

CREAM FOR CATARRH OPENS UP NOSTRILS

Tells How To Get Quick Relief from Head-Colds. It's Splendid!

In one minute your clogged nostrils will open, the air passages of your head will clear and you can breathe freely. Not more hawking, snuffing, blowing, headache, dryness. No struggling for breath at night; your cold or catarrh will be gone. Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant antiseptic, healing cream in your nostrils. It penetrates through every air passage of the head, soothes the inflamed or swollen mucous membrane and relief comes instantly.

It's just fine. Don't stay stuffed-up with a cold or nasty catarrh—Relief comes so quickly.

ACTRESS TELLS SECRET

A Well Known Actress Tells How She Darkened Her Gray Hair and Promoted Its Growth With a Simple Home Made Mixture.

Miss Blanche Rose, a well-known actress, who darkened her gray hair with a simple preparation which she mixed at home, in a recent interview at Chicago, Ill., made the following statement: "Any lady or gentleman can darken their gray hair and make it soft and glossy with this simple recipe, which they can mix at home. To a half pint of water add 1 oz. of bay rum, a small box of Orlex Compound, and 1-4 oz. of glycerine. These ingredients can be bought at any drug store at very little cost. Apply to the hair twice a week until it becomes the required shade. This will make a gray haired person look 20 years younger. It is also fine to promote the growth of hair, relieves itching and scalp humors and is excellent for dandruff and falling hair."

THIS WILL INTEREST STOMACH SUFFERERS

Says Indigestion comes from an excess of hydrochloric acid.

A well-known authority states that stomach trouble and indigestion is nearly always due to acidity—acid stomach—and not, as most folks believe, from a lack of digestive juices. He states that an excess of hydrochloric acid in the stomach retards digestion and starts food fermentation, then our meals sour like garbage in a can, forming acid fluids and gases which inflate the stomach like a toy balloon. We then get that heavy, lumpy feeling in the chest, we eructate sour food, belch gas, or have heartburn, flatulence, water-brash, or nausea.

He tells us to lay aside all digestive aids and instead, get from any pharmacy four ounces of Jad Salts and take a tablespoonful in a glass of water before breakfast while it is effervescing, and furthermore, to continue this for one week. While relief follows the first dose, it is important to neutralize the acidity, remove the gas-making mass, start the liver, stimulate the kidneys and thus promote a free flow of pure digestive juices. Jad Salts is inexpensive and is made from the acid or grapes and sodium phosphate. This harmless salt is used by thousands of people for stomach trouble with excellent results.

Cook's Cotton Root Compound

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

NEWS ABOUT TROOPS QUARTERED IN CITY

In Wednesday's issue of the Whig a despatch stated that an English general complimented the 5th Canadian Howitzer Brigade on its shooting at Salisbury. It is interesting to note that the officers of the brigade nearly all have attended the Royal School of Artillery at Kingston and are well-known in military circles here. A private message gives the list of the headquarter officers as follows:

Lieut.-Col. W. B. King, D.S.O., brigadier; Capt. L. M. Gosgrove, adjutant; Capt. W. S. Kenny, medical officer; Capt. Wainwright, paymaster; Capt. R. Vickers, veterinary officer. The battery commanders are: 21st, Major A. G. L. McNaughton; 22nd, Major J. H. Mackay; 23rd, Capt. H. E. Geary, and Ammunition Column, Major G. L. McColl. S. G. Thompson is battery sergeant major.

Lieut.-Col. L. A. G. O. Roy, officer commanding Royal Canadian Artillery, has been appointed to look after the training of the 9th Brigade which is composed of the five Kingston batteries. He has issued through Lieut.-Col. W. J. Brown, G.S.O., his first syllabus for the work to be carried on by the brigade after the 17th of the month for the ensuing two weeks. Lieut.-Col. E. C. Asford will supervise and see that the syllabus is carried out.

Instead of there being three batteries, there are now two batteries and an ammunition column at the Drydock Barracks. All however are units of the 3rd Overseas Division and work harmoniously together to ensure the men getting the very best possible training in the shortest time.

No. 1 section, 3rd D.A.C., quartered at the Drydock Barracks under Capt. Mills is working on a syllabus laid down by that officer. The column is up to strength and is rapidly being put on a well organized basis, and when the division is organized the ammunition column should take first rank with the remainder of the units as to efficiency and discipline.

Twenty-one recruits for the 32nd Battery arrived this week under Capt. Stothers, Ottawa. To show the type of men being brought down by Capt. Stothers, it is only necessary to state that there was at least one civil engineer in that group.

Lieut. Wilson had the men of the 32nd Battery on a route-march on Wednesday afternoon.

Several officers of the 32nd and 33rd Batteries are attending the Royal School of Artillery.

Lieut. W. W. Boyd, 33rd Battery, has been promoted to the rank of captain in the battery and his many friends in the garrison are congratulating him on his promotion.

Major W. Sears, 33rd Battery, is on sick-leave following inoculation.

"We'll be in England in six weeks or less" is the hope being expressed by artillerymen of the garrison.

Fifty horses for each of the batteries are expected. Each battery has now twenty-five horses.

A telephone wagon for instructional purposes has been turned over by the Ordnance Corps to the R.C.A.

Both batteries at the Drydock Barracks are taking on recruits every day and bringing their strength up after having lost the last draft. Five arrived from Belleville and four from Erinville on Wednesday.

Lieut.-Col. J. C. Connell is still on the sick-list.

The School of Signalling, which opens in the city on Monday next, is a very important addition to the garrison force. It will be composed of men from the signalling sections of the different units throughout the division, an average of ten from each unit, with a total of about 130 men. The men will be quartered in the north-east corner of the Artillery park dormitories. The course will be for six weeks but another will commence as soon as the first is closed.

In the training of the men particular stress will be laid on the use of telephone and heliograph work which will still be subjects of instruction. In this war the main need is for qualified signallers who are also telephone and telegraph experts.

Some time ago Lieut.-Col. D. E. Mundell, Divisional Signalling officer, approached the Queen's University authorities and they have consented to the use of Grant Hall by the school for the lectures and work.

Bathing parades to the Y.M.C.A. gymnasium are held regularly by the 14th Battalion.

Capt. W. E. Steacy, R.C.H.A., is field officer for the garrison to-day and Capt. L. W. Gill of Queen's Battery is next for duty.

Recruits for "C" Battery, R.C.H.A., are arriving every day and 40 have come in this month. Recruiting for the battery is in Hamilton and St. Catharines as well as Toronto.

The Whig has been asked on several occasions if there was any truth in the report that O. V. Hanson, formerly of Yarker, but of late a soldier in Kingston, was interned in Fort Henry as a German sympathizer. In justice to Mr. Hanson, the Whig would like to state that the officer commanding the unit Mr. Hanson is in vouches for as to his good character and efficiency as a true British soldier, and emphatically denies any report that he has German sympathies.

The order recently issued forbidding soldiers of the Expeditionary Force to inform outsiders as to the movements of troops or other military information is being read to the troops of the garrison. It is very necessary that this information be kept secret.

Tote de Pont Barracks is a very busy place now with the Royal School of Artillery class as well as "C" Battery drilling and taking lectures. There are 155 officers and 165 N. C. O.'s attending this course.

In the near future trench-caps will be issued to the soldiers in the garrison. The new cap is on the English pattern, and the "side-curtains" are put into use by unbuttoning two buttons on the top. Even the buttons are of khaki.

Capt. Scandrett, R. C. H. A., who was wounded at the front, will go into the General Hospital for treatment for his arm.

Recruits for "C" Battery are arriving every day, and on Wednesday twelve more were taken on the strength.

There will be a big military athletic meet and assault-at-arms in the Armouries in January 22nd, and the following events have been decided: 50 yard dash, 440 yard race, 880 yard race, one mile run, high jump, one mile walk (full marching order), relay race (four men to a team), V. C. race, tug-of-war (between batteries ten men to a team), machine gun mounting test, signalling contest, bayonet fighting contest, bump-

PERSONALS

Well-known Women.

Chatham, Ont.—"I was sick for about four years. Got very weak and could not eat to amount to anything. I got very thin and had no strength at all. I was very much discouraged at times—I thought I was never going to get better. I could not walk a block without feeling all tired-out. I took different medicines but did not get the help I needed. A friend of mine advised me to try Dr. Pierce's Favorite Prescription. I began to take it with the 'Pleasant Pellets' and by the time I had taken two bottles I was well on the road to recovery, and in six months I was entirely well. My appetite came back and I gained in flesh. Now I am as strong and healthy as any one could wish to be. I owe it all to Dr. Pierce's medicines and I am glad of the opportunity to give testimony in their favor; they have done wonders for me."—Miss TRULINA PARKER, 141 E. King St.

Chatham, Ont.—"I have taken Dr. Pierce's medicine with good results. I was weak and run down, lost my appetite and got very thin. I took 'Favorite Prescription' and 'Pleasant Pellets' and these two medicines built me up in a very short space of time so that I felt as well as ever. I found them to be all that is recommended of them; they are good."—Mrs. W. S. WEAVER, Cor. Taylor & Grand Ave., E., Chatham, Ont.

Every woman who has headache, headache, low spirits, sleepless nights, owes it to herself to speedily overcome the trouble before a breakdown causes prostration. Dr. Pierce's Favorite Prescription is a non-alcoholic remedy that any ailing woman can safely take because it is prepared from roots and herbs with pure glycerine, containing tonic properties.

ing contest. C. V. Farmer, Militia Y. M. C. A., is looking after the arrangements.

The 59th Battalion is getting good results in its recruiting campaign, and an average of five or ten men a day is being kept up.

(Continued on page 8.) INVITED TO CHURCH.

Rev. Dr. Young, Now Pastor of Broadway Tabernacle.

Rev. Dr. W. R. Young, pastor of Broadway Tabernacle, has been unanimously invited to Dunn Avenue Methodist Church by the quarterly board of the latter, when his engagement terminates at Broadway in June, 1917, says the Toronto Globe. Dr. Young has filled the pastorate of a number of the most important churches in Canadian Methodism, including St. James' and Douglas Churches in Montreal, and he was also connected with educational work in the Province of Quebec. He is known as preacher of brilliancy and power.

Rev. Dr. Young was born in Pittsburg Township and widely known in this locality. His son, Rev. Harold Young, has been invited to the assistant pastorate of St. James Church, Montreal.

IS NOT WORRYING.

Girl Apparently Has No Objection To Being Deported.

Mary Frances, the young Scotch girl, who was placed under arrest on a charge of attempting to stab another girl with a knife, and who was remanded for a week by Magistrate Farrell in order that steps might be taken to have her deported, evidently does not mind being sent back to her home in Scotland. She was removed to the jail on Tuesday.



FREDERICK HARRISON in "Quineys" at the Grand Opera House, on Wednesday, Jan. 19th.

1,990 REGISTERED AT QUEENS. The registration at Queen's University for this season totals 1,990. The arts faculty leads owing to the large number of ladies taking a course. The registration in each faculty is as follows: Arts 952, Science 157, Medicine 194, Education 154, Banking 497, Theology 36, Total 1,990.

Funeral Of Rev. Sister Walsh.

In St. Joseph's Chapel of the Hotel Dieu on Tuesday at 8 a.m. Archbishop Spratt celebrated a solemn mass for the late Rev. Sister Walsh, followed by the Libera for the repose of her soul. His Grace was assisted by Rev. P. J. Hartington, Deseronto; Rev. M. J. Leahy, Cryslar; Rev. M. McDonald, Portmouth; Rev. C. Duffus, Rev. C. Mea, Rev. Vincent Meagher, Rev. Francis Hyland, of the city. Rev. R. Halligan, with St. Mary's choir boys, sang while Prof. Denys presided at the organ. The funeral was largely attended by the late sister's relatives and her numerous friends, who came to pay their last tribute of love and respect to one who had filled her earthly task so nobly and so well. The pall bearers were: Aid. W. Gibson, J. J. Behan, John Hickey, M. Dolan, and the sister's two nephews, Dr. Leonard Walsh and Lawrence Walsh.

St. George's Mission.

Services will (D.V.) be held in St. George's Mission, 294 Montreal street, in the near future. Chairs for seating the congregation are needed. Will persons kindly disport towards the efforts, who have plain wooden chairs and will donate them for this purpose, please notify Rev. Cecil Whalley, 138 Bagot street, Telephone 1444?

"Quineys" Coming.

Frederick Harrison's company of English players from the Haymarket Theatre, London, and who will open in "Quineys", carries with them tons of scenery and properties mainly consisting of antique furniture and curios for the scene of the antique shop in the play which comes to the Grand Opera House on Wednesday evening Jan. 19th.

Prof. C. W. Burrows leaves on Monday to take an important position with a Hawkesbury pulp plant.

Advertisement for Overshoes--Rubbers. Our stock is now complete of nothing but the best grades of Rubber Footwear at moderate prices. Save doctor bills by keeping the feet warm and dry. Abernethy's

Advertisement for Campbell Bros. Makers of Fine Furs. Attractive Prices in Fine Furs. We are clearing out many lines of Neck Pieces and Muffs, and invite your inspection.

Advertisement for Isaac Zacks, 271 Princess Street. New Year Bargains. MEN'S OVERCOATS, MEN'S SUITS, BOYS' OVERCOATS, BOYS' SUITS. Also Sweater Coats, Shoes, Rubbers, etc. Come in and see what splendid values we can give you.

Advertisement for Mowat Hospital. The Financial Results Are Quite Satisfactory. The directors of the Mowat Memorial Hospital had a meeting on Wednesday and were gratified to find the financial situation so markedly improved. The government grant was \$2,826.86; County of Frontenac grant \$500, and the Christmas donations, \$808.67. Patients during the month paid \$472. These amounts have gone far to reduce the hospital's indebtedness. There are twenty-eight patients in the institution of whom ten are soldiers, several of them are seriously ill. The resignation of Miss K. Bishop was accepted. Messrs. Meek and W. F. Nickle were reappointed the visiting directors. A new range has been added and is very satisfactory. There was general praise given to the many contributors to the Christmas fund ranged from \$1 to \$50.

Advertisement for Dr. Chase's Nerve Food. Note Your Increase In Weight. By making the blood rich and red Dr. Chase's Nerve Food forms new cells and tissues and nourishes the starved nerves back to health and vigor. By noting your increase in weight while using it you can prove positively the benefit being derived from this great food cure. 50 cents a box, all dealers, or Edmanson, Bates & Co., Limited, Toronto.

Advertisement for Home-Made Candy and Chocolates. Fresh Made Every Day. SAKELL'S. Next Opera House. Phone 640.

Advertisement for James Reid, The Leading Undertaker. Personal Services. Dining, Parlor and Living Room Furniture at Sale Prices. BIG FURNITURE SALE. We have a large stock to reduce at Manufacturer's Prices.

Advertisement for Treadgold Sporting Goods Co. A Happy New Year. To all our customers. We would like to make every home happy for 1916 by placing a Grafonola by your fire-side. Having the greatest singers, musicians and speakers in your home, any and every night will make you and your family happy and bright. All you pay is \$5.00 on machine and \$5.00 for Records, we carry the rest. COME IN TO-DAY. Our Records play on any Disc Machine, only 85c. Best Records made. Meteor, \$20.

Advertisement for Crawford & Walsh. Spur Chains, Spurs, Khaki Wool Shirts. Civil and Military Tailors. Bagot and Princess Sts.

Advertisement for Buttermilk. Having bought the whole outfit of Eastern Dairy School, I am now prepared to deliver Buttermilk in any quantity. Phone 845 :: Price's

Advertisement for T. F. Harrison Co. HAVE YOU SEEN THESE NEW BEDROOM SETS? With cane inset? They're quite different from old stereotyped lines. This Chair matches our big Chesterfield line—for Living Room Solid Comfort they can't be beat. RUGS, CARPETS, CURTAINS. Phone 90. Yours T. F. Harrison Co.,