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 111 PRINCESS STREET KINGSTON

**ON BARRIEFIELD HEIGHTS. WITH THE OVERSEAS TROOPS**  
 The 80th Battalion took a route-march to Kingston Mills on Sunday. The general expression was: "It was great and not a bit tiring." The battalion left camp at 10 a.m., with ten officers of the Provisional School of Infantry, the sergeants taking the School of Cookery course and a representative of the McClure Field Kitchen Company, three field kitchens being taken along as equipment.  
 The march to the Mills was made in good time and when the battalion arrived the men found that the three field kitchens were drawn up on the Duffy property and were filled with steaming food. Eight minutes after the battalion arrived every man of the battalion had his dinner before him and was "digging in."  
 After lunch the men were given a rest and allowed to bathe their feet in the river. Each man had previously been issued with an envelope of



LANCE-CORP. D. MACGREGOR, A Kingston member of the 21st Battalion, who has laid three German soldiers.

foot-powder, 1,000 having been received from the Khaki Club of Belleville through Miss Faulkner and there was not a case of men having to return to camp on the transport due to sore-feet, in fact, Capt. Watson reported that only two men, who had not fully recovered from operations and went voluntarily, did not walk back to the camp.  
 The return march was made in one hour and fifty minutes. The battalion left the Mills at 2.20 p.m., and was in the lines at 4.10 p.m.  
 One thing that proved highly satisfactory was the service of the field kitchens. The officers and men had the same food and the regular rations was sufficient for everyone.  
 Major W. J. Brown, General Staff Officer and Major C. A. Low were at the Mills with the 80th Battalion on Sunday afternoon.

Major de Hertel brought fifteen men to the camp on Saturday from Smith's Falls. Five of the men went to the 80th Battalion and the remainder to the 33rd Battery.  
 Capt. J. McLaren is captain for the week for the 59th Battalion.  
 Sergt. O'Connor, Draft Company, 59th Battalion, has been provisionally appointed sergeant-major.  
 The 59th Battalion was paid on Friday and Saturday, but these two days proved to be days when less "crimes" were dealt with than any day since the battalion was organized. Only two "crimes" were dealt with on Friday and Saturday. By "crimes" is meant any offence that makes a man liable to be brought before his O. C. for punishment and even what in civil life are trivial offences are termed "crimes" in military circles.  
 The improved Oliver equipment has been issued to the men of the 80th Battalion.  
 The quartering of the 80th Battalion in Belleville is being arranged. The orderly office and pay-office will be in the Corby building near the Queen's hotel. The officers will

be quartered in the 49th Regiment building and the men in the Cannington factory near the C. P. R. tracks.  
 The Russians are talented singers and choir provided music for the 80th Battalion at the Mills on Sunday.  
 On Tuesday evening the 59th Battalion will go out all night to work out a tactical scheme. A route-march will be taken on Thursday when special attention will be paid to rear guards, flank guards and battalion in attack.  
 Lieuts. Findley and Elliott, 33rd Battery, are in Toronto. Lieut. Elliott has recruited eighteen men for the battery.  
 The artillerymen were engaged in rugby practice on Sunday afternoon and were ably assisted by a collie dog that seemed to take great delight in chasing the ball.  
 There are forty-two men taking the signalling course under Sergt. Inst. Reid. Examinations will be held before the camp is broken up, as is expected, and there is a possibility of the school opening in the city, as this is the Divisional headquarters.  
 Lieut. Clement King, who graduated from the last Royal School of Artillery course, is attached to the 32nd Battery.  
 Lieut. A. G. Scott, 42nd Smith's Falls Regiment, has been taken on the strength of the 80th Battalion.  
 A Roman Catholic service was held at 7 a.m., Monday, at the camp, this being All Saint's Day.  
 Captain Winnett of the Headquarters staff, Barriefield, and military dental officer, was in Peterboro, making arrangements to have a local dentist take charge of all the dental work of the men of the 93rd Battalion to be quartered at the service here. As over 600 men will be stationed here this step is very necessary and a lot of work will have to be done to keep the men's teeth in condition.

**IT IS MORE DANGEROUS TO BE UNPREPARED THAN PREPARED FOR WAR.**  
**A Man Must Prepare Himself For Power—Sermon In Convocation Hall By Rev. W. H. Sedgewick, Hamilton.**  
 "Preparation and Power" was the subject dealt with by Rev. W. H. Sedgewick, B.A., of Hamilton, who was the speaker at the service held in Convocation Hall on Sunday morning. He preached from II Chronicles, XXXVII, 6: "So Jotham became mighty, because he prepared his ways before the Lord his God."  
 The speaker, in his opening remarks, stated that a man to have power must prepare himself. A person did not stumble over power. It was something which we had to relate to the war. The speaker said that Germany was spilling for a war because she was prepared. "It is a dangerous thing to be prepared for war," he added, "but it is infinitely more dangerous to be unprepared for war. Military preparation supplies power—power to promote peace. I hope that one result of this great war will be that there will be some sort of universal military training."  
 Did one ever hear of a person becoming mighty without preparation? Life was a serious business and the unprepared man was defective and easily defeated.  
 Jotham was a man of power because he was a man of prayer. He prayed, and out of weakness was made strong.  
 "You can afford to lose a great many things out of your life, but you cannot afford to lose this thing, 'the day's prayer,' for it makes a man of power, a man who stands high in the presence of sin; and who will prove loyal to the call of liberty."  
 There was no greater peril than for a man to be drifting just wherever the world would take him, and to be content with things just as they came along. To do this would mean sure failure.  
 The speaker pictured the medical student, who had neglected his studies but who happened, in some way, to get his degree. Afterwards, he had been confronted with a serious case, and had been unable to cope with it because of neglect of his studies. It was a serious thing to be pushed out into life without being prepared for it.

**CHILD GETS SICK CROSS, FEEVERISH IF CONSTIPATED**  
 "California Syrup of Figs" can't harm tender stomach or bowels.  
 A laxative to-day saves a sick child to-morrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish; stomach sour.  
 Look at the tongue, mother! If coated, or your child is listless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has sore throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours all this fermenting waste will gently move out of the bowels, and you have a well, playful child again. A thorough "inside cleansing" is oftentimes all that is necessary. It should be the first treatment given in any sickness.  
 Beware of counterfeit fig syrups. Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups, plainly printed on the bottle. Look carefully and see that it is made by the "California Fig Syrup Company."

**MADE SERGEANT MAJOR.**  
 In Princess Patricia's—George Brooks, Pittsburg, Promoted.  
 Mrs. F. G. Brooks, Pittsburg, has received word from her son, George, who went overseas with reinforcements for the Princess Patricia's, that he had recently been appointed Company Sergeant Major of No. 5 Company. Mr. Brooks went overseas with the platoon from McGill University with the rank of sergeant. Before enlisting he was attending the Queen's Agricultural College.  
 After being in the trenches in France four weeks he was taken down with enteric fever, and was moved to No. 5 Stationary Hospital, Boulogne, where he remained for some time. A few days before he wrote the last letter which arrived in the city on Saturday, he stated that 160 soldiers who were ordered to report for duty at once in the trenches.  
 He has sent his mother a German officer's helmet which he picked up in France. Upon making a close examination of the head-piece it can be seen that the officer must have re-

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 Every woman who wears our Footwear has the best dressed feet in Kingston—the new fall styles are very neat—let us show the new ones—patents with cloth tops—velvet calf and the finest grade Vici Kid—in button—lace and gipsy effects ..... \$5.00, \$4.50, \$4.00  
  
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 If you have been buying your hats here or have noticed our windows in passing, you will realize that we are always on the job with the advance styles of the season.  
 Soft Hats are now very popular. Come in and see our showing at \$2.00, \$2.50.  
**CAMPBELL BROS.**  
 Kingston's Largest Hat Dealers.

**AN ASSAULT-AT-ARMS HELD IN THE ARMOURIES ON SATURDAY EVENING**  
 By the Military Corps—There Were Five Classes of Events—The Winners and Losers.  
 The military assault-at-arms, held in the Armouries on Saturday evening, was very successful. The large crowd in attendance saw some splendid boxing. J. P. Fleming, Queen's Major Plummer and Prof. Iva Martin of the Royal Military College, James Bews, Queen's was time-keeper, and Sergt-Major Blake, 59th Battalion, announced the events. The classes were arranged thus:  
 Class A—under 135 pounds; class B. 125 pounds to 145 pounds; class C. 135 pounds, to 145 pounds; class D. 145 pounds, to 155 pounds; and class E. over 155 pounds.  
 The results were:  
 Class A—Vickers, 59th, defeated Smart, 32nd; McCarthy, R. C. H. A., defeated Marr, 80th; Johnston, R. C. H. A., defeated Young, 32nd; O'Brien, 59th, defeated Rymal, 34th; Vickers won by default from Roberts, 80th; Vickers won by default from O'Brien, 59th; Johnston, R. C. H. A., defeated McCarthy, R. C. H. A.  
 Class B—Walker, 59th, defeated Ayers, R. C. H. A.; Walker won from Leighton, 59th, by default; Johnston, R. C. H. A., defeated Walker, 59th.  
 Class C—Hanratty, 32nd, defeated Brown, C. M. R.; Denney, 59th, defeated McCarral, R. C. H. A.; Houghton, R. C. H. A., defeated Lynham, 59th; Hanratty, 32nd, won from Edwards, C. M. R., by default; Houghton, R. C. H. A., defeated Hanratty, 32nd.  
 Class D—Higgins, 59th, defeated Joyce, C. M. R.; Northmore, C. M. R., defeated Topping, R. C. H. A.; Clement, 59th, defeated Bishop, 33rd; Higgins, 59th, won from Kelly, R. C. H. A., by default; Clement, 59th, defeated Northmore, C. M. R.  
 Class E—Shingleton, 59th, defeated O'Brien, C. M. R.; Gilmet, 59th, defeated McConville, C. M. R.

**WATCH SORE THROATS**  
 because swollen glands or inflamed membranes often affect other tissues and lung trouble easily follows.  
 As Nature's corrector of throat troubles the pure cod liver oil in Scott's Emulsion is speedily converted into germ-resisting tissue; its tested glycerine is curative and healing, while this wholesome emulsion relieves the trouble and upbuilds the forces to resist tubercular germs and avert the weakening influence which usually follows.  
 If any member of your family has a tender throat, get a bottle of Scott's Emulsion to-day. Physicians prescribe it to avert throat troubles, overcome bronchial disorders and strengthen the lungs. No harmful drugs. Always insist on Scott's.  
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**SAGE AND SULPHUR DARKENS GRAY HAIR**  
 It's Grandmother's Recipe to Restore Color, Gloss and Thickness.  
 Hair that loses its color and lustre, or when it fades, turns gray, dull and lifeless, is caused by a lack of sulphur in the hair. Our grandmothers made up a mixture of Sage and Sulphur to keep her locks dark and beautiful, and thousands of women and men who value that even color, that beautiful dark shade of hair which is so attractive, use only this old-time recipe.  
 Nowadays we get this famous mixture by asking at any drug store for a 50-cent bottle of "Wyeth's Sage and Sulphur Compound," which darkens the hair so naturally, so evenly, that nobody can possibly tell it has been applied. Besides, it takes off dandruff, stops scalp itching and falling hair. You just dampen a sponge or soft brush with it, and draw this through your hair, taking one small strand at a time. By morning the gray hair disappears; but what delights the ladies with Wyeth's Sage and Sulphur is that, besides beautifully darkening the hair after a few applications, it also brings back the gloss and lustre and gives it an appearance of abundance.

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