

Notice! To The Public

Says No One Need Remain Thin Now

Physician's Advice For Thin, Underdeveloped Men and Women.

Thousands of people suffer from excessive thinness, weak nervous and feeble stomachs who having tried advertised health-makers, food-fads, physical culture stunts and rub-on creams, resign themselves to life-long skinniness and think nothing will make them fat. Yet their case is not hopeless. A recently discovered regenerative force makes fat grow after years of thinness, and is also unequalled for repairing the waste of sickness or faulty digestion and for strengthening the nerves. This remarkable discovery is called Sargol. Six strength-giving, fat-producing elements of acknowledged merit have been combined in this powerful preparation, which is endorsed by eminent physicians and used by prominent people everywhere. It is absolutely harmless, inexpensive, and efficient.

A month's systematic use of Sargol should produce flesh and strength by correcting faults of digestion and by supplying highly concentrated fats to the blood. Increased nourishment is obtained on the food eaten, and the additional fats that thin people need are provided. Leading druggists supply Sargol and say there is a large demand for it.

While this new preparation has given splendid results to a nervous, undernourished, people, unless they wish to gain and vitalize, it should not be used by at least ten pounds of flesh.

Finkle & Co.,

120 Clarence Street, Phone No. 291.

Cook's Cotton Root Compound

A safe, reliable, regulating medicine. Sold in three degrees of strength—No. 1, \$1; No. 2, 50c; No. 3, 25c per box. Sold by all druggists, or sent direct on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT., (Opposite Hotel).

OUR FRESH GROUND COFFEE AT 40c. CAN'T BE BEAT.

Try a sample order and be convinced.

MOLAN'S GROCERY
Peterson Bk.
Phone 729. Prompt Delivery

Fresh Columbia Ignition Dry Cells 30c Each

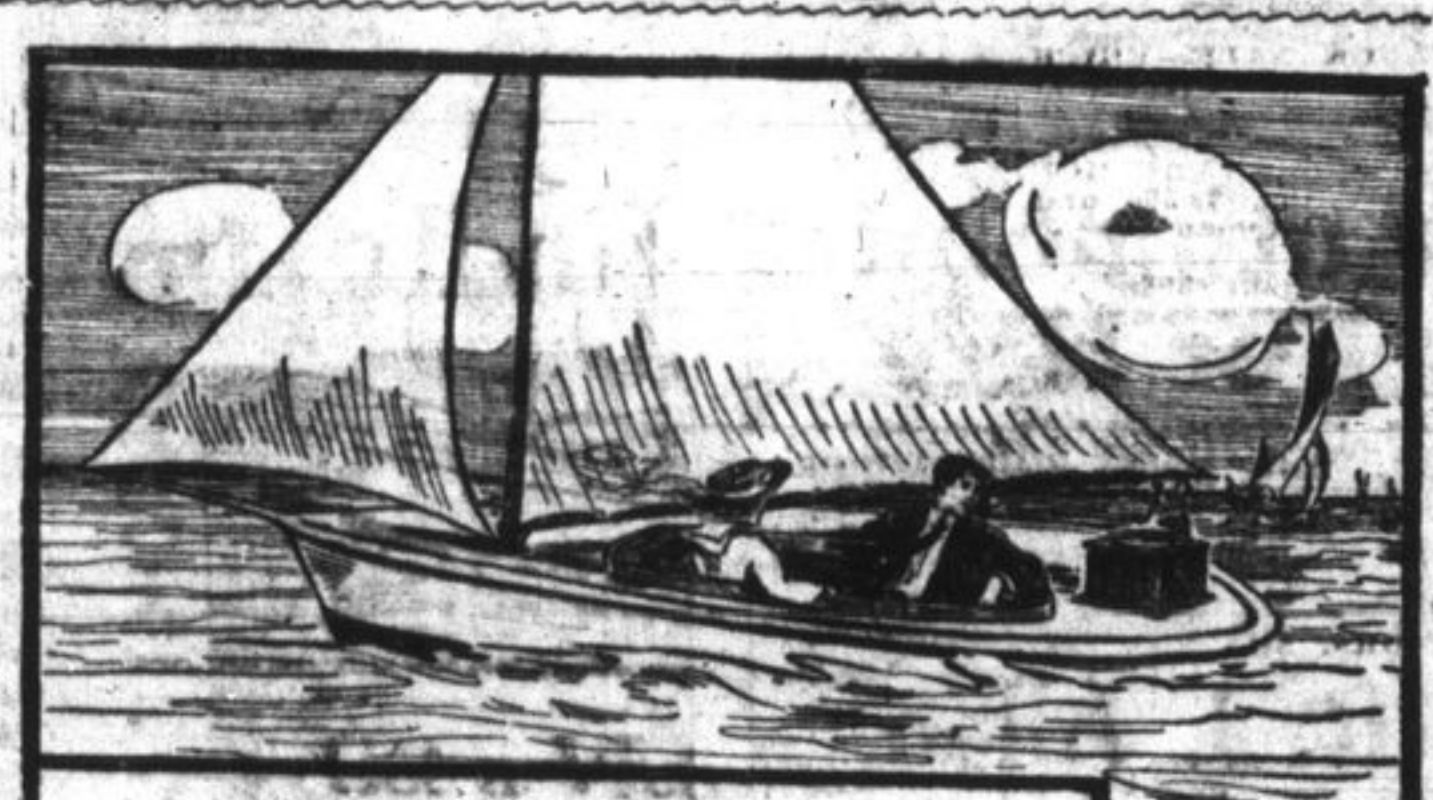
KINGSTON FOUNDRY

MADE-IN-CANADA

There is no institution in the Dominion more Canadian than the Mutual Life Assurance Company of Canada. It was incorporated under the statutes of Ontario in 1869 as the Ontario Mutual Life Assurance Company. It was still known as the Ontario Mutual Life Assurance Company when it received a new name by an Act of the Federal Parliament in the year 1900, and has since been known as The Mutual Life Assurance Company of Canada.

Its investments of nearly \$25,000,000 are exclusively Canadian; the lives insured are Canadian only. It is strictly a Canadian Company saving Made-in-Canada contracts.

S. ROUGHTON, Agent. PHONES 610 and 567.
THE ONLY MADE-IN-CANADA MUTUAL LIFE COMPANY.



Get a Victrola for your boat

Boats of every kind, from the modest canoe to the palatial steam yacht, carry a Victrola nowadays.

Delightful music—particularly beautiful on the water.

If you have a boat, you'll want a Victrola. And you can get one easily—\$24 to \$255, and on easy terms if desired. Come in any time and hear your favorite music.

C. W. LINDSAY, LTD.,
121 Princess St.,
Local Representatives.

Special for Friday and Saturday

One Lot Men's Tan and Gun Metal Oxfords, odd sizes; regular price \$5. Special \$2.98

One Lot Men's Patent and Gun Metal Oxfords, button and lace styles; regular price \$5. Special \$3.75

One Lot of Children's Slippers (sizes 3 to 7 1/2); values up to \$1.75. Special \$1.00

J. H. SUTHERLAND & BRO.

The Home of Good Shoes.

WOULD BUY BELGIUM

IN ORDER TO PUT IT ON ITS FEET AGAIN.

John Wannamaker's Scheme — Says United States Could End War by Putting on Prohibitive Import and Export Duties.

Philadelphia, Pa., July 24.—In an address before the chairmanship of the Philadelphia branch of the National Security League, John Wannamaker made his hearers gasp by proposing that the United States raise an enormous sum—\$100,000,000 if necessary—to buy Belgium from Germany.

"Understand me, we are not to keep or hold Belgium," he said, "but merely to gain freedom for her and let her work her way back un molested. Belgium can pay us back when she gets on her feet, so to speak, and in good time."

"I think that the United States owes something to poor Belgium," Mr. Wannamaker said. "Our big mistake was in not being the leading nation to protest against the unilateral action of Germany. Belgium has no money with which to pay the indemnity which will be asked of her. Let us pay for her. I doubt if France will be able to pay anything if another Alsace and Lorraine is taken from her."

Mr. Wannamaker proposed that the United States act to end the colossal conflagration on the other side by declaring a prohibitive tariff on imports, and at the same time a prohibitive export duty, so that nothing from these shores could get out, particularly munitions of war.

"Let us keep our cotton, let us keep our iron, let us keep our ammunition," he said, "so that the warring nations can do nothing of them. They are killing off their artisans, so that it will take twenty-five years before they can train new artisans. When they realize that they are at the mercy of the United States they will be forced to stop fighting."

"I believe that if the country we live in is not safe from attack, we should make it safe from attack. We are face to face with a serious condition, and we should have enough good sense to realize the condition. At the same time I believe, sincerely that it is time for a sane and intelligent movement on the part of the men of Pennsylvania, on the part of the men of the United States, to do something that may contribute in a general way to a great sentiment towards stopping this awful war."

GIRL BURNED IN DEBRIS.

Miss Ruby Peach, Orlita, Lost Life in Explosion.

Orlita, July 24.—Through an explosion which rocked the central garage on West street early yesterday afternoon, Miss Ruby Peach, aged 19, a stenographer and bookkeeper, lost her life. George Fraser, another employee, was severely burned, and Thomas sustained serious injuries in an effort to rescue Miss Peach. The building and its contents, including about fifteen automobiles, were entirely destroyed.

George Walker, one of the proprietors, and Robert Jackson, a well-known lumberman, who were at the rear of the building when the explosion occurred, escaped.

The cause of the explosion is a mystery. It appears that the gasoline tank was filled a short time before it took place.

The force of the explosion shook that section of the town. Glass in the windows of nearby buildings was shattered. The report was followed by flames which shot high in the air and filled the building with central so sudden that Miss Peach had no chance to escape. She was at work in the office when the firemen and rescuers arrived.

For a time it was feared that the flames could not be stayed, but eventually they were got under control after the Walker building had collapsed. It is thought that the floor on which Miss Peach was standing blew up. The young lady was a daughter of Mr. J. H. Peach, and the family is highly regarded here.

CONTINUE SEA OUTRAGES.

German Admiral in Fury Over Lusitania Verdict.

London, July 24.—The Hague correspondent of the Evening News says: "The Taeglich Rundschau publishes a violent tirade by Admiral Kirchhoff denouncing the English official verdict on the Lusitania case and declaring that submarine attacks on unarmed merchantmen will be continued, regardless of the fate of neutrals."

"Admiral Kirchhoff says: 'Members of the German Government and the Admiralty and the crews of the submarines will sleep peacefully in the face of such accusations. They will continue to act as before, to commit such acts, no matter how loudly the treacherous and sanctimonious Britons may shriek about murder. The watchword for us is: 'Down with the ships that cross the bows of our valiant U-boats,' and with those carrying munitions under the protection of humanity. Our pole has clearly declared that the presence of American passengers on board will make no difference in this respect.'"

CANADA GETS FULL SHARE

Britain To Give Her All War Orders Possible.

London, July 24.—Referring to Canadian reports that the Imperial authorities in the placing of war orders are discriminating against Canada, the Times says it understands there is not the slightest grounds for such apprehension. The newspaper adds that David Lloyd-George, the munitions minister, is to discuss the whole question of munitions with Sir Robert L. Borden, the Canadian Premier, and there is every reason to suppose that Canada will get all the orders that can possibly be put in her way.

The supposition that David A. Thomas, representing the British Munitions Department in the United States, is placing orders through American middlemen is unfounded, according to the Times, which says Mr. Thomas is in a position to deal independently of J. P. Morgan and Company and that he is doing so.

THE WHIG'S JUMBLE.

A General Review of Country Districts and Local News.

"Road Joy Foot Tablets" at Gibson's.

Peter Munroe, Maberly, is recovering nicely from his recent illness of appendicitis.

"Tread Easy Foot Powder" at Gibson's.

J. C. Forrester, Westport, has his new summer cottage at Bob's Lake nearly completed.

Good baseball games were played at Oddfellows' Outing, Brophy's Point, Civic Holiday, Monday, July 26th.

Mrs. Alexander Moore, Kitley township, died on Tuesday. She was over ninety years of age.

Special 50-Mile Rumble of Islands, Monday, per S.S. Thousand Islander at 2:15 p.m. sharp. Band on board.

Hundreds of customers save money buying their drug wants at Gibson's Red Cross Drug Store.

Laura Beattie, daughter of Major and Mrs. William Beattie, Cobourg, has been threatened with appendicitis in England.

Hundreds of customers save money every week at Gibson's Red Cross Drug Store.

Mrs. (Dr.) Mather and daughter, Miss Ada, have returned from Toronto and taken up permanent residence in Tweed.

"Buy Drug Store Wants" at Gibson's.

Mrs. Thomas Warner, Prescott, died on Monday. She was born in the township of Wolford seventy-three years ago.

"Tread Easy Foot Powder" at Gibson's.

The motor boat owned by George Costick, Rockport, is being held at Alexandria Bay for violation of regulations regarding landing.

"Nelson's Ice Cream Bricks" at Gibson's.

The Westport Manufacturing and Plating Company has received an order for the manufacture of the brass parts of shells.

"Nelson's Ice Cream Bricks" at Gibson's.

James M. Sullivan, American Minister to the Dominican Republic, has tendered his resignation to President Wilson, and it has been accepted.

Your doctor will advise you to take the Thousand Islander, 50-mile Rumble of the Islands, Monday, at 2:15 p.m. sharp.

"Old Boys and Old Girls" will enjoy Page and Shaw Sweets, Huyler's Sweets, Nelson's Ice Cream Bricks from Gibson's Red Cross Drug Store.

James Covey, Balaclava, near Perth has bought the Creighton farm, adjoining his own, and will operate both.

"Kodak Films" at Gibson's.

Spend the afternoon of the holiday on the water. 50-Mile Rumble per Thousand Islander, 2:15 p.m. sharp. "Tread Easy Foot Powder" at Gibson's.

Miss Ella Locklin, who has efficiently occupied the position of organist in the public church services at Melville for some time, has resigned.

The coroner, S. C. Dutton's Ernest A. Empey, wealthy Idaho Falls, Idaho, rancher, had napped several days ago by bandits and held for \$5,000 ransom, has escaped from his abductors.

"Buy Drug Store Wants" at Gibson's.

Ulysses S. Ferguson, Platon, died July 11th, from the effects of a fall down a stairway at his home. So serious were the injuries that he never regained consciousness, and only lived two hours.

"Read Joy Foot Tablets" at Gibson's.

The motor boat of J. W. Butler, a wealthy New Yorker, who has a cottage on the Canadian side opposite Alexandria Bay, was seized at the Bay for taking a landing without reporting to the customs authorities. He was fined \$40 and \$5 costs.

Thousands of people contract disease every week from eating confectionery that is exposed to flies. Huyler's and Page and Shaw's Sweets are sold in sealed packages at Gibson's Red Cross Drug Store.

The estate of Col. Birchall, commanding the 4th Canadians, who was killed at Ypres, has been probated at nearly forty thousand pounds. He leaves two hundred pounds to the Western Canada Church Fund, and one hundred to the Children's Hospital, Halifax.

Week-end specials at Gibson's Red Cross Drug Store: Page and Shaw Sweets, Huyler's Sweets, Nelson's Ice Cream Bricks, Talcum Powders, Grape Juice.

Nation of Tiny People Found.

The discovery has just been made in the central portion of the French Congo of a race of pygmies hitherto totally unknown. The members of the race are said never to surpass 1.5 metres, about 4 feet 9 inches, in height. According to Le Reve, they live entirely isolated in the territory of Mongimbo. They build huts of hemispherical shape in the forest in groups of from five to thirty. The chief is an old man who exercises absolute and hereditary authority and elects his own successor. They follow a curious custom as to food, the women subsisting on edible roots, while the men live on the products of the chase. According to a legend among them, the former are descended from a beehive and the latter from a toad. They have vague notions of good and evil, and have a certain cult of the dead, whom they later with much piety.

A Power in the Land.

Toronto Telegram.

If Sir J. A. M. Aikins wins the Manitoba elections, Hon. Robert Ross will be a power in the land.

If Hon. Tobias Crawford Norris wins the Manitoba elections, Sir Clifford Sifton will be a power in the land.

No matter who wins, Manitoba loses. The outcome of the struggle between the Norris-Sifton Government and the Aikins-Ross Opposition cannot possibly establish the Ten Commandments as a power in the land.

Oddfellows' Outing, Civic Holiday.

If you want to enjoy yourself Civic Holiday, go to the Oddfellows' Outing at Brophy's Point. Baseball, sports, music, dancing. Everybody welcome.



25 Cents

KEEP A SOLDIER IN SMOKES FOR A WEEK

It buys 50 Cigarettes and 4 Ounces of Tobacco, and every gift is acknowledged by the soldier himself. Send your contribution to the

Tobacco Fund

The British Whig, Kingston.

KILLING OF AMERICANS

BY GERMAN AT SEA, REGARDED AS UNFRIENDLY.

United States Government Warns Germany To Obey International Law or Take the Consequences.

Washington, July 24.—The text of the American note on submarine warfare, presented at Berlin yesterday by Ambassador Gerard, was made public here last night. It reveals that the Imperial Government has been informed it is the intention of the United States to regard as "deliberately unfriendly" any repetition by the commanders of German naval vessels of acts in contravention of American rights.

The United States announces that it will contend for the freedom of the seas "from whatever quarter violated, without compromise and at any cost."

In official and diplomatic quarters the communication was received as the strongest and most emphatic pronouncement that has come from the Washington Government since the beginning of its correspondence with the belligerents of Europe. President Wilson returned to Corning, N. H. last night and will there await developments.

On the assumption that Germany has already admitted the illegality of her practice by attempting to justify them as against Great Britain, the United States, in the new note, expresses the belief that Germany will no longer "refrain from disavowing the wanton act of its naval commander in sinking the Lusitania or from reparation for the American lives lost, so far as reparation can be made for a needless destruction of human life by an illegal act."

Referring to the German Government's expression of hope in its last note that the freedom of the seas may be established in some measure before the end of the present war, the United States declares that this object can be accomplished, and invites the practical co-operation of the Imperial Government.

The American Government adds, moreover, that it "holds itself ready at any time to act as the common friend who may be privileged to suggest a way" to assist in establishing the freedom of the seas.

AT TOP OF SMOKE STACK

A Perth Man Who Has Done Many Stunts.

Perth Courier.

It was indeed interesting to see Art Drummond occupying a position in town this week that enabled him to look down upon everyone in Perth, to wit, the top of the power house smoke stack, which he is painting. This smoke stack, however, is comparatively low considering the eminent heights that steeplejack Art has reached during his career as a cloud gatherer and star polisher. He has the record of having reached the highest point in the British Empire, which is the tip-top of the 60-foot flag pole on the Royal Bank building, Toronto, and he says "there was a 30-mile gale blowing at the top when I was performing the stunt and it felt like January weather."

Art Drummond has never had a fall, although he has climbed the highest smoke stacks and steeples in Canada and the United States. He has been at the top of steel poles that would not bear his weight in heavy winds, and has had them double under him, often leaving him suspended over the street, but he manages to come through safely. He is certainly a work-hooper at the high, fantastic work of doing stunts at dizzy heights. Like all others in his profession he works by means of rope stings, which he fastens about the pole or whatever it may be at intervals, to aid him in his climb to the top. He has also a contract to repair the St. James' church steeple, and was to be seen near the top of it on Thursday morning.

Never Again.

London Advertiser.

Philip Gibbs, a brilliant young English newspaperman, with resources that has won him fame on every great assignment, (he unmasked Dr. Cook), counts on every writing man with any soul, to force home the awful side of war. His own plea is strong:

"More passionate than any other emotion that has stirred me through life is my conviction that every man who has seen these things must, if he has any gift of expression, and any human pity, dedicate his brain and heart to the sacred duty of preventing another war like this. A man with a pen in his hand, however feeble may be, must use it to tell the truth about the monstrous horror, to fetch its images of cruelty into the brains of his readers, and to tear down the veils by which the leaders of the peoples try to conceal it—obscureties. The conscience of Europe must not be lulled to sleep again by the narcotic of old phrases about the ennobling influences of war and its 'purging fires.' It must be shocked by the stark reality of this crime in which all humanity is involved, so that from all the peoples of the civilized world there will be a great cry of rage and horror if the spirit of militarism raises its head again and demands new sacrifices of blood and life's beauty."

IN MARINE CIRCLES.

Movements of Vessels Reported Along The Harbor.

The tug Clyde, of the Montreal Transportation Company, arrived from Montreal on Saturday, with two light barges.

Steamer Inland, passed up 10:15 p.m. Friday; steamer Plummer, Tow 11 p.m. Friday; steamer Naticono, up 1 a.m. Saturday; steamer Wahwahwah is due up from Montreal on Saturday afternoon to go to the Kingston Shipbuilding drydock.

Dredge Goes To Scrap Heap.

After being in commission for twenty-five years or more the Dominion Public Works dredge No. 195, is to be placed into the scrap heap at Ottawa. For the past eight months this dredge has been engaged deepening the harbor at Bowmanville. On Friday the outfit arrived in the city and on Saturday morning the tug Sir John hauled it to Garden Island to have the lake-boom, spud and "A" frame taken off in order that it may be able to pass up the Rideau. The dining boat "U and I" which has accompanied it will also be taken to Ottawa. At the latter point there is a new dredge to replace the old.

It's the repeating of gossip, not the hearing of it, that works the mischief.

Cornwall Man Killed.

Cornwall, Ont., July 24.—Mrs. John Munroe received the following message from Ottawa: "Report received to-day states that Private Dunlop Macdonald, 2767, 15th Battalion, previously reported missing, is now reported as killed in action."

Private Munroe was born in Cornwall in April, 1892, and was educated in Cornwall High School. He studied telegraphy in the Cornwall office of the C.P.R., and went to Toronto in the service of the company. He enlisted with the 45th Highlanders and went overseas with the first contingent. Murdoch Munroe, a brother, who was a member of the Princess Pairs, was killed on March 17th.

OBITUARY

The Late Mrs. Catherine O'Hara.

At the Hotel Dieu on Thursday night, Mrs. Catherine O'Hara, fifty-nine years of age, passed to rest. The late Mrs. O'Hara had been an inmate of this institution for some time. She deceased was also born at Cardinal. On Saturday morning the remains were buried in St. Mary's Cemetery.

Accused of Sedition.

Paris, July 24.—Four anarchists were placed on trial yesterday before the permanent court-martial, charged with the circulation of seditious matter. The defendants are an eccentric millionaire, 50 years old named Provost, who owns a spacious villa, Rochhill, at St. Raphael; and Mme. Donnadieu, and M. Hureau.

The charge is that they sent through the mails thousands of copies of three separate anti-militarist pamphlets. The pamphlets accused the Government of deceiving the people, pleaded for secessions from the army and urged peace at any price. Hureau, who is a poet, sociologist, pseudo-scientist, and mystic, is alleged to have been the ringleader.

Death of Mrs. Sidney Warner.

Minerva Clark, Napanee, widow of the late Sidney Warner, passed away at Glen Island on Tuesday after a short illness. A couple of weeks ago Mrs. Warner, Harvey Warner Mrs. Eakins and other friends went to Glen Island to spend a couple of months, says the Express. A few days after arriving Mrs. Warner was taken ill, too ill to be moved home, and despite every care continued to fall rapidly until the end came. The remains were brought to Napanee to the residence of her son, C. M. Warner, and a private funeral was held at Mr. Warner's residence on Thursday afternoon. Burial took place in the family plot at Wilton.

To Have School Fairs.

The dates set for School Fairs in Lennox and Addington county are: St. Frederick'sburg, Conway, Sept. 8; Adolphustown, Conway, Sept. 8; Ernestown, Sept. 8; Amherst Island, Stella, Sept. 10; Camden, Centerville, Sept. 17; Richmond, Selby, Sept. 23; N. Fredericksburg, Sept. 27; Kaladar, Oct. 5; Newburgh, Oct. 16.

Housewives, Attention!

Save the Red Ball Trade Mark cut from bag or top end of carton of Lantic Sugar, and mail to "Dept. L," Atlantic Sugar Refiners, Montreal, and they will send you free a book of 50 assorted Fruit Jar Labels, printed and gummed ready to use. Lantic Sugar is put up in 2-lb and 5-lb cartons and 10-lb and 30-lb bags. For sale at leading grocers.

To Locate at Clayton, N.Y.

Rev. F. Lewis Brooks, the clergyman who refused a fee of \$10,000 to marry Madeline Force to the late Colonel John Jacob Astor when he had a charge in Massachusetts, has accepted a call to the Baptist Church at Clayton, N.Y.

Week-End specials at Gibson's

Kodak Films, Film Packs, Talcum Powders, Face Powders, Face Creams, \$1.00 Fountain Pens, Grape Juice, Lime Fruit Juice.