HIGH MEDICAL AUTHORITY

"The Journal," the official organ of the American Medical Association, the organization of physicians of the United States, in a recent article lists a number of things the family medicine chest should always contain to be used in emergencies before a physician can arrive. One of the most important in the list is a good whiskey.

The great value of a good whiskey in emergencies has always been recognized by the medical profession. The stimulation afforded by whiskey has many and many a time been the means of saving life. In cases of accident, shock or acute illness it may mean life or death whether or not you have it on hand.

But the whiskey you use should be good and pure. Duffy's Pure Malt Whiskey is made for the home, the hospital and the sick room. It is solely a medicinal whiskey. It is made from selected grain and the distilling process is carried so far that it exceeds in purity the requirements of the United States Pharmacopoeia. It is the best whiskey for you to have in the house, because it is for medicinal purposes.

Be sure to get Duffy's. Sold in sealed bottles only by druggists, hotels and dealers at $1.25 a bottle. Write our doctors for free advice and a free illustrated medical booklet. The Duffy Malt Whiskey Company, Rochester, N. Y.

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If you feel "OUT OF SORTS" "RUN DOWN" or "GOT THE BLUES" SUFFER from KIDNEY, BLADDER, NERVOUS DISEASES, CHRONIC WEAKNESS, ULCERS, SKIN ERUPTIONS, PILES, write for my FREE book. THE MOST INSTRUCTIVE MEDICAL BOOK EVER WRITTEN, IT TELLS ALL about these DISEASES and the REMARKABLE CURES EFFECTED by THE NEW FRENCH REMEDY, No. 1, No. 2, No. 3. THERAPION & you can decide FOR YOURSELF If it's the remedy for YOUR OWN ailment. Don't send a cent. Absolutely FREE. No following circulars. Dr. LECLERC MED. CO. HAVERSTOCK RD, HAMPSTEAD, LONDON, ENG.

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Notice To The Public

Thomas Arnold wishes to announce that he has opened a meat shop and grocery business at the corner of Princess and Albert streets, and intends carrying a full stock of **fresh and salt meats, groceries and provisions, fruits in season.**

Call in or phone us a trial order.

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BROCK STREET.

First showing of early Summer Millinery,

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Gedye's Millinery

The Up-to-date Store.
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'Phone 225.
Private fitting rooms.

WORK OF THE KINGSTON Y. W. C. A.

The Reports Submitted at the Annual Meeting on Monday Evening---Great Progress Has Been Made.

The following is the report of the general secretary, Miss L. K. Knowles:

"Every woman has at least five characteristics in common—her womanhood, her ideals, her great difficulty in reaching her ideals, her desire to be needed, and her personal need of Jesus Christ. The life of service has long been recognized as the secret path to perfect satisfaction and truest happiness. Few women are content to aim only toward the filling of her own life's ideal, but desires to count toward real helpfulness in the lives of others.

In presenting our twenty-eighth annual report to the friends of the Young Women's Christian association of Kingston, we would gratefully acknowledge the unselfish service of those who have given liberally of time and ability in helping others to reach their ideal. The committee workers, those volunteer helpers who have chaperoned at the gymnasium, assisted with the sewing classes, the Queen's university students who have acted in the capacity of teachers in the educational department, the musicians, lecturers, and others, who have given generously of their talent at the association building and mills. We would remember the press for their kindly courtesy, and the public library for the loan of books, the associated charities for assistance in making investigations, etc., the kindly co-operation of business men and physicians, the kindly encouragement and sincere interest of secretaries and workers of other civic organizations has been much appreciated.

We are glad to report a paid membership of 314 members, a boarding department that is self-supporting, all current expenses paid, repairs made, old debts cleared, a decided increase in the attendance of social, educational and religious departments. Four clubs organized, immigration work started and noon meetings conducted in two mills. Our growth is not rapid, a great deal of the work must of necessity be personal and individual, but quietly and persistently we are entering into the lives of other women and finding opportunity of definitely serving them.

Ten thousand, three hundred and twenty-two visits have been made to the rooms and gymnasium during the past year; 2,996 people have consulted the secretary at her office desk; 667 business calls have been made; 1,122 letters mailed; 89 committee meetings held to plan details of the work.

One source of great strength has been the resident department around which much of the association life circles. The clergy home under the kindly management of Miss Pollie, where we have been able to gather lonely girls, discouraged girls, and send them out strengthened in body and spirit to meet the dangers and difficulties of a complex life. We have entertained as our guests Miss Anna Brown, of New York city, secretary of Student Volunteer movement; Miss Una Saunders, of London, England, present national secretary for the dominion, and Miss Mabel Jamieson, of Toronto, student secretary for the dominion council.

The extension department reports two new clubs organized, the Mothers' Club, under the auspices of the ladies of the W.C.T.U., have met every second Thursday for practical talks and a social hour. Some forty mothers have been called upon and met good friends in Mrs. McCallum, Miss Machar, Mrs. Gardiner and Miss Pollie. The Young Women's Thursday Club, only one week old, is big in faith and strong in spirit, has already planned a weekly programme for the spring months. Noon meetings in the Dominion Textile company and Kingston Hosiery company have been held weekly within the past few months with a total attendance of 310. Lessons in gymnasium, musicals, picture talks, parties, sleigh rides, and one luncheon have been given. The necessity of a rented room in the neighborhood of Charles street, is greatly to be desired, that a branch work may be carried on without the inconvenience of the long walk to the central building.

The pressing problem of how to care for the newly-arrived immigrant has been solved this year by the Dominion Council. The secretary for the Young Women's Christian Association at the ports of St. John and Quebec send word to the local associations in advance. Each new comer is given a card which she presents to the general secretary in charge, and the extension committees in the various associations have the opportunity of placing the girl, calling upon her, inviting her to the association rooms, advising her concerning friends, church, depositing of money, etc. Twenty girls have appealed for assistance in this way, and fifty-seven women received help in securing employment.

The reports from the various clubs and committees bear witness to the growth and breadth of the work and show something of the patience and determination needed to measure up to the ideal of Christian service. We have received much inspiration from a visit from our new national secretary, Miss Una Saunders, formerly of the World's committee, London, England, who pictured to us the whole world as a neighborhood and made it clear that bad conditions as well as good may be copied by one country from another, and that if we in our corner treat girls of other nations with a spirit of sisterhood that spirit will spread. "Is it worth while?" is the question most often presented to us.

To make a cheery home for a lonely woman.

To carry a flower, a book, or furnish medicine for the sick.

To amuse little children.

To place a frightened girl on a midnight train.

To provide friends and a healthy social life for strangers in the city.

To teach the love of Jesus Christ to a hungry heart.

To give a cup of tea to weary mothers.

To assist strangers to adopt themselves in a new country.

To assist the ambitious girl in her desire for a more intellectual life.

To teach girls that home-making should be regarded as a profession. To help build up strong bodies for work and play. To teach independence and self reliance. To aim with the camp fire girls to seek beauty, give service, pursue knowledge, to be trustworthy hold on to health, glorify work to be happy. The Young Women's Christian Association is just a training school for practical helpfulness. The breadth of its principles aims to cover every side of a woman's life—whatever her need, mentally, spiritually, socially, physically. The association aims to assist her to reach the ideal of a fully accomplished mind and character. The association aims at "putting fibre into character standards among women of this generation; for clear-cut ideals, for replacing irreverence with reverence that goes deep, indifference with eager enthusiasm even to the point of self enlistment in real service."

There are numbers of women and girls in this city, who do not know of this school for highest development and who need the training for their own personal benefit, who have large gifts that may be used to help another woman out of a life that is restrained and meagre into a life that is rich and full. Someone has said "All the machinery and all the forces for making this world the kingdom of our God are even now in the world. And all that has to be done is to relate these forces and the differing parts of this machinery. Our greatest need is for volunteer workers, women who are willing to share their opportunities and gifts, women of broad culture and liberal experience, keen minded, intelligent, business women, the woman of artistic taste women endowed with musical or literary ability, the home woman and above all the spiritual woman. The success of our associations depend largely on the strength of the volunteer working forces. We ask that they bring, in the words of the Fire Maker "their strength their ambition their hearts' desire, their joy, their sorrow to the fire of human kind and we invite them to tend as our fathers have tended, and our fathers since time began, the fire that is called "The love of man for man, and the love of man for God."

Other Reports.

Mrs. Edwin J. McLelland, president, stated that it becomes the mission of the association, perhaps, even more than the churches can hope to do, to impress our young girls and women with the vastness of human life, with the proper attitude we should all have towards life, and thus creating this intellectual temper, we create a fuller and better view of Christian living and serving.

After referring to her three years service as president, and her retirement, Mrs. McLelland said:

Three years ago we were confronted with an indebtedness of long standing of over $1,000. I am glad to say that that debt has been wiped out. We have also paid for $1,000 worth of improvements on the interior of this residence, and have the funds provided for a comfortable verandah in course of erection. The very nature of such work reveals the principle that no one person, no matter what her zeal and capacity may have been, could have reached these results apart from real co-operation.

The treasurer's report recommended that a general appeal for moral and financial support on these grounds be made at an early date, and no doubt the response thereto would amply justify it. The association was hampered through lack of funds.

Miss Ellen Pollie, matron reported for the boarding department as follows:

It has been our aim to provide a warm, clean and comfortable home with wholesome food, and an attractive social environments for young girls away from home and for self-supporting women, at as nearly cost price as possible. Only those in charge can appreciate the opportunity and also the difficulty that lies in advising the ignorant girl, protecing the frivolous and giddy ones, giving fresh hope to discouraged girls, trying to discipline the undisciplined. The influence of a refined and cultured home life cannot be estimated. We mention with gratitude the co-operation of the boarders, and the faithful services of our domestic help. There have been nineteen permanent boarders, and 216 transient boarders; 380 have inquired for board, no young girl coming to the city at night is ever turned away. Cots have been placed in the library and halls to accommodate guests, overnight or suitable rooms have been secured nearby; 18,780 meals have been served during the year; 3,575 meals served to transients; 529 served to delegates at the Methodist conference held in May, 1912. The boarding department is entirely self-supporting.

Miss J. R. Drummond, convenor of the social department, reported that twenty-one regular socials had been held with an attendanc of 815. The attendance at the summer outings, the playgrounds and the bathing house was 269. Several lectures were given by Queen's professors.

For the Religious Work committee, L. R. Leslie reported

This committee met once a month. In the fall it organized fiv Bible classes in the different wards of the city and the free Saturday afternoon class. These Bible classes met fifty-three times, with total attendance of 647. Miss Knowles, had mission study classes. During the week of prayer for Y.W.C.A., services were held. On December 15th a Christmas vesper service was held, addressed by Mrs. J. W. McIntosh, at which there was a fine attendance. Miss Fairlie had S. Martin give a talk on the Grenfell mission to the Saturday afternoon class.

On Feb. 2nd, a vesper service to which the city teachers were invited, was held, addressed by Miss Burton. During passion week service was held every evening, with a special Easter service on Sunday, addressed by Principal Gordon. A prayer meeting was held every month. The total attendance at religious service, alone was 2,462. Total attendance at Bible classes and all services was 3,175.

Report of membership committee: Total paid membership to date, 314; active members, 273; associate members, 7; junior members, 26; life members, 8; members under fifteen years of age who do not pay membership fees, 72.

The Merrimakers club had twelve meetings, with a total attendance of 191. Twenty-two girls are enrolled, from ages 14 to 17, under the supervision of Miss Anna Clark and Miss Janet MacKenzie of the Fellowship club. They made scrap-books for sick children, and helped dress dolls for the poor. They have learned how to make sealing wax, hatpins and pansy rackets. The fee is one dollar a year, fifty cents of which goes into the general membership of the association. The club pays for its own socials and has $4.36 in the treasury.

Girls' Fellowship club held seventeen meetings, with a total attendance of 295; average about eighteen. Last May it held a rummage sale and cleared $54.52, with which it helped pay the deficit on the gymnasium. In June last year the club sent a delegate to the conference at Muskoka, and as it wanted to do better this year and send two, it held a tea and sale in April to help raise funds. It was fortunate in clearing $36, and it hopes with all the new ideas and information its delegates acquire, that the Girls' Fellowship club will be a much felt factor in association work. Miss Henstridge and Miss Chown have offered to help the club with some dramatic plays next winter.

Extension work report on noon meetings, Dominion Textile Co.—Noon meetings were started at the Dominion Textile company in January. Thirteen meetings have been held and programmes planned. The girls have had one sleigh ride and two parties at the Y. W. C. A. building, and expect to plan outings for Saturday afternoons during the summer.

The report for the educational work was, in part:

One of the most important of the many-sided aims of the Y.W.C.A. is that of placing within the reach of those who are desirous of continuing any branch of education. We are deeply indebted to the following kind helpers who have been so faithful

Mrs. (Dr.) McCallum, Mrs. Miller, and the Misses F. King, May MacDonnell, M. Fairlie, L. Lambert and student volunteers from Queen's Y. W.C.A.. Thanks are also due to Queen's Athletic Association for the use of gymnasium and to Miss May Chown, who chaperoned the junior gymnasium class.

Lectures on domestic science and "First Aid" were well attended, and the talks by lady and gentlemen educationalists of the college and city were much appreciated. The following is the attendance at some of the winter's features. Educational classes, 23, 79; sewing classes, 41, 593; club meetings, 40, 564. Greater success is hoped for in this branch in the coming year.

Miss Florence Wilson presented a report of the Thursday Club, recently organized, and also known as "The Baby Club," a name given it by the secretary, Miss Knowles. Timely addresses were given the club by Miss Knowles, Miss Burton and Miss Macdonell, in which the girls were encouraged in Y.W.C.A. work. Miss Knowles also gave instructions in gymnasium work and a number will join the gymnasium classes.

A report was presented dealing with the mothers' meetings held in connection with the Y.W.C.A. and the W.C.T.U. Addresses of a most helpful nature were delivered at the various meetings. All were well attended.

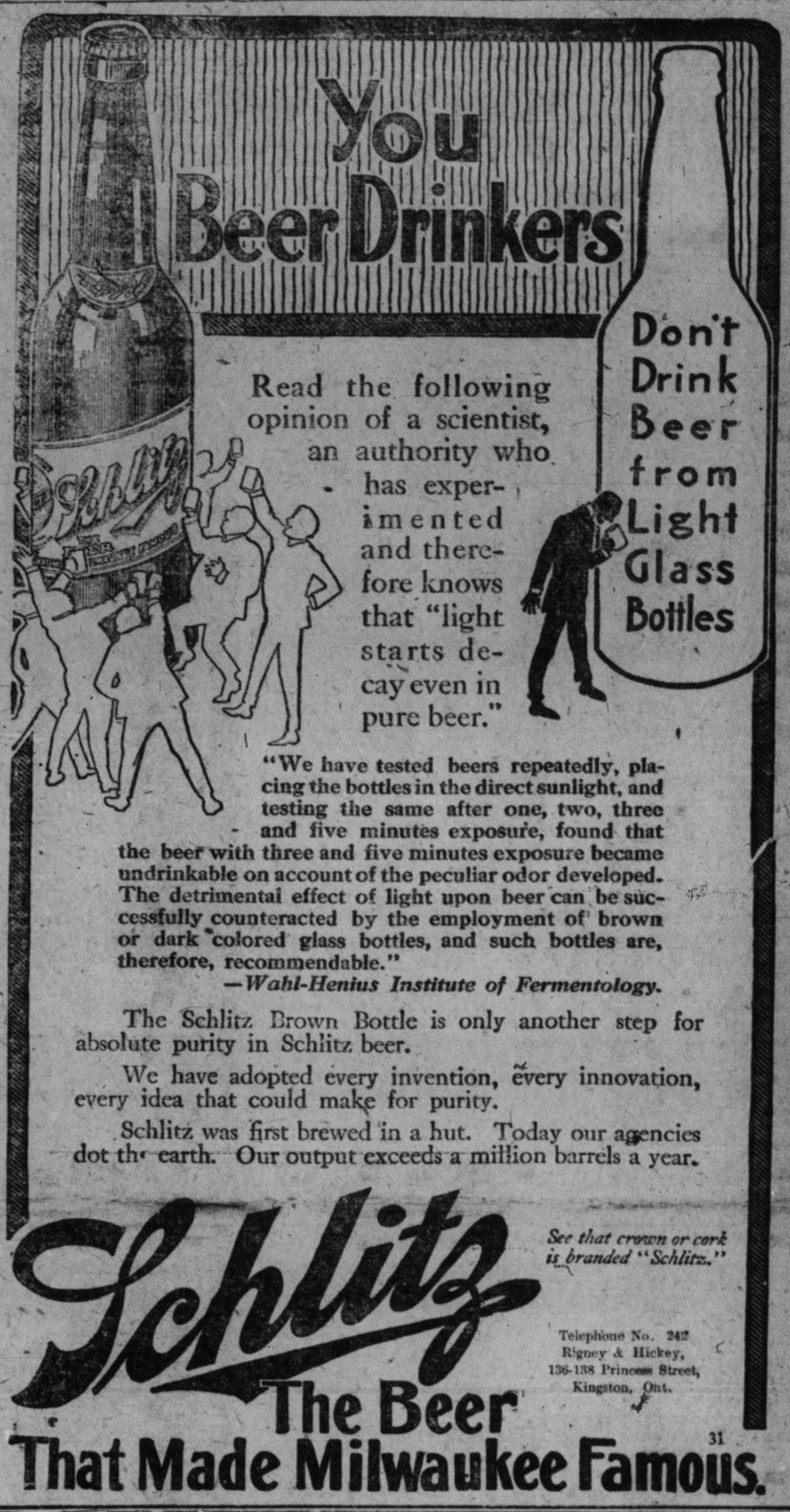
According to the report of the treasurer, financially, the association finishes the year in a satisfactory condition. The total receipts were $5,158.44, and the total expenditure $4,616.49, leaving a balance of $541.95 on hand. There is still a mortgage of $5,800 on the house.

No Need Being Old or Wrinkled Before 75

Lillian Russell says any woman who has wrinkles before she's seventy-five is herself responsible for them. Sunshine and fresh air she considers more valuable as complexion preservers than nostrums and cosmetics.

The chief objection to cosmetics is that at best they only temporarily cover up defects. They are certain true aids to Nature, which may be applied with directly opposite effect. Ordinary mercolized wax, for instance, actually removes a bad or oldish complexion, by gradually, almost imperceptibly, peeling off the worn-out scarf skin. Just one ounce, procurable at any drug store, will soon unveil an entirely new and natural complexion, with an exquisite girlish color. Of course, cutaneous blemishes like pimples, freckles, fine lines, moth patches, liver spots, disappear with the discarded skin.

To prevent or remove wrinkles, a face bath which also produces natural results, is made by dissolving an ounce of powdered saxolite in a half pint witch hazel. This is immediately effective and gives no untoward after-effect.



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Mothers, Wives or Sisters

Who are keeping house always appreciate any method that will lessen their work and expenses.

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