Summer Heat Baby's Food Baby's Food

> Dairy milk is unsuitable at all times. In the summer it is a cause of epidemic diarrhoga and infantile mortality, Baby's food must be pure,

proof against contamination, wholly digestible, and suited to the altering requirements of infant life.

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## 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 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 semwon'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 about the body-something, too, that will multiply their red blood corpuscles and increase their blood's carrying

For such a condition I always recommend eating a Sargol tablet with every meal. Sargol is not, as some bewoman from three to five pounds a week. Sargol is sold by all good druggists everywhere on a positive

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# LETTERS FROM OVERSEAS

Canadian Field Ambulance,

WHERE HIS CORPS IS NOW STA-TIONED.

Gunner R. H. Campbell, R. C. H. A. In Germany-21st Battalion Has a Baby Goat.

ceived a letter from Capt. A. D. Mc- field. Connell, Kingston, No. 1 Canadian Field Ambulance, at the front. The Letter From Gunner R. H. Campbell. letter reads in part as follows:

"We are now moved again, this ime to the famous street whose name reminds you of an old horse or the colloquial name for the silk hat so evident on the twelfth of July. We have our advanced dressing station in a woods. It is in three huts built in the winter by 'Peace Villa' is the name they gave it. There are pheasants and rabbits galore. The pheasants, they say, come and go according to

the activity of the artillery. but no harm was done. way back I had to come quite a dis- is proverbial but their dislike for the in Quebec on Saturday after a brief tance through the woods. met working parties with scattered all along the road. They wards Canadian officers and men that to Kingston on Tuesday for interseemed very happy. If it were not would make your hair stand on end. ment in Cataragui cemetery. Defor the uniform one would think "The spirit of the Belgian people ceased was married to a daughter they were workmen on the way to is yet unbroken and those left of of the late William Bailey, and is dig sewers. Sitting on the side of their men fight bravely on. I do survived by his widow, three sons the road was one group gathered not like to dwell upon these things and one daughter. Dr. Jackson round two musicians, who, were, in I see quite enough of them but it was the first pastor of Queen Street the language of the local correspon- strikes me very forcibly that it would Methodist Church in 1879, dent, 'discoursing sweet music.' The make many more join the colors if Dr. Jackson, the son of a Methmusic was really good when you they really knew. We must never odist minister, was born in Lincoln, know that it was produced on a forget this would be our portion Eng., on June 14th, 1840. In 1859 musician made with a piece of a would be the fate of the wife and green branch off one of the trees. "Capt. Welsh, of the Veterinary

Corps, was telling us a funny incident he saw the other day. In his corps is a chap who does not know a lance-corporal from a field marshal. but who nevertheless is an excellent man with horses, and always has them looking fine. One day Genment of the general. 'A fellow tianity really is. We must have needs some encouragement round true Christianity unmixed with can't

"Leave is being granted to a few first order. at a time of the officers and men. advantage of the chance. No one standing around your gun in can claim to be overworked lately, firing line. Of course it is the new but all will welcome a change and war loan I refer to." only wish this leave permited them to go to Canada.

"We have just read Sir John

At Sandling Camp. Letters received from the members of the 21st Battalion at Sandling Camp stated that brigade work is now being engaged in. Lord Brook is in charge.

On July 12th the boys held sports latter presenting the prizes. cot, as a little billy goat arrived at ers had been killed.

the camp a few days ago, the goat leaving here with the Kingston boys being the proud mother.

forcements for the 21st Battalion while on active service.

Sergt. Lyons A Prisoner.

Sergt. G. W. Lyons, formerly employed by W. J. Keeley, jeweller. Princess street, and who went to the front with the First Contingent, is a prisoner of war in Germany. Mrs. D. Clarke, 116 Johnson street, with whom he boarded while here, received a card from him on Monday, under date of June 21st. Sergt Lyons was wounded in both arms at the battle of Langemarcke. He says Writes-Sergt, Lyons a Prisoner he received Mrs. Clarke's letter recently. He remarks that he'is being well treated by his German doctor, who is a gentleman, but still A. Daly, Beverley street, has re- he wishes that he had died on the

> Rev. G. L. Campbell, Colborne street, has received a letter from Gunner R. H. Campbell who left Kingston last August with the R. C. H. A., It is written under date of

July 8th and says in part: one to think otherwise. I am sorry them off, to express myself in this way but it is my candid opinion, the Germans "I went up last night into the fir. whatever else they may be are good ing trenches, but did not see any soldiers, brave men and are prepared thing out of the ordinary. There to fight to the last. From this you Rev., W. Jackson, D.D., Buried were snipers working on both sides, can form some idea of what this On the means. Their hatred of the British Here I Canadians is even more intense. I illness from inflammation of the shovels could tell you acts of brutality to- lungs. His remains were brought

> should Germany win. This too sister whom we hold so dear.

wrong with a man who would not

give his life gladly for his country and those he loves. statements made by church members in Canadian papers. For instance He built Douglas Church in Monteral Alderson was inspecting the the sending of tobacco to us fellows real. In 1892 Wesleyan College, horses, and noticed this team par- out here in Belgium. I am not go- Montreal, conferred on him the deticularly spick and span. He said: ing to ask you your opinion, but I gree of D.D., a well-deserved honor. 'Who takes chare of this team?' 'I will say this much for myself, that I Since superannuation he has been do, said the chap. 'Well, you de- think very little of this kind of acting as chaplain at the Immigraserve credit for the excellent care Christianity. If this is the Chris- tion headquarters at Quebec, where you take of them.' 'Thank you, tian thought in the churches I read he contricted the cold that ended Cap, said the man, to the horror of about, then I think they will have to in his death the officers, but to the great amuse- find another definition of what Chris-

"We are buying Government bonds Every one seems to be ready to take here to-day. Imagine doing this

In Many Hot Places. The First Contingent of Queen's French's despatches. He gives the Engineers is now in Belgium. A Canadians are doing their part, but that they have been moving around quite a bit, and have been in some "Weather here is delightful, and mighty hot places, although they the crops are looking fine. If the were not quite as bad as Ypres, The the company each week.

Sergt.-Major Carruthers Safe. Lieut, William F. Smith, with the and the 21st Battalion secured sec- 2nd Artillery Brigade in Belgium ond prize, and the 19th Battalion writes the Whig that Sergt.-Major K. first. The sports were on the camp Carruthers, Kingston, is alive. He ments known to chemistry. It is abso- grounds of the 21st Batalion, Lord was wounded at Ypres, but returned lutely harmless, yet wonderfully ef- and Lady Brook, were present, the from hospital to his battery a few weeks ago. It was reported some The 21st Battalion has a new mas- time ago that Sergt.-Major Carruth-

> Sir Arthur Conan Doyle writes in The London Times advocating the It has been announced that the use of protective armor for soldiers attacking over open ground.

KINGSTON

By W. S. Dingman, Vice-Chairman of the Ontario License Board, Who Is Here On Inspection Duty. W. S. Dingman, vice-chairman of

the Ontario License Board, is in

Kingston making a survey of liquor conditions. Interviewed by the Whig, Mr. Dingman stated that there had been complaints sent to the Board that conditions he were bad with respect to drinking among the soldiers. He had looked over the situation generally, and ascertained the facts, and was inclined to coincide with those who made the complaints that the conditions were not satisfactory.

"There is more drinking than is creditable, and some of the hotels are helping these conditions along, said Mr. Dingman, who added that he would report to the Commission, and some action would follow.

Asked when the Commissin would meet in Kingston, he said that it would be in the fall or early win-

With regard to the two Portsmouth licenses and one Wolfe Island license which are to be cancelled, Mr. Dingman said that these three licenses would expire on the "In expressing an opinion as to night of the 31st of July, and would the duration of this war I should say not be renewed. He said that the it is going to be a long protracted Board had received a great deal of one, and it is an idle notion for any- approbation for its action in cutting

DIED AT QUEBEC.

Cataraqui Cemetery.

Rev. William Jackson, D.D., died

he preached his first sermon as a Methodist minister on probation He passed the District Meeting in "I say that there is something Hull in 1862, and in July of the same year he passed Committee in London By special invitation he came to Canada in 1862. He spent "I read many strange doings and his life in the Montreat Conference, THE TENDER PRICE WAS \$2.50 filling stations in Kingston, Ganan-

AMHERST ISLAND TO DONATE. of any kind, and this is can't of the A Machine Gun For Use Of the Can-

adian Overseas Troops.

island signed the petition.

Left Kingston 57 Years Ago. blance of health and strength. Stuffing help is found to harvest it, there part of the line they are on at pres- of Kingston and brother of Robert style issued to convicts on their will be quite a supply right on the ent is fairly quiet. The men are Cowie, John street, paid a visit to discharge and some the kind issued being given leave to visit England. the city on Saturday. Fifty-seven to the officers. About 350 pairs were Those who have been wounded, and years ago Mr. Cowie left the Lime- transferred to Fort Henry and authreturned to duty and those whose stone City. He took over charge of ority is being asked so that despite homes are in England, are allowed the book-bindery connected with the the higher price all boots may be away first. Six only can go from Examiner newspaper office at Peter- made at the penitentiaries. known Kingstonian successfully gated the conditions at the Portshandled the department. After- mouth institution some time ago, newspaper office, Peterboro, which more work in the shops. At present

> While here he will be the guest of boots, even if they have to be given his brother. Although he has reach- to prisoners of war at a loss. ed the three score and ten mark, Mr. Cowie is quite active.

Perth Factories.

Perth, July 27 .- The Perth Carpet Co, have closed their mill, and will not re-open before fall. The carpet business has been poor, and only about twenty-five hands have been employed for some months.

The Tay Knitting Mills have or-ders for 86,000 pairs of socks for the British War Office, Caldwell's Mills at Lanark have an order for 380,000 pairs also for the British War Office. The Perth Shoe Co. are busy on an destroyed a formidable German reorder for 10,000 pairs of army boots. Messrs, James and Reid are manufacturing the 10,000 pairs of steel heel plates for the Shoe Co.

German In Cells.

A German who was taken in charge by immigration agents and handed over to the police on Monday, spent the night in the cells, and was on Tuesday taken over to Fort Henry.

Joseph Humphrey, jr., Ganan-Richardson farm and homestead, near Gananoque, from C. Gray, its forms of Germans were spreadeagled late owner. He also purchased all the chattels on the place, including crop, stock and farm ments. The purchase price is said to have been \$15,000.

Able to read without the aid of spectacles and possessing all his facknown drygoods firm of R. Davis & found in the neighborhood so stuned the ninetieth anniversary of his without trouble. birth at his residence, 31 Apple The disruption of the locality was

output of the plant at present is T .- However, the Germans made a vio-

A PAIR.

Boats Made In Penitentiary Cost \$2,85 a Pair—The Prison May Be Allowed to Make the Necessary Footwear.

The boots now being issued to the prisoners-of-war at Fort Henry are being made at the penitentiary by convict labor. There has been some trouble about finding suitable boots for prisoners, as it was not necessary to issue them such good shoes as issued to the soldiers, and which cost \$3,92 to make. The authori-As a result of the recruiting meet- ties decided that a boot of the ing at Stella last Thursday night, at quality classed as "Coburgs" and which G. M. Macdonnell, K.C., and made by the convicts at penitentiar-Capt. W. L. Grant, Kingston, were ies for their own use would be suitthe chief speakers, the farmers and able. Tenders were called from sevother residents of the island have eral manufacturers, and the average signed a petition to the Township price proved to be \$2,50 a pair. The Council to make a grant of a ma- cost of material and labor for the Canadians considerable praise. The letter from one of the sappers states Practically every ratepayer on the institution has proved to be \$2.85. chine gun for the Canadian troops. boots to be made at the Portsmouth At Portsmouth the convicts have been very busy, and had 500 pairs on hard, some of these, however, be-William Cowie, a former resident ing of the "discharge" kind-the

> boro and for thirty years this well- The Commission, which investig wards Mr. Cowie went in charge of condemned the stone-pile and recomthe book-bindery in the Review mended that the convicts be given position he held down for fifteen the work in the shops is very quiet years. He retired a little over a and rather than put the men back on the stone pile it is considered ad-It is four years ago since Mr. visable to have the convicts con-Cowie last visited his home town, tinue to work in the shop making

## **British Line** Blows Up Fort of the Germans

British Headquarters, July 27 .-London Times despatch.—A successful mine explosion near Hooge has doubt of clever geometrical design which commanded the British lines in several directions with light ar-

The redoubt was a serious menace, but its capture was an ugly problem. The British engineers went about their work so stealthily that apparently the Germans never suspected trouble from their direction. The spectacle was like a volcanic eruption. The daring engineers had carried their work right beneath the center of the fort and when the mine was exploded the sky was dark-ened by the debris in which the and were seen hurtling through the air. The fall of a vast displacement of earth was directed into the adjacent German trenches which were

filled or blocked The British at once occupied the ulties, Ralph Davis, head of the well had gone. Living Germans were crater from which the whole fort Sons Brockville, on Sunday celebrat- ned that they were made prisoners

The Cambria Steel plant has begun shipments of aniline dyes manufactured by the Edison process. The output of the plant at present in 7 ooo pounds daily.

Fire broke out in the residence recapture the position which was of of John A. Herbison, at Junetown, much value to them. Their recepon Sunday, and the house was total- tion made them sorry that they had itried it.

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