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SIXTH YEAR



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WHIG is substantiated by the
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WOUNDED: HASTEN TO RELIEF.
Mr. Pardee's arraignment of the
government, for the inadequacy of
its plans in the interest of the returning
soldiers, was a most powerful one.
He had the facts. It was not difficult
to collect them. The men, coming
from the front, maimed, unfitted for
the occupations in which they were
formerly engaged, some of them with
families and in very destitute
circumstances, have not been slow in
giving vent to their feelings.

The promise to all those who en-
tered the king's service, who re-
sponded to the call to arms, and with
painful effects personally, was that
the state would take care of them;
and when they found themselves in
a helpless predicament on account of
incomplete arrangements for their
care they gave way to their dis-
appointment in pitiful language.

The criticism, in general, of Mr. Pardee
was very temperate. Having sum-
med up the situation as he under-
stood it, buttressed by many vivid
illustrations, he proceeded to outline
a remedy.

This was to propose the appoint-
ment of a committee of men—not
politicians, who want honors without
work, nor persons without the talent,
the time, and the inclination for hard
and efficient service—to go into this
matter most thoroughly. It will be
for them to ascertain what the other
countries are doing under more dis-
tressful circumstances, and to profit
by their experience. It will be for
them to meet the demands of the
hour in a generous spirit. No money
has been spared in the equipment of
the forces for war, and losses, waste,
extravagance can be tolerated with
equanimity because the country is at
war, and the people must not be too
critical. How necessary it is, then,
that those who have done their duty
and been hurt, should not suffer by
any neglectful or niggardly policy.

The premier without hesitation
accepted the suggestion of Mr. Pardee,
and promised to at once appoint a
competent commission to deal with
this subject. Let us hope that it will
not be a partisan one, but non-partisan
in membership and in service, to
the end that the greatest results may
be accomplished in the shortest space
of time.

Accepting the German ambassador
at Washington, and at the Globe's es-
timate, he has been the chief insti-
gator of evil, bearing passports from
the infernal regions.

COALITION: CALLS FOR IT.
The Toronto Star prints another
page of replies to the enquiries which
the paper sent out to the mayors,
reeves and presidents of boards of
trade respecting national government
and the demand for it. The answers
are overwhelmingly in favor of the
proposed change, and for a variety
of reasons. Let us quote a few of
these in order to show that they re-
spect the individuals rather than any
group of men.

A coalition government is favored
because it calls for the best men re-
gardless of politics; it would stop the
treasonable utterances from some
platforms; bring together the brain-
iest men in spite of political affilia-
tions; conserve the wealth of the
country; make sure that the empire
would win out in the war; that
ability, not politics, would govern all
men; eliminate politics from the
government; promise results that should
have been guaranteed long ago; effect
co-operation in a spirit that
would be truly national; ensure the

only solution of the present dim-
cutties; replace a government that
has been remiss in its duty, especial-
ly with regard to recruiting; and
many more thoughts to the same ef-
fect.

The government is deaf to the calls
of the people, but that does not dis-
pose of the question. The Star's
referendum has been effective; it has
been forceful; it cannot be ignored.
There may be an attempt to bluff
through the scheme of extending the
parliamentary term after the pre-
mier's return from England, but it
will not do. There is appar-
ent in the country greater partisan-
ship, and it is exhibited in the dis-
tribution of patronage. It is a case
of grab all that is possible for the
time being, for the day cometh when
this grabbing must come to an end.

The Toronto World refers to the
presence in Ottawa for a day of
three Toronto men of influence. They
were interviewing the leaders of the
Commons in respect to national gov-
ernment. The World says a coal-
ition government may be the out-
come. Really?

FOODS: WHAT TO BUY.
Surpassing in interest any docu-
ment of the kind which has been
printed, and supplying data of the
greatest economic value, is the re-
port of Prof. H. Harecourt, of the De-
partment of Agriculture in Ontario.
Its preface is somewhat technical in
its character, and the average con-
sumer of foods may not understand
it. But everyone can understand the
comparison of one food with another
and learn their relative worth in re-
spect to potence, fat, soluble carbon-
hydrates, crude fibre, and ash, and
the part these play in the formation
of bone, tissue and blood.

The extract from the pamphlet,
and with regard to the quality and
quantity of foods which one can buy
for a dollar, appears in an adjoining
column. It should be read carefully
by every housewife. She should
have, indeed, a copy of the report in
full and study it for the information
which it contains. As a result there
may be a pretty general abandonment
of the foods that are marketed in
packages and on the ground that their
cost deprives the consumer of foods
of the full value of his money.

The package, and its litographed
outside, have their attractiveness,
but they add amazingly to the cost of
living and can be dispensed with un-
til at least prices have become nor-
mal again, and one dollar can go the
length it formerly went in the pur-
chase of foods.

The United States is likely to com-
mand conscription in order to raise
the army she requires. The slacker
who left this country to escape mili-
tary service had better get back to it
as soon as possible, and play the man.

THE CENSURE IS DESERVED.
An academic discussion of the
Ross rifle and its defects, and a lib-
eral disposition to spend \$2,500,000
more upon them, will not be suf-
ficient. It is not all that the liberals
should do, and the proposed vote of
censure is warranted.

All the reports during the last
two years represent the Ross rifle as
a terrible failure, as an arm with
which the Canadian soldiers should
not have been equipped, as one with
which they could not defend them-
selves when murderously attacked by
the Germans. And an order for 50,
000 stand has been given in spite
of the general condemnation of the
rifle.

It has been shown that the rifle is
subject to change; that Sir Charles
Ross was required to accept amended
specifications when they were pre-
sented to him; that he could have
made the Lee-Enfield rifle as well as
the Ross, if asked to do so; that the
imperial government offered to
equip the factories for the manufac-
ture of the approved arm.

In the face of all this the gov-
ernment proceeds with the Ross rifle
because, apparently, Sir Sam Hughes
favored it. The Liberals cannot let
this expenditure of millions pass
without a protest that will find an
echo in the hearts of thousands of
the people.

EDITORIAL NOTES.
The Maclean, of the Independent
party, led the opposition on the Ross
rifle debate. Trying his hand for
some important event, eh?

Gen. Hughes is mentioned as chief
retreating officer for the United
States, Canada, and Canada's gov-
ernment, can surely spare him. When
he ceased to be minister of militia,
his work seemed to be complete.

Fancy the insult which Sir Sam
Hughes expressed when discussing
the Ross rifle. He said that Gen.
Alderson did not know the butt of it
from the muzzle. A fine thing to
say of one of Britain's military ex-
perts.

The staff of the German embassy
at Washington, including the fami-
lies of its members, number over
three hundred. And they want the
Allies to give them a safe passage
through the German blockade. This
is indeed rich.

The munition factories of Britain

are under the control of the govern-
ment, and Sir Sam Hughes talks of
Germans being interested in them
financially. All the interest the
Huns have in British munition fac-
tories at the present time one could
put in his eye.

Various commissions have been
created for patriotic purposes, but
they are made up of men who in the
multiplicity of their engagements
cannot possibly attain to the effi-
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Sir Charles Bergford wants a more
aggressive naval policy on the part
of Britain. Sir Charles should have
been made the first lord of the ad-
miralty. Then the German submar-
ine menace would have been ended.
That is the inference one takes from
his talk.

Only On the Morning After.
(Philadelphia Ledger)
Do you hear anyone kicking about
the high cost of pleasure?

The One Conclusion.
(Toronto Globe)
If Hon. Robert Rogers survives the
Judge Galt report he will demon-
strate that it is impossible for a Con-
servative to commit political suicide.

Hamilton's Fire Record.
(Hamilton Spectator)
Chief Tan Eyck will be satisfied
with a lump sum of \$175,000 for the
needs of his department this year.
The total fire loss last year was
\$211,244, and by it may cost
\$200,000 to run the brigade than that
caused by the "devouring element."

Effects in Canada.
(Sir Edmund Walker)
Last year it is not likely that
Canada would be able to dispose of
her war securities in that country.
But to what extent the sale of these
securities would be curtailed would
depend on the progress of the war.

TIP TO CANADIAN
PENSION BOARD.
Mr. Oliver, M.P. in Commons.
Last year the Prussian Board dis-
cussed a suggestion or arrangement
that the succession of the pension to
the service pay should be automatic;
that is to say, that the service pay
should continue until the pension
begins. This suggestion was dis-
missed, but on representations being
made that it would not be advisable
to make such a hard-and-fast rule,
and that the Pension Board would
see that provision was left open, no
recommendation was made.

My information is that there have
been many cases in which the service
pay has stopped and the pension has
not begun for months with the re-
sult that the men have been stran-
dled. In fairness and justice, it is ob-
ligatory upon the Pension Board to
see that that condition does not
exist. I submit that the suggestion
that there are any difficulties in the
way, is not sufficient answer to such
a case as this. It is a matter in
which the honour and the future of
Canada are concerned, particularly
the future of Canada's participation
in the war, and that no excuse is
acceptable for such a condition.

Random Reels
"Of Shoes and Ships and Sailing Wax, of Cabbages and Kings"

THE BUTTON SHOE.
The button shoe is a popular ar-
ticle of dress which is better to get
on and off than a lace evening gown
with forty-two hooks and eyes.
The inventor of the button shoe
has never been discovered, but if he
is ever found he will have one of the
most abrupt and successful successes
on record. Until the button shoe was
brought out a man could dress in the
kitchen fire started, and by the
time she had lugged in two or three
pails of coal and had shoveled and
showed off the front walk he would be
ready to sit down to breakfast and
cause a lofty pile of wheat cakes to
succumb in a heap. This was because
shoes immediately after the dinner
shoe, which could be put on without
calling in a plumber.
With the advent of the button
shoe, however, every man who own-
ed a pair found that he required less
time to make his toilet than his
wife. It is a peculiar fact, or the
fact that a pair of new button shoes,
which fitted perfectly down at the
heel, will begin to shrink as soon as
they are exposed to the outdoor air.
When the owner tries to squeeze into
them the next morning he will be
greeted by three or four buttons flying
pliosions, caused by the rolling and
The buttons are then put back on in
a new spot, where they can bite a hole
in the owner's ankle at every step.
After the button shoe has been on
the market long enough to expose
its treacherous character some mud-
ding genius patented the lace shoe,
which is about as easy to put together
as a gasoline engine. A nimble wo-
man can take a pair of high lace
shoes immediately after the dinner
with the assistance of a capable maid can have
them fully assembled in time for the
theatre, unless she breaks a lace.
Shoe laces never break, however, un-
less there is nothing in the house that
looks like one except the clothesline
which the stores have been closed for
the week end.

Rippling Rhymes
TIMES HAVE CHANGED.
The Indian's cut out his throat for gore, his war-
whoop's heard on the plains no more. He has a
scalp three hoods. The bison's gone from the west-
ern plain, with the emigrant and the wagon train. And
the tireless brook with its Texas brand, has gone to
the Mustang's happy land. Where the lean wolf howled
in the lonely night, the farmer's windows are
glowing bright. The autos scorch on the dusty road,
these things discourage an old-time scout. Buffalo Bill
has just passed out. No heroes come in these modern
days; the motor bonds and the flying jays, the cham-
pions of the mat and ring, the football chief and the
hand-out, king. New heroes come, and the old ones
go, and Buffalo Bill is lying low. A brave old soul,
and he seemed sublime to a million boys, in the long
and wear long hair and blow a blast on the old dreams go, and Buffalo Bill
is lying low.

WALT MASON.

KINGSTON EVENTS
25 YEARS AGO

In H. Stratford's shop are the
heads of the largest species of deer
in Canadian forests.
A large number of farmers from
this district have left for the United
States in quest of work.
Frank J. Hoag, manager of the
city drug store, received his diploma
for his final pharmacy examination.
Mr. Hoag will launch into business
for himself.

THE CHEAPEST AND
THE BEST FOODS

Prof. H. Harecourt.
Rolled oats, which stands first on
the list, is given a mark of 100, and
all the others figured in proportion.
Thus, according to this basis of com-
parison, if rolled oats be given a
value of 100, fall wheat flour, at the
prices used in the figuring, should
be assigned 92.8, bread 58.6, cheese
19.5, sirloin steak 13.5 and eggs 5.2.
In other words, because rolled oats
stands highest in the list of foods
given, one dollar spent on this food
will furnish only 92.8 per cent. of an
equal amount of money spent on flour
will furnish only 58.6 per cent., and eggs
5.2 per cent. Or that one dollar on
eggs procured only 5.2 cents' worth
of food material when compared with
what could be got if the money had
been spent on rolled oats, which is
only about one-twentieth the return
for the money.

Oatmeal, cornmeal, wheat farinas,
and flour are our cheapest foods. The
cost of buying the breakfast foods in
package is well illustrated. When
rolled oats are bought in package we
only get 80 cents' worth for the dollar.
One-fifth of the dollar is spent
for the money. In the case of wheat
farinas, which are prepared from
approximately the same part of the
wheat kernel as the high part of flour,
and are sold under the name of
cream of wheat, meat of wheat,
wheat-crystals, etc., the difference in
price is even more marked. In pur-
chasing these goods we obtain 90.4
cents' worth of food for the dollar,
and rolled oats in package as our
standard, and that is shrunk to 66.1
cents' worth for the package, and it is
doubtful if we get anything else for
the money. The goods put into the
package are no different to those put
into the barrel.

The prepared breakfast foods
stands much lower in the list than
the oat, wheat and corn meals. These
ready-to-serve foods are put up in
neat packages and that the goods
have a clean, appetizing appearance.
There is no expense incurred in their
preparation for the table. But they
are expensive. Toasted corn flakes
furnish only 34 cents' worth of food
material for the dollar, while rolled
and shredded wheat only 26 cents'
worth for the dollar, taking oatmeal
as the standard. What it costs to
cook oatmeal is hard to estimate, but
much will depend upon whether a
special fire has to be kept going for
the purpose.

The position of bread in the table
is interesting. The bread, like the
prepared breakfast foods, is ready to
serve; and one dollar, even at 15
cents for the large loaf, will purchase
approximately twice as much actual
bread as is spent on these prepared
cereals. It stands first in our list
of cooked foods. It is worthy of note,
however, that while a dollar expended
on spring wheat flour furnishes
91.4 cents' worth of food material,
bread only supplies 58.6. The dif-
ference presumably is what it costs
to make and deliver the bread.

Men's \$3.50 Shoe Sale.
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THERAPION
THERAPION
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No. 11. USE IN ALL KINDS OF SPASMS.
No. 12. USE IN ALL KINDS OF CONVULSIONS.
No. 13. USE IN ALL KINDS OF PARALYSIS.
No. 14. USE IN ALL KINDS OF DEPRESSION.
No. 15. USE IN ALL KINDS OF EXHAUSTION.
No. 16. USE IN ALL KINDS OF WEAKNESS.
No. 17. USE IN ALL KINDS OF NERVOUSNESS.
No. 18. USE IN ALL KINDS OF ANXIETY.
No. 19. USE IN ALL KINDS OF INSOMNIA.
No. 20. USE IN ALL KINDS OF HEADACHE.
No. 21. USE IN ALL KINDS OF DIZZINESS.
No. 22. USE IN ALL KINDS OF NAUSEA.
No. 23. USE IN ALL KINDS OF VOMITING.
No. 24. USE IN ALL KINDS OF DIARRHOEA.
No. 25. USE IN ALL KINDS OF CONSTIPATION.
No. 26. USE IN ALL KINDS OF INDIGESTION.
No. 27. USE IN ALL KINDS OF BILIOUSNESS.
No. 28. USE IN ALL KINDS OF ACIDITY.
No. 29. USE IN ALL KINDS OF FLATULENCE.
No. 30. USE IN ALL KINDS OF BLOATING.
No. 31. USE IN ALL KINDS OF BELCHING.
No. 32. USE IN ALL KINDS OF ERUCTATION.
No. 33. USE IN ALL KINDS OF STOMACH PAIN.
No. 34. USE IN ALL KINDS OF BOWEL PAIN.
No. 35. USE IN ALL KINDS OF URINARY PAIN.
No. 36. USE IN ALL KINDS OF MENSTRUAL PAIN.
No. 37. USE IN ALL KINDS OF PREGNANT WOMEN.
No. 38. USE IN ALL KINDS OF LACTATING WOMEN.
No. 39. USE IN ALL KINDS OF INFANTS.
No. 40. USE IN ALL KINDS OF CHILDREN.
No. 41. USE IN ALL KINDS OF ELDERLY PEOPLE.
No. 42. USE IN ALL KINDS OF INVALIDS.
No. 43. USE IN ALL KINDS OF DEBILITATED PEOPLE.
No. 44. USE IN ALL KINDS OF WEAK PEOPLE.
No. 45. USE IN ALL KINDS OF SICK PEOPLE.
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No. 48. USE IN ALL KINDS OF BURIED PEOPLE.
No. 49. USE IN ALL KINDS OF UNBURIED PEOPLE.
No. 50. USE IN ALL KINDS OF PEOPLE.

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