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A catechism for the use of mothers and children's nurses.

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## BOOZERS NOT WANTED

IN 14TH REGIMENT, SAYS LIET. COL. HUGHES

Only Young Men of Temperate Habits Are Desired—Habitual Drinkers Are Being Weeded Out.

That temperance young men are what are wanted in the 14th regiment, as in every other military unit the country over, is the opinion of Lieut.-Col. W. S. Hughes. He expressed himself to that effect at the annual meeting of the officers of that rifle corps on Wednesday. It was not that the 14th requires a cleaning up in this respect, for habitual drinkers who might have slipped in have by degrees been "let out." The "weeding process" has been in operation during the past few years. The fact is the "boozers" are not wanted. Nor was the commanding officer preaching a temperance sermon, or making a plea for absolute teetotalism.

From an extensive experience all the way from "a private in the rear rank" to a lieutenant-colonel, he



LIET.-COL. W. S. HUGHES  
The new commanding officer of the 14th Regiment.

realized the class of men that are the backbone of a regiment, and such as will make it retain the respect of the community.

This matter happened to come up among others of vital importance to the regiment. Col. Hughes reminded that it should never be lost sight of when recruits are coming in. He declared himself a temperance man, not a teetotaler. He counselled his officers that, as in the past few years, to shut the doors more tightly than ever to the intemperate. Temperance is now one of the slogans of all the better regiments of Canada.

**Thursday's Market Prices**  
Thursday's market had plenty of meat. Pork sold from 13c to 15c a pound, but beef which was 12c and 13c a pound last week took a drop to 11c a pound. Butter held about the same prices of 30c to 32c a pound, while eggs are continually dropping in value. The latter which sold for 40c a dozen last week could be bought for 35c a dozen on Thursday, although a few asked 40c. Fowl was quite high, \$1.50 a pair being asked in some places. Ducks were sold for \$1.25 a pair, 95c a bag, and cabbage 5c a head, or 50c a dozen heads.

**Appointed As Instructor**  
Sergeant Smith, R.C.H.A., Kingston, has been appointed by the military authorities as instructor of the 8th Brigade, Canadian Field Artillery for the space of two weeks with four classes a week. At the conclusion of these classes all those desirous of becoming sergeants in the artillery corps will be sent to Kingston to undergo practical training for ten days. With such a course as has been started the regular three months' camp training will not be necessary.

**Goes to Toronto**  
Rev. Alfred Bright, pastor of the Presbyterian church, Ingersoll, Ont., has handed in his resignation. He goes to Mr. Geggie's church, Toronto, as assistant pastor and director of young people's work. He is a graduate of Queen's and son-in-law of James Denison, of Portsmouth. Mr. Bright will take up his new work the end of March.

William Lamb died in Brockville hospital on Wednesday, of cancer consumption. He was thirty-seven years of age.  
Sale! Dolls' furniture 15c. Dutton's.  
Philip E. Derbyshire, Harlem, died on February 15th, after three month illness. A wife and five children survive.

## PURE RICH BLOOD PREVENTS DISEASE

Bad Blood Causes Most Ailments—Hood's Sarsaparilla Corrects It.

Bad blood,—that is, blood that is impure or impoverished, thin and pale,—is responsible for more ailments than anything else. It affects every organ and function. In some cases it causes catarrh; in others, dyspepsia; in others, rheumatism; and in still others, weak, tired, languid feelings and worse troubles.

It is responsible for run-down conditions, and is the most common cause of disease. Hood's Sarsaparilla is the greatest purifier and enricher of the blood the world has ever known. It has been wonderfully successful in removing scrofula and other humors, increasing the red-blood corpuscles, and building up the whole system. It makes pure, rich, blood enter the system for Hood's to-day. Take it,—give it to all the family so as to avoid disease.

## THE OFFICERS

HELD ANNUAL MEETING ON WEDNESDAY NIGHT

Lieut.-Col. W. S. Hughes, the New Commanding Officer, Presided — To Make Active Preparations For This Season's Drill.

At the annual meeting of the officers of the 14th Regiment, F.W.O. Riley, held in the mess room at the armory on Wednesday night, two things were done. The first was a resume or stock-taking (since that is in order in business at this season) of the work of the past year, and the other a glance into the future, principally the prospects for this year's training and regimental activities. With the former, as the reports showed, there was reason for satisfaction with the work accomplished during Lieut.-Col. A. B. Cunningham's last year of command of the rifle regiment. The efficiency of all ranks had been improved; and further, the season upon the drill and the regiment is entering augurs to be one characterized with more marked advancement. Attention to drill and training promises to combine with attractions which are in store for a most successful year. With the issue of new uniforms, which is now in the subject of most favorable comment on its initial match-out of the season.

Lieut.-Col. W. S. Hughes, who recently assumed the command, was present at the meeting, as well as Lieut.-Col. R. E. Keating, the brigadier, and Capt. W. Peters and Lieut. A. W. Winnett, who presided, in the Col. Hughes, who presided, in the regiment with which he served for many years, is at "fever heat."

Major H. J. Dawson read the report of the C. O. for the past year, which, with that of the paymaster, was adopted. The latter showed a satisfactory financial condition. Capt. P. G. C. Campbell's report on rifle shooting evinced an improvement on the former year. The aim is to encourage more than ever all ranks to become more accurate rifle shots, and a shooting regiment. Capt. W. Peters and Lieut. A. W. Winnett gave the band and sports committees' reports respectively.

Capt. R. J. Gardiner called attention to the wish of the D.A.D.M.S., to have all ranks in possession of qualified certificates in "first aid." A course of six lectures will be held under the auspices of St. John's Ambulance association.

The officers expressed themselves on matters to come up at the meeting of the Dominion Infantry association, and that of this division which precedes it in Ottawa this week. Many matters affecting the welfare of the regiment were discussed. The officers of the regiment, including the new company postings, are:

- Commanding—Lieut.-Col. W. S. Hughes.
  - Majors—H. J. Dawson, Capt. W. Y. Mills (acting).
  - Adjutant—Capt. E. B. Sparks.
  - Quartermaster—Capt. W. Peters.
  - Paymaster—Major A. J. Sinclair.
  - Musketry instructor—Lieut. W. E. Swayne.
  - Signalling officer—Lieut. L. C. Lockett.
  - Medical officers—Major G. W. Wicks, Capt. R. J. Gardiner, (A. M. C.).
  - Chaplain—Major (Dean) G. L. Starr.
  - "A" Company—Lieuts. L. F. Guttman, P. d'Esterre, C. W. Day.
  - "B" Company—Lieuts. H. W. Marshall, H. D. Weightman.
  - "C" Company—Lieuts. G. T. Richardson, H. E. Pense, Lee Harrison.
  - "D" Company—Capt. F. K. Mahood, R. J. McClelland, (guides), Lieut. R. M. McRae.
  - "E" Company—Lieuts. C. d'Esterre, J. McL. Stephen.
  - "F" Company—Capt. S. H. Simpson, Lieuts. G. Bawden, L. H. Birckett.
  - "G" Company—Capt. P. G. C. Campbell, Lieuts. W. L. Grant, J. W. Stage.
  - "H" Company—Captain W. H. Craig, Lieuts. A. W. Winnett, F. A. Smythe.
- committees, as appointed, are:
- Regimental—Lt.-Col. W. S. Hughes, Major H. J. Dawson, Capt. W. Y. Mills, E. B. Sparks, W. H. Craig, P. G. C. Campbell, S. H. Simpson, W. Peters.
  - Rifle—Capt. P. G. C. Campbell, Major H. J. Dawson, Lieuts. W. E. Swayne, P. d'Esterre, Lee Harrison.
  - Sports—Lieuts. J. C. d'Esterre, H. W. Marshall, G. Bawden.
  - Bands—Lieuts. A. W. Winnett, L. C. Lockett, H. E. Pense, Lee Harrison.
  - Mess—Capt. S. H. Simpson, Lieut. G. Bawden.
  - Auditors—J. McL. Stephen, F. A. Smythe.

## TO VISIT PARISHES

Lenten Engagements of the Bishop of Kingston  
March 1st.—Confirmation at St. Paul's church, Kingston, at 11 a. m.  
March 3 to 8.—Conduct lenten mission at Kempsville.  
March 12 to 16.—Preach at mid-day lenten services at Rochester, N. Y.  
March 22.—Preach at Queen's University, Kingston, 3 p. m.  
March 29.—Confirmation at Deseronto.  
April 5 to 10.—Conduct lenten mission at Belleville.  
The visitation list will be published next week.

## Weather Notes

Pressure is abnormally high over the greater portion of the continent, while the weather in Canada is fair and for the most part moderately cold.

Sale! Baby bear coats \$1.25. Dutton's.  
Mrs. Susan Earle, Shannonville, died on January 30. She was born in 1830. She is survived by five sons and one daughter. She was stricken a few days before her death.

# Bargains That Are Bargains

AT

# ABERNETHY'S

**\$1.00 SMALL LOT WOMEN'S SATIN, KID AND PATENT EVENING SHOES,** make ideal house slippers, regular \$3.00. Only a few pairs to go at . . . . . \$1.00

**\$1.49 SALE OF LADIES' EVENING SHOES.** Some regular \$3.00 and a few pairs \$3.50 value in patents and kid, clearing at \$1.49

**\$1.98 SALE OF LADIES' EVENING SHOES** in Beaded Kid, Patents, Gun Metal Pumps, Colonials and Strap Shoes. The most of these were \$3.50 values, but must be cleared out this week at . . . \$1.98

**35c—ONE HUNDRED PAIRS CHILDREN'S RUBBERS,** second grade, sizes 8, 9 and 10 only. . . 35c

**\$3.75—SALE OF WOMEN'S \$5.00 and \$6.00 TAN BOOTS.**

**\$1.98 GIRLS' TAN BUTTON BOOTS,** regular \$3.00, sizes 11 to 2.

**25c—A REGULAR 50c SHOE-SHINING OUTFIT,** consisting of brush, sponge, polish and rubbing pad, in tin box . . . . . 25c

**25c—WOMEN'S BROWN, RED PURPLE AND BLACK OVER-GAITERS,** short length, regular \$1.00, for . . . . . 25c

**49c—INFANTS' RED STRAP KID SLIPPERS,** regular \$1.00 value, sizes 3 to 7-1-2, for . . . . . 49c

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## To Put On Flesh And Increase Weight

**A Physician's Advice.**  
Most thin people eat from four to six pounds of good solid fat-making food every day, but still do not increase in weight one ounce, while on the other hand many of the plump, chunky folks eat very lightly and keep gaining all the time. It's all both to say that this is the nature of the individual. It isn't Nature's way at all.  
Thin folks stay thin because their powers of assimilation are defective. They just absorb enough of the food they eat to maintain life and a semblance of health and strength. Stuffing won't help them. A dozen meals a day won't make them gain a single "tin-ther" pound. All the fat-producing elements of their food just stay in the intestines until they pass from the body as waste. What such people need is something that will prepare these fatty food elements so that their blood can absorb them and deposit them all about the body—something, too, that will multiply their red blood corpuscles and increase their blood's carrying power.  
For such a condition I always recommend eating a Sargol tablet with every meal. Sargol is not as some believe, a patented drug, but is a scientific combination of six of the most effective and powerful flesh-building elements known to chemistry. It is absolutely harmless, yet wonderfully effective and a single tablet eaten with each meal often has the effect of increasing the weight of a thin man or woman from three to five pounds a week. Sargol is sold by good druggists everywhere on a positive guarantee of weight increase or money back.

**Engagement Announced**  
The engagement is announced of Miss Ara Drury, daughter of the late Brigadier-General Drury, of Halifax, N.S., and of Mrs. Drury, of Montreal, to Emrol Languecoq, of Montreal.  
Removal sale \$1.50 corset \$1.00; 75c corset 50c; \$2.00 corset \$1.50. Dutton's.

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