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J. G. Elliott President Leman A. Guild Editor and Managing-Director

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A woman's ambition is to look as

Audit Bureau of Circulations

well as she thinks she looks. The normal child, however, turns out all right in spite of all the par-

ents can do. Too many persons are on the way but have no definite idea of where

they want to go. Civilization would be a finc thing if the job of making it ledt us any

leisure to enjoy it. There will be wars while "illius-

those who died fighting. Home is a place where you have learned to adjust yourself to the

queerness of the mattress. Canada doesn't approve European advocacy of "plural wives." All Ca- vidual. nadian wives are singular.

You may call a truthful man dangerous to call a liar a liar.

There are few matters in the world so urgent that they can't wait until the train gets past the crossing.

Every time an old bachelor picks up a baby, says the Country Gentleman, he bends it in a new place,

Correct this sentence: "Yes, he is our only child," boasted the mother, "and he is absolutely unspoiled."

A man is old when he can yawn and go to bed and leave the hero in the middle of a bad fix on Page 184.

Some men never outgrow childish idea that things would all right if they could do as they

When his coat and collar become too oppressive, a man can get some relief by laughing about women's silly styles.

The smaller the car, the more arrogantly the driver can toot horn. It works in the case of small men, also.

a village boy goes to the city and makes good, the pride of home folks is equalled only by their

Decline in the price of tends to make the disposition of the housewife sweeter while she is canning fruit.

At any rate the soda fountain paton never is made to skid across the sidewalk on his ear when his last nickel is spent

town bank fails to overdraw during the month, the banker knows he is movie houses may not vary becau mad about something.

The rotogravure section of the newspaper has another good point. The red shoes worn by the young

INFINITE PRO-TECTOR:-If I take th sere shall thy hand lead me, an y right hand shall hold me .--Penim 139:9-10.

hering to the Julian calendar as to luxury. Constantinople has just adopted the about the quality of the pictures to Oct. 1st thirteen days will be added, what is offered and be expected to making the date Oct. 14th. Greece demand more of the same kind, for had been the last country to depart the producers have established from the anomaly of maintaining a standards of their own from which system generally abandoned else- there is no appeal. The one way of where in the Orient.

Pope Gregory XIII. proclaimed his made. correction of the Julian calendar, effective Oct. 15th, 1582. The Juhan calendar made an erroneous assumption. It admitted it by intercalating ernor of Massachusetts, the now pre-Leap Year, but still the error accumulated until by 1582 it amounted ment, published widely at the time. to ten complete days. So the pope It is given herewith as indicating deducted these ten days, making something of the character of the Oct. 5th, 1582, to be Oct. 15th; and man and as contributing to the pubthat this displacement might not re- lic knowledge of his conception of cur, it was further ordained that the attitude of a public official. It One year, by mail to rural offices \$2.50
One year, to United States\$3.00
(Semi-Weekly Edition)

2000, etc.) should not be obunted as
a Leap Year, except every four hun-2nd, 17.52, that that date was made best job Sept. 14th

> But this adoption of the Gregorian calendar by the Eastern Orthodox churches relates to fixed feasts and they do not conform in east and west. As to Easter, that long vexed question in date, the Constantinople congress did not change this movable feast in accordance with the Gregorian calendar. It recommended that some scientific calculation be made so that a fixed feast might be dated celebrated simultaneously everywhere. It is a curious reflection to indulge that thus the schismatic church of the East should cling to a Roman calendar long after the last of the Caesars, while a church centred in their old Rome should have discarded it four centuries ago.

IMPROVEMENTS AND COSTS. Improvement costs in all progressive communities are looked upon

trious" applies more particularly to generally as gilt-edged investments. Sidewalks must be Juilt. Municipal buildings must to up. Sewers, roadways, parks and municipal playgrounds to keep citizens physically fit are as necessary and as vital as the purchase of food is to the indi-

There are, however, a few in every community who attempt to belittle each improvement as it comes up for liar and get away with it, but it is public approval. They lament the cost, overlooking the returns in increased business for the merchants, increased employment and increased pay for the workers and general prosperity all around.

There is but one known way to keep taxes low, declares a contem porary, and that is to stop all fmprovements. Quit building new streets, quit paving, stop sidewalk and sewer construction, discontinue building school and bridge structures, leave off getting a better tection against fire, or any of the numerous things necessary to roun out the making of a better community and municipality-stop thes things and there will be no increuse in tax payments from time to time But if that be done, neither wil there be an increase in property values; and when there is no increase in property values, that means there is no growth.

Men and money are attached to dities that are growing. Few individuals casting about for a new place to live will choose a city that siready is built. The chances for reward of investment in a city that is building are too great to stop in a city where a transfer of property rights in a dwelling may become a chief interest

more we build the more costs, and the man who looks the situation squarely in the face and facts or unreasonable in his attitude.

PICTURE PRICES UP.

If it is a fact that a number of mo-York intend next month to raise their regular price to \$2, it is undoubtedly because they believe they can get that much. They may offer any number of reasons for the vance, but the controlling reason will remain that they are confident that the public will pay what they ask, declares the New York World. They may be right. The attendance at the of the higher charge. Still, at's an experiment attended with certain

The more people pay, the more critical they are likely to be. Even when on pleasure bent the average somewhere near his money's worth. a radical departure from accepted the other hand, they claim that the it does not make so much difference in the case of luxuries, but whether necessity or luxury is debatable. To a very large class of "regulars" they serve as the only form of easy and has been clothing its many moun- siders to be the seven most outstand-

Only the so-called Reform church luxury line. The prices charged may of Russia, recently set up, is left ad- make them come to be regarded as a

ecclesiastical dates. The congress of Nothing is said in connection with the Orthodox churches in session at the announcement of higher prices Gregorian or civil calendar, and on be shown. The public must take telling whether their judgment is Though the agitation for the good, from their own viewpoint, is change has persisted for centuries, public patronage, and public patronthis sluggishness only contrasts in age and higher prices must be doubt- residence of 30 years in New York .degree with that evinced just after ful factors until the test has been Toronto Star.

A PRESIDENTIAL CREED. The day before he was elected govsident, Coolidge, made a short state-

"My conception of public duty is a Leap Year, except every four hun- to face each problem as though my OUT-OF-TOWN REPRESENTATIVES: the natural year will not amount to a to keep always in touch with the F. Calder, 22 St. John St., Montreal day in 500 years. Continental Eur- folks back home; to be firm in my ope adopted the change promptly, own honesty of opinion; but to reonly over the actual name of the but in England it was not until Sept. | cognize every other man's right to an honest difference of opinion.

"The duties of governor of the commonwealth are not intricate or burdensome if a man looks upon their discharge as a public function and not as a personal prerogative. "If chosen to be governor, I shall

try to conduct the duties of the office so as to merit the sincere indorsement of men of fair minds and all parties. I can promise nothing more would not deem myself worthy ci your support if I promised anything

The new president's statement is a courageous and outspoken one. is the utterance of a statesman rather than that of a politician. Herein lies the hope of the future.

WHERE KISSING IS A CRIME. The Spanish are sticklers for propriety, if one may judge from a dispatch from Madrid which tells that a

visitor in taking leave of his wife at the door of a hotel kissed her. The act was done under the eyes of a policeman, and the osculatory husband speedily found himself in the clutches of the law. He was informed that he had committed a serious offence against the laws of the Spanish capital and that ignorance of the law provided no excuse.

If it might be presumed that the offense lay in the fact that he kissed such assumption by saying further that it is an equal offense to kiss any woman while in the streets of the city, with or without her consent. Thus there is no discrimination as to women. However, the culprit was lef off with a reprimand that probably impressed on his consciousness the gravity of the crime.

So far as the information goes, the prohibition applies to kissing on the if it is properly cooked. streets. Whether it extends further is not stated. It possibly also had to be done in the sight of a policeman If the young Spanish lover, are dis creet they may seek a park, like some do in this western dominion, vide our city park, for instance. At any rate they would be cautious enough to glance around to see who might be looking. We never would have suspected that the Spaniards were afflicted with "blue" laws. They have never been puritanic. However, those addicted to kissing their wives will do well to be careful while in

PRESS COMMENT

Illusory Wheat Surpius. There is no surplus of wheat cent in the minds of the theoretical

faddists. Wheat is nourishing food. Millions of starving human beings die every year because enough food is not available for :bcm. The farmers' problem and that of these starying millions is to put this so called theoretical surplus to work. That is not a task for government but an opportunity for business. -New York

Sunday Games.

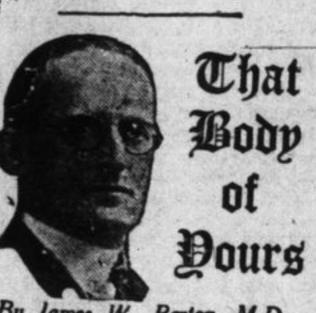
The two essential conditions governing Sunday games are, first that they should not make it a working day for other people; and secondly, that they should not be allowed to interrupt or scandalize church goars. Subject to that we are satisfied that a general extension everywhere of would not only be a great social caefit, but would be practically conductive to religion and morality.-

Canada's Timber Problem the practice should at least serve as than ever, and the measure of the a material aid in that direction. New opportunity to steal is the extent of Zealand, to mention but one country, the crime. has evident faith in referentation, from the fact that for years past it drawn up a list giving what it con-

JULIAN CALENDAR DISCARDED. | should bring them down below the | the agency of convict labor. That its support remains unshaken is also shown by the planting of over 12,-000,000 coniferous firs no later than last year .- H.S.

Also of Vermont.

It is true that President Arthur, like Mr. Coolidge, was a native of Vermont, but, unlike him, left New England in early manhood, becom ing a leading Republican pulitician of New York State. 'It was as "Arthur of New York" that he was nominated in 1880 for the vice-presidency, and his Yankee accent must have been much attenuated after a



By James W. Barton, M.D.

Is the Potato a Good Food? Many dietitians speak of the potato as a poor food, whilst others praise it highly. Now what about it?

Well, it depends entirely upon he manner in which it is cooked. Take the ordinary method at the home or hotel. The potatoes are peeled, placed in cold water minutes or perhaps hours and then ! boiled for about twenty minutes.

The water in which they are boiled is then drained off, and the potato is ready for consumption. It is the potato prepared in this way that is a poor food.

Why? Well, there are mineral salts that are absolutely essential health. The earth is full of salts and the potato like other foods absorb them into its cells, into itself during its growth in the groupe.

When you take the pealing soff and boil the potato, these salts to a considerable extent are extracted by the water in the same manner as you would boil a soup bone to extract its nutritive qualities.

It does seem so unwise to throw away this water, doesn't it? Many people utilize the water in which vegetables have been cooked by making a sauce of it and pouring same over the vegetables,

In the case of a baked potato these mineral salts cre retained and the "roughage" of the pealing itself is helpful in digestion and constipation.

In the training of athletes, the potato baked with the skin on rorms a regular daily article of food. You see it is rich in these mineral salts which neutralize the acids in the blood and when the blood bathes as it does, every tissue in the whole his wife, the dispatch corrects any body, it can be readily seen what this means to the body as a whole. And so if you were to consult the menu tables of University teams you would see the baked potato holding an honored place.

I know that many people are fond of potatoes. The fat in which they are fried enriches them, but they are hardly the foor for other than the very strong stomach, So the potato is an excellent food

TWO WEEKS WITH PAY. Winnipeg Free Press. When does a vacation When you start to plan it. When does a vacation end? When

ou start to take it. By whom were vacations invent ed? Some poor devil who could neve afford to take one. Where is the lovely scenery?. It

the little free booklet published by the Chamber of Commerce. In the little free booklet prepare by the railroad.

Where is the glorious climate? In the little free bookklet issued by the steamship company. What is a private bath? One which not more than twenty person

are supposed to use. How can you tell poison ivy from the harmles kind? Give it time; i

it poisons you, it's poison. Who enjoy (1) a picuic lunch it the woods, and who enjoys (2) those who participate in it? (1) Ants. (2)

counter in the country? Stray and

Do they give milk? Not to any body from the city. How long is a mosquito? From one to sixsting inches. What is its purpose? To advertise the victim.

WHAT DISPONESTY COSTS.

Crime costs every and child in United States \$30 per year. Last year the bill for embezzlement and burglary amounted to \$2.999,000,000.

The pureau of economics at Washngton put stock frauds at a billion: credit frauds an I take bank-uptcles with \$400,000 000; burglary and theft, \$250,000; embezzlement and forgery, \$100,000,000 each; forgery and customs frauds, \$100,000,000 eacn; freight thaffs and thaffs from homes \$25,000.000 each

improvement in the situation. On als. Even if in a measure true, tendency toward theft is greater

t tainous wills in vivid green, through ing reasons for this form of crime. Ing anti-aircraft gun.

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BIBBY'S

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BIBBY'S



A ROYAL ROMANCE SHATTERED. Lady Louise Montbatten, a cousin of King George, it was recently announced, was betrothed to Crown Prince Gustave, of Sweden, whose first wife was Princess Margaret of Connaught. It is now announced that the engagement is broken. Lady Louise's love for an English artist has made her renounce a throne. Prince Gustave's distinctly pro-British sympathies made him somewhat unpopular with his pro-German fellow citizens. The picture was taken after the be-Where is the wonderful fishing? trothal, on a Swedish warship.

> Summarized, they follow: 1. Widespread disrespect for pro-

perty rights and law. 2. Envy, resentment and bitter-

ness, caused partly by ostentation of the wealthy, and also by widespread belief that opportunities for wealth are unequally allotted. 3. Many salaries are too ciose to

the starvation line. 4. Unemployment. 5. Carelessness of employees in not

investigating the past records of now employees; in not auditing the accounts of their business with sufficient frequency and thoroughnoss, and in not keeping their office funds in properly constructed modern safes

6. Doctrines of anarchy and Bo'shevism and misrepresentation of book knowledge. 7. Desire for luxury beyond the

earning capacities. There is nothing in any of these seven reasons that is new; all those conditions are old, and most of them are likely to stay with us as long as human nature is what it is.



TRAINING FOR THE DEFENCE OF LONDON. The defence of the Empire's capital against aerial attack is now part of the training of the British Territorial forces. The picture shows them learning to manipulate an efficient look-

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DOLLAR can be n wiser than its owner. The wisdom of your cash depends upon the direction in which you train it to go. If you send some of your money in the direction this coal yard we'll send you a heaping measure of com fortable satisfaction.

"Many a warm judgment has I to a cooled friendship