A bottle of prevention is better than a deranged stomach.

Abbey's Effer-vescent Salt

25c and 60c bottle. Sold everywhere. 83

Wood's Phosphodine, The Great English Remedy. Tones and invigorates the whole nervous system, makes new Blood in old Veins. Cures Nervous Debility, Mental and Brain Worry, Despondency, Sexual Weakness, Emissions, Spermatorrhoea, and Effects of Abuse or Excesses. Price $1 per box, six for $5. One will please, six will cure. Sold by all druggists or mailed in plain pkg. on receipt of price. New pamphlet mailed free. The Wood Medicine Co. (formerly Windsor) Toronto, Ont.

COWAN'S PERFECTION COCOA

"Great for Breakfast."

A day started on Cowan's Cocoa is a day with a clear head and a steady nerve—a day full of snap and life. Cocoa nourishes the body. It is rich in food value and easy to digest. 173

Skin All Covered With Eruption

Henri Tardif.

Tried Many Remedies 3 4 Years. Cuticura Soap and Ointment Cured.

A Quebec man, N. Henri Tardif, of St. Casimir, writes in a letter dated M 31, 1911: "I had a very bad skin, all over with eruption, eight years ago. I had all of both my shoulders covered with and the high part of my arms, and my b, but it was the worst on my shoulders. I d many different remedies to cure it, but ing was any good. At last I went to an thecary. He asked me if I had ever used uticura Soap and Ointment. I told him and I bought a box of Cuticura Ointm and a cake of Cuticura Soap. I used th boxes of Cuticura Ointment, but I a d of the same, for Cuticura Soap and ment completely cured me of my skin tion. I spread the Cuticura Ointment o my sore parts, and I think that in wa my face with the Cuticura Soap, it hind my eruption from itching and burning. ried many remedies during three or fo ears but Cuticura Soap and Ointment cu e." (Signed) N. Henri Tardif.

Cuticura Soap and Ointment sold throughout the world, but to those who have suffered much, lost hope and almost lost faith in any treatment, a liberal sample of each with a 32-p. booklet on the skin and scalp will be mailed free, on application. Address, Potter Drug & Chem. Corp., Columbus Ave., Boston, U. S. A.

THE WOMAN'S COUNCIL

THE WORK IT HAS DONE DURING THE YEAR.

Reports of Affiliated Societies—Mrs. Hugh Fraser Was Elected President for the Seventeenth Successive Year.

The annual meeting of the Kingston Woman's Council was held in the council chamber, Tuesday afternoon, with a large attendance of members of the affiliated societies of the city., Mrs. Hugh Fraser, the president, occupied the chair.

The reports were very satisfactory and resume of the year's work of the council by the corresponding secretary, Miss A. M. Machar, was very encouraging. In presenting the report, Miss Machar noted that this was the seventeenth year the council has held an important and honorable place in Canada. The local branch has been fortunate in having the same president all that time, Mrs. Hugh Fraser, who judiciously guided its course, never being absent from a meeting. The work of the council includes the work of the federated societies. The first introduction of sewing and domestic science classes in the schools, the suppression of impure reading matter, and the beneficial services of the Victorian nurse all had their origin in the Woman's councils it has also made appeals to the city council for swimming baths for the children; for the enforcement of regulations to keep them off the streets at late hours, and for the censorship of moving picture shows. The report also showed what had been done to assist in the proper treatment and stamping out of tuberculosis, and efforts to improve the social and business life of Canada.

A resolution was moved by Mrs. Cochrane and Miss Strange, and adopted, expressing the regret of the council in losing one of its hard-working members and honorary vice-president, the late Mrs. H. Skinner, and extending the sympathy of the council with the deceased's family.

The annual reports of the affiliated societies of the city were read, and showed the beneficial work they are doing. Several of the reports have been published before, but among those which were read for the first time at this meeting were from the Victorian Order of Nurses, the Ladies' Auxiliary of the Hotel Dieu, the Children of Mary Society, and the Orphans' Guild.

The Orphans' home report was read by Mrs. A. P. Chown; poor relief by Miss Machar; home for the friendless and children, by Mrs. V. Hooper; Jewish Society, Mrs. Cohen; ladies' musical club, Miss Drummond; Y.W.C.A., Mrs. I. H. Breck; King's Daughters, Miss Ada Birch; ladies' auxiliary of the general hospital, Mrs. Reid; home for the aged, Mrs. J. M. Strange.

The Victorian Order of Nurses began the year under encouraging conditions, and, through earnest officers and an energetic committee, has placed the work on a firm basis in this district. The poor were served without fee or favor. The number of visits made by the nurse during the year were 1695; receipts, $1,177, disbursements, $795, leaving $682 on hand.

The Children of Mary society, assisted, as in former year, a large number of societies with provisions, clothes and paying rents. The society held a lawn social in June and $500 was realized.

The Ladies' Auxiliary of the Hotel Dieu had a very successful year. The sum of $3,240 had been raised, and nearly this sum was expended in furnishing rooms in the new building, operating table, microscope, and cheques were given to the Mother superior.

The Orphans' Guild was formed for the purpose of assisting the sisters of Charity in caring for the children at St. Mary's-on-the-Lake, and 150 children were cared for during the year. The sewing circle made 193 articles of clothing. At a garden party held in July $518 was realized, and an entertainment in the opera house last February netted $511.

The report of the Woman's Auxiliary of the general hospital also showed a successful year of work of the women in that institution. On tag day, October 15th, the sum of $1,103 was realized and the shower at Mrs. Calvin's last February, brought in $300 worth of linen. The auxiliary has presented the hospital with cutlery and china valued at $160, and also pays the salary of an experienced dietician. A committee has been formed to collect vegetables from the farmers of this district.

The election of officers resulted: President, Mrs. Hugh Fraser; honorary vice-presidents, Lady Cartwright, Mrs. H. Calvin; vice-presidents, Mrs. J. H. V. Crowe, Mrs. S. Oberndorffer, Mrs. Joseph Swift, Mrs. C. Cochrane, Mrs. Alexander Kirkpatrick; corresponding secretary, Miss Machar; recording secretary, Miss I. C. Ronan; treasurer, Mrs. Jordan.

Miss Machar moved a resolution that the council should continue to co-operate in any endeavors to build swimming baths for the children of the city, that they might learn to swim.

Reports of the committees of the council on objectionable literature, dependent children, care of the feeble minded, etc., were read, and the report of the latter was discussed at some length. In face of the unsatisfactory way in which the feeble-minded of this province are now taken care of the council decided to send a delegate to Toronto to represent it in the delegation of the Woman's Council which is to wait upon the government and see if something cannot be done to better condition of these unfortunate people.

It was announced that the Duches of Connaught had been appointed and consented to act, as an honorary president of the Dominion Council.

A communication was read asking for the sympathy and help of the council by some foreigners in the west. About 4,000 Sikhs, from India, are settled in British Columbia, and the west farming, and, apparently living quiet and industrious lives. On account of immigration limitations these Sikhs are not allowed to bring their wives and children into Canada, and as these are home-loving men, they feel this very strongly. A lively discussion took place, Miss Machar holding that the Sikhs were loyal to the British crown, and if we call ourselves Christians, it was our duty to help these our brothers, in their endeavors to bring their wives into Canada. Mrs. Cochrane strongly opposed this, but finally the sympathy of the meeting was unanimously shown in this matter.

Bethel Church Meetings.

The prayer meeting of Bethel church is effaced to-night that the people may attend the anniversary of Upper Canada Bible Society in First Baptist church. Two Yatman meetings preparatory services were held on Monday and Tuesday nights. To-morrow night the stereopticon lantern entertainment for Sunday school children will be held. Sunday night a general rally for the Yatman meetings and Friday night, the 23rd, C. H. Yatman will meet all the workers in the church for instructions and conference.

The Late Isaac Pennock.

The death occurred on Wednesday last of Isaac Pennock, a life-long resident of South Crosby, at the home of his daughter, Mrs. Frank Munro, near Elgin. It is the farm on which he was born eighty-five years ago. His kind disposition and upright dealing endeared him to all. His wife, Eliza Marshall, predeceased him forty years ago. He leaves one son, Henry, of Brockville, and two daughters, Mrs. Frank Munro, Elgin, and Mrs. Ross Leggett, Crosby. He was a Methodist in religion and a liberal in politics.

Broke Her Arm in New York.

William A. Newlands, water work collector, left, Tuesday night, for New York, having been summoned there to see his sister, Miss Ida Newlands, trained nurse, who broke her arm and sustained other injuries by falling down an elevator shaft. Miss Newlands is confined to the Postgraduate hospital.

The Board of Health.

The board of health had a short meeting on Tuesday afternoon. Very little business was before it. There was an informal talk about the question of garbage collection. Those present were: Archibald Strachan (chairman), H. Taylor, Q. B. McLeod, Ald. S. R. Bailey and Mayor Hoag.

The Inquest Postponed.

The inquest into the death of the Italian from injuries received by having his leg crushed by a rock on the C.N.R. construction line near Sydenham, has been postponed until Thursday afternoon, as two material witnesses cannot reach the city until Thursday morning.

Passed Artillery Course.

Lieut. L. M. Hughes, of the 14th Regiment, son of Major W. St. Pierre Hughes, has passed the artillery staff course.

"Buy Red Cross Cough Syrup." It cures any cough. Sold only at Gibson's.

And the man who falls in a good cause is better than two men who didn't try.

"King's Quality flour" is what the grocer hears most.

Many a man is willing to pocket his pride if by so doing he can pocket your money.

"Mixed Fruit Pastiles," English make. Gibson's.

Most housewives prefer "King's Quality" flour. There's a reason.

A wise man forgives his enemies to prevent them from getting back at him.

Best pastry and bread flour on the market, "King's Quality." Try it.

When you see an impecunious friend it may prove to be a touching sight.

"Fresh and fizzy" seidlitz powders, in tin boxes. Gibson's.

All the world loves a lover. The world likes to be amused.

Try "King's Quality" flour if you want satisfaction.

But a minister is seldom as black as he dresses himself.

Dr. Morse's Indian Root Pills

cure many common ailments which are very different, but which all arise from the same cause—a system clogged with impurities. The Pills cause the bowels to move regularly, strengthen and stimulate the kidneys and open up the pores of the skin. These organs immediately throw off the accumulated impurities, and Biliousness, Indigestion, Liver Complaint, Kidney Troubles, Headaches, Rheumatism and similar ailments vanish. Dr. Morse's Indian Root Pills 48

Save Doctors' Bills

POSTIES "LOVE-LADEN"

AND ALL BECAUSE IT WAS ST. VALENTINE'S DAY.

Old-time Custom of Sending Offensive Pictorials Dying Out—Demand Nowadays for Better Class of Valentines.

The "posties" in Kingston, were "love-laden" on their rounds, to-day. And all because it was St. Valentine's day. Indications go to show that the old-time custom of exchanging valentines, shows no signs of dying out in Kingston, for a goodly number of cards went through the mails, although perhaps not as many as in years passed.

Twenty years ago the custom of sending valentines was taken quite seriously. In fact, some regarded the sending of a valentine just like a proposal of marriage. However, nowadays, this touch of romance has been dropped. To-day, brothers, sisters, cousins, aunts and uncles all send valentines to each other, and it is all taken as a remembrance, just like a gift at Christmas.

The old custom of sending offensive pictorials is dying out, and it is a good thing, too. Of course, there are quite a number of the old style caricature being used, but dealers will tell you that the demand is for the better class of valentines.

St. Valentine's night is always an occasion for parties and dances, and a number will be held in the city.

GRAND OPERA HOUSE.

"The Servant in the House" Was Splendidly Produced.

Supported by an excellent cast, Tyrone Power, who created the famous "Drainman" role in "The Servant In the House," was seen to good advantage at the Grand last night by a large house, in this stirring drama. Many who had seen the production of the play here two years ago. Again visited the Grand to see this heart-stirring drama reproduced. As the play progressed, audience was struck by the great personality of Tyrone Power. He had the power to make one laugh or weep and quickly took one from the intensely dramatic to the ridiculously comical. The hypocrisy prevalent in the hearts of some clergymen of the present day was clearly shown, and the plans of an unscrupulous bishop were clevely frustrated by Manson, the servant in the house.

Tyrone Power, in the leading role, was the idol of the house. His dramatic ability, as well as his humor, is wonderful. Preston Kendall, as the bishop of Lancashire, playing the role of the partially deaf and almost blind hypocrite, was excellent, and deserved the applause showered upon him. Betsy Bacon as the Drainman's daughter, was charming and played her part well. Wilfrid Roger, as Manson, the servant in the house, was the meek and gentle administrator, who smoothed everything out right.

"The Thief."

What will undoubtedly prove the greatest sensation the season has brought forth will be the appearance in this city of the triumphant success of "The Thief," which ran for two solid years at the Lyceum Theatre, New York. This will be the second time that "The Thief" has been presented here, and the opportunity to see one of the world's greatest masterpieces in dramatic writing should not be missed. The critics of two continents have exhausted themselves trying adequately to describe this intense, gripping, overwhelming drama, so full of that indescribable something that pierces the heart with its appeal. For want of a better term this something is called human interest. "The Thief" is full to overflowing with human interest. It throbs in every line and holds the spectator from start to finish. "The Thief" comes to the Grand on Thursday, February 15th.

Solves the Combination.

A fine star well suited to a great part is coming to the Grand on Saturday, February 17th, matinee and night, when H. B. Warner will be seen here for the first time in "Alias Jimmy Valentine." This play, by Paul Armstrong, is the story of a remarkable bank burglar who has the gift of sensitive fingers with which he can solve combinations on the locks of safes and vaults, but who reforms when the right sort of young woman comes into his life. The plot develops some of the most thrilling scenes on the modern stage, so it is said. Mr. Warner will be supported by the cast which played in New York for two seasons. The play has been handsomely staged by Liebler & Co.

Converting Harlowe.

Harlowe, Feb. 10.—Rev. Mr. Wright, pastor of the M. E. church, is holding successful revival services here. Miss Sadie Scott is visiting at Norwood. Miss Grace White has gone to Watertown, N.Y. J. McCausland left for North Bay a short time ago. M. and T. Thompson and P. Whiteman are home from Rockcroft. Martin and Harold Neal are home from Kingston. Miss Flossie Parks is at her uncle's, J. Black, Arden. Mrs. T. M. Thompson and little daughter, Gladys leave to-morrow to spend a few days with her parents, Mr. and Mrs. Taylor, Latimer. While there they will attend the wedding of Mrs. Thompson's brother to Miss Sherwood. The Holiness Movement people will have a convention the coming week.

At Black River Bridge.

Black River Bridge, Feb. 12.—The pathmaster is busy breaking roads every day. Mrs. Edward Grimmson and daughter are visiting at Mrs. P. Minaker's. Mrs. Frank Starr, Mr. and Mrs. R. Nobles, visited at John Minaker's on Sunday last. On Saturday evening Mrs. S. Dulmage entertained at tea. Mr. and Mrs. William Arnold and son, Mr. and Mrs. Frank Starr. All the farmers have filled their ice houses. A number of the young people attended the dance in the town hall, Wanpoos, on Tuesday evening. Clare Hubbs spent last week at Rednerville. Mr. and Mrs. Coleman Whattam spent a day at D. J. Love's. Messrs George and Albert McGee, of Hay Bay, are in the village.

"It pays to buy soaps" at Gibson's.

HARRIS HEAVY PRESSURE Is true to its reputation as Best Babbit Metal for all general machinery bearings. **The Canada Metal Co., Ltd.** FRASER AVE. - TORONTO

RELIABLE HOME TREATMENT FOR WHISKY AND BEER HABIT

The ORRINE treatment will completely and absolutely destroy the desire or craving for whiskey, beer and other intoxicants if taken according to directions. It is a simple and efficient home treatment. No detention from work or business; no publicity; no sanitarium expense. ORRINE is prepared in two forms; No. 1, a powder, tasteless and colorless, can be given secretly in food or drink; ORRINE No. 2, in pill form, is for those who wish to cure themselves. ORRINE costs only $1.00 a box. If after a trial you fail to get benefit from ORRINE, your money will be refunded.

G. W. Mahood, Corner Princess and Bagot Streets.

Bitter Oranges, 25 cents a dozen.

Mexican Sweet Oranges, 25 for 25 cents.

Lemons and Grape Fruit

A. J. REES, 166 PRINCESS ST. Phone 58

GENUINE BARGAINS make Successful Sales.

OUR BIG SHOE SALE STILL CONTINUES

New Bargains Every Day

ABERNETHY'S

Confectionery of the choicest sort. Every delicious variety, all the old-time favorites, everything delightfully pure and good.

A BOX OF CANDY will make a pleasing gift to man, woman or child.

Sakell's NEXT TO OPERA HOUSE. 'Phone 640.

REPORTS FROM ENTERPRISE.

An Ice Carnival—A Young Man Injured by Fall.

Enterprise, Feb. 13.—Born to Mr. and Mrs. William Loucks, a daughter. Mrs. George Clark is not improving. James Milligan and Dr. A. B. Carscallen have telephones installed in their houses. W. F. Morgan-Dean, bank manager, has taken his departure for his new field of labor at Bracebridge. His family and household effects will follow later. Mr. Boyce, ledger-keeper at the Northern Crown Bank, has also been shifted to Toronto and George Clark, Frankford, takes his place. Mr. Grant will fill the position of manager.

Edgar Wagar and mother, formerly of this place, are renewing acquaintances here. Their home is at Bantry, N. D. Mr. and Mrs. Thomas Thompson spent Thursday of last week at George Davey's. The Farmers' Club will have an oyster supper on Friday evening in Keech's hall. Mr. and Miss Leonard, son and daughter of Dr. Leonard, of Napanee, who were visiting at W. J. Mellows, have returned home. Miss Georgie Cousins spent Sunday under the parental roof. Miss Ella May Flynn, daughter of James Flynn, is very low with pneumonia.

The ice carnival held on the skating rink on Saturday evening was well attended regardless of the severe cold weather. The following won the prizes: Miss Bessie Fenwick, as the best dressed lady; Mrs. R. A. Reid, as the most comicly dressed lady; Verna Walker, as the best dressed little girl; Mr. Johnston, of the bank, as best dressed gentleman; George Clark as the most comicly dressed gentleman, and Clifford Wagar as the best dressed little boy.

Miss Gertie Burns, daughter of Miles Burns, and Eugene Dillon, son of James Dillon, were united in matrimony on Monday last by Rev. J. J. O'Reilly, the parish priest.

Peter Timmons, son of John Timmons, of Bellrock, died on Friday of last week from appendicitis. Edward Hayes received a very severe injury on Monday evening by falling on the ice at the rink and striking his back on a stake. It is thought a bone is broken. J. Dowling is able to be around again. James Milligan is preparing to lay in his stock of ice.

Tiger brand hand cleaner, regular 10c., special this week, 3 for 10c. McLeod's drug store, corner King and Brock streets. 'Phone 219.

Miss Elizabeth Hayden, daughter of Mr. and Mrs. John Hayden, of Alexandria, formerly of Kingston, was married, on Wednesday, to D. J. Asselton, of Alexandria.

For pastry cooking "King's Quality" flour never had an equal.

Mrs. Mary Bell, of Brockville, died on Monday, aged sixty-eight years.

NOW ON Our Big Furniture Sale NOW ON

The taking feature of a Davenport is it usefulness and attractiveness.

The appearance of a beautiful drawing-room piece of furniture can be converted into a soft and luxurious bed in a moment's notice at

JAMES REID'S 'Phone 147.

Madge Macbeth goes into "Some Ottawa Homes," and brings back to the Canada Monthly for February various amusing details concerning several prominent society leaders, among them being Mrs. Borden and Mrs. Sifton, Lady Davies and Mrs. Fielding. The photographs, taken by the author, show the Ottawa women in their own homes, busy with their favorite avocations.

The flour the housewives prefer—"King's Quality."

The early days of steamboating on the Hudson will be described in the March Scribner with pictures in color by Stanley M. Arthurs, the artist.

And now ye of

The Tread Mill Give Ear Unto The Word

There may be a way to make your daily life more comfortable.

You must keep on "sawing wood" for the family, you know, but when the vital forces recede a bit and you join the "cadaverous" army, look sharp to your food and drink. Remember this fact that one wide spread cause of a brain worker's downfall into nervous prostration and a variety of disorders is

Tea and Coffee

Don't believe it! You say.

Make test and convince yourself, for therein lies a chance for relief. Try leaving off the tea and coffee ten days. Use in their place good well-made

POSTUM

In a few days many feel the old-time spring of health, and the daily toil becomes pleasure once more. The evening pastime brings happiness, and the sound sleep of boyhood comes once again to cheer and refresh.

There is no joy on earth quite so satisfying as the PERFECT POISE OF HEALTH. Generally it's yours for the taking.

Hear Ye! Hear Ye! "There's a Reason"

Postum is made of Canadian Wheat, by Canadian Labor.

CANADIAN POSTUM CEREAL COMPANY LIMITED, WINDSOR, ONTARIO, CANADA.