HUDSON BAY IN-SURANCE CO. lend Office - - Vancouver, B.C.

Security to policyholders \$979,441.60. A STRICTLY CANADIAN COMPANY. Parkes, McVittle & Shaw, Managers for Ontario, 26 Wellington St. East, Toronto,

J. R. C. DOBBS,





Says Thin People

Food Alone Produces Fat, Says Noted Expert-How to Turn Food Into Healthy Flesh.

The reason that some people are chronically thin and under normal weight, says a noted authority, is because of a chronic leakage of the fat- side by side with Canadians, and also making elements in their food. The assimilative functions of the stomach and intestines are not working properly. Only a small portion of the food nourishment of their meals ever the necessary material flowing into reaches their blood—just enough per- the hospitals of France, Belgium and haps to keep life within the body-the rest passes out as waste. The problem of gaining weight and flesh depends entirely therefore on a natural stopping advice. He also had the pleasure should go. of this dangerous waste of fats and of awarding prizes to the Misses "No use trying to get rid of your the correction and repair of the organs

For those who wish to gain healthy flesh and put on from ten to twenty pounds of weight a single Sargol tab- nated by Mrs. D. Ross. let taken at meals for a few weeks will almost invariably produce the desired effect. Sargol does not of itself build flesh, but, swallowed with your food, it Miss Knowles and others for their tion with him-the crops. acts upon every mouthful you eat, first splendid reports, he spoke of how "It certainly is a little too cool rials from the food waste and then preparing all the nourishing elements in a form which the blood can readily accept and distribute all over the body. Sargol stops the leakage of fats, keeps all the flesh-making materials within almost one hundred sat down work." the body, allows only the worthless Throughout the evening vocal solos And comments of a various char- him that Brock street was in pretty abling them gradually to properly per-form their natural functions so that the new found flesh "stays put," Sar-rush and her sister, Miss Alice Fras-much talked about.

The man about the house was not.

It was decided to macadamize gol is not an experiment. Thousands 80. have used it and proved it. Its act on is natural and harmless and it is seldom indeed that it cannot produce an increase of from ten to twenty pounds of natural healthy flesh on any person

who is underweight. Leading druggists everywhere sell with a positive guarantee of weight increase or money back as found in every

THE Y.W.C.A. ANNUALO! YOU WEATHER MAN TO ALTER THE BY-LAW

YEAR'S WORK

Special Thanks Tendered Frederick Overcoats Put Away For Summer Over the Street Line If City Engineer Welch for Raising Funds Last Year to Renovate the Building.

The annual meeting of the Young Women's Christian Association was Mrs. Carr-Harris expressed thanks streets. where it was most due. She special-Welch, who, although in ill health among the citizens to raise the de- have been more fitting." sired amount to carry out the aims of this rapidly-growing institution. Mrs. Carr Harris also thanked those ladies who had so ably given their services through both rain and storm to build up the class work as well as the spiritual work. "We are not confined to any denomination or sect," said the speaker, "but we all meet

together as a sisterhood and associate with any class. Before taking her seat Mrs. Carr-Harris introduced Mrs. C. Cochrane, who heartfly thanked the president and audience for being allowed to speak a few words of cheer. Mrs. Cochrane has always been a faihtful follower of Y. W. C. A. work. The report of Miss Lillian Knowles, the general secretary, was very comprehensive. An outline of it will be

given later.

Canon FitzGerald in his address aimed at the cementing of a closer Can Increase Weight relation among Canadian, English, Irish and Scotch citizens "Where are the English, Scotch and Irish people we formerly beheld on our streets?" said the speaker. In answer he stated most of them have gone overseas to fight the battle against militarism and despotism, and are now called the same. Canon FitzGerald appealed to the young ladies to carry out the "Red Cross" work and keep the necessary material flowing into

The prizes were beautiful Bibles do- said a merchant.

Rev. G. I. Campbell was called sunshine," said a farmer, who was our Master, Jesus Christ.

J. G. Elliott was the final speaker. see a real warm day so I could try Before the business part of the out that new engine of mine. I am meeting, supper was served, to which just dying to see how she will

THE REPORTS TOLD OF A GOOD COLD SPELL STRUCK KINGSTON SO THAT PORTICOS MAY BE CON-TUESDAY AFTERNOON

> Were Much In Evidence-Furnaces Had to Work Over Time.

"Gee, but the weather is cool!" How often did you hear this exheld on Tuesday evening in the Asso- pression on Tuesday night? The befriend those citizens who have the ciation parlors, and the reports read weather man got busy, and as a re- misfortune to own property on which all told of a year of good work. The sult- a cold wave struck Kingston houses are built right on the street president, Mrs. R. Carr-Harris, laid which reminded citizens of winter line, and who cannot construct poremphasis upon the enlarging of the again and made them think about ticos. For the past nine or ten W. C. A. quarters by the addition their coal and wood supply. Over- years there has been a by-law in force of another flat, thereby making am- coats and wraps which had been which prohibited any constructions ple accommodation for several other stored away for the summer were over the street line. Kingston is bedrooms. To do this necessary again put into commission and were an old city, and in the long ago it renovating required resources, and much in evidence on the down-town was fashionable to build right on the

ly mentioned the name of Frederick us in April instead of the warm tashion is to have the garden plot in spell we enjoyed and the warm wea- front of the house, and a portico or last fall, made a personal canvass ther now," said one citizen, it would verandah to sit upon during the



PRIVATE D. DAVIDSON A Kingston member of the Second Battalion reported wounded and miss-

mosphere. It takes warm weathe Rev. Dr. Ryckman gave some good to get the game going the way it

Anna Wilson and May Smith for summer goods if Old Probs persists regular attendance at the Bible class, in giving us this kind of weather," "Let's have lots of rain and warm

upon to speak an,d after thanking thinging of the all-important quesseparating all the fats, oils, sugars, we should all devote our service to for my pleasure," remarked a motor boat enthusiast. "I would like to

waste to leave it. It further repairs were rendered by Miss M. Chalmers, acter were passed about the weath- good condition for paving so far as the faulty organs of assimilation, en- piano solos by Mrs. A. R. B. William- er. Surely the weather man's ears his departments were concerned. On-

The man about the house was not It was decided to macadamize at all well pleased over the sudden Brock street between Barrie and Al-James B. Hendricks a resident of cool spell, as he had to start his fred streets under the Local Improve-Foxboro, died on Saturday after some furnace just when he thought all his ment plan, and also to treat it with days' illness. Deceased was sevenlabor was over for a few months at tarvia B, the same kind of oil put on
least. But then you never can tell Upper Princess street. Brock street about the weather nowadays. We from from Bagot to Barrie will be the late John Heinrick, died in Belle- are liable to have a snow flurry any repaired and also treated with tar-

> At any rate there is no need of sible. any great rush for straw "lids" for a few days at least.



PRIVATE THOMAS J. SMITH. A Portsmouth member of the Secon

Capt. Hooper a Prisoner Richard Hooper, 14 Monkland ed a card from Capt. Hooper, the contents of which she cabled to her father. The cable read: "Will in no matter how unsightly it may look.

The cable read: "Will in no matter how unsightly it may look. It is the Provincial Reformatory, for the capture of the provincial Reformatory of the capture of the

Shot In The Abdomen. Princess Pats' and formerly of the rie to the corner of Union.

Kingstonians who deplore his death. Steamer Rideau Queen

Queen's Stationary Hospital.

\$50 (bed) Queen's Alumni Assoclation, Ottawa, including the Geological Survey and D. D. Cairnes.

STRUCTED.

Sees Fit- Board of Works Decides To Rebuild Brock Street Road-

The Board of Works is going to street line, retaining all the space "If this weather had been given possible in the rear. Nowadays the warm weather. There are scores "This is no kind of weather for of houses that cannot have these baseball," a fan was heard to re- luxuries. Even the present chairmark. "The boys simply can't get man of the Board of Works, Ald. C. down to the game in this chilly at- J. Graham, when he defied the bylaw some years ago and built porticos in front of old houses he was remodelling was haled before the police magistrate and fined.

Year in and year out applications come before the Board of Works for permission to erect porticos or steps over the street line, but the by-law is in the way. However, this year's Board of Works is going to have com passion upon owners of old houses. It discussed the matter at length yesterday afternoon when the application of J. P. Hanley for permission to use a couple of feet over the street line for the erection of a portico in front of a dwelling he owns on Gore street came before it. Ald. Richardson thought that por-

ticos might be an adornment to a street instead of a detriment. He was in favor of considering each case on its merits.

"How many places do you own with porticos over the street line, Mr. Chairman?" Ald. Richardson asked.

"None," replied Ald. Graham, " sold them all, but if I had others that needed porticos and I had not the space for them, I would go ahead and build them notwithstanding the by-law. I did it before and I would do it again. I favor giving people permission to build over the street line in exceptional cases and charging a yearly rental for the ground used.

Ald. O'Conner thought the by-law should be changed and not made so drastic. Ald. Couper was of the same opinion and he moved that the by-law be

amended giving the City Engineer power to grant permission to erect porticos or steps over the street line where he saw fit to do so. This mo-

Brock Street Roadway. The City Engineer reported that

the Utilities Manager had informed

time now but then again we might via B. The work on that thorough- WILL BE NEEDED FOR THE 3RD fare will be started as soon as nos-

The feeling of the members of the Board seemed to be that macadam treated with tarvia was plenty good enough for any residental street. When it was considered satisfactory for Brock street on which the traffic is greater than on Princess street. Alds. Nickle and Graham thought it was good enough for University ave-

"A resident of University Avenue the Canadian divisions. This means told me that he did not care what that seven battalions must be recruitwe put down up there so long as we gave them a good roadway." said Ald. Graham.

May Oil Camp Road.

war went on.

it would cost \$400 to keep the road- large numbers to give the impressway watered. It could be given a ion that still larger numbers can be coat of oil for the same amount. It was finally decided that the The news of a new battalion and chairman and the City Engineer the attraction of Barriefield Camp should consult with the County Road should greatly stimulate recruiting. Superintendent, R. H. Fair, and see The new battalion will be of the what should be done. The road- same establishment as the 21st, hav-

way is in Pittsburg township, runn- ing 1,134 men. ing through Government property. The training at Barriefield will be The Board will reply to certain very instructive and should be highavenue, Ottawa, has received word Victoria ward residents, who petit- ly interesting. The three branches that his son, Capt. W. H. Hoop- ioned for redress in regard to the of the service—cavalry, artillery and many and safe. Mr. Hooper's sister, near them, that the city has abated and complicated tactical schemes Scott, Plymouth, Eng., receiv- the nuisance on city property, but it may be worked out.

running from the corner of Earl and from a farmer.
West streets, around to the corner Lieut. R. G. Crawford, with the of Clergy and Barrie, and down Bar-Royal Military College died from the effects of a gunshot wound in the abdomen. He was known to many ardson.

Will Help Friends

Dr. Nash received a letter from Leaves Kingston on Mondays at 6 a.m., for Portland, and Fridays avenue, New York, in which he says: you from getting a bottle of Hood's at 6 a.m., for Smith's Falls, return- "I shall be glad, if through my fam- Sarsaparilla to-day from any drug ily in Germany I can be of service store and starting at once on the to you, your friends or acquaintan- road to health and strength. ces in locating the lost, and recipro-Previously acknowledged, \$7,430. cate favors shown me in the past."

The Pate Of Wages.

The rivetters deny that 17 1-2c body are impaired. per hour is the standard rate of Hood's Sarsaparilla is a wonderfu building Company is paying that quicker than any other medicine. It scale but it is not the standard gives strength to do and power to wages paid elsewhere in Ontario. At endure. It is the old standard tried

They Are Here

Just Arrived To-day

THE NEW SIDE LACE BOOT FOR WOMEN-Patent, plain toe, black cloth top, laced up the inside-the newest idea in the shoe-making world. Price\$5.00

Abernethy's



Style and Good Taste In Men's Hats

Are evident in our showing of the season's popular shapes. Buying direct from the factories and in large quantities enables us to give values not to

be had at smaller dealers. Our new Straw Hats, Derbies, and Soft Hats, are endowed with that refinement that modest men desire.

STRAW HATS FROM · 25c UP. FELT HATS FROM 50c-UP.

The Big Hat Dealers

DIVISION.

As Its Share Of Reinforcements At Present the Recruiting Is Re- try ported as Being Quite Brisk. An order to form a battalion for tor-Lice Killer-White Diarrhoea

Ottawa at any time. It has been thol Disinfectant. given out that eight thousand men must be sent every month to the front to act as reinforcements for ed every four weeks. As there are thirteen districts and divisions in Canada, this division as its portion must supply about 600 men

The military authorities do not A communication was received anticipate any trouble, as since the from Col. T. D. R. Hemming, who Lusitania outrage great numbers are will command the Barriefield camp, volunteering. Up to a few days ago asking that the roadway from the recruiting was at a standstill. The end of the bridge to the camp ground order from Col. T. D. R. Hemming. on the Heights be oiled so as to keep officer commanding the division, to down the dust. The camp would the effect that more men are needed, likely continue all summer if the has been carried out by extensive advertising. As a result men are The City Engineer reported that coming to the front in sufficiently

The City Engineer will be instruct- the Provincial Reformatory, for the ed to repair the old asphalt walks theft of two robes and other articles

HAVE GOOD HEALTH

Take Hood's Sarsaparilla, the Old Reliable Spring Tonic.

Don't let the idea that you may

When your blood is impure and impoverished it lacks vitality, your digestion is imperfect, your appetite is poo; and all the functions of your

with your friends. All you have to formula or ingredients. Be sure to

OR IN BULK

Delivered to all parts of the City By Government Test, Best in Kingston.

SAKELL'S,

Next Opera House.

Notice

For the benefit of those who work in the daytime, we will keep our place of business open

Tuesday, Thursday and Saturday Evenings.

We will call for and deliver when requested.

Kingston Hat and Feather cleaning Co.

PRATT'S ANIMAL AND CHICKEN REMEDIES.

We carry a full line of the following Remedies, which you cannot afford to be without if you keep horses or poul-

overseas service is expected from Remedy - Cholera Remedy-Germ-a-

Animal Regulator-Poultry Regula-

B. GAGE, Montreal Street

BRITISH WHIG KINGSTON, ONT. CHURCH CLOSEST PRICES. BEST WORK

BABY CARRIAGES AND GO-CARTS.





sleeping backs,

James Reid THE LEADING UNDERTAKER

COAL The kind you are looking for is the kind we Scranton Coal

guarantee prompt delivery BOOTH & CO. Foot of West St.

Is good Coal and we

Our Prices Are Right

We Guarantee Our Work

Selection of Woollens Is Extensive and of Latest Design Call Solicited. Inspection Invited

Crawford & Walsh Leading Tailors,

Princess and Bagot Sts.



oak, very convenient, \$18 to \$35. Drawing Room Easies, covered to suit tone of carpet and draperies.



English and Canadian makes, all sizes and color tones. Madras Draperies are unusually fine this year. We have some that will please. Repair and Upholstering promptly



T.F. Harrison Co



Women's Pumps

For the Spring and Summer of 1915

A full range of the charming "Colonial" designs with all their stylish appeal, and prettier than pumps have ever been. Make your selection early.

Allan M. Reid.

111 Princess Street