

What to Do to Get Fat and Increase Weight.

The Real Cause of Thinness Most people eat from four to six pounds of good solid fat-making food succeeded by able men. every day and still do not increase in is the nature of the individual. It Wednesday morning at ten o'clock. "Let me congratulate the council

Most thin people stay thin because tiply their red blood corpuscies and fn- are expected of him as Warden of formation of the 146th Frontenac Lt.- Col. Roy is spending a few recommend eating a Sargol tablet for Portsmouth.

weight increase or money. If you find whips. a druggist who is unable to supply you, send \$1.00 to the National Laborotories, 74 St. Antoine St., Montreal, and sion are: a complete ten days' treatments will be Best's

Seasonable Medicines

Dr. Hickey's Bronchitis Dover's Cold Breakers . . . 25c Musteroil Paste 25c Mentholated Balm 25c Emulsion Cod Liver Oil . . 25c

Best's Liver Pills, 100 for 25c This list will form a complete medicine chest for all winter ills, prepared and sold

The Popular Drug Store. Open Sundays.

JANUARY SALE OF Men's and

Seasonable Coats At Unseasonable Prices.

All lines greatly reduced and some lines at half price.

Workingmen's Coats at \$6.50. Good heavy, warm Coats, well made, at half price.

If you need a good Coat, buy now and buy right.

Clothing Company.

PORTSMOUTH, AS WARDEN.

he Standing Committees For the Year-Communications Address Given by the Warden.

nac county. He was the unanimous history. The great nations of the choice of the council when it met on world are still locked in deadly com-Tuesday afternoon for its inaugural bat, but the determination of Great session. When Clerk Bradshaw Britain and her Allies to conquer has called for nominations, Councillor not yet abated, and there can be but Spankie, of Wolfe Island, moved that one end to the conflict, that is the Councillor Halliday be Warden. The complete triumph of liberty over opmotion was seconded by Councillor pression. Proud are we indeed of McKnight, of Hinchinbrook, and was the part being taken by our Dominunanimously adopted. After the ion in this titanic struggle, and it Warden-elect had been escorted to behooves us as individuals and as rethe chair by his mover and seconder. presentatives of the people of the hishe expressed thanks for the honor be- toric county of Frontenac to assume stowed upon him, and asked for the our share of the burden in bringing council's assistance in the work of the issue to a successful conclusion. the year. He regretted the absence "We will be called upon at this from the new council of several old session to make further grants to the members, including Jabez Stoness, various patriotic funds. Let us John Foley and W. J. Donaldson, but deal with the matter in a broad, pawas glad to see that they had been triotic and generous spirit, that will

weight one ounce, while on the other a committee was appointed to strike are offering up their lives that we hand many of the plump, chunky folks a committee was appointed to strike are offering up their fives that we eat very lightly and keep gaining all the standing committees for the year, may enjoy future peace and prosperthe time. It's all bosh to say that this and adjournment was made until ity.

orb them and deposit them all about member of St. John's Church choir, committee on finance. the body-something too, that will mul- and in politics a Liberal. Big things "You will note with interest the left on Monday for Quebec.

fective and a single tablet eaten with councillors are lounging in the corri- plete and certain victory. each meat often, according to reports dors, by touching a button the chimes "Another matter of importance of users, has the effect of increasing begin to ring, calling the county which in my opinion will have to be the weight of a thin man or woman legislators to their labors in their dealt with at this session is the re-

Wolfe Island-Dr. W. Spankie.

Howe Island Joel LaChance. mond and Benson Coulter. Pittsburg-W. J. Franklin. Portland-William Reid. Loughboro-John Blake. Hinchinbrook-C. G. McKnight. Olden-L. Parker. Oso-T. J. Munroe. Palmerston-Hugh Mackinnon, Kennebec-L. D. Parks. Barrie G. Gray. Storrington-John Balls. Portsmouth-James Halliday. Bedford-J. A. Kennedy, Clarendon and Miller-P. J. Wens- possible.

The Standing Committees. At the Wednesday morning ses-

Lachance, Calvin, Wensley, Reid.

Finance - Councillors Franklin, Spankie, Coulter, Munro, Kennedy, Reid, Balls, Blake, Franklin. Board of Audit-Councillor

Patriotic Fund-Councillors Kengedy, Franklin, Calvin. The first named on each committee

Communications Read. These communications were rear and referred to committees: Gananoque High School Board, enclosing bill for \$428.63 for maintenance of Frontenac County pupils. appointment to address the council on behalf of the 146th Battalion re-

cruiting campaign. County Clerk of Wentworth asking that the Frontenac Council oppose the passage of the Teachers' Superannuation Bill, as it stated the mea- Matty Revell, undertaker was going and pretty with pink carnations and will at once Cave for Lindsay, Ont. sure is compulsory and smacks of up the street he was accidentally flickering candles. Those present where Lieut. Brokenshire's regi-

EVEN CROSS, SICK CHILDREN LOVE SYRUP OF FIGS

feverish, billions, constipated. give fruit laxative

child. See if tongue it coated; this Storms, Emerson, Man., visiting his is a sure sign its fittle stomach, liver mother and brothers here for a few and bowels are clogged with sour days, has gone to spend a few days

of cold, breath bad, throat sore, Mr. Martin has gone to spend a few doesn't eat, sleep or act naturally, days with Mrs. Connolly, Cataraqui. has stomach-ache, indigestion, diarr- Kathleen Trousdale, Sydenham, is hoea, give a teaspoonful of "Califor- the guest of Miss Hazel Percy. Both nia Syrup of Figs," and in a few left to spend a few days in Kinghours all the foul waste, the sour ston. Sherm Albertson spent Sunday bile and fermenting food passes out at Verona. James Peters, jr., a memof the bowels and you have a well ber of the R. C. H. A. visited here and playful child again. Children for a few days last week. love this harmless "fruit laxative," Mrs. Wesley Martin, ill for several and mother can rest easy after giv- days in convalescent. James Curl ing it, because it never fails to make have returned from Smith's Falls,

Keep it handy, Mother ! A little Miss Lucretia Goodfellow, Parham, given to-day saves, a sick child to- is the guest of Miss Ethel McMullen. morrow, but get the genuine. Ask Bruce Joyner, Sydenham, visited at your druggist for a 50-cent bottle of E. Percy's, Sand Croft, Sunday, Mrs. of "California Syrup of Figs," which W. Green has gone to Billeville to has directions for babics, children of speud a week with her sister. on the bottle. Remember there are from this village this winter as secounterfeits sold here, so surely look veral of the boys has joined with the and see that yours is made by the recruiting officer and will go over-"California Fig Syrup Company." seas to fight for King and count? Hand back with contempt any other C. Craig is buying up potatoes in this

struction and twenty per cent. of the cost of maintenance. Heretofore, the Government paid thirty-three and a third per cent. for construction and nothing for maintenance. The change means that the municipalities will pay less.

Warden Halliday's Inaugural. Warden Halliday addressed the

council as follows: James Halliday, reeve of Ports- "We are beginning another year un mouth, is the new Warden of Fronte- der the shadow of the greatest war in

enable us to feel that we are doing After the Warden's brief address, our duty, and assisting those who

In Warden Halliday the Frontenac and the people of Frontenac on the their powers of assimilation are defec- Council has one of the ablest men splendid financial position of the They absorb just enough of the who ever occupied that position. He county as shown in the auditors' food they eat to maintain life and a has been a member of the Ports- statement. This will enable us to Stuffing won't help them. A dozen mouth Council for years, and this is deal generously in the matter of pa- left on Tuesday for Toronto. meals a day won't make them gain his second term as reeve of that vil- triotic contributions. I would sug- Mrs. George Graham and Master a single "stay there" pound. All the lage. Kingston knows him well as gest, however, that if any consider- Bob, Frankford, are visiting Major fat-producing elements of their food he conducts an electrical business able sum is to be granted for this and Mrs James Hamilton, Sydenthey pass from the body as waste on King street, and is one of the lead- purpose, it might be better to issue ham street. Mr. Graham came What such people need is something ing electricians of the province. In debentures covering the same. This down from Frankford for the weekelements so that their blood can ab. religion he is an Anglican, being a matter might be reported on by the end.

For such a condition it is well to Frontenac, for he has done big things Battalion. Let me ask the mem- days in Toronto. bers to do all they possibly can in with every meal. Sargol is not, as Already Warden. Halliday has their respective municipalities to as- Mrs. H. W. Snelling, Division street, some believe a patented drug, but is given a parliamentary touch to the sist the officers of this regiment to has returned from Montreel where simply a careful combination of six of given a parliamentary touch to the sist the officers of this regiment to has returned from Montreal where the most effective and powerful as council chamber. He has installed obtain recruits, as in so doing we will similative and flesh building elements an electrical bell system so that saist in strengthening the forces of known to chemistry. It is absolutely when he takes the chair, and the Empire, so necessary for a com-

gol is sold by all good druggists every- council chamber. The Warden port of the county valuators. A comwhere on a positive guarantee of may even go so far as to choose mittee on equalization should be appointed early in the session to go In attendance at the council ses- thoroughly into the question and report to council as soon as possible. We have spent considerable money in obtaining this new valuation, and Kingston Township-John A. Red- I believe that the men appointed have done their work thoroughly and conscientiously, and while their report may not meet with the approval of all the members, yet we must realize that it would be impossible for any valuators to satisfy every municipality. I trust, however, that some basis will be arrived at that will obme to remind you that in view of the

> viate the necessity of any appeals. be well to exercise economy wherever it her sister Mrs. W. H. Craig.

on the 21st of last month Mr. Corbett street. completed fifty years of service as matter of pride, satisfaction and con- cott, is the guest of Miss Hilda Mul-Property-Councillors McKnight, gratulation to this county that it has len, Johnson Street, an official in its service for such a Captain Howard Taylor, Ganan- place in the near future. Roads and Bridges-Councillors number of years, who has always oque, on a two months' leave from Munro, Parks, Gray, McKinnon, Red- won the highest commendation for the front, is the guest of his broththe excellent condition of the insti- er. Rex Taylor, Ottawa. history of this county that is never cess street. likely to occur again, and in my Good Roads-Councillors Redden, opinion should be recognized by the Mrs. A. P. Chown and her daughcouncil in some substantial manner. ter, Miss Bessie Chown, received at hope that in all our deliberations Lovely flowers were arranged in the perfect harmony will prevail, and pretty rooms. Mrs. Chown was that the advancement of the welfare wearing a gown of grey crepe di of our country will be paramount.

A BOY RUN OVER AND HIS THIGH BROKEN

Lieut.-Col. C. A. Low, asking for There Will Be Quite An Exodus From receiving the good wishes of her train, Miss Madeline Counter, 20. sentative for Cataraqui Ward. Verona As a Number Of Young Men Have Enlisted.

evening. When the eldest son of evening, when the table was bright Tuesday afternoon in Toronto. They run over by S. Asselstine's horse, were Lieut.-Coi, and Mrs. Herbert ment is stationed. Ontario Public Works Department, The little fellow's thigh bone was Dawson, Major and Mrs. James Macnotifying the council that the High- broken and he received severe cuts Laren, Major and Mrs. W. H. Craig. ways Act has been amended, and on his head and face. He is reported Capt. and Mrs. George Bawden, Miss last summer while visiting her aunt, and unruly. Our local druggist, Geo. that hereafter the Government will resting quite easy this morning and Mildred Jones, Lieut, and Mrs. Halhopes are entertained for the little loway Waddell, Lieut. and Mrs. Mal-

Rev. M. Potter, sailor missionary, G. K. Rackum, Kingston, occupied the pulpit in the Methodist church . Sunday evening. Miss M. Hora, King street, was thodist church Wednesday.

with friends in Napance, previous to When listless, pale, feverish, full his return to the home in the west.

their little "insides" clean and where he has been visiting his son; Mrs. T. Richer is slowly improving.

lecality to ship to the penitentiary.

Told In

The officer commanding and the officers of the 8th Brigade, C.F.A., and No. 2 section, Divisional Ammunition Column, at present in Toronto have issued invitations for a dance in Columbus Hall on Friday night, when the patronesses will be Lady Hendrie, Mrs. W. A. Logie, Mrs. Gordon Southam, Mrs. A. B. Gillies, Mrs. 'A. McPhedran and Mrs.

Mrs. E. J. Gardiner, Bagot street, entertained informally at the tea hour on Tuesday afternoon.

Mrs. Elmer Dayis, Sydenham street, entertained at the tea hour on Tuesday afternoon.

Miss Marjorie, Brownfield, Wellington street, was hostess at a small bridge this afternoon. Mrs. J. B. Mowat, Johnston street,

will receive on Thursday afternoon. Miss Amy Partridge, spent the week-end with friends in Ottawa.

Prof. William Nicol, Albert street

Harold Hughes, William street

she has been visiting friends for the past few weeks. Major Massie spent the week-end

in Toronto. The SS. Adriatic, on which Mrs. James T. Sutherland, Miss Ethel May Sutherland, Mrs. John Welsh and Miss Norma Reid sailed, has safely arrived at Liverpool, according to a cable which was received in town on Monday. The L. C. Reading Club met at Mrs. Jeremy Taylor's this week.

Miss Marjorie Uglow, Barrie street, visiting Miss Alice Reynolds in Brockville will return home at the end of the week.

iting his mother, Mrs. Robert Miss Alice Macnee, Miss Edith Fel-O'Hara, left to-day for New York, ger, Miss Bessie Smythe, Miss Lerthe tea hour this afternoon.

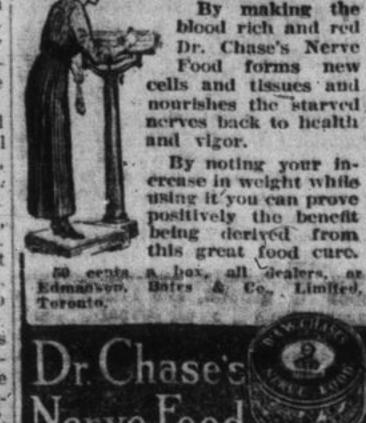
Mrs. Halloway Waddelle who is The Bridge Club is meeting this "It will scarcely be necessary for Miss Bessie Smythe's guest, will re- week at the home of Mrs. D. M. Yr heavy financial demands we will in turn to Brockville on Friday. Miss ser, Union street. Garden Island-Hiram A. Calvin, all probability have to meet, it would Smythe will accompany her and vis-

"I think it is fitting that I should children, Niagara Falls, are visiting bring to your attention the fact that Mrs. A. R. B. Williamson, King

"In conclusion, let me express the "Edgehill" on Tuesday afternoon. YANKEE GIRL WEDS chene and Miss Chown was in soft rose charmeuse with trimming of gold lace. They were assisted by Miss Marian Booth, Miss Helen Chown, and Miss Jean Chown. During the afternoon Miss Chown, whose engagement to Lieut. Edmunds, at says: Bidding good-bye to her mo present on active service, has recent- ther and girl friends who were at the Polson's favor. The newly-elected ly been announced, was kept busy station to see her safe aboard the

many friends. Verona, Jan. 25 .- A sad accident entertained at a charming supper of the Canadian Overseas Continoccurred in the village on Monday party after the theatre on Tuesday gent. The wedding will take place fellow's speedy recovery. - coim Isbester, Capt. Hope and Capt.

The Sunday school convention and hostess at a delightful tea on Mon-Free Methodist quarterly meeting day afternoon in honor of Mrs. Frank will be held Sunday. The remains Botterell, of Montreal, when her of the late Mrs. William Carrel ar- guests included Mrs. Walter Macnee. rived by C. P. R. last evening from Mrs. Francis H. Macnee, Mrs, James the General Hospital, Kingston. The Cappon, Mrs. W. F. Nickle, Mrs. funeral will be held at the Free Me- Frederick Brownfield, Mrs. K. W. Brigstocke, Mrs. R. S. Waldron, To Florida, Louislana, Mississippi, Joseph Wilkins, postmaster, is ser- Mrs. T. D. R. Hemming, Mrs. Sanford iously ill of grippe, which has deve- Calvin, Mrs. Campbell Strange, Mrs. Don't scold your fretful, peevish loped into pneumonia. Wesley



Twilight

January Sale of White

Probs.: Rain or sleet to-night; Thursday lower temperature.

To-morrow---Loom Swiss Embroideries

On Sale at 9 O'clock

3,000 yards of Mill Ends of fine Swiss Mull and Lawn Embroideries, in two wonderful assortments of edgings and flouncings.

First Assortment 6c.

2,000 vards of fine Swiss Embroideries, varying in width from 2 to 7 inches; regularly sold at 12 1-2c, 15c, 18c, and 20c.

Second Assortment 18c.

1,000 yards of beautiful Swiss Flouncing and Corset Cover Embroidery -this lot also includes embroidery suitable for Infants' Dresses-in widths from 18 to 27 inches. To-porrow

STEACYS

"The Woman's Store of Kingston."

Callander, Mrs. Ernest Cunningham, Geoffrey O'Hara who has been vis- Mrs. R. C. Carter, Miss Cartwright, | Washing Won't Rid R. R. F. Harvey is entertaining at etta Swift and Miss Lilla Callaghan,

Mrs. S. McCallum and her two the Misses Forneri, Alfred street. The engagement is announced in

Education and Printing Council- tution under his charge, as well as Mrs. W. H. Boyle, Napanee, arriv- their second daughter, Doris Isabel, fustrous, glossy, silky and soft, and lors Balls, Parks, Blake, Gray, Ken- for his careful and economical man- ed in town Tuesday afternoon to be to Douglas Gould Anglin, lieutenant look and feel a hundred times betagement. This is an epoch in the the guest of Mrs. John Jenkins, Prin- in the 46th Battery, C.F.A., son of ter. Lieut-Col. and Mrs. W. G. Anglin.

(Continued on page 10.)

The wedding with take place soon.

Miss Madeline Counter, Watertown, N.Y., Met Lieut. Brokenshire in Kingston.

The Times of Watertown, N. Y year-old bride-to-be, left .Watertown Monday morning to join her soldier Miss Bessie Smythe, West street, Tover, Lieut, Melville C. Brokenshire,

Miss Counter first became ac Kingston. Following a brief court ship, Miss Counter visited relatives of the lieutenant over Christmas Lindsay. At that time she became engaged to the Canadian officer. Mis Counter is the daughter of Mr. and Mrs. E. S. Counter, of 125 William

C.P.R. WINTER TOURS.

California, Etc. The Canadian Pacific Railway offers particularly good service to Detroit where direct connection is made for Florida, Jacksonville is reached second morning. The Canadian Pacific-Michigan Central route will be found the ideal line to Chicago, where direct connection is made for the Southern States, New Orleans is reached second morning after leaving Toronto. Excellent connection is also made at Chicago for points in California, Utah, Nevadah, Texas, Arizona, etc.

The dining parlor and sleeping car service between Toronto, Detroit and Chicago is up-to-date in every particular. Connecting lines also operate through sleeping and dining cars. Those contemplating a trip of any from any C.P.R. agent; or write M. G. Murphy, District Passenger Agent,

Canadian Casualties 2 ist Batt. - Wounded John Grieve, Cobourg, Ont .: Clemett, Whitby, (National Trust

Co., Toronto). Died of wounds: Edward H. B. Cambridge, 139 Seneca street, FairHead Of Dandruff

The only sure way to get rid of dandruff is to dissolve it, then you destroy it entirely. To do this, get about four ounces of ordinary liquid arvon; apply it at night when Mrs. Geen, Belleville, is visiting retiring; use enough to moisten the scalp and rub it in gently with the

Do this to-night, and by morning, Toronto of Lillian A., eldest daugh- most if not all, of your dandruff will ter of Mr. and Mrs. W. J. McIntyre, be gone, and three or four more apsion these standing committees were governor of our jail. It should be a matter of pride, satisfaction and concept, is the guest of Miss Hilda Mul- est son of Mr. and Mrs. James Scru- and entirely destroy every single ton, Kingston, the marriage to take sign and trace of it, no matter how much dandruff you may have.

You will find, too, that all itching Mr. and Mrs. R. E. Kent, King and digging of the scalp will stop at street, announce the engagement of once, and your hair will be fluffy,

You can get liquid arvon at any drug store. It is inexpensive and never fails to do the work:

ELECTED BY ACCLAMATION. CANADIAN OFFICER. N. C. Polson, jr., New Alderman For Cataraqui Ward.

Neil C. Polson, jr., is the new al derman for Cataragui Ward, filling the place of Dr. A. W. Richardson who had to give up the seat when he was elected Mayor. The other three nominated on Monday retired in Mr. alderman will make a splendid repre-

There will be an election in this ward next Monday between Isaac Cohen and William Baxten for the ward seat at the Board of Education.

Unruly Children · A truant officer has declared that most such children who come under his observation are hot properly nourished. Mal-assimilation of food quainted with Lieut. Brokenshire makes children cross, puny, peevish Mrs. A. Barr, of Johnson street, W. Mahood, has in Vinol a reliable non-secret remedy for just such conditions, because it contains fron for the blood, and the medicinal extrac-Itives of fresh cod livers, aided by the nourishing properties of beef peptone, and if it fails to make weak, puny ailing youngsters healthy and companies will be carried out. good-natured, he will give back your

DAVIES'

This Week

1000 Lbs. Finest Creamery

The Wm. Davies Co. Ltd., Phone 597.

Tea, Coffee, Cocoa

The best in the City, at

PICKERING'S, 490 Princess Street. Phone 530.

The amalgamation of the Manu facturers and Sun Life Insurance Reform that goes to sleep on duty doesn't amount to much.

NEW YORK FRUIT STORE

Sunkist Oranges, 20c and up to 50c a dozen. Grape Fruit, 3, 4 and 5 for 25c.

Malaga Grapes, 20c a lb. Pineapples, 20c each. Bananas, 15c and 20c a dozen. Fresh Mixed Nuts, 20c a lb. . New Figs, 20c a-lb. New Dates, 10c a lb.

Fresh Home-made Chocolates, 15c and 20c a lb.

PRINCESS STREET.

Phone 1405

January Sale

nature will receive full information Men's \$5.00 and \$6.00 Goodyear Welts, to clear at \$3.98. A month of Bargains-watch our window.

ARTHUR STREET AND A STREET 70 Brock Street