Busy Workers

Men and women workers should keep themselves provided with OXO CUBES. Taken with a slice of bread or a biscuit a cup of OXO makes a quick hot meal at once strengthening and satisfying.

OXO CUBES are as inexpensive as they are convenient. Used in your household for one week you will find a difference not only in the health and wage-earning power of your family, but in the saving of food-expenditure.

A CUBE TO A CUP

Tins of 4, 10, 50 and 100 Cubes

OXO CUBES

Throw Away Your Eye-Glasses!

A Free Prescription

You Can Have Filled and Use at Home

Do you wear glasses? Are you a victim of eye-strain or other eye-weaknesses? If so, you will be glad to know that there is real hope for you. Many whose eyes were failing say they have had their eyes restored through the principle of this wonderful free prescription. One man says, after trying it: "I was almost blind; could not see to read at all. Now I can read everything without any glasses and my eyes do not water any more. At night they would pain dreadfully; now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can even read fine print without glasses." It is believed that thousands who wear glasses can now discard them in a reasonable time, and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefitted by following the simple rules. Here is the prescription: Go to any active drug store and get a bottle of Bon-Opto. Fill a two-ounce bottle with warm water, drop in one Bon-Opto tablet and allow to dissolve. With this liquid, bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start, and inflammation will quickly disappear. If your eyes are bothering you, even a little, take steps to save them now, before it is too late. Many hopelessly blind might have been saved if they had cared for their eyes in time. The Valmas Drug Co., of Toronto, will fill the above prescription by mail, if your druggist cannot.

Geo. W. Mahood, the Kingston Druggist, will also be pleased to fill above prescription.

NEW METHOD

Cleaning, Pressing and Repairing

Neatly done. We make a specialty of Ladies' Work.

M. F. PATTON, Prop.

149 SYDENHAM ST. (Near Princess St.) Phone 214.

A Beauty Secret

To have clear skin, bright eyes and a healthy appearance, your digestion must be good—your bowels and liver kept active and regular. Assist nature—take

BEECHAM'S PILLS

Directions with Every Box of Special Value to Women. Sold everywhere. In boxes, 25 cents.

Try

Cooke's for Photos

159 Wellington St.
Opp. Golden Lion Grocery

Here's Proof That ZUTOO Cures Headache

Mr. E. F. Tomkins, Ex-Mayor of Coaticook, Que., proves it.

"Your Tablets are a safe and effective remedy for headache"

Mr. Geo. Legge, Editor of the "Granby Leader-Mail" proves it.

"Your Zutoo Tablets deserve to be widely known as a cure that will cure."

A. C. Hanson, B. A., K. C., Colonel of the Hussars, proves it.

"I use Zutoo Tablets and find them a very satisfactory cure for Headache."

25 cents per box—at all dealers.

The Local Council of Women

As the simultaneous occurrence of several other meetings, unexpectedly coming into collision with the Annual Meetings of the Local Council of Women, prevented the attendances of a considerable number of representatives of Federated Societies, the opening address, given by the President, Miss A. M. Machar, is published by request, so that all members of Federated Societies, may have the information it contains, regarding the scope and work of both the Local and the National Council of Women.

Opening Address.

When we met together here, last February, few of us would have been willing to believe that the colossal, world-wide war, then raging, could possibly last through another year, spreading its deadly ramifications over so many nations,—such multitudes of lives! Yet we meet again under the same dark cloud, still enveloping the world. It might seem darker than ever, if we could not recognize its silver lining—or rather its lining of light in the noble qualities, that, by God's grace, it has called forth in the Allied Powers,—in the splendid self-sacrifice and endurance that have lighted up the bitter struggle for the cause of righteousness, honour, justice and freedom. We are justly proud of the prowess of our Canadian soldiers, which has in the eyes of the world, raised the name and fame of our Canada far above petty stains which mercenary seekers after gain may have temporarily cast on it at home. The war has struck deep into our social life,—in many of our own homes; but we have learned to reverence and appreciate the silent sacrifices of the devoted mothers, wives and sisters who have bid God-speed to their nearest and dearest, in sending them to the great struggle,—not only for our home and liberties, or for the existence of our beloved Empire, but for the freedom and welfare of humanity! The women of Canada have stood nobly by the brave men who fight for them. For we who remain at home, must carry out their spirit, in the great common cause of us all. We must emulate their service and sacrifice, not merely by caring for their material needs,— as has been so generally and generously done, but also in "doing our bit," to promote those highest interests of honor, justice, mercy and truth, whose supremely alone can make our beloved country worthy of their sacrifices.

One of the most useful lessons taught us by the war—is the necessity of unity,—of co-operated, of remembering that we are all members, one of another, though all have not the same office." The presence of the war has swiftly brought all our Empire's leaders, and those of the Allied forces—to forget differences, —even party ones—to seek closer unity of purpose and method,— to mass their forces against those of the enemy, in the fixed resolve to stand together for victory! We must bring the same spirit into the moral conflict always going on in the effort to make our home life,—our nation's life,—purer, nobler, happier; ridding ourselves in so far as we can by patient perseverance, of the obstacles and handicaps, that now retard its progress. To promote this end of unity and co-operation our National Council of Women is admirably fitted, binding together all the various societies of women, working in so many directions for the common good, into one great national force, in which the united strength of the whole can be put forth to promote any worthy object proposed by the humblest part. Any Federated Society that can bring any desired object before our Executive through its own President, as the President of each Federated Society is officially a Vice-President of the Local Council, and a member of its Executive. The Local Executive, if approving it, can bring it before a general meeting of the Local Council, thus securing united action, if the object be a local one, such as the recent appointment of the Police Matron by the authorities. If it be one of wider scope, the Local Council can bring it before the executive of the National Council, who must judge whether it is to claim the united effort of the whole. This has been repeatedly done in our Kingston Council, and may often be done again. At the annual meeting in Toronto last October, the resolution which came to our executive from the Y. W. C. A., and the W. C. F. U., concerning the establishment of a rural institution for the care and training of backward girls—was very fully discussed, and was fyled for future reference, on the grounds that some of the Provincial Governments have already established, such institutions, and that the demands of the war on public funds would make the present an unfavorable time for pressing the matter in those that have not.

Though the Patriotic and Red Cross work done everywhere by the great mass of the members of Local Councils and Federated Societies, occupied a front place during the meeting, many other important questions were discussed, and resolutions carried, directed towards the purifications of our national Mentally defective, which the National Council has solely pressed on public attention, and which has recently been so strongly presented here by Dr. Hilen McMorephy, that only a passing reference is needed. The suppression of advertisement and books of a questionable nature, received a good deal of attention, at it requires. Two resolutions coming from the Local Council of Vancouver were heartily and sympathetically carried one being the request to Government to introduce Legislation which will make provision for destitute widows or needy mothers with dependent children, in other words what is known as Mothers' Pensions. The other took up the frequently insanitary condition of housing for the working classes in Canadian cities, particularly in apartments or rooming houses, which, from scarcity of light and ventilation and other sadly important lacks are preventive of disease and immorality. The resolution requests and urges the Local Councils to study housing conditions in their respective cities, and where these are defective——to undertake active work that will arouse public interest in the subject, and so lead to improvement in this important respect. These insanitary and congested homes—if such they can be called—are too often to be found in Kingston, coupled with quite disproportinate rent, and by seeking the improvement of such conditions, we shall be rendering a real service to our city and its less fortunate citizens. The National Council has set apart the 26th of May.— Queen Mary's birthday, to be used, as far as possible, in promoting the special aims, and all Local Councils are asked on that day to try to accomplish something in line with these. Following out this suggestion, our local councils might appropriately make a special effort to bring the subject of improved housing for people with very small means, strongly before the minds of our public spirited citizens, and so promote a better state of things for our own city, for which as good citizens, we should be ready to do our best.

An able lecturer recently gave to the Woman's Canadian Club a telling address on "A Greater Kingston" He enumerated the various directions—material and spiritual—in which the good of a city should be sought, such as care for its due sanitation, pleasant and wholesome surroundings, fair conditions for workers, training in efficiency thrift, manual skill, education in various directions, for all its citizens. And he incidentally remarked, from his experiences in Germany, that a high state of efficiency had been attained in civic organization generally,—unhappily—the Germans had ignored and neglected the one great force, strong enough to control the selfish passions of men, that of true religion, and the love of gain, power domination, had been sedulously cultivated and encouraged in the people, until they resulted in the terrible explosion of war, which had brought misery to themselves and the rest of mankind. When the war at last shall end, we may hope for a period of reconstruction of ideals and conditions in which,— if ever international council, prove true to its own watchwords and aims,—we may hope for its beneficent influence in softening bitter animosities and driving out the deadly omen of "hate", by the higher force of love. I should like to state clearly here,—for the benefit of those who may not know it—the explicit standing purpose and aim of the Womens Council,— whether National, International or Local is this stated in the consistution adopted by all: "that in order to ensure the highest good of the family and of the State, we do merely band ourselves together in a confederation of workers to further the application of the golden rule to society, sustain and law." And in the constitution of the International Council, the rule is quoted word for word. "Do unto others as ye would that they should do unto you"—the practical application of the other divine command: "Thou shalt love thy neighbour as thyself." Every member of our council is therefore pledged to promote this ideal by precept and example.

If only the thousands of men enrolled in our National and International Councils should be wholeheartedly faithful to the active propaganda of this fundamental law, they would, as a whole, constitute the most effective peace, society in the world. For the observance of this divine law of brotherhood and brotherly conduct would to a great extent remove the causes of war, and of such differences as should exist, men would retain the primitive and barbarous practice of deciding them by resort to brute force and lethal weapons. When the terms of peace shall at last be settled by the belligerant leaders, there will be many problems to solve and in some at least the help of wise hearted women will be much wanted. There will be dregs left behind,—much excited and bitter feeling to allay. During the recent annual meeting of our Material Council at Toronto its executive was addressed by the president of the Federations of Women's Clubs in the U. S. who gave a most interesting account of the influence exercised by high minded American women in removing the bitter animosities left by the Civil War. In similar work for a distracted world in spiritual Red Cross work—it may well be hoped that the International Council of Women may bear a noble part. For while we can have no truce with the arrogant militarism of Prussian war lords, we cannot forget how heavily on our German sisters lies the burden of sorrow and suffering in a war for which they are not responsible! The International Council of Women chooses its office bearers from the National Councils which compose it. Treasurer, A. A. Canadian vice-president and its correspondent secretary is Traulien Alice Salomon whose residence is Berlin, from whom I received shortly before the war broke out this programme of the last Quinquenenial meeting in Rome. We may well think with sympathy of the many others distressed by the conflict between their higher ideals and the insistent claim of "Deutchland Uber Allies." When the wars shall at last be oven it should be the appropriate task of the International Council of Women, to heal the wounds of warfare, and restore amity and co-operation in the service of humanity. This may well be called "The Womans' Century", for she is finding "open doors" in all phrases of usefulness. A correspondent, in Britain writes that "the women question" is solving itself! Certain it is that British women have rallied magnificently to their country's call, —that the passionate demand for the "vote", has been hushed in the generous offer of whole-hearted service and that the generosity is appreciated and will not be forgotten! When thousands of women volunteer in the field or elsewhere to the hard manual labour needed to supply the lack of that drawn off by the war, the men who find the women loyally ready to share their responsibilities in defence of the Empire will not long refuse them a share in its councils. Two of our own provinces, wherein women perhaps seem most practionally useful, appear about to grant them the franchise and our National Council is asking it for Ontario. But it is less important for women to hasten the day which is assuredly coming, than it is to prepare themselves for the wise exercise of the franchise when it does come. For this the war, with all its sadness in uplifting and transforming womanhood by the 'conic' power of service and sacrifice—turning mind and heart to the noblest issues—may prove a valuable aid. A Cambridge Professor has recently addressed to his countrymen the following wise words,—"If the terrible disasters to the things seem teach us true reverence for the unseen forces of truth and righteousness, we shall find the price not too high, for we shall have entered on a higher warfare, in which we stake everything on Gods' will being done on earth as it is in heaven." Thus, indeed, we may, through faith and love, reach, by Gods' grace, the true goal of peace for which this suffering world is everywhere longing, when, in the words of Holy Writ, the work of righteousness shall be peace and the effect of righteousness;—quietness and confidence for ever."

Aggregate Amount of Funds

Administered during the past year by the Societies Federated in the Local Council of Women.

From financial returns obtained from the Federated Societies, in connection with the annual meeting of the Local Council of Women the total amount not administered by them in their various fields of work for the good of the community, has been computed at approximately $23,000, in round numbers. This amount, however, included certain public grants to two or three institutions, which are, nevertheless, largely sustained by individual liberality, but these figures convey little knowledge of the real amount of good done by the faithful and disinterested workers:

The above total is exclusive of $10,000 obtained by the Red Cross Society, since the commencement of the war from Kingston and its surrounding districts, all of which of course devoted to the Canadian Hospitals and other urgent needs created by the continuance of the war for which Canadian women here and everywhere have worked so generously ever since August 1914 brought war upon the world.

Office-bearers of Local Council of Women for current year:

Honorary President—Mrs. Hugh Fraser.

President—Miss Machar.

Honorary vice-presidents — Mrs. W. F. Nickle, Mrs. W. Cochrane.

Active vice-presidents — Mrs. Oberndorffer, Mrs. Constance, Mrs. Steacy, Mrs. Muckleston, Mrs. Hunter Ogilvie, and all presidents of federated societies, who are also ex-officio members of the executive.

Corresponding secretary — Mrs. Hugh Macpherson.

Assistant corresponding secretary —Miss Creighton.

Recording secretary—Miss Renan.

Treasurer—Mrs. Jordan.

The announcement that the Woman's Canadian Club has decided to join the other federated societies in the Local Council of Women has caused much satisfaction among all interested in the progress and usefulness of that important organization.

At Guleph, on Friday, Etta May Bunting, wife of Charles Hummell lately of Smith's Falls, passed away. The deceased, the only daughter of Mr. and Mrs. Thomas Bunting, Smith's Falls, was thirty-two years old.

WHAT ONTARIO FOLKS SAY.

Hamilton, Ont.—"This is to state that I have received great benefit from the use of Dr. Pierce's Favorite Prescription. Some time ago I was run down and weak, suffered loss of appetite and was miserable. Four bottles of the 'Prescription' cured me up in fine shape; it did wonders for me and I can recommend it very highly to women who are ailing."—Miss Marie Miller, 127 Hess St., Hamilton, Ont.

Brantford, Ont.—"Some few years ago I got in a very much run-down condition. Was very weak; could not do anything; had no strength at all. I began taking Dr. Pierce's Favorite Prescription; I only took five bottles and it put me in splendid condition. I felt better than I had for years. Other members of my family have used this medicine and found it equally as beneficial. I can highly recommend it to weak women."—Mrs. A. Gilmour, 71 Brighton Row, Brantford, Ont.

The use of Dr. Pierce's Favorite Prescription makes women happy by making them healthy. There are no more crying spells. "Favorite Prescription" makes weak women strong, sick women well.

Like an open book, our faces tell the tale of health or disease. Hollow cheeks and sunken eyes, listless steps, sleepless nights—tell of wasting debilitating disease some place in the body. It may be one place or another, the cause is generally traceable to a common source.

Get the "Prescription" to-day—either in liquid or tablet form—if you want to better your physical condition speedily.

Dr. Pierce's Pellets regulate and invigorate stomach, liver and bowels. Keep the body clean inside as well as outside.

That's for Recess!

GROWING boys and girls feel the pinch of hunger more often than grown-ups—it's a healthy sign—and at such times the body needs healthy and wholesome nourishment.

On these occasions do not let your children indulge in cheap and inferior confectionery. It is far better to be on the safe side and advise them to buy "MAPLE BUDS."

These dainty, solid chocolate pieces are made in the most sanitary and up-to-date factory in the world. They contain nothing but the finest and most perfect Cocoa Beans, creamy milk and selected sugar,—they are not injurious to the weakest digestion.

Advise your children to buy them or buy them for your children and yourself.

COWAN'S MAPLE BUDS

A Dainty Solid Chocolate A-31

FINANCIAL MATTERS

OUTLOOK FOR BANNER YEAR IN WALL STREET.

United States Steel and Bethlehem Dividend Payments Provide New Capital.

New York, March 3.—The United States Steel quarterly dividend, payable on March 30th, will call for $6,350,000, and the Bethlehem dividend, on April 1st, $1,500,000, a total of $7,850,000. A year ago neither company paid anything to common shareholders.

The two dividends reflect the great industrial prosperity of the country, and show the vast amount of new capital that is being collected for reinvestment. It is because of the hundreds of millions of dollars in increased disbursements to shareholders, a large amount of which will flow into channels of investment, that many bankers hold that 1916 will be a banner year for Wall Street.

Dominion Canners Shows Loss.

Hamilton, Ont., March 3.—The annual meeting of the Dominion Canners, Limited, was held here and the financial statement for the year ending December 31st, 1915, was presented. Active assets were shown amounting to $2,451,270.32. These are represented by accounts receivable, reserve for bad debts, manufactured goods, raw materials, supplies, etc. and also investments of $160,198.44.

The inactive assets, including real estate, buildings, plant, machinery, good will, trade market, were represented as being $6,720,641.96, less amount unpaid of $150,000. Deferred charges $40,984.11. During the year a dividend of 1¾ per cent. on preferred charges has been paid, amounting to $39,000. Liabilities to the public are represented as amounting to $2,393,311.24, and to the bond holders, $1,906,170, and to the shareholders $5,373,613.59.

The sum of $294,438 is set down as loss for 1915 before adding bond interest. A balance was carried forward of $180,818.59.

The balance in 1914 was $627,433.48.

The Lure Of Gold.

Ottawa, March 3.—The Arctic Gold Exploration Syndicate, whose head office is in Toronto, has purchased twenty acres of land on Bylot Island in Baffin Bay. The price paid was one dollar per acre.

Jitneys Attain Dignity.

Ottawa, March 3.—Among the company incorporations gazetted is the Transit Company, Limited, Toronto, with capital stock of $250,000.

May Earn $28,000,000.

New York, March 3.—General Motors earnings have been officially estimated at $24,000,000 net for the fiscal year to end July 31st next. The first half year, however, which ended January 31st, has shown a rate of profits which makes it likely that this balance will be exceeded by at least $4,000,000.

If General Motors actually does earn $28,000,000 net during its 1916 fiscal session it would mean a surplus for the $16,500,000 common after taking out the 7 per cent. preferred dividend of 163 per cent.

When General Motors closed its 1915 year with the hitherto unprecedented earnings of $81 per share it was felt by many that this marked the high-water point. It is something of a strain upon credulity to imagine doubling this balance of common share profits in the following year. This seems to be the moral of the first six months and only an unexpected upset in the spring selling season would alter this balance of profits.

Commercial Notes.

The Mattagami Pulp and Paper Company has been granted a provincial charter. Its capitalization is $4,000,000, and its head office, Toronto.

The Burrows Refining Company, capitalized at a million and a half, has obtained a federal charter with headquarters in Ottawa. General powers are given to produce, reduce and refine ores, metals, gases, etc.

At Hamilton, the directors of the United Gas and Fuel Co. had a meeting with the surveyors and engineers employed to draw up plans for the $2,000,000 coke ovens plant the company has decided to build there.

Two New York Stock Exchange seats sold this week at $65,000, down $4,500 from the last official sale. The two seats posted for transfer were William R. K. Taylor to Frederic W. Loew and William G. Wiley, deceased, to John B. Shethar.

The statement of gross earnings of the Canadian Pacific Railway Company for the month of January aggregated $8,588,826. As operating expenses were $6,498,417, net earnings for the period totalled $2,090,408, which was an increase over January, 1915, of $950,175.

It was announced by President Mark Workman of the Dominion Steel Corporation, that D. H. McDougall, who has been manager of the Dominion Coal Company since 1912, has been appointed general manager of the corporation, with complete control of the steel plant, the mines and collieries.

ESTABLISHED OVER 41 YEARS

THE STANDARD BANK OF CANADA

STATEMENT OF AFFAIRS ON 31st JANUARY, 1916,
Condensed from Government Report:

LIABILITIES		RESOURCES	
Notes in Circulation	$ 3,271,763.00	Cash on hand	$ 8,201,431.98
Deposits	43,099,850.77	Deposit in Central Gold Reserves	500,000.00
Due to Banks	269,562.30	Due by Banks	4,191,715.36
Dividend payable 1st Feb., 1916	97,500.00	British, Dominion and Provincial Government and other debts	3,196,429.24
Capital Paid up	3,000,000.00	Loans on call in Canada	2,325,242.74
Reserve Fund and undivided profits	4,961,646.89		18,414,819.27
Acceptances under Letters of Credit	22,598.15	Loans and Discounts	35,943,915.34
		Deposit with Government re Circulation Fund	150,000.00
		Bank Premises (Freehold)	1,171,268.75
		Other Assets	120,819.60
		Acceptances per contra	22,598.15
	$53,822,121.11		$53,822,121.11

Grief and Worry Childbirth La Grippe Excesses and Overstrain

cause

Nervous Exhaustion

Take the new remedy

Asaya-Neurall

(TRADE-MARK)

which contains the form of phosphorus required for nerve repair.

Free sample bottle, containing treatment for one week (ample to prove its merit in your case), and booklet explaining formula sent upon request to Davis & Lawrence Co., Montreal.

Do you want to earn $10 a week or more in your own home?

Reliable persons will be furnished with profitable, all-year-round employment on Auto-Knitting Machines, $10 per week readily earned. We teach you at home, distance is no hindrance. Write for particulars, rates of pay, send 2c. stamp.

AUTO-KNITTER HOSIERY CO.
Dept. 115B 257 College St. - Toronto
(Also at Leicester, England)

$1,000.00 REWARD

For information that will lead to the discovery or whereabouts of the person or persons suffering from Nervous Debility, Diseases of the Mouth and Throat, Blood Poison, Skin Diseases, Bladder Troubles, Special Ailments, and Chronic or Complicated Complaints who cannot be cured at The Ontario Medical Institute, 263-265 Yonge St., Toronto. Correspondence invited.

Why He Lost It.

A boy of tender years was returning from school the other day, crying bitterly.

"What ails you, my little fellow?" asked an old gentleman.

"I-I've lo-ost the p'penny the t-teacher gave for the best boy in the class," sobbed the boy.

"Oh, well, never mind," replied the old gentleman. "Here is another one that will take its place. But tell me, how did you come to lose it?"

"'Cause I wasn't the best boy in the class," sobbed the boy.

He Had Him.

The alien enemies interned at a certain camp often play jokes on farm laborers who pass their barbed-wire entanglements. The other morning a specially stalwart ploughman passed along the road, and one German, thinking to have a laugh at him, shouted out: "Kitchener vants you! "Kitchener vants you!" said the German again in great glee. "Does he? Well, he's jolly well got you," replied the countryman with a grin.