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Soap should be used very sparingly, if at all, if you want to keep your hair looking its best.

One or two teaspoonfuls will cleanse the hair and scalp thoroughly. Simply moisten the hair with water and rub it in.

You can get mulsified coconut oil at any pharmacy, it's very cheap, and a few ounces will supply every member of the family for months.

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Unionville, Mo.—"I suffered from a female trouble and I got so weak that I could hardly walk across the floor with out holding on to something.

Some one advised me to take Lydia E. Pinkham's Vegetable Compound. I had taken so much medicine and my doctor said he could do me no good so I told my husband he might get me a bottle and I would try it.

"I have always recommended your medicine ever since I was so wonderfully benefited by it and I hope this letter will be the means of saving some other poor woman from suffering."

The makers of Lydia E. Pinkham's Vegetable Compound have thousands of such letters as that above—they tell the truth, else they could not have been obtained for love or money.

If there are any complications you do not understand write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Ever notice how much happier you are when you render others happy?

ON BARRIEFIELD HEIGHTS WITH THE OVERSEAS TROOPS

No authority has yet been received but information from good sources gives a pretty accurate idea of what troops will be quartered in the city this winter.

Some time ago the Engineering department worked out plans for a large building on the lower Barriefield commons in which at least 500 men could be quartered.

The 80th Battalion will according to the present plans go to Belleville and be quartered in the Canning factory, which is under loan to the Militia Department from the city of Belleville.

The effects of the wind of Sunday can still be seen at the camp. There is \$400 damages to the huge marquee used as a lecture tent by the Y.M.C.A.

All through the camp the drafts from the different units are getting ready for their ocean trip. The dates of sailing has not yet been announced, but it is felt that it is not far distant.

Major Routh, quartermaster of the 8th C.M.R., has forgotten his usual pleasant smile in his work. He is probably the busiest man in the regiment as he has to look after all of the equipment.

Q.M.S. Hunter, formerly of the C.M.S.C. here, and now with the 59th Battalion, is going overseas with the next draft from the battalion.

Lieut. E. A. Godfrey, assistant adjutant, 8th C.M.R., has returned from a trip to Toronto.

The horses of the 8th C.M.R. will be left in Canada, and Col. Clarke, A.D. of S. and T., at Ottawa, is expected in the city in a few days to make arrangements for their disposal.

The dentists shack at the camp is rapidly nearing completion.

Enough men for one battalion are being sent overseas in the next draft from Barriefield camp. The 59th Battalion are sending 250 men, the three batteries 300 men and there are about 500 men in the 8th C.M.R.

The route-march of the 59th Battalion, planned for Thursday and Friday of this week, has been changed. It will take place on Friday owing to Thursday being a half-holiday for the soldiers.

A scout platoon will be formed from men of the 59th Battalion and will drill as a section. One N.C.O. and sixteen men from each company will be selected. The officers respectively from "A," "B," "C" and "D" companies, who will be in charge, are as follows: Lieut. W. G. W. Robinson, Lieut. V. C. Dowling, Lieut. Kenneth Taylor and Lieut. G. R. S. Gates.

Sergt-major Blake of the 59th Battalion states that there are more than 300 cats residing within a

short distance of the 59th Battalion lines and a squad of men will be detailed to take care of them.

The 59th Battalion had its first instruction in infantry attack on Monday afternoon and the splendidly done at the front and is very interesting to watch.

The bandmen of the 59th Battalion who have returned from Lindsay fair, stated that the residents of that community greet them splendidly. The Minister of Militia was present at the fair and personally complimented the band on its splendid appearance and music.

A new bass drummer has been secured as an addition to the 8th C.M.R. band and he is proving a splendid acquisition.

The motor-transport section of the Army Service Corps under Major J. Hamilton, A.D. of S. and T., received on Monday afternoon a splendid seven-ton truck similar to those in use by the School of Mechanical Transport now stationed at Toronto.

Col. G. Hunter-Ogilvie, A.A.G., returned from a tour of inspection to Cornwall and Morrisburg on Sunday.

Fifty men from the 59th Battalion, are receiving physical drill every day, preparing for their exhibition at the Industrial Exhibition this week.

Major Barrager, instructor in the Provisional School of Infantry, returned to Belleville on Monday to take over the command of the 15th Regiment, the command of which was vacated by Lieut. Col. Marsi. Major Barrager received the rank of lieutenant-colonel in the command. He has proved himself very popular at the camp and he has a host of friends both here and in Belleville who will congratulate him on his promotion. He is principal of the Belleville High School.

Frank Purdy, discount clerk in the Bank of Toronto, has received the appointment as orderly room serjeant of the 80th Battalion.

Pay-day will be on Thursday.

It is published for the information and guidance of commanding officers concerned that the details from the 8th Regiment, C.M.R., and the 59th Battalion C.E.F., selected to take part in the military events at the Kingston fair on the 28th, and 29th, will parade at Tete-de-Pont Barracks at 1 p. m. on both these days and will march from there to the fair grounds.

Pte. Joseph Hill, Lindsay, who was home from Barriefield camp, for a day or so, entertained friends at a corn roast at his home. During the evening games and music played a large part, after which an address was read and Mr. Hill presented with a pair of military brushes.

The Y.M.C.A. is unable to hold any meetings until a new marquee can be secured. The old tent was so badly damaged in the wind storm on Sunday morning that it is beyond repair.

Forty-three recruits arrived from different points on Monday for the 80th Battalion.

There are 820 men in the 80th Battalion now. There are 175 men at Peterboro, under Lieut. Col. Johnston and the remainder here.

Sergt-Major Noble gave the first class on Monday morning to the men of the 80th Battalion who are qualifying as N.C.O's. Lieut-Col. S. A. Thompson, R.M.C., gave a lecture to the officers of the 80th Battalion on Monday.

James Rhodes, James P. Palmer and Harold Beattie enlisted by Corp. Alvey; A. A. Cowin, W. Collard, R. Wearer, F. Maddocks, H. J. Williams and T. R. Bennett, 40th Regiment, and John Ashley, F. L. Allen and R. Clayton who enlisted at Barriefield, have been taken on the strength of the 59th Battalion.

Lieut. N. V. Buchanan, 5th Battery, is attached to "C" Battery for instruction and duty.

The number of troops now stationed at Barriefield Camp is estimated at 4,200. From time to time the baking section under the charge of Staff-Sergt Joseph Pound is placed under heavy strain. The largest amount of bread since the beginning of the camp was on Saturday when 3,300 pounds was turned out. The cold weather and heavy winds proved great drawbacks. Long spikes had to be driven into the ground, ropes attached to these and then heavy stones placed on top. After this, in order to get the bread to raise, the bakers had to heat the pans in the ovens first before the dough was placed in them.

PHOTO OF KINGSTON BOYS

Who Are Back From Front and At Shorncliffe.

One of the Kingston boys attached to the 12th Battalion, and who is now in the Hospital at Shorncliffe, sends along to the Whig a couple of snapshots of Kingston boys back from the front and stationed at Shorncliffe. He writes: "All are in the best of health and spirits. Capt. George Richardson was over to see us on leave from the trenches. We have a Whig sent us once in a while and then there is a rush."

Among the Kingstonsians recognizable in the photo are the following: Lance-Corp. G. Barry, Sergt. Snowmaker, J. McClelland, Pte. Bostridge, Pte. "Scotty" Ramsay, Pte. Smallridge, Pte. Nichols, Pte. O. Fillion and Pte. Montgomery.

A great many people are charitable to their own failings.

BECAME QUITE ANGRY OVER MINORITY RULE IN THE CITY COUNCIL.

By-law To Macadamize Brock Street Failed to Pass, But a Motion to Patch the Roadway Carried.

When the by-law to construct a macadam roadway on Brock street, from Barrie to Alfred street, failed to get the required two-thirds vote of the City Council on Monday night, indignant protests were uttered by Aids. Couper, Graham and Nickle.

"It would be wasting money to build such a road," said Ald. White. "Well, I'm a property owner there, and I'm satisfied with water-bound macadam, and so are others I have consulted," replied Ald. Couper.

"Macadam is good enough for that street. They don't want permanent pavement up there," said Ald. Keat. Ald. Graham was just as angry as Ald. Couper over the vote of Council, and opened out on the University avenue petition of recent history.

"Why," he exclaimed, "when a sufficiently signed petition was presented here, it had to be knocked. Names were illegally taken off and others were tampered with."

"That's not true," put in the City Clerk.

"But it is true," declared Ald. Graham. "Mr. Mayor, Ald. Graham has made a statement that reflects upon the City Clerk," said Ald. Hughes, "and he should take it back."

Ald. Graham—"I didn't mean the City Clerk. What I meant was that certain aldermen got people to write letters asking that their names be taken off the petition. We have had legal opinion that it was illegal to take them off."

Ald. Nickle read Council a lesson on minority rule. He declared that all year a small minority had practically ruled the city. When Council by motion decided to do a certain work, it was in the power of a few who opposed it to block the by-law the latter day.

"Only at this very meeting," said Ald. Nickle, "we have passed by-laws upon work which has already been completed. If one of us had wanted to we could have defeated those by-laws and put the Council in a most embarrassing position. Had the City Engineer been able to have handled the work, Brock street might have been macadamized long ago, and the by-law would probably have met the fate it has met to-night."

"That when the Council, on the recommendation of a committee, commits itself to a certain work, the aldermen should stand behind the by-law and support it in order to give it the required two-thirds or three-fourths majority, as the case may be, and not block it, as some have done to-night. There can be no civic progress by continuing on in this way."

Mayor Sutherland and Aids. Hughes and White voted against the proposed Brock street. However, Ald. Couper scored a victory by moving that the blocks in question be repaired and treated with tarvia. That required only a majority vote, and the Rideau Ward father was quite happy at "putting one over" on the opposition.

Richardson's wharf, and on route to Buffalo, sank in full view of Joseph Bray, a fisherman of Amherst Island. During the terrible storm of Sunday Mr. Bray beheld the three-masted schooner, driven before the wind, suddenly disappear and a half mile south of Amherst Island.

The Cheyboygan carried a crew of five men. If left here Saturday morning with her bulwarks no more than three feet above the surface of the water. She was caught in the heavy seas that raged. Mr. Bray called others to witness the sinking, but to try and rescue the crew was impossible. The hull of the boat quickly disappeared, and the three masts suddenly dropped out of sight, merely a small portion of them being seen when the seas partially subsided Monday night.

All Sunday Mr. Bray watched along the shore to see if he could notice any of the victims struggling in the water, with the view of rescuing them if they were washed ashore. His efforts were in vain, and the search was given up when night came.

Capt. Mc. Donald, Toronto, was the owner of the vessel which he purchased last spring. He was a steam-boat captain. Several times Capt. McDonald got into trouble by

SCHOONER WENT DOWN CITY OF CHEYBOYGAN SANK ON SUNDAY MORNING

Near Amherst Island—It Left Kingston on Saturday—With Faldspar For Buffalo.

On Sunday morning about 11 o'clock the schooner City of Cheyboygan, loaded with faldspar from Richardson's wharf, and on route to Buffalo, sank in full view of Joseph Bray, a fisherman of Amherst Island. During the terrible storm of Sunday Mr. Bray beheld the three-masted schooner, driven before the wind, suddenly disappear and a half mile south of Amherst Island.

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All day Monday grave fears were held for the missing Cheyboygan. The Whig learned during the day that she had not been reported, but no mention was made of the fact, as it was believed that she would turn up at night.

As the Cheyboygan is the only vessel reported missing, it was naturally believed that it was that vessel Mr. Bray saw go down. Up till noon nothing had been heard about any of the crew, and all are believed to have perished.

Promotions For Local Men In 21st Battalion

Five of the senior N.C.O.'s of the 21st Canada Battalion have been promoted to the ranks of Warrant Officer (Class II). They are: Regimental Q.M.S. Frank Ludlow, and Company Sergeant-Major H. M. Swaine, R. J. Davidson, A. McCracken and F. L. Stephenson.

The first two are from Kingston and for years active members of the 14th Battalion.

Leaving For Overseas. Staff-Sergt. Frederick Pollitt, Kingston, who has been at Niagara Camp, is leaving with one hundred bakers for Shorncliffe Camp, England. Staff-Sergt. Pollitt was at Barriefield Camp for some time. Pte. A. Williams, another Kingstonsian, is also among the men selected in No. 2 draft.

Sad Death of Child. The death occurred at Quebec on Sunday night of John Thomas the six-month-old child of Mr. and Mrs. J. A. Tremblay, and grandson of Mr. and Mrs. J. J. C. Pelletier, Brock street.

PURE RICH BLOOD PREVENTS DISEASE

Bad blood,—that is, blood that is impure or impoverished, thin and pale,—is responsible for more ailments than anything else.

It affects every organ and function. In some cases it causes catarrh; in others, dyspepsia; in others, rheumatism; and in still others, weak, tired, languid feelings and worse troubles. It is responsible for run-down conditions, and is the most common cause of disease.

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running aground, twice at Nine Mile Point. His wife was cook on the schooner.

The other members of the crew were "Jerry" Lavis, Cobourge; Robert Milne, Fort Hope, and W. Joyner, who signed up just before the vessel sailed Saturday morning.

The Cheyboygan had more than her share of trouble this year. Early in the season the schooner was out in a terrible gale, was missing for several days, and was given up for lost. However, Capt. McDonald managed to get into shelter in a cove where she was hidden.

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Capt. McDonald, his wife and members of the crew were all well known in Kingston, and there was much regret expressed over the sad affair when the news spread around the city.

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James Reid The Leading Undertaker

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The British Whig KINGSTON, ONT.

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OUR SPECIAL CALF BLUCHER BOOT, GOOD-YEAR WELT AND DOUBLE SOLE AT THIS PRICE IS A WINNER.

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