MRS. J. M. CRAIG, of Los Angeles, Calif., who says no one can feel more grateful for what Tanlac has done than she does. Declares she has gained twelve pounds and her health is now better than in years.

"Of all the people who have taken Tanlac, I don't believe there is anyone who feels more grateful to it than I do," was the statement made recently by Mrs. J. M. Craig, of 674½ East Fortieth street, Los Angeles.

"Like so many other families during the influenza epidemic last year we all had it, and my own illness, together with the worry over the rest of our family, brought on a case of genuine nervous prostration.

"I was so weak I couldn't even sweep the floor, and during the day I would have to lie down four or five times. I tried to walk but found out half a block was all I could stand before I gave out. Nervous spells came on me often.

"Every medicine I tried failed to reach my case until finally my husband urged me to try Tanlac, and I am indeed thankful that he did, for it proved to be just what I needed.

"The first two bottles didn't seem to help me. I guess that was because I was so extremely bad off, but on the third bottle I could tell I was improving and that gave me more hopes than ever of getting well.

"My improvement from then on was rapid and by the time I had taken five bottles of Tanlac I was better and stronger than I had been in years. I was sleeping soundly at night and had gained twelve pounds in weight.

"That was several months ago and from then until now I have been in as good health as I ever was in my life and have been doing all the housework by myself.

"It is simply remarkable how Tanlac has built me up and I have told every one of my friends and relatives what a wonderful medicine it is."

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

# THE SCHOOL CHILDREN'S PAGE

## How I Got into Big Baseball

### How I Got Into Big Baseball
### Roger Peckinpaugh

"I will be very glad to give you a brief sketch of how I became a Major League Ball Player.

"My home is in Cleveland, Ohio, and I started to play ball, like most youngsters, as soon as I was big enough to swing a bat. We had our Nine in grammar school and played every afternoon until our home-made ball was either batted to pieces or lost in the darkness. I liked all kinds of sports, but baseball stood above them all.

"Later, when I entered High School, I was made captain of the baseball team and my playing there attracted the attention of the semi-professional clubs. I joined them the following year and, as in high school, my work attracted the higher-ups.

"One day I was called to the office of the Cleveland Club, where I was told that they would like to give me a trial. It was a surprise to me and I had to take some time to decide whether or not I wanted to make baseball my profession. Mr. Somers, the owner of the club, told me to try it, but if I was not good enough to be a Major League player in three years, to give it up. I think that influenced me more than anything else, and it would be my advice to anyone starting in the game.

"The next year, after the training was over, I was sent to New Haven, then a Class D Club, so that I could play regularly and get the needed experience. The next year I went a step higher and played with Portland, a Class A Club, in the Pacific Coast League. However, to stay one, you have to keep in good condition, and that means good clean living and proper care of yourself. I hope this answers your question, and that it will interest some of your readers."

R. P. Peckinpaugh

(Tomorrow: "The Lion Tamer.")

**The properties of cocaine as an anaes...**

There are more than 1,000 different tribes of American Indians.

### Farmer and Emperor

*And the Memory Man said:*

Once, in China, the emissaries of a noble ordered a Farmer to work for the noble.

"I work for a bigger man that he," said the Farmer.

They told the noble, who in turn told a Mandarin, who ordered the Farmer brought to him.

"I work for a bigger man than the Mandarin," said the Farmer.

So the Mandarin told the Emperor, who send a command to the Farmer.

"I work for a bigger man than the Emperor," said the Farmer.

The Emperor went himself to see the Farmer.

"Who is this that is bigger than I?" he asked.

The Farmer took a grain of rice from the ground.

"This is what governs the noble, the Mandarin and the Emperor" he answered. "Without this, all would be nothing."

"He is right," said the Emperor. "While I reign, this Farmer shall hold his land free of tax, for he has taught his Emperor a lesson."

Real worth lies in simple things.—R.-W.

### Open-Air Reading

"Haven't you been reading under the trees, Norah?"

"Yes, Mother, but how did you guess?"

"Your eyes look red and watery. Probably you have not been careful enough in choosing your place in the shade and that is why your eyes have been so strained. You must be very careful when you want to read out-of-doors. Avoid the spots where the shadows flicker over the pages and always turn your back to the sun in such a way that your own shadow is thrown upon the book. Never read in the full glare of the sunlight, or you may risk an inflammation of the retina.

"When we go to the beach, next month, he sure to take smoked glasses with you if you want to read out-of-doors."

—GEORGETTE BEURET.

## The Clan of North America

### The Tornado Helper

FRANCIS BOLT-WHEELER

The Second Guest of Honor was as much of a surprise as the first had been. Instead of a freckled lad, the Camp Car set down at the Arch a fashionably dressed young woman who looked twenty-five years old, though she was only seventeen. There was nothing about her to suggest the heroine, except, perhaps a determined chin.

But the story came out in the Assembly Hall that night. There had been a terrible tornado in Kansas. The small town of Valora had been almost wiped out, and the debris had commenced to burn. May Elsworth, living about fifty miles away, had heard of the disaster, by telephone.

May had borrowed a neighbor's car, covered the fifty miles, at night, over bad roads, in a little more than an hour, and had organized a fire-fighting brigade among the bewildered citizens.

She had dashed into no less than three burning ruins and rescued people who had been pinned under the wreckage. The telegraph operator had been badly hurt, but she found out how to patch up the instruments and sent out messages for help. Though she was in training for a nurse and any delay in returning to her hospital after her two weeks' vacation might imperil her diploma she had stayed in Valora for over a month, without pay, nursing the sick feeding the hungry, comforting the children who had been left orphans and making herself the guardian angel of the town.

Not that May would tell this about herself. She was ready to talk about the disaster, but not her own part in it. The Director had to do that. And when the Second Clan Medal of Honor was given her, the Camp agreed with a mighty shout that it could not be better bestowed.

(Tomorrow: "The Camp Hospital.")

## BUD DOES THINGS

### He Has A Picnic.

At last I have arrived at something that I really do like. I would do almost any sort of thing to get to a picnic. It is great to go out in the woods with nothing to bother you and no noise or anything and just do as you like. There are a million and a half things to see and do. Why, even if you lie still you can see and hear things moving and living all around you. If you are very tired there are birds and hundreds of little singing things to sing you to sleep.

There is no loud talk, no men cursing at horses, no dust, no whistles blowing nor bells ringing, just the woods and God. If you find that you do not like to lie still there is plenty of room to run around. There are trees to climb and all sorts of magic things to explore, too. Then you can see some bird or bug or animal and follow it and see what it does and where it goes. I have often done that and it is lots of fun.

I would have a picnic every week if I could.

### That Caused It.

"So glad to meet you, Grace," said the girl in the blue costume. "I was just on my way to your house to ask you, as my closest friend, to be one of my bridesmaids."

"Bridesmaids! How lovely! I did not know you were engaged," replied Grace.

"It's sudden—very sudden. But he's awfully in love, and just too nice to live. Will you do it?"

"Of course! I'll be charmed. But"—she dropped her voice to a whisper—"do come around the corner and tell me all about it. Here comes that idiotic, irrepressible donkey, Jim Berton. He's grinning as though he meant to stop, and I don't wish to be seen talking to him."

"Jim Berton! He's the man I'm going to marry!"

### His Remedy.

Sir Oliver Lodge at a dinner in Boston was asked for his opinion of Christian Science.

"Well," he said, "Christian Science, instead of trying to remove a disease, ignores—but let me illustrate my meaning with a story.

"A man in a crowded street car sat with his eyes closed. The conductor reaching him said:

"' Wake up, please.'

"The man opened his eyes and smiled.

"' I wasn't asleep,' he said, 'but I hate to see the women standing.' "

White Pine

White Pine stocks are scarce, but we have secured a good supply and our prices are right.

Allan Lumber Co.

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| Stove | $15.00 |
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Carrying 50c. extra.

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TABLE SALT

THE SALT THAT SATISFIES——MADE IN CANADA

BUY NOW TO MAKE SURE OF YOUR HOUSE FOR FALL

377 Alfred Street—brick; hot water.
415 Johnston Street—brick; hot water.
93 Wellington Street—hot water.
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.
84½ Collingwood Street—frame; no furnace.

Finest semi-furnished summer home on Wolfe Island.
Also a few good farms. Furnished houses to rent.
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FOR ONE WEEK ONLY we will sell a high grade Electric Iron—fully guaranteed—for $6.00. Worth $7.50. Get your order in early.

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through the Merchants Bank. With Branches in all parts of Canada, and correspondents abroad, this Bank is in a position to present Drafts promptly, have them accepted, and coll payment, with the least possible trouble and cost to you.

The Manager will be glad to take up this matter with you.

THE MERCHANTS BANK OF CANADA

Head Office: Montreal. Established 1864.

KINGSTON BRANCH, H. A. TOFIELD, Manager.
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Sub-Agency at Mountain Grove open Fridays.
Safety Deposit Boxes to rent at Kingston Branch.

A MAN'S SHOE

We mean, a low shoe that has no trace of feminity about the toe, last or heel, and yet abounds in style and finish. It is built for fit, comfort and everyday wear and still is dressy enough for any occasion.

Made in tan and black. Reg. $10 and $11 values.

This Week $8.95

The Victory Shoe Store

Corner Princess and Clergy. Phone 486.

OVER-EATING is the root of nearly all digestive evils. If your digestion is weak or out of kilter, better eat less and use

KI-MOIDS

the new aid to better digestion. Pleasant to take—effective. Let *Ki-moids* help straighten out your digestive troubles.

MADE BY SCOTT & BOWNE MAKERS OF SCOTT'S EMULSION 19-1a

for Asthma and Hay Fever

ONE REQUIRES A REMEDY THAT WILL GIVE PROMPT RELIEF. SUCH REMEDIES ARE FEW BUT THERE IS ONE WHICH HAS FILLED THIS REQUIREMENT. WHEN BURNED AND THE FUMES INHALED IT WILL SOOTHE THE INFLAMED PASSAGES ALMOST INSTANTANEOUSLY. SUCH A REMEDY IS

DR. J. D. KELLOGG'S ASTHMA REMEDY

## Good Night Stories

By Blanche Silvers

### DOTTY FINDS A SOFT GRAY PURSE.

Oh, look here!" cried Dotty as she ran into the garden and saw a soft piece of gray stuff laying on the ground. "Come here, Happy Giggles, it's a purse! Some one has lost it!"

The little elfin ran over to Dotty's side. Then he nearly bent double laughing.

"Why, Dotty! Don't you know what that is? It does look like a purse, doesn't it?"

"What is it then if it isn't a purse?" and Dotty poked it gently with the toe of her shoe.

Out from under the soft gray piece of fur poked a short, almost bare tail. Then out pecked a tiny red nose and a pair of pink hands.

"Well, well, Happy Giggles," laughed the funny little fellow. "I thought my day had come, but, as usual, here you are ready to save me."

"Oh," laughed the elfin. "Dotty is perfectly harmless. Dotty, this is daddy Mole."

Daddy Mole stretched out his little head and bowed politely to Dotty.

"I Should Say I Can."

"So you thought me a gray purse, did you?" he laughed merrily. "Well, I guess you can tell now to whom I belong. Mama Mole, of course."

"And proud she is of you, too," said Happy Giggles, stroking the lovely soft fur coat.

"I've never heard her complaining," laughed Daddy Mole, and Dotty could see two rows of sharp white teeth.

His very small dark eyes were almost hidden in the lovely thick fur and covered by a tiny fold of skin. His ears and nose barely peeked out through the fur. Dotty wondered if he could smell and hear with all that fur over his face.

"I should say I can," replied Daddy Mole. 'My sense of hearing and smelling is very keen. The reason they are so bedded in the fur of my suit is to keep the dirt from getting into them when I burrow underground."

'Oh, so it's you who has been digging those tunnels under mama's flower beds, is it?" laughed Dotty. "How funny! Do you dig them—"

"Certainly," interrupted Daddy Mole. "I dig them with these very pose. See my palms turn outward, so when I dig I can throw the dirt out to the right and the left of me. These five flat fingers certainly do help in my digging."

Daddy Mole turned his hands over and showed Dotty his two pretty, rose-pink palms with the fingers webbed together up to the strong curved nails.

"Now my feet are webbed, but not nearly so strong as my hands," said Daddy Mole, who felt very proud to think he could talk about himself so well. "But while they don't help in my underground life they do help in my swimming."

"My goodness! You can swim, too!" exclaimed Dotty quite taken with the queer little fellow.

"And a splendid swimmer at that," said Happy Giggles. "Let me say right here that Daddy Mole isn't nearly the enemy your father thinks he is. He really is a little helper. Why, if it wasn't for his help the gardens would be destroyed by the harmful insects."

"You can bet none of them ever get by me," asserted Daddy Mole. "I try to make up for the trouble I cause. But dear me, I promised to run over to Mama Mole's house. You'll excuse me?" and without waiting for a reply Daddy Mole scampered away.

"Don't they live together?" asked Dotty.

"No, indeed," replied Happy Giggles. "Moles all live by themselves. Some day we'll go up and pay Mama Mole a visit," and bidding Dotty good-by Happy Giggles disappeared.

hands. They are made for that pur-

## Three Minute Journeys

### Where Mile-Posts Are Elaborately Carved "Safeguards."

By Temple Manning.

Out into the yellow sea and the Eastern sea juts a peninsula of more than 84,000 square miles. It is an extension of Manchuria, and for centuries was under the suzerainty of China.

In old atlases the peninsula is called Korea. For years it was known as "The Hermit Kingdom." For after the Chino-Japanese war the land became an independent kingdom, although even then Japan claimed jurisdiction over the country. But Korea enjoyed her freedom only a short time as an independent nation.

It was on August, 29, 1918, that Japan formally annexed Korea as an integral part of the kingdom. The old name was changed to Chosen. In Japanese this name is divided into two syliables—Cho-Sun. This means "The Land of the Morning Calm."

Perhaps no other name would better suit the land which was once called the Hermit Kingdom, for its people are indeed very calm. So calm have they been considered by Japan and the rest of the world that it isn't generally known that there was some opposition to the annexation of the kingdom ,and that a republic was formed and a president elected. The president, it is said, was compelled to flee the country.

Many are the strange customs of this odd little land. At one time the King ordered all men to wear broad-brimmed hats made of a material so

Along a Korean Highway.

brittle the men couldn't "get their heads together" without nicking their hats. And so, the story runs, conspiracy was prevented.

But the mile-posts of Chosen, which are shown in our illustration, are not made of brittle material. They are painstaking hewn out of wood, and are set up along the highways, carved with Chosen characters, which give the traveler the information he requires for a safe journey.

To the eyes of many a western traveler these mile-posts look more like images intended to frighten than soothingly to inform. Of course, the particular demon that should be placated in each spot is properly placated by the posts. And so these Chosen mile-posts serve the double purpose of informing human travelers and warning off those demons who might trouble the highway.

### A Needed Sermon.

The preacher announced that next Sunday his subject would be Liars, and that he would be very glad if, during the intervening week, they would read the seventeenth chapter of Romans for themselves.

The next Sunday the preacher commenced by reminding his hearers of the request he had made, and asked all those who had read the seventeenth chapter of Romans to stand up. To his astonishment half the congregation stood up.

"Thank you very much," said the preacher, "now it is to you I want to speak today because there is no seventeenth chapter of Romans."

### Diamond Cut Diamond.

London Tit Bits.

In the sweet silence of the twilight they honeyspooned upon the beach.

"Dearest," she murmured, I—I have a secret to tell you!"

"What is it, sweetheart" he asked, softly.

"Can you ever forgive me for deceiving you?" she sobbed. "My—my left eye is made of glass!"

"Never mind, lovebird," he whispered, gently; "so are the diamonds in your engagement ring!"

No, Maude, dear; when you feel like stamping your feet it isn't necessary to go to the postoffice.

TENDER GUMS — A WARNING

Beware of gum tenderness that warns of Pyorrhea. Four out of five people over forty have Pyorrhea—many under forty also. Loosening teeth indicate Pyorrhea. Bleeding gums, too. Remember—these inflamed, bleeding gums act as so many doorways for disease germs to enter the system—infecting the joints or tonsils—or causing other ailments.

Forhan's positively prevents Pyorrhea, if used in time and used consistently. As it hardens the gums the teeth become firmer.

Brush your teeth with Forhan's. It cleans the teeth scientifically—keeps them white and clean.

If gum-shrinkage has already set in, start using Forhan's and consult a dentist immediately for special treatment.

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Forhan's FOR THE GUMS

You never can tell. If the truth were known it is frequently the under dog that began the fight.

Somehow its difficult for a man to believe that he is as good as he expects his wife to believe he is.

An honest man neither buys nor sells himself.

Coffee Drinkers Sometimes feel a twinge of dissatisfaction.

It may be a restless night or it may be a restless liver.

When disturbed sleep or digestion awaken suspicion of coffee as the cause, the safe, wise thing to do is to switch to

INSTANT POSTUM

Ten days usually tells—"There's a Reason"

CANADIAN POSTUM CEREAL CO. LTD. WINDSOR, ONT.

Many a man suffers from insomnia in his eagerness to wake up and find himself famous.

Some folks are so reserved in their manners that they don't appear to have any at all.

During the courtship a young man is never out of danger until the girl says "no" three times.

Some girls grow up and become happy wives and mothers and others become lady novelists.