flax produce by not pro- clear complexion, healthy appetite. General J. M. Simms), in his address ducing a first class article is suffer- use that grand health-bringing mediremarked that the whole world was ing heavy loss," and then the As- cine Dr. Hamilton's Pills. Get a 25c. still heaving with ground swell of the sociation makes the frank admission box to-day. great war. "For them." he proceed- "We have no equals in our finished ed, "the present problem in Ireland article in the linen damask. Yet

culture earlier, and expended less They dared not mortgage their force upon an endeavor to compel childrens rights, but they had ac- the Government to obtain an altocepted proposals which were distaste- gether exhorbitant price for the ful to them for the sake of peace and scutched article. If the only adthey should work honestly for the vantage of Government control has good of Ireland with no other thought been to indicate to the great majority than to mitigate the animostity of of producers, that apparently have Centuries and to put an end to the much to learn in regard to the cultideplorable strife which had cast vation and handling of flax, it will

whether there is sufficient evidence South of Ireland in a deeply moral side.

Richard Walters, late of the Glencontrast as there was today between ora Milling Co., has severed his one portion of Ireland and another connection with the company, and

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ed with disease germs that imperil

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