START A RECIPE BOOK

The recipes which you will find on the Women's page of The Whig each Saturday will help you prepare many table dainties so as to get new and very pleasing results. They are the recipes of some of the best hotel chefs in the world, and of women who are famed as household scientists. They are well worth saving- paste them in a book.

What to Do to Get Fat and Increase Weight

The Real Cause of Thinness

A PHYSICIAN'S ADVICE:

Most thin people eat from four to six pounds of good solid fat-making food every day and 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 bosh 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 absorb just 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 "stay there" 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 all good druggists everywhere on a positive gurantee of weight increase or money back.

Zbar's Ice Cream Parlor

Choice Candies of all kinds in bulk or fancy boxes.
Also serve all kinds of hot drinks.

Seasonable Fruits.

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Double Track Route

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Ar. Toronto	4:30 p.m
Ar. Hamilton	5:41 p.m
Ar. London	7:55 p.m
Ar. Buffalo	8:10 p.m
Ar. Detroit	9:55 p.m
Ar. Chicago	8:00 a.m.

The International Limited — No. 14 Daily

EASTBOUND

Lv. Kingston	1:08 p.m
Ar. Ottawa	6:30 p.m
Ar. Montreal	9:45 p.m
Ar. New York	7:26 a.m
Ar. Portland	7:30 a.m
Ar. Springfield	7:40 a.m
Ar. Boston	8:05 a.m
Ar. Hartford	8:31 a.m

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Improved Service
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Fast time to Whitby, Oshawa, Bowmanville, Port Hope, Cobourg, Belleville, Trenton, etc.

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"30 Hours from Frost to Flowers"

BERMUDA

Restful Isles of Summer Loveliness

S. S. "Bermudian" fastest, most luxurious steamer, landing passengers without transfer.
Sails from New York every Wednesday, 11 a. m.
WEST INDIES.
Delightful 28-day cruises to the Antilles. For tickets apply to QUEBEC STEAMSHIPS LINES LIMITED, MONTREAL or any ticket agent.

MEMBERS OF THE 14TH

LEFT ENGLAND FOR FRANCE ON 7TH FEBRUARY.

The Canadian Battery to Which Capt. James Stewart Is Attached Also Left At the Same Time.

The members of the 14th Regiment, who went overseas with the first Canadian contingent, left for France on Sunday, Feb. 7th.

A letter received by Mr. and Mrs. John Ramsay, 48 Division street, from their son William, contained this information. The letter reads as follows:

"Just a line in a hurry, hoping that it finds you in the best of health, as this leaves me fine and dandy. We are under sealed orders to leave in a few hours for France. We drew our ammunition this morning. Each man was furnished with 120 rounds. Every man is in the best of spirits, happy as a lark."

On Monday Mrs. Ramsay received a letter from her sister, who lives in Scotland, which was written on Wednesday, Feb. 10th, in which she stated that she had received a letter written on Sunday evening, Feb. 7th, from William Ramsay, while he was aboard ship on his way to France. Pte. Ramsay stated that he understood the ship would land on the coast of France and the men would likely be billeted along the coast for some time before going into the trenches.

Capt. Stewart Writes.

Postmaster James Stewart has received a letter from his son, Capt. J. Stewart, of the overseas Canadian artillery, along with a photograph of the officers of his battery, taken on the entrance steps of the Bear Hotel, at Devizes. The battery left for France on the 7th of February.

Corpl. C. Wolfe Writes.

Provost Sergeant Wolfe of the R.C.H.A. has received a letter from his son, Corpl. C. Wolfe, who is with the R.C.H.A. in England. The letter is dated from Edington, Wiltshire, near Westbury, under date of Feb. 7th. Corpl. Wolfe said that all of the men in the R.C.H.A. were well. He mentioned particularly Master-gunner Hird and Sergt.-Major McIntyre, W.O. Major C. E. Long is adjutant and M.G., while Master-gunner Hird is Q.M.S. in the ammunition column.

A reference was made to the church that the men attend every Sunday. This church is 600 years old. The story goes that Ayescourt, one of the first bishops of Salisbury, was stoned to death by the peasants on the hill back of the church because it was claimed he was not hospitable enough.

MR. AND MRS. NERLICH

The charges of conspiracy reduced by the court at Toronto. It is charged the couple tried to get a German officer out of Canada.

FURIOUS AT AMERICA.

Wants to Grow Fat on Blood of Europe.

London, Feb. 23.—The Morning Post publishes an articles from its correspondent at Budapest, who says Austrian newspapers are furious over America, saying there is ample evidence to prove British use of American-made ammunition. They refer to America as distinguished neutral who wants to grow fat on the blood and misfortune of Europe, and who was only neutral towards Germany, but never towards the entente."

Frontenac Conservative President.

At the postponed annual meeting of the Frontenac Conservative Association held on Tuesday afternoon in the court house, William McNeely, of Storrington township, was elected president.

Queen's Engineers In France.

Mrs. John Shea, Barrie street, has received a card from her son, Allan, who is with the Queen's Engineers. It was sent to her from France but where the card does not state.

Failures in Canada during the past week totalled 66, against 64 the preceding week. In 1914 failures for the same weeks were 59 and 51 respectively.

Lieut.-General Von Wrochem, commander of a German army division, who recently was awarded the Iron Cross, is dead at the German capital.

Intervention by the United States Argentine, Brazil and Chili to police Mexico and establish order was urged in the United States senate by Senator Fall, of New Mexico.

The Prussian diet voted $25,000,000 for the relief of war sufferers.

NO NICKEL TO ENEMY

GOES FROM ONTARIO, DECLARES PREMIER HEARST

In Legislature, a Bill to Give Franchise to Married Women Owning Property Was Introduced.

Toronto, Feb. 23.—The major portion of the proceedings at the legislature yesterday was taken up with a discussion of the nickel question, which arose on the motion for a return by the leader of the opposition. Mr. Rowell, in the course of his speech, wished the house to be put in possession of information which wodld give confidence that none of the nickel produced in Ontario was going to Germany. He also touched on the matter of the complete refining of nickel, and, in reference to the appointment of the commission, urged that no time be lost in getting to business in order that the report might be available while the house was still in session.

Premier Hearst stated that the information the government had was regarded as of a confidential character by the present government at Ottawa, who had been in touch with the British government and the admiralty. The assurance was that no nickel was reaching the enemy.

Hon. I. B. Lucas, attorney-general, introduced the government bill to validate grants made by municipal corporations to the various patriotic funds. The bill enumerates the various objects to which grants have been made, such as the Canadian Patriotic Fund, Canadian Red Cross, Belgian Relief, Home Guard Insurance of the lives of soldiers and local grants for the aid of dependents. It provides for the issue of ten-year debentures, or a simpler way of issuing a municipal promissory note for five years with equalized annual payments.

In the absence of J. C. Elliott (West Middlesex), Mr. Rowell introduced a bill to give the municipal franchise to married women owning property. The two leaders exchanged a smile over this which seemed to indicate, "Now, what are you going to do?"

ELICITED INFORMATION

FROM HON. SAM HUGHES ABOUT MILITARY MATTERS.

A Committee of the Commons To Consider Method of Allowing Soldiers Overseas to Vote.

Ottawa, Feb. 23.—Some two score questions, relating principally to matters affecting the department of militia and defence, was answered by the government in the commons yesterday afternoon. Major-General Hughes furnished the principal information. He told J. G. Turriff, of Assiniboia, that 62,363 razors had been bought by the government for the troops since the war began, prices varying from $4.85 to $9 per dozen.

At the time of the departure of the first expeditionary force from Valcartier 481 defective or injured horses, bought for military purposes by the government, were sold at public auction in Quebec and Montreal, the average price received being $53.74, and the total $25,855. The average price paid for the 8,150 horses bought for the first contingent was $172. The total number of overshoes purchased by the government for the Canadian expeditionary forces was $120,000, the price paid varying from $1.70 to $1.98 per pair. Forty-eight thousand had been sent to England in October, and none had been returned to Canada. The average cost of rations per day for the troops in barracks at Winnipeg was given at 27.74 cents per man.

The government has no information as to what Canadian military supplies were left behind when the Canadian troops recently sailed from England for the battle-front. This acknowledgment was made to parliament when Hon. G. P. Graham called the attention to a press report that Canadian waggons, harness and Ross rifles had been left behind. Sir Robert said that the government had not been informed as to what original equipment the troops had left at Salisbury.

Votes From Soldiers Abroad.

A resolution proposed by A. E. Fripp, of Ottawa, apparently under semi-governmental auspices, providing that Canadian electors on active military service, whether in Canada or abroad, should be enabled to vote if a general election occurs during the war, was discussed in parliament last night. While no one on either side of the house wanted the soldiers to be deprived of their franchise, there was no very practical suggestion made as to how their balloting could be done under active service conditions.

On motion of Sir Robert Borden, the proposal was finally referred to the special committee already appointed to amend the election laws to see if any feasible plan could be worked out.

"Buy Cough Syrups." Gibson's.

More Truth than Poetry

A little type
A little ink
Has often caused
A man to think
And put hard times
Upon the blink.

—From Editor and Publisher.

The lesson concealed in this bit of doggerel is this:

Newspaper advertising not only makes people think—but it makes them think of your product, your store, your service.

It makes your name or trade mark come to mind when there is a want to be supplied.

Newspaper advertising is a mighty weapon against dull times.

MAKING GOOD PROGRESS

WORK AT RELIANCE MOULDING COMPANY'S PLANT.

Kingston's Youngest Industry at Outer Station Has Very Bright Prospects—Company Has Well Equipped Plant.

With a staff of forty-five men, Kingston's youngest industry, the Reliance Moulding company, is making good progress. The plant, situated at the outer station, has attracted the attention of a large number of citizens. The building is substantial, well equipped, and adapted in every way to the work required of it.

A representative of the Whig had the pleasure of making an inspection of the building on Monday afternoon, and was impressed with everything. The staff was busily engaged turning out picture frames and mouldings of various kinds, and all the samples placed on exhibition, showed fine workmanship.

Thirty-five of the staff are skilled workmen at this line of business brought here from Toronto, while the other ten are local men. In opening the plant it was, of course, necessary to have the skilled labor. The plant has only been running for a month, and in spite of the hard times, owing to the war, a goodly number of orders have been received, and it is hoped in time to add to the output. On Monday morning several large orders were received from England. The plant is being equipped with the very latest machinery and every part of the work is given the very best attention.

F. R. Phillips, the general manager, hails from Toronto, and has had many years experience in the business. F. S. Wartman is the superintendent.

The industrx has certainly very bright prospects and the people of Kingston extend to the management their very best wishes.

MRS. FLORENCE B. WADE.

The modern dietician, lecturing upon foods and their chief beneficial values, at the Y.M.C.A. building every afternoon this week.

GRAND MILITARY PARADE

On Tuesday Morning — Inspection By Col. Hemming.

A grand military parade of the overseas units in the city and the home guard of the 14th Regiment, was held on the cricket field on Tuesday morning. They were reviewed by Col. T. D. B. Hemming, O.C., 3rd division. After the march past on the field, the parade was down West street, along King, up Barrie street, down Princess and along King to the Market Square. The parade was formed of the following units: Fifty recruits of the 4th Hussars for oversea service with the 8th Regiment, C.M.R., Ottawa; sixty members of the home guard of the 14th Regiment in command of Capts. Wightman and Sparks; fifty recruits from the 14th Regiment, in command of Lieut. A. Dalton, for oversea service with the 39th Battalion, and finally the 21st Battalion in command of Lieut.-Col. W. S. Hughes. With the battalion were the field kitchen, six transport waggons and nine extra teams.

The gymkana events for the militia this afternoon were held in the armouries owing to the wet condition of the cricket field.

INCREASE IN FREIGHT RATE.

New Schedule Has Been Proposed By the Railways.

The proposed schedule of increases in freight rates has been received at the Board of Trade rooms, where it can be inspected.

Notice has been received that the Board of Railway Commissioners will hold a sitting at the Central Station building, at Ottawa, on March 1st, at 10 a.m., to hear the application of the railway companies operating in Eastern Ontario, for permission to increase their freight rates on various classes of general merchandise and commodities.

It is stated that the rates, if put through, will have quite an effect on the shipment of fish to and from the maritime provinces, and will also affect the rates on binder twine.

To Sing At Military Concert.

At the military concert in the Grand Opera House this evening, Corpl. Stroger, R.M.C. riding establishment, will sing "Johnnie Canuck's the Boy," the patriotic song composed and published by Mrs. L. W. Mulloy. The latter will play the piano accompaniment.

Lieut. Count Von Bassewitz-Levetzow, a son of the premier of Mecklenburg-Schwerin, and brother-in-law of Prince Oscar, fifth son of Emperor William, has been killed in the eastern theatre of war.

The gross debt of Toronto is $81,672,636.

THINK ENGLAND WAS LATE.

Comment In Rome Regarding Poincare Letter.

Rome, Feb. 23.—The letters exchanged between President Poincare and King George on the eve of the war were much commented on in political circles. Although Italy and Italians are almost entirely Anglophile, the opinion prevails that war perhaps would have been avoided if King George had followed the view of President Poincaire who had a wonderfully exact vision of the situation.

It is now known positively that Germany, in pushing things to the extreme which caused the war, worked under the misapprehension that England, due to her insular isolation, would not join the war.

An important Italian politician, who has been several times a minister, speaking about the letters, concluded:

"Poincare, therefore, was the only head of a state who, on July 31st, a few days before the opening of hostilities, had found the only remedy still existing to avoid war—namely, that France, England and Russia should officially declare what they did afterwards, that they were united in the war and would continue so until the bitter end."

The Commerce Of Great Britain Leads the World

Washington, Feb. 23.—The value of water-borne commerce of the United States carried under the American flag in the fiscal year 1914 was $868,360,000; under the British flag $2,023,340,000, and under the German flag $522,137,000, accordto figures given out by secretary of commerce Redfield. For the period July to December, 1914, the proportion was as follows: American, $234,009,000; British, $872,581,000, and German, $50,803,000. Of the total for the first-named period 9.26 per cent. was carried under the American flag; 53.45 per cent. under the British flag, and 13.70 per cent. under the German flag. In the second-named period the percentage under the American flag increased to 14.09 per cent.; that under the British flag decreased to 52.54 per cent. and that under the German flag decreased to 3.06 per cent.

TWO MANY BRITISH BORN

Among the Recruits In the Canadian Contingent.

Montreal, Feb. 23.—A systematic campaign for the advancement of recruiting is to be undertaken by the Montreal Canadian Club, with a series of meetings throughout the province, at which the position of the empire in the present war, and Canada's duty in that connection, will be discussed. This will not be confined to the English-speaking districts, and the corps of speakers will include a number of French orators. The movement was started by the Canadian Club because it was recruiting in the province not what it should be, but that the Canadian-born young men were not showing the spirit that had been expected with the result that an undue percentage of the troops leaving with the Canadian contingents were of British birth.

GERMAN SPIES IN U. S. ARMY.

British Vice-Consul at Denver Makes Interesting Discovery.

Denver, Colo., Feb. 23.—Alfred Grebbin, British vice-consul in Denver, declared that William J. Behringer, alias William J. Davis, trooper in the 12th United States cavalry, is a German spy who recently tried to enlist in the British army.

Grebbin's belief is that Behringer is only one of scores of German secret service men enlisted in the United States army, and declares Denver, like many other cities, is headquarters for German spies who are watching every purchase or enlistment by the British army.

SON WOUNDS FATHER.

Went Home Looking For Trouble — Lad Shot Him.

Cornwall, Feb. 23.—John Lonkey, of Messina, went home and attacked his wife and son, Gerald. The lad went upstairs and took a shotgun and fired a charge of buckshot point blank into his father's hip. The wound is serious, but not fatal. The boy was arrested, but was paroled in charge of his mother, to await the outcome of the injury to his father.

The difference between the man and the dude lies in the fact that the man has brains.

20 TO 40 PER CENT OFF REGULAR PRICES

OUR FEBRUARY DISCOUNT SALE ENDS SATURDAY NIGHT.

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JEWELRY
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CLOCKS
CUT GLASS
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R. J. RODGER, THE KING ST. JEWELER
WHERE THE CLOCK IS ON THE WALK.

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STRICTLY FRESH EGGS 35c DOZ

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AT McINTOSH BROS.
All This Week—A Special Sale

New Dress Goods, Underwear, Nightgowns, Skirts, Lace Curtains, Sash Muslins, New Collars, Etc.

All these goods are being offered at much below their regular value and we invite your inspection.

Any Article Cheerfully Taken From Window