

SCHOOL STUDY SPORTS

THE JUNIOR BRITISH WHIG
BIGGEST LITTLE PAPER IN THE WORLD

HUMOR PLAY WORK

THE SHORT STORY, JR.

The Bad One



THE TWINS. HARRY was always known as the good one and Henry as the bad one. Since the time Henry was a very little boy, whenever one of them got into trouble he was the one. "Never mind about Harry," Mrs. Foster, mother of the twins, would say, "but for goodness sake look out for Henry."

THE SWIMMING CLASS — LESSON VI

By JACK GHON

The Man Who Taught One Thousand New Orleans Boys and Girls How to Swim

The art of swimming is divided into three branches—speed, distance, and fancy swimming. The two strokes, the trudgeon and the crawl, that have been already explained, are primarily speed strokes. Nevertheless, they combine the elements of all forms of swimming, and once you have learned them so that they come as natural to you as walking, you are prepared for almost any kind of aquatic sport.

Distance swimming is an art in itself. Too many swimmers believe that it simply consists of using the sprint stroke to which they are accustomed until they grow tired; then turning over on their back and resting until they feel like going farther.

The main idea of distance swimming is to keep going. It is inexcusable to turn over on your back and rest, for you will find that this will tire you more than if you had driven your muscles to the extra effort of continuing.

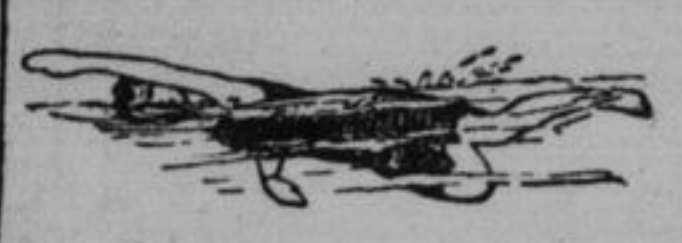
Where in sprint swimming you concentrate on speed, in distance swimming, it is just the opposite. You should try to concentrate on slowness.

Aim toward regularity in your stroke and in breathing. And relax! Your movements should all be easy; not a muscle should be strained.

The trudgeon, swum slowly, is considered a good distance stroke, providing you do not start too fast. Nothing is more fatal to distance swimming than to start off with a

sprint; you will be winded long before you have reached your goal.

Some experts advocate a combination of several strokes for distance swimming. It is a bad policy, though, to change from the stroke you start out with unless you become so tired that you cannot continue. Most of the scientific swimmers of to-day believe the trudgeon is the logical distance stroke, and use it entirely. Should it be necessary, however, to change, the best stroke to change to is the overarm side stroke. This is the same as the trudgeon, with the exception that only one arm—the left, usually—goes into the air. The other



arm is drawn through the water at a line of least resistance.

The kick of the overarm side stroke is different from that of the trudgeon. The legs are opened and brought together at once, the left or upper leg, being kicked forward, the right slightly bent. The right or lower leg is bent double until the foot touches the thigh. In the effective part of the stroke the left foot is bent a little forward, and then the whole leg is straightened with a snap at the same time as the right leg meets it with a vicious kick. As you finish the kick, the muscles should relax thoroughly before beginning again.

But the swimmer has little use for this stroke, outside of using it as a change in distance swimming.

The smooth distance swimming is a slow, slow stroke, even breathing, and a trick of relaxing the muscles as each movement is done. Do that, and you will find little necessity of changing your stroke.

RADIO EXPLAINED

By E. H. LEWIS

INSTRUCTOR NEW YORK Y.M.C.A. RADIO SCHOOL

CONNECTION OF GRID CIRCUIT TO FILAMENT.

When a grid condenser is used in a vacuum tube detector circuit it is customary to connect a high resistance directly across. This resistance is the grid leak referred to in the preceding articles. If there is no connection of any part of the grid circuit to ground, that circuit is connected to the positive end of the filament. The potential of the grid will then be somewhat higher than the negative end of that filament. This is the potential of the grid with respect to the negative filament terminal will be somewhat what positive. Electrons are attracted to the grid and a current flows in the grid circuit normally when there are no incoming signals. The actual potential of the grid will depend upon the value of the leak resistance and the grid current flowing. If the leak resistance is not of too low value, however, the grid current will be quite small, and when incoming signal voltages are impressed upon the grid there will not be enough damping to materially reduce the sharpness of tuning or selectivity of the circuits. The damping effect will usually, in fact be too small to be considered practically since the grid current at most is so small. Every time the applied potential is positive to the grid, electrons will be drawn to it and the grid will quite rapidly become negative. If the grid circuit is, however, connected to the negative end of the filament, the action of the tube as a detector is quite poor in

comparison. That is the signals heard in the head telephones will be weak. In some cases it is found advisable to ground common connection between grid and filament circuits. This may be done whether the coupling is direct or inductive, and in the case the common point which is connected to ground is at zero potential. The grid is, of course, connected through the grid condenser to this point, and its potential is then negative. It is then at the same potential as the negative end of the filament, providing that the negative filament terminal is made the common point and the potential at that point, therefore, made zero. No grid current then flows until a positive potential is applied to the grid by the incoming signal. There is thus practically no damping of the received oscillations. If the positive terminal of the filament were used for the common point, which is grounded, that end of the filament, together with the grid, is at zero potential, but the grid is then higher in potential than the negative end of the filament. In fact, it is at considerably higher potential as those potentials go, and too large a grid current will flow. This would result in weaker signals being heard in the head telephones. The filament rheostat is connected in the filament lead, which is not made the common connection between filament circuit and grid circuit.



GOOD PAINT PRESERVES

especially when it is our shingle stain. It makes wood shingles last much longer and therefore your roof is better and costs you less to maintain. Our stains, varnishes and paints are used by those who know.

SERVICE AT THE RIGHT PRICE
OUR MOTTO
Allan Lumber Co.
TEL. 1092
VICTORIA ST. KINGSTON, ONT.

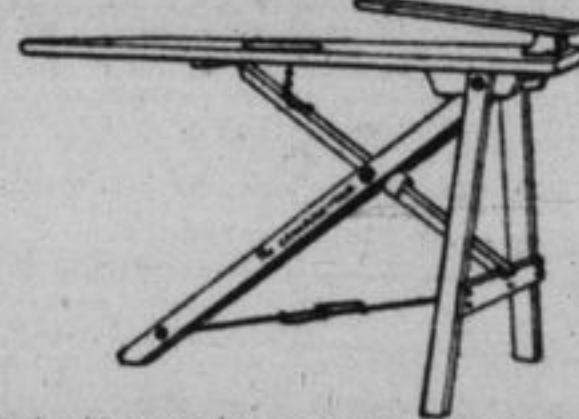
NEW SKIFFS and FISHING BOATS
FOR SALE
H. KNAPP, BARRIEFIELD

Sowards Keep Coal
and Coal Keeps Sowards
all kinds of Cut Wood
PHONE 155.

UPTOWN OFFICE: MCGALL'S CIGAR STORE. PHONE 811.

Special Sale of Folding Ironing Boards

No housewife should be without one of these convenient FOLDING IRONING BOARDS. They are strongly made of fine grained white wood with hardwood frame and when set up are unusually rigid and sturdy. Easy to fold up and put in a small space when not in use. A most attractive offering at \$4.20. Each complete with sleeve board. Regular price of this board is \$5.75.



Lemmon & Sons
187 PRINCESS STREET

Mathieu's
SYRUP OF TAR &
COD LIVER EXTRACT
STOPS COUGHS

Sold in generous size bottles by all dealers.
THE J. L. MATHIEU CO., Props., SHERBROOKE, P.Q.
Makers also of Mathieu's Nerve Powders the best remedy for Headaches, Neuralgia and Febrile Colds.

AS OLD AS THE HILLS
BUT AS NEW AS TODAY!

Cod-liver oil has been famous for ages and has always been abundantly rich in health-building vitamin A. It only needed today's science to confirm the true worth of this wonderful energizing nutrient. Likewise, the merit of

SCOTT'S EMULSION
OF PUREST VITAMINE-BEARING COD-LIVER OIL

has always rested upon its power through vitamin-nourishment, to sustain vitality in the adult and encourage normal growth and building of strong bones and teeth in the child.

Give your children the health-building benefits of Scott's Emulsion. There is no better time to start than now!

LOOK THESE OVER

A few of the Song Hits from our store played by "TRENER'S SONG SHOP ORCHESTRA" at the JUNE BALL:—Coo Coo, Angel Child, Cutie, Jimmy, Old Fashioned Girl, On A Little Side Street, Ta Ta, Mr. Gallagher and Mr. Sheen, Morning, Noon and Night, K-K-Kiss Me Again, I'm a Daddy, Island of Koo Koo, Dixie, Teasin', Bimbi Bay, By the Sapphire Sea, and many others. Call or write for what you want.

THE SONG SHOP

H. A. STEVENSON
PHONE 979W. 216 PRINCESS ST.
(Next to Grand Opera House)

"THE HOME OF ALL THINGS MUSICAL"

Whitlock. Strawberry season is at hand and a good crop is reported. A number from here are contemplating attending the Chautauqua which will be held in Kingston from July 1st to July 7th, under the Rotary Club. Poverty is the mother of genius.

APPARATUS AND DEVICES

By RALPH BROWN, RADIO ENGINEER

SMALL CAPACITY MICA DIELECTRIC CONDENSERS.

There are many uses for small capacity fixed condensers such as grid condensers, by-passing condensers for the plate circuits of a vacuum tube and telephone condensers in crystal detector sets. Radio experimenters find numerous other uses for them, also.



ducting plates and a high grade of mica for the dielectric. After the small tin foil and mica sheets are assembled a protecting fibre piece is placed on each side and eyelets are fastened in one at each end. These eyelets hold the condenser securely together, so that the tin foil and mica cannot curl up at any time. The capacity, therefore,

does not change when the condenser is in use. If a number of condenser units are to be connected in series or parallel the connections may be easily made by passing machine screws through the eyelets, a condenser of any required capacity and dielectric strength may thus be secured within rather wide limits. The capacities of the units range between 0.0001 and 0.0025 microfarads.

When one of the units is to be used as a grid condenser a variable grid leak resistance may be made on the surface of the fibre. Sandpaper is first used to roughen the fibre between the two eyelets. A lead pencil may then be used to draw lines in the fibre, eyelets, and a variable grid leak resistance is had. The resistance depends upon the amount of graphite between the two eyelets.

Because of their small size these condensers can be used to good advantage in constructing a small and compact receiving set. radio articles kindly communicate

"WITS" OF HISTORY

By Mark Stuyvesant.

The Amusing Way Rachel Decided A Bet.

An amusing story is told of Rachel, the famous French actress of the early part of the last century. Perhaps there was no more prominent figure on the continent at that time than this remarkable woman, who was the most prominent actress of the day, and is believed by many to stand as the greatest tragedienne of all time.

Although not of prepossessing appearance, Rachel was so magnetic, and her impersonations of the characters so convincing, that one who had once seen her play could not forget her.



Rachel Wrote in the Guest Book.

There were few persons in Paris who had not seen this wonderful actress. In fact, Rachel was renowned the world over during her lifetime, and now has taken her place in history.

Why It Is a Good Family Medicine

From its splendid formula, its superb blood purifying qualities, its prompt tonic effects, and above all its unequalled record in practical use by three generations,—Hood's Sarsaparilla is the favorite medicine in many homes. If you need a good family medicine why not get the best, that which has been known to the people of America for half a century—that made your mothers and grandmothers well and that is reasonably sure to do you good? You know Hood's. Get it today.

THE MAN ON WATCH

It is understood that the distillery is "out of bounds" when the bowlers hold their tournament in Prescott shortly.

Horseback riding is said to promote longevity, but the girls had better not do much of it or they may become very old maids.

An anti-spitting notice is reported to adorn the wall of the Frontenac county council chamber. The city council room has no such placard, but a "no smoking" notice may be put up by his worship the mayor.

When berries are displayed for sale on the walks the vendors might be on guard and chase the dogs away, for the canines appear to be very partial to berry crates.

Just whistle "After the ball is over," but don't tell of some of the street scenes.

Some Montreal girl visitors here this week could give the Kingston girls pointers as to how to look unconcerned when walking along the street smoking a cigarette.

Church union attempts in some places seem to be just like trying to mix oil with water. The sects simply will not mix.

Some people have more respect for man's laws than God's. They break the Ten Commandments every week and yet are horrified when a civil law is alleged to be violated.

Canada's Royal Military College over on Point Frederick now has an almost wholly Canadian staff, and better graduates were never turned out. Canada has no longer to send abroad for military teachers.

A war veteran was arrested at Windsor for taking a very respectable twenty-year-old New York girl there. The girl should have been arrested too, for at twenty any young woman who is not really stupid should know "what's what."

With the price of cheese mounting, the farmers should now be able to pay their taxes. The city folk do not mind paying a little more for cheese if it will help the farmers out. But our friends on the farm should brighten up when they think of the city and town householders who have not had work for months and are merely existing.

North Frontenac wants more education. Is that the result of U.F.O. doctrine being preached way back there?

—THE TOWN WATCHMAN.

Flattery Wins
"Don't you know it is against the law to beg for money?" said Mrs. Plump to the tramp at the back door. "I wasn't goin' to beg for no money, ma'am," said the man. "It's just as bad to beg for bread," argued Mrs. P. "I wasn't goin' to beg for bread, ma'am." "Well, what do you want, pray?" "Only one o' your photographs, ma'am." A little neglect may breed great mischief.

ANSWER TO YESTERDAY'S PUZZLE IS:
"DAVID," COPPERFIELD

FORM A GIRLS NAME BY PUTTING TOGETHER:
2 N's
2 M's
2 A's

BAYER Aspirin
Genuine
WARNING! Say "Bayer" when you buy Aspirin. Unless you see the name "Bayer" on tablets, you are not getting Aspirin at all. Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds
Toothache
Earache
Headache
Neuralgia
Lumbago
Rheumatism
Neuritis
Pain, Pain

HOT DAYS and HOUSEWORK
—are exceptionally hard on the wives. Why not dine out this evening and give "wife" a treat. Our service and cuisine are unexcelled.
ROYAL CAFE 157 Princess St.

Absorbine J
When the game goes longer than you expected; or you get bumped unusually hard; or you get a nasty cut or bruise; get out your bottle of Absorbine J and bathe the sore or swollen place. "ABSORBINE JR." will take away the soreness and tiredness out of aching, strained muscles—heat the cuts—reduce inflammation—and prevent "next-day" stiffness. "ABSORBINE JR." is highly recommended by famous Athletes, Sportsmen, Physical Directors and Trainers.
W. F. YOUNG, Inc., Lynn, Mass., Montreal.