

"But for life the universe were nothing; and all that has life requires nourishing."

The Latest Cook Books

The Boston Cookery School Cook Book, by Fannie Merritt Farmer. Mrs. Rover's New Cook Book, A Manual for Housekeepers. The Century Cook Book, containing Dinner-Giving and Etiquette of Miners. The Complete Housekeeper, by Emily Holt. Mrs. Beeton's Big English Cook Book, revised and greatly enlarged with several hundred new receipts. The Modern Hostess, by Christina T. Herrick. The Table, by Philippine de Delmonico. What to Have for Dinner. What to Have for Luncheon. Invaluable Books for Housekeepers. One of these Books should be in every Home. All at

R. UGLOW & COMPANY,
141 PRINCESS ST.

The Sweep Sale OF Coats and Skirts CONTINUES.

Only a Few Left

Warm Winter Coats for \$1.00. Former prices, \$4.50 to \$8.00. Ladies' Tweed Skirts for \$1.99. Former prices, \$3.00 to \$5.50. Girls' Tweed Skirts, \$1.25 and \$1.75. Former prices, \$2.00 to \$3.00. Ladies' Cream Lustré Waists at Half Price. Ladies' Embroidered Lawn Waists at Half Price. Ladies' and Girls' Wool Gloves, in Navy, Cardinal, Black and White, 12 1/2-2c and 15c Regular prices, 29c to 30c

D. M. Spence, The Leading Millinery Store.



Does Your Bread, Madam, Get Stale Too Soon

Of course, you know, all bread must in time grow stale—unless busy little milk teeth anticipate the flight of days. But the trouble is, Mistress Housewife, some bread grows old prematurely—goes harsh, stale, crumbly. And nobody likes stale bread; your folks dodge the bread-plate, don't eat as much as is good for them, but fill up on a more expensive if less sustaining diet. Sad economy, Madam.

There's a peculiar quality in the gluten of FIVE ROSES flour which makes YOUR bread keep better.

Cannot go stale as quickly as bread made from some of the flours you have known in the past—to your loss and sorrow.

It may belong to the wheat milled, to the methods or 21 years of "know how"—but it's there all the same.

Because there's more of the amber gluten and better gluten in FIVE ROSES than seems necessary, you see.

This is the way of it, Madam.

Not only does YOUR loaf retain the actual moisture, the actual liquid, longer than usual; but it retains the property of feeling moist to the touch, the property of feeling moist to the taste, a great deal of the water has evaporated.

Of course it doesn't crumble when sliced even in this slices; nor does it lump off when buttered. That's the secret, Madam, of the



LAKE OF THE WOODS MILLING CO., LTD., MONTREAL

Florida Sulphur Spring. Within two miles of Crystal River there is a sulphur spring 1,500 feet deep, but as one would have to bathe in gushing through pipes, leaving prismatic colors all about. At this place a company was boring for oil and, after striking several springs with more or less sulphur, which they despoiled and passed, they came upon this one and had stopped work for the time being. This is a most interesting place to visit and on the way one can stop at the "Wishing Well" and drink

the wonderfully clear water while wishing your dearest wish. It is quite as efficacious as the famous Harney stone, if not more so.

Piles Cured in 6 to 14 Days. Paro Ointment is guaranteed to cure any case of itching, blind, bleeding or protruding piles in 6 to 14 days or money refunded, 60c.

Some people talk so much that they have no time to listen to anything worth while.

THE STANDARD BANK OF CANADA

Established 1873 OF CANADA 80 Branches
A DEPOSIT OF ONE DOLLAR
is received in our Savings Bank Department, and is sufficient to open an account and entitle the Depositor to a pass Book. The highest current rate of interest is allowed, and money may be withdrawn at any time without delay.
Savings Bank Department at Every Branch.
KINGSTON BRANCH
H. E. RICHARDSON, Manager
Corner Princess & Bagot Streets.

LIVED IN COTTAGE

AT THE NAVY YARD EIGHTY-FIVE YEARS AGO.

Capt. E. H. McKay Tells of Those Far-away Days at Point Frederick—He Regrets That the Old Naval Cottages are to be Razed.

"I was very sorry to read in the Whig on Wednesday last that the old naval cottages on the Royal Military College grounds are to be razed. It is a great pity that they could not be allowed to remain."
This statement was made on Friday evening by Capt. E. H. McKay, of this city, to a Whig representative who had asked him if he knew about what year the old cottages were built. The captain was born at the old navy yard in 1823, and he thinks the cottages were erected in 1822. From the year 1825 to 1834 the captain resided in one of the cottages with his parents and his grandfather. His grandfather, Donald McKay, was master-builder in the Royal Navy and came to Canada in 1812 to construct the warship St. Lawrence at the old navy yard, now the site of the Royal

LETTERS TO THE EDITOR.

A Worker Tells Why People Flock to the City.

Kingston, Feb. 18.—(To the Editor.)—In one of your editorials in yesterday's Whig under the heading of "a timely warning," you complain of the people flocking to the city to the country. Now I am one of those who have come into the city and I expect the real reason the bulk of the people have is the same as mine, one of dollars and cents. What is wanted is not a warning but for the worker to be able to earn enough to live on and have something for a rainy day. Here is my experience—There is only work for about eight months of the year and that is the time when wages are high. In the city, and I have been in the city about two years, I have worked at four different kinds of labor during that time and have not lost more than four weeks. Now take the agricultural point of view. Last year I earned \$12 and managed to save something out of that. The best year I had while working in the country I earned \$215 and expended \$225. That is why the people flock to the city. It's just a case of dollars and cents—WORKER.

AGAIN IN THE CITY.

Missionary George Buskin Calling on Helpers.

George Buskin, agent and missionary of the Algoma and North-West Evangelical and Colportage Mission, is in the city. His last year's report shows donations from eighty-five towns and villages of \$1,637.60; receipts from sales, \$188.12; the supplies have been taken account of. The journey has been taken west to Sudbury and Copper Cliff, lands being too limited to go further. There still remains an indebtedness of about \$4,000. Much time and material have been spent in endeavoring to obtain \$500 from the legislature of Ontario towards the \$1,200 cost incurred in publishing the Ojibway Indian and English dictionaries. The depot is still at 202 King street east, Toronto, but better premises are necessary. The donations of Kingston, last year in aid of the mission, were \$25.75, which is gratefully acknowledged.

HE GIVES SCHOLARSHIPS.

A Man, Unknown, Honors Napanee Institute.

A worthy gentleman who belongs to the county of Lennox and Addington has shown an interest in the young people by offering \$75 for scholarships to be competed for during the current school year by the students of the Napanee Collegiate Institute, and the students so competing to be residents of the county of Lennox and Addington. The sum is to be divided into three scholarships of \$25 each, one of which is to be awarded to the student attaining to the highest standard for general proficiency in junior matriculation, one for honor matriculation and one for senior matriculation. The merit of those entitled to be decided by the staff of teachers of said institute. Temperance, morality and general good conduct to be taken into account in awarding said scholarships.

A QUIET EVENT

At the Home of Dr. J. F. Sparks on Saturday.

On Saturday morning at eleven o'clock, a quiet but happy event took place at the residence of Dr. J. F. Sparks, University avenue, when Mrs. Jennie H. Henderson, daughter of the late James Bruce G. Mills, private banker. In the absence of Rev. Charles A. Sykes, their pastor, the ceremony was performed by the Rev. S. Sellers. The bride, who wore her travelling dress of Wedgwood blue, with hat to match, was given away by James Small. After the wedding breakfast, Mr. and Mrs. Mills left for the west, taking with them the sincerest and warm wishes of their many friends for a long and happy wedded life.

B.A. Hotel Arrivals.

James Robertson, Montreal; J. A. Aubin, Hudson; W. G. Cameron, Toronto; M. A. Villeneuve, Ottawa; Mrs. W. L. Edmondson, Edmonton; Mrs. Edmondson, Edmonton; R. G. Berrington, Montreal; Felix Johnson and wife, Bergen, Norway; R. B. Cameron, Toronto; F. E. Simmons, Toronto; P. J. Simms, Toronto; Fred Singer, New York; Wm. Smith, Ottawa; P. V. Quirk, Toronto; W. S. Eckart, New York; W. H. Moys, Oshawa; Art O. Barry, Montreal.

Were Entertained.

The choir of Queen Street Methodist church had regular practice last evening, at the parsonage. After practice refreshments were served and a social hour pleasantly spent. The choir is in a most efficient condition and is rendering splendid service.

Bibby's, to-night, Shirt Sale, 60c.

The death is reported in Toronto of William E. Tyrer, formerly of Kingston in his forty-sixth year. His funeral occurs on Monday.

Early Closing of the Stores.

The new rule for closing the dry goods stores at 5 p.m. each day, with the exception of Saturday, will run out, at the end of this month, and the clerks will be sorry for this, as the extra hour has been a good thing for them. However, during the summer months, the stores will again close early, as usual.

THE QUEEN'S

Toronto, the Queen City of Canada, has much of the beautiful. It is found in the many handsome churches, artistic public buildings, imposing offices, public libraries, parks and gardens. Its government buildings are fine. Of hotels there are many; none, however, approaching the Queen's for perfect service, quiet comfort, and complete surroundings, and the secular excellence of its cuisine. Its fame is far-reaching, and may remember with pleasure the hours spent within its hospitable walls. The charges are based on the American and European plan, and are as follows:
Rooms without bath (American Plan) \$3.00 per day up
Rooms with bath (American Plan) \$3.50 per day up
Rooms (European Plan) \$1.50 per day up

THE SPORT REVIEW

FRONTENAC JUNIORS EASILY DEFEATED MARKHAM.

The Score Was 11 to 6—Frontenac Led All Through—The Royal Military College Team Defeated. Markham went down 11 goals to 6 at the covered rink on Friday evening and the junior Frontenacs were away again on their long trip towards the championship. The game in Markham ended five goals all, thus showing pretty, even play, but here the visitors were outskated and outplayed in every department. The rink was well filled, about 1,200 people being present, about the largest crowd this season, showing clearly that the crowd in Markham ended five goals all, though Queen's do hold the Allan cup. The ice was in perfect condition and the teams could do nothing else but play fast hockey.
Markham has a fine team of fast, handy chaps who can play a good game, but the locals proved entirely too much for them. Frontenac's forward line never worked better than last evening. Millan, Hunt, Prouse and Grattan making a perfect line. The two, three and four man rushes of the locals completely bewildered the visitors, who could not defend them at all. Four minutes after play commenced Davidson scored Frontenac's first goal, and three minutes before time was called Bruce scored their last goal, so one can see how they were playing, and how they led all night.
Never have Hunt and Millan played as well as they did last evening, their combination and rushes being accountable for six of Frontenac's goals. Hunt at centre securing five of the above six. The entire line played a class game, and the defence, Davidson, Marchand and Hyland all played strong. Marchand was forced to wear a rubber nose guard on account of the injury received to his face in the last game, but this did not make any difference to the sturdy little man, who proved himself still to be the best junior goal in Ontario.
In comparing the two teams, who played a tie game on Markham ice and an 11 to 6 game here, there seems to be nothing but Frontenac. In the two games the locals outskated and outchucked and were better than the Markham bunch, and when it came to stick-handling the visitors were away back. On the defence matters were more even, with the exception of Marchand, who had it over Glen like a circus tent.
In the visitors Jim Stewart and Robb proved to be the only dangerous men. Many had rushes were indulged in by the wing man, and the crowd could be heard calling for the locals to get the man with the "pads." He and the point player proved the only dangerous men on the team.
The summary:
1. Frontenac, Davidson, 4 min.
2. Frontenac, Hunt, 3 min.
3. Frontenac, Hunt, 1 min.
4. Frontenac, Bruce, 3 min.
5. Marchand, Bruce, 2 min.
6. Frontenac, Davidson, 1 min.
7. Markham, Robb, 1 min.
8. Frontenac, Hunt, 2 min.
9. Markham, Sanderson, 2 min.
10. Markham, Stewart, 1 min.
11. Frontenac, Millan, 3 min.
12. Frontenac, Hunt, 4 min.
13. Markham, Stewart, 1 min.
14. Frontenac, Hunt, 3 min.
15. Frontenac, Bruce, 4 min.
16. Markham, Robb, 2 min.
Penalties—First half, Frontenac, Davidson, 2; Bruce, 2; Markham, Robb, 2. Second half, Frontenac, Bruce, 2; Markham, Bruce, 2. Total, Frontenac, 8 min.; Markham, 6 min.
In the first fifteen minutes of the first half the play was all Frontenac, the visitors being at all appearances lost on the rink. After about half the first period they seemed to pick up a little and secured a goal which seemed to give them heart and they tore into the game at a good rate. From a spectator's standpoint it was a beautiful game, practically free from roughness and as fast as could be wished for. No one could want a prettier combination or faster rushes than the locals indulged in.
On the round the Frontenacs defeated Markham by 16 to 11.
H. F. Wettauer, Berlin, refereed the game and as usual handled it to everyone's satisfaction.
After the game Friday evening, both teams went down to the restaurant, where they satisfied the wants of the singer man, and passed an hour or two with song and story. The best of good fellowship prevailed among the players.

TO-NIGHT "THE MAN FROM HOME" IS ON.

The central character in "The Man From Home" is an elongated Indiana lawyer, Kokomo, is his home and like his patronymic. He is a name sake of "the tall sycamore of the Wash-bash," always makes his name known in full—Daniel Voorhees Pike—and as might be expected of a man with that name, he is, or has been, a member of the Hoosier legislature. He is a kindly, droll, shrewd, and unassuming old bachelor. He has sense and character, understands human nature in whatever guise it may appear, expects the best of it and lets the worst of it trouble him very little.
The play, central figure and all, with almost a score more assisting, will be played at the Grand to-night.

DAVID HOLCOMB COMING.

Once in a while the public likes to be serious long enough to revert their memories back to their childhood days down on the farm or some reminiscences, where they have spent a pleasant vacation out in the open country. William Lawrence, the talented Canadian actor, who is to appear at the Grand on Saturday, February 26th, maxime and night, in his latest effort, "David Holcomb," says the world is growing better. He backs his claim with the assertion that since he has advertised his play as a moral temperance drama of real life, more people have paid admissions to see him than ever before. And five years ago these same people wouldn't think of attending a theatrical performance unless it was of a frivolous nature with a little "spice" to "ginger" it up. But nevertheless the tremendous temperance wave that is sweeping the country from coast to coast is conclusive proof that the people have something better on their minds and they want to get back to the starting point where they left off.

SECURED MANY PRIZES.

Holland Bros. exhibited at the poultry show, held in Spencer, and succeeded in winning several prizes. They had twelve entries, and secured the following prizes:
For Langshires, second for cock; first and second for hen; first and third for pullet; for black Cochins bantams, first for cock; first and second for hen; first for pullet. The Kingston branch secured a special prize of a silver spoon, for the best collection of Langshires, and another special prize, for the best pair of Cochins bantams, in the show.

Arranging for Smoker.

At the last meeting of the Retail Merchants' Association a committee was appointed to arrange for a "smoker" to be held in the near future. The committee has been at work and the affair will be held during the first week in March, and a most enjoyable time is being looked forward to. The numbers are very anxious that they have a large attendance at all the gatherings now so that matters can be decided on relating to the convention of the retail merchant associations, which will be held in Kingston during the summer.

Frontenac Meets Simcoes.

Frontenac juniors will meet Toronto Simcoe A team, in Kingston, next Wednesday, and in Toronto next Friday. "Jim" Sutherland's "kids" hope to rout this Toronto team, and go into the championship final.

Cadets Defeated by Varsity.

A Toronto despatch says: Varsity II defeated R.M.C. of Kingston, in the first game for the intermediate intercollegiate championship, last night at Mutual street rink, by a score of 10 to 4. Varsity led at half time by 4 to 1. R.M.C. who were heavier than the local students, scored the first goal of the night, but the Varsity forwards got working and towards the close they played R.M.C. off their feet, the visitors seeming to tire towards the close.
The teams:
Varsity II (10)—Parker, goal; German, point; Cuzner, centre; Caldwell, rover; Strone, centre; Code, right wing; Cotton, left wing.
R.M.C. (4)—Powell, goal; McAvity, point; Part, rover; Smith, rover; Campbell, centre; Adams, right wing; Wheeler, left wing.
Referee—J. Livingstone.

Sporting Notes.

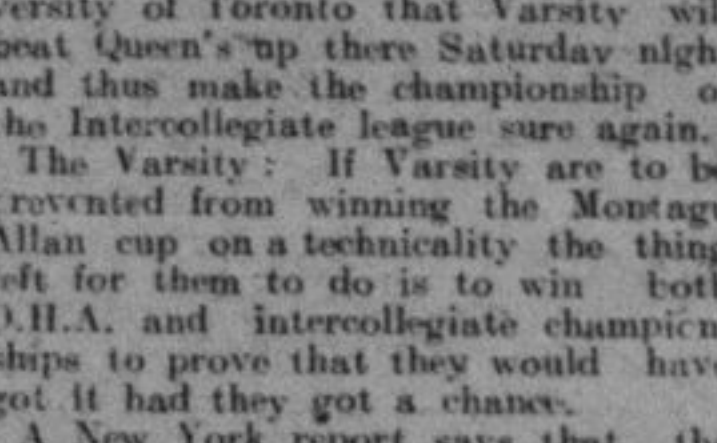
Referee wants to bet \$5,000 it can beat Ottawa on neutral ice.
The Redoubt hockey club secured London from Les Canadiens, the Ottawa

The Beauty of Firm Flesh

Lies in The Power of Rich Blood To Keep It Ever Clear and Clean.

Stuart's Calcium Waters Free.

The secret of firm, strong, supple flesh is good, rich, constant flowing blood. When hollow cheeks appear and hidden pigments make the eyes look like burnt holes in a blanket, the blood is sick and out of tune.



The effect of impure and pure blood is seen at once on the face.

Impurities fill it with poisons, the flesh harbors these poisons, and the lungs cannot eliminate them as they should. It needs a purifier. Stuart's Calcium Waters give to the blood through the clean channels as food all the strength and stimulus necessary to remove the impurities and to make rich corpuscles which will feed the body or fight its enemies.

Time was when poor blood purifiers had to be used, such as herbs and roots, powdered minerals, etc., but thanks to latter day achievement the Stuart process gives to the system the full rich strength of Calcium Sulphide, the greatest blood purifier known to science.

These little powerful safers are prepared by one of the most noted expert pharmaceutical chemists in the world and so far as science is concerned no expense has been spared to make them perfect.

They contain Quassia, Golden Seal and Kalmuckine, each a most powerful aid to the blood of man. Thousands of people use these waters with religious zeal, and their testimonial evidence is an unflinching source of interest to one who reads it.

Melancholy marks every suffering woman, yet one should be armed with this knowledge and make up one's mind to try Stuart's Calcium Waters at once. Every druggist carries them. Price 50c, or send us your name and we will send you a trial package by mail free. Address F. A. Stuart Co., 175 Street Bldg., Marshall, Mich.

BE BROAD MINDED

We head this ad as above for your sake as well as for ours.

For your sake—Because we believe you want good Plumbing and Heating when you want any.

For our sake—Because we don't want you to make the mistake of expecting high grade work for the price of inferior botch work.



Yes We Charge Moderately.

DAVID HALL, 66 Brock St. Phone 335.

PURE MILK

Pasteurized Milk is free from all fever and tuberculosis germs. Fish and Coyotes.

Fresh Eggs, 25c per doz. Cooking Eggs, 25c per doz. Pure Maple Syrup \$1.00 per gal. Potatoes, 40c per bag. 2 one lb. Glass Jars Jam, 25c.

S. T. KIRK, 277-281 Princess St. Phone 417. Agent for Amelstet's Yarn.

Dyeing on a Big Scale

Few people have any adequate conception of the wide range of work we handle. We are equipped to clean, press or dye about every conceivable article of wearing apparel of either sex.

R. PARKER & CO.,

Dyers and Cleaners, 69 Princess St., Kingston, Ont.

THE CLUB HOTEL

WELLINGTON ST., near PRINCESS.

There are other hotels, but none approach the Club for homelike surroundings. Located in centre of city and close to principal stores and theatre. Charges are moderate. Special rates by the week. P. M. THOMPSON, Proprietor.

Sweetens the Stomach

and, best of all, it makes you yourself feel sweet.

Abbey's Effervescent Salt

SOLD EVERYWHERE.

A Man who calls a bluff is seldom sure of the answer.

Bibby's, to-night, Sample Shirts 60c.