# **Would Be Fat**

Increase in Weight Ten Pounds or

A Physician's Advice. 'I'd certainly give most anything to e able to fat up a few pounds and stay that way," declares every excessively thin man or woman. Such result is not impossible, despite past failures. Thin people are victims of mal-nutrition, a condition which prevents the fatty elements of food from being tak- and it totalled up that at the pres the powers of nutrition are normal alist drill centres-in south and Instead of getting into the blood, all the fat and flesh producing elements North-and 114,900 men actually stay in the intestines until they pass drilling. The report went further the body as waste.

duce & healthy, normal amount of fat ed, as complete enough to take the the nutritive processes' must be artifi- field cially supplied with the power which nature has denied them. This can best e accomplished by eating a Sargol tab- and from what I have heard them let with every meal. Sargol is a scien- will be no difficulty in getting guns tific combination of six of the best Already Southern stretches of coas trength-giving, fat-producing elements known to the medical profession. Tak- are watched by destroyers, but the en with meals, it mixes with the food Irishman's wit and his enthusiasn and turns the sugars and starches into will-just as it has done in Ulstermarkable. Reported gains of from ten ineffective. The coasture will no to twenty-five pounds in a single month allow practical watching and coast are by no means infrequent. Yet its action is perfectly natural and abso- guards' cottages are few and fa lutely harmless: Sargol is sold by good | between fruggists everywhere and every package contains a guarantee of weight in-

nervous indigestion and general stomach disorders, it should not, owing to

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Scranton Coal

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to the use of Newbro's Herpicide. faith in Herpicide to remove all traces

evidence in the world of the merit of Herpicide. They know the result, hence the guarantee. It protects the pur-Used as directed, Newbro's Herpicide eradicates dandruff and prevents the of the scalp, which is so disagreeable. Newbro's Herpicide in 50c and \$1,00

sizes is guaranteed to do all that is claimed. If you are not satisfied your money will be refunded. Applications may be obtained at good Jas. B. McLeod, special agent.

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### IRISH VOLUNTEER FORCE GROWING INTO BIG ARMY

en up by the blood as they are when ent time there are over 500 Nation and stated that \$5,000 were regard

What they lacked only were arms blood, and its rapid effect is re- make any naval patrol look foolishly

In the statement given me there are 10,000 volunteers credited to Caution:-While Sargol has produced Donegal and there are over fift; remarkable results in the treatment of drilling places, Donegal is on the flank of Ulster, and within eas its remarkable flesh producing effect, reach of Derry, the danger spot i used by those who are not willing civil war in Ireland does come. Lon to increase their weight ten pounds or donderry herself has nearly five thousand men and they are the bes trained and armed of any of the

Nationalist volunteers I have seen, Tyrone, another county which flanks Protestant Ulster, has prac tically 8,000 men drilling and forty stations. Fermanagh and Monoghai both on the frontier of Ulster, and counties which may or may not be included in the scope of the Home Rule bill, have 5,000 men between

Ulster's Frontier Force.

The keen men who are presiding over the destines of the Ulster vol unteers do not discount the danger they will have to face when these Vationalist brigades are efficien and armed. They have explored every ravine and every stream on the border line.

Even now, for practice, they tel you, there is a motor cycle despatch rider stationed on each of the mair roads that lead from Nationalis into Covenanter territory; in the hills there are scores of the mos expert signallers in the Ulster force ready to spread the alarm of the Nationalists attempt to overwhelm their territory or try to come to the rescue of the minority in Belfast or

In Belfast there is a special sorrice corps of over 3,000 men who have possession of their Mausers and who have practiced swift mobilization nightly. They could be moved-by auto-60 miles in any direction in three hours, including

sudden mobilization. It is on flying columns such these that Ulster relies. In a few weeks she will be numerically weak: er than her "enemy" in the south but she will be able to strike swift and surely where danger most

Nationalists Already Armed.

Here, in the South, I have seen nundreds of rifles, but for the present they are kept in hiding. They are short, snappy, Krag-Jorgensens, the type discarded by the United States army, but they are still of use. More are coming, so the Irish army leaders will tell you, and as a token of where they will come from, n most parades there are a dozen

How English Beauties Keep Faces Youthful

Christian Miller, F. C. I., noted Eng-England, she says, can teach us the in-Another valuable lesson to be learnof keeping the face girlish-looking ing obtainable at drug stores general s applied at night and washed off the morning. One ounce is sufficient It has a peculiar action in keeping the face free from the particles of dead and devitalized scarf skin which are constantly appearing.



Dublin, July 2 .- To-day I asked a jor so proud Irishmen-one I spoke surrounding cottages." Nationalist friend of mine whom I to had been a policeman in New know is closely in touch with the York and was still drawing a pen-Irish volunteers for an estimate of sion-who carry the Stars and the present strength of the new force | Stripes alongside the banner of which caused Nationalist members Grattan with its emblem of rifles at Westminister such concern. He crossed over sabre and the dates gave me a clear tabulated statemen! 1798 and 1914. Catholic Church Militant.

On Sunday a Nationalist friend ook me down into Leinster where ne promised to show me a turn out hat would surprise me. ored past the Catholic college of Maynooth, and on the road I saw embryo priests drilling men from he countryside.

The Roman Catholic church, like he Protestant bodies in the North, as now become a church militant, Perhaps when Home Rule comes hey will again resume the preach ng of peace, but just now they have aught the full fervor of militarism, They are natural commanders, but rom what I saw in reviews later in he day, they are not altogether reished by the ex-drill sergeants; who n the main, are responsible for the wonderful advance the Irish volun-

We motored on 'over the broad oads of the Curragh, Britian's great amp in Ireland, and over the comnander's house flew a large Union Jack, the only British emblem I saw luring the whole trip of 90 miles. At Newbridge, another garrison own, there were about 500 Irish olunteers, marching to the tune of pipers in native kilt of ruddy brown.

eers have made towards efficiency

They passed the gate to the baracks, where a Royal Horse Artilery sentry was on guard, and they traightened up as they swung along, aking the blue and gold of the soi-

lier's uniform as a challenge. At Kildare there was a larger body probably 2000, and along the green hills that fringe the road I could nake out skirmishing parties playing it war, and now and again would ome the crack of a revolver or caroine, ominously intruding on the silnce of the Sabbath.

Like a Slice of Old Quebec. Crossing a red bog of several miles with nothing to relieve the eye but here and there a white-washed peatutter's hut, we suddenly came into aid. little piece of old France-it might have been a slice of old Quebec, so listinguishing were the features of

It was Monastervan, and its fine old church, built by the men who led from the Edict of Nantes, gave the little village an air of peace. On he green-covered varandahs of the filled free of charge. orilliantly-tinted houses - another French characteristic-were women and children. In the streets or ields there was hardly a man to be All had marched to the big review at Portarlington, seven miles away. Afterwards we caught up with some of the rear detachments duty and hot, but determined.

They marched with the swing of men who have a cause at heart, silent and solid. At the toot of our motor horn, an old priest, grey-headed and riding a grey horse, that seemed as patriarchial as himself. turned in his saddle.

"Get into twos," he commanded It was not a strictly military term out it sufficed, and the three hundred men marked time in double

file, giving us room to pass. We swerved round a corner and over a turreted, ivy-clad bridge into Portarlington-more of old France. There was another church of unmistakeable architecture. It has been built by the French and Flemish refugees. Along the main street were more tinted terraces, which migh have been brought bodily from Difon. Scores of French names, it the peculiar lettering used by French provincials, showed there were still descendants of the refugees. Before was stopped by the dense crowd.

Portarlington has a population o 2,000 there were well over 10,000 people in the town this Sunday Orangemen were busy selling fruit to the three thousand thirsty volunteers who stood at ease in the ranks Alongside the old jail and cour house were stalls with more thirstquenchers and the babel of their cries almost drowned the commands of the volunteer officers.

Politics and Patriotism.

At one end of the square there was crude platform decorated with verygreens and banners. Its base was a dozen large foundation and he amateur carpenter who construct ed it was proud of his work. With swirl of Irish pipes and a huge flag which said: "Stand by Joe Devlin, there marched into the already dense y packed place five hundred men

Each carried a glistening pike that ad seen service in many an ancient order of Hibernian parade. Green O.' H., sashes marked the officers and when I asked one of them if he was a volunteer, he replied: 'We all are and it won't be long before we have the guns instead of

the pikes." It was an echo of the

spirit of Ulster. There was no questioning the feeling of the men, but when the speakers began there loomed up the ster. Henchman of John Redmond were on the platform, and in plain words they told the 3,000 sweating volunteers that unless they allowed the Irish political leader to lead their militant movement there might yet be defeat for Home Rule. At first there were dissentient voices from members of the Sinn Fein and Clan na dael, but before the men were

Irishmen here want Home Rule fighting spirit is tamed by the know- school, out of ten candidates, his ed for since Grattan's parliament, Balls and Ernie Bradley. And on the platform were many Miss Beulah Meggs, of Kingston, dark-robed, clerics, who carefuny former resident of the town, is spendscanned the resolutions which were ing part of her vacation here with reto be passed, and who critically latives. Mr. and Mrs. Frederick Gratlistened to the political speakers sent tau, of Ottawa, have arrived to by Redmond from Dublin, but they spend the summer on the river in this acquiesced in all that was said and vicinity. Miss Helen O'Connor.

Sidney Brooks' once wrote. "The local public school, is spending a few

Irishman's character without understanding his religion, is like the man without the Prince of Denmark; for religion dominates every sphere of the national life as completely as every village church dominates the

Frankly, from what I had been told, I expected to see more religious influence than I did on Sunday There were no more priests in the ranks or on the platform than have seen clergymen on similar oc casions in Ulster, and the priests met this Sunday were young and free and frank, and almost worldly -a new type that understands the Southern Irishman thoroughly. Thomas Davis, the Irish poet, who was born in County Cork, once

"Irish born man, if you're to Ire land true. We need not race nor creed no

We're heart and hand for you." The new patriotism of Ireland must be a comprehensive force to unite, not to separate. Parnell said: 'Ireland cannot afford to lose single Irishman." Neither can the British Empire.

THE WHIG'S JUMBLE A Lot of Short Items Run in To-

Auction sale of ordered work called for. Weese Co. "riesn Cotor Taicum Powder," a Gibson's Red Cross Drug Store. Conquer an enemy by force and in

justice and you still have an en

Kodak Films," at Gibson's, Socially, too many are entered in too fast classes for their actual

"ice Cream Bricks," Gibson's. The fool gets a whole lot of encouragement to part with his mon-

"Kodak Films," at Gibson's. Kingston Depot for Nordheimer pianos, Kirkpatrick's Art Store. See id. elsewhere. Goods sold at half of cost at

Weese's auction. Many people are troubled with a sort of top-lead-at-the-pocket dis-"Grape Fruit Salt," at Gibson's

Red Cross Drug Store. Many men rather give a barrel 'o advice . than a pint of substantial

"Ice Cream Bricks," Gibson's Every community has a lot of Sol omons in every business but their Wise mothers should keep water in the house during this hot Take your bottle to Gibson's

Red Cross Drug Store and have i

THE TOWN OF NAPANEE

Death of Child-Visiters In and Out of Napanee

Napanee, July 11 .- Professor E, Lang and Mrs. Lang, of Toronto, spent a couple of days in town this week visiting Mrs. Lang's mother, Mrs. Sidney Warner. They spent one day at "Sans Souci" camp with their son who is camping there for the summer with his cousin, Gray Ea-

The three-year-old son of Mr. and ars. Eph Martin died in Deseronto on Wednesday. He went down to visit his sister and took ill on Tues gay night. The remains were brought to Napanee and the funera took place from his father's res dence, John street, on Thursday af

Mrs. Malcolm Getty and son, Doug las, of Alton, Ohio, are visiting her mother Mrs. Walter Coxall. Mary Wilson, of Edmonton, is spending her holidays with her parents Mr. and Mrs. F. S. Wilson, Centre street, Mr. and Mrs. W. M. Mc Cullough and son left Tuesday to pend the summer in the west. Mr. and Mrs. E. W. Spencer and little on left this week for Calgary after visit with relatives,

the guest of his mother, Mrs. Henry Wilson, Centre street. Vincent Oldfin, Kingston, is spending his holidays with his uncle, Rev. T. P. O'Connor. Mr. and Mrs. W. Templeton and Mr. and Mrs. H. E. Smith are on a motor trip to Albany New York city and other American cities. Mrs. Latimer leaves Tuesday next to spend two months visiting relatives in the west

A quiet wedding was celebrated in Detroit at the residence of Mr. and Mrs. W. B. Stoat when their niece, Miss Ella Cummings, daughter of Mr. and Mrs. Cummings, Napanee was married to James Mills, also of

Mrs. Gerald Loynes and baby leave on Sunday for their home in London after a visit with friends in Napanee

GANANOQUE TIDINGS What Is Transpiring in the Little River Town.

Gananoque, July 11.-District Elder W. H. Reynolds, of Kingston, is town taking charge at the quarterly neeting services in the Free Methodist church, which opened last evening and will continue this afternoon and evening, and all day to-morrow. James Hayward, of Kingston, tor

nany years a resident of this town here on his annual visit with riends and relatives. Miss Florence V. Miller, who has been spending, the past week in town, guest of Miss Lyla-Hurd, left for her home in Brockvillr yesterday morning.

Miss Clifford Kidd and John Mallette, the latter the boilder of Ralph Britton's sailing canoe, Tomahawk, left, last evening, for New York, to join Ralph Britton as representataves of the Gananoque Canoe-Club at the big international canoe sailing event at Gravesend Bay, July 17th and

Results in the recent lower school exmost of all, and even the revived aminations show that Gananoque high ledge that premature militancy have passed : Helen Mabee (honors). might defeat the goal all have striv- Jean Bain, Susie Thompson, George

hingston, formerly of the stall of man who tries to understand an holidays with local friends,

THE SPORT REVIEW.

who would try to play Hamlet Notes About Baseball, Lacrosse and

According to reports, the two mafor Baseball Leagues, American and Nationals, have spent \$2,074,961.75 on new ball players in the last five

The annual championship regatta of the Canadian Canoe association will be held over the new course of the Ottawa-New Edinburgh canoe club on Saturday Aug. 1st.

Ossie Schreckengost, who won fame as the battery partner of Rube" Waddell when the latter was the star pitcher of Connie Mack's Philadelphia Athletics, died in a hospital, Philadelphia, Thursday from a complication of diseases. He was about 40 years old. He was released by the Philadelphia club five years ago, and quit the game shortly after-Shreckagost outlived his famous partner only a few months, Waddell dying in Texas last

Whether the British Columbia Amateur Athletic Union is to have authority in amateur affairs in British Columbia or whether 'Joe' Lally will be permitted to say who is amateur and who is professional, will be determined on Saturday. July 18th, when representatives of the Pacific Coast, A. L. A. and the B. C. A. A. U. will meet in Vaneouver for the purpose of discussing the action of the Mann cup trustee in the present lacrosse embroglio. A call for the conference has been issued following the announcement that 'Joe' Lally has been called upon to adjudicate upon the protest of the Brampton club

Picton Cheese Board.

Picton, July 11 .- At the Picton cheese board, yesterday, 1,475 colored cheese were boarded and sold at 12 7-16c. and 12gc. Cook offered 12 .7-16e. and took Bloomfield, 150; Bengill, 45; Cherry Valley, 50; Waupoos, 50; Weller's Bay; 140; Elm Brook, 80; Union Vale, 50; Union, 85, and Bethel, 50c. Sexsmith took Cloverdale, 100, at

same price. Sprague took Elmwood, 70; Maple Leaf, 65; Northport, 55; Point Traverse, 70, and Black River, 70, at 12 7-16c. Miller took U.E.L., 165; Allisonville, 50; Cressy, 35, and Royal Street, 95, at 12%c.

Clearing sale of summer suits beginning July 11th. For fifteen days we will sell all our summer suits at 20 per cent, discount, W. Carroll, the leading tailor.

Mrs. James Dunlop, Rideau street, returned on Friday after spending a week with friends in Brockville. "During the hot weather" Grape Fruit-Salt makes a cooling drink. Sold only at Gibson's Red Cross Drug

Many times the skeptic will not listen, because of the fear of being convinced. For bread and pastry, White Rose

The road to success is never without its impediments. Piano, picture frames, wall paper, to-night at Weese's.



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> These Fly Killers are a wonder, iqually effective in the hands of children or adults.

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FOR THE LAST TIME THIS SEASON

PROF. DORENWEND (of Toronto) who has visited your town for many years and has many patrons in the vicinity, will be at

The Hotel Randolph, Kingston, on Monday, July 13th

LADIES: Who would like a fine hair-braid, a switch, transformation, wave, pompadour, etc., and GENTLEMEN WHO ARE BALD, do not overlook this special opportunity of paying a visit to Prof. Dorenwend. In order that many more men and women may appreciate the benefits of Dorenwend hair-structures, on this special trip only, enormous reductions will be offered on all goods. Prices below cost. LADIES: Make your appearance youthful and attractive. BALD Ask for and see that you get these MEN: You cannot afford to lose this opportunity of at least having a orands. Grocers, druggists, hard- demonstration of a Dorenwend toupee which will be of benefit to your



A DEMONSTRATION OF ANY STYLE IS FREE

and bring your friends. The Hotel Randolph, on Monday, July 13th

Remember this special reduction

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special Excursion Days, Sept. 15th, 16th, 17th. All tickets good

## dismissed all were for Redmond. whether he might lead them to peace