

Nature Calls for Sweets

Candies in excess cause our digestive organs to rebel. So do also all kinds of food. The big fact is that sweets in moderation are a necessity. Try some of these:

- Maple and Chocolate Fudge . . . 30c lb.
- Marabone 30c lb.
- Lady Caramels 30c lb.
- Maple and choc. striped caramels 30c lb.

These are sure to captivate a sweet tooth on the first trial.

P. H. BAKER & CO.
Phone 141; 302 King St.

GRAND TRUNK RAILWAY SYSTEM LOCAL BRANCH TIME TABLE

In effect Jan. 14th, 1917.

Trains will leave and arrive at City Depot, foot of Johnson street.

GOING WEST

No.	City	Arr. City
No. 19 Mail	12:30 a.m.	12:57 a.m.
No. 13 Express	2:55 a.m.	3:35 a.m.
No. 6 Mail	12:29 p.m.	12:52 p.m.
No. 27 Local	6:40 a.m.	7:12 p.m.
No. 1 Intern'l Ltd.	1:41 p.m.	2:12 p.m.
No. 7 Mail	3:04 p.m.	3:40 p.m.

GOING EAST

No.	City	Arr. City
No. 18 Mail	1:40 a.m.	2:17 a.m.
No. 16 Express	2:58 a.m.	3:35 a.m.
No. 9 Mail	12:29 p.m.	12:52 p.m.
No. 14 Intern'l Ltd.	1:08 p.m.	1:38 p.m.
No. 28 Local	6:48 p.m.	7:22 p.m.
No. 1, 6, 7, 13, 14, 16, 18, 19	Run daily.	

Other trains daily except Sunday.

Direct route to Toronto, Peterboro, Hamilton, Buffalo, London, Detroit, Chicago, Bay City, Saginaw, Montreal, Ottawa, Quebec, Portland, St. John, Halifax, Boston and New York.

For Pullman Accommodation, Tickets and all other information, apply to

J. P. HANLEY, AGENT.
Cor. Johnson and Ontario Streets, Kingston, Ont.

AGENCY FOR ALL OCEAN STEAMSHIP LINES.
Open Day and Night Telephone 99

CUNARD LINE

CANADIAN SERVICE.
LONDON to HALIFAX
(Via Plymouth)

HALIFAX to LONDON
(Calling Falmouth to land passengers)

For particulars of sailings and rates, apply to Local Agents or to The Robert Reford Co., Limited, General Agents, 68 King Street East, Toronto.

CHAPPED HANDS AND COLD SORES

Are your hands chapped, cracked, or sore? Have you "cold cracks" which open and bleed when the skin is drawn tight? Have you a cold sore, frost bite, or chilblains, which at times makes it agony for you to go about your duties? If so, Zam-Buk will give you relief, and will heal the frost-damaged skin.

Miss B. Strojas, of East Hantsford, N.S., writes: "My hands were so badly chapped I was unable to put them in water. All remedies failed to heal until I tried Zam-Buk. Perseverance with this balm completely healed the sores."

Zam-Buk heals cuts, burns, bruises, eczema, sores, chapped hands, cold sores, frost bites and all skin diseases and injuries. Refuse substitutes. At all druggists and stores, 15c box.

ZAM-BUK GIVES QUICK RELIEF

BLITZ

The Polishing Cloth for All Metals.

Always ready for use; nothing to spill, won't dry or injure the hands. A real friend for the soldier. Sold at

Thompson's Grocery
294 Princess Street, Phone 387

Ladies' Suits !!

By placing your order now for your spring suit you will save 25%. Also skirts and dresses made to measure for very low prices.

New York Skirt & Suit Co.
203 Wellington Street.

KINGSTON RED CROSS SOCIETY

(Continued from Page 3.)
43 pillow covers, 900 mouth wipes, 400 face cloths, 31 Turkish towelling face cloths, 12 sheets.

Edmonton—108 abdominal, 109 triangular bandages.
St. Alphonsus, Windsor—126 pads.

St. Andrew's Presbyterian church, Windsor—150 pads, 16 quilted and 360 pads.

Bruce avenue Baptist church Windsor—950 pads, 12 lap towels, 275 sponges, 200 swabs, 264 pads.

Odessa Red Cross—18 face cloths, 36 pillow cases, 4 pair bed socks, 42 pair pyjamas, 83 pair socks.

Work Done by Societies.
Sunbury Red Cross workers—(a) 7 abdominal bandages, 4 pneumonia jackets, 1 nightshirt. (b) 44 abdominal bandages, 87 bandages, 3 night-shirts, 3 pair socks, 6 hot water bottle covers, (c) 19 abdominal binders, 3 nightshirts, 2 pair woolen socks, 16 pneumonia jackets.

Catarqui ladies—(a) 24 operation socks, 3 nightshirts, 6 pair socks. (b) 46 cotton wool pads, 82 operation socks. Catarqui Red Cross—4 dozen operation socks, 2 pair socks, 1 dozen hot water bottle covers, 1 pair pyjamas, 6 nightshirts.

Princess street church Red Cross—25 pneumonia jackets, 1 pad, 7 crutch pads, 2 pair socks.
Princess street church Ladies' Aid—23 pneumonia jackets, 18 dressings.

St. Mary's Sewing Circle—9 pair pyjamas, 2 pair socks.
Spencerville Women's Institute—6 suits pyjamas, 11 pair socks, 13 hospital shirts.

Algonquin Women's Institute—16 army shirts, 18 nightshirts, 8 suits pyjamas, 4 pair socks.
Shanly Women's Institute—15 army shirts, 12 pyjamas, 24 night-shirts.

Cooke's church—5 dozen triangular bandages.
Cooke's Y.P. Society—10 dozen triangular bandages.
Cooke's church Ladies' Aid—(a)

CASTORIA

For Infants and Children
In Use For Over 30 Years

Always bears the Signature of *Chas. H. Fletcher*

5 hospital nightshirts; 13 pneumonia jackets. (b) 5 nightshirts, 11 pneumonia jackets.
Cloyne Red Cross—3 shirts, 6 nightshirts, 1 abdominal bandage.
Miss Hupp's S.S. class—10 many-tailed bandages.

St. George's Cathedral Mission—1 abdominal bandage, 6 operation coats, 3 pyjamas and 2 dozen pads.
Maple Leaf Circle, Perth Road, 4 pair socks.

St. John's church, Portsmouth, Ladies' Aid—(a) 3 shirts, 6 nightshirts. (b) 1 army, 6 night shirts.

Sand Hill Red Cross workers—(a) 6 nightshirts, 5 pair pyjamas, 1 dozen pads, 5 pneumonia jackets; Mrs. H. McBroome, 3 bandages; Mrs. T. H. Gillespie, 5 bandages, 2 operation socks, 1 H. shirt; Mrs. R. Johnston, 1 army shirt, 1 suit pyjamas, 2 bandages; Mrs. Archie McKendry, 1 suit pyjamas, 1 hospital shirt, 1 army shirt, 2 bandages; Mrs. H. Johnston, 1 bandage, 1 pair operation socks, 2 hospital shirts, 1 pair socks, 1 suit pyjamas; Mrs. Segaworth, 6 pair operation socks; Mrs. T. Gillespie, 2 pair operation socks; Mrs. E. Acton, 1 pair socks, 2 hospital shirts; Mrs. R. Acton, 1 pair socks; Mrs. Fred Garrett, 2 pair socks, 1 army shirt, 1 suit pyjamas, 2 hospital shirts.

Mrs. Weir, 1 army shirt, 1 suit pyjamas, 3 bandages, 3 H. shirts; Mrs. Morrison, 1 H. shirt, 4 bandages; Mrs. J. Donaldson, 1 pair socks; Mrs. Carey, 6 pair operation socks; Ella M. Johnston, 4 bandages.

Godfrey—16 N. shirts, 12 pairs socks, 4 army shirts, 14 suits pyjamas.

Miss Allan's Class 27. Queen's Street church—23 pneumonia jackets, 1,100 eye pads.

Ladies' Aid, Latimer—8 pyjamas, 12 N. shirts, 1 army shirt.
St. Luke's Serving Guild—1 pair socks.
Zion Church Girls' Own Circle—25 pads.

Pine Hill Branch Red Cross—25 suits pyjamas, 14 gowns.
Sand Hill Red Cross—2 hospital shirts, 111 bandages, 4 pairs knitted socks, 10 pairs operation socks, 41 pads.

Ladies, Collins Bay—15 night shirts, 4 crutch pads, 2 pairs socks.
Milburn Public School—1 dozen abd. bandages.

The Gordon Hamilton Club, Glenvale—20 night shirts, 2 pairs pyjamas.
Sydenham Street church, Miss Mooney's Class—125 bandages.
Westbrook Women's Institute—15 operation socks, 7 night shirts, 7 abd. bandages, 12 pyjamas.

Donations.
Miss J. Brown, 1 pair operation socks; Mrs. H. Hartman, 1 pillow; Mrs. H. Crumley, 1 pair socks; Mrs. Alfred Light, 20 bandages.
Ladies of Collins Bay—12 comfort bags (money donated for these by Grand Trunk Employees' Association, Belleville district).
Sunbury Red Cross—2 feather pillows.

Murvale—3 pairs socks, 6 shirts, 1 pair bed sock.
Mrs. Richmond—1 pair socks; Mrs. Tandy, 2 pairs socks.
Spencerville Women's Institute—2 pairs pillows.

Bay View Women's Institute, Collins Bay—16 pairs socks.
Mrs. J. S. Johnstone, 1 pair socks.
Algonquin Women's Institute—29 pairs socks.

Mrs. Jordan, old cotton; Miss E. Mowat, 11 scrap books, 2 stories, 16 dozen mouthwipes, 2 cushions; Miss Macnee, 1 pair socks; Waddell Class, Olivet Sunday school, Selley's Bay, 2 dozen hospital shirts; Women's Institute, Selley's Bay, 15 hospital night shirts, 6 pairs pyjamas; Mrs. Gummer, 1 scarf.

Battersea Red Cross—8 pillows, 6 pillow cases, 1 night shirt, 18 D. bandages, 34 gauze bandages, 9 pairs socks, 11 abd. bandages, 1 bandage, 1 many-tailed bandage.
Glenburnie—5 towels, 5 pairs socks, 17 night shirts, 13 pyjama suits.

Work Done.
Socks—Miss Strange, 1 pair hospital; Miss Hines, 2 pairs; Mrs. T. C. Wilson, 1 pair; Mrs. Wooley, 1 pair; Mrs. Ferguson, 1 pair; Miss Mary Gates, 3 pairs; Mrs. Stuart, 1 pair; Mrs. E. Crawford, 2 pairs; Mrs. D. Murray, 2 pairs; Mrs. Conway, 2 pairs; Mrs. A. Ellis, 1 pair; Miss Going, 1 pair; Mrs. D. Donaldson, 6 pairs; Mrs. J. K. Robertson, 1 pair; Mrs. T. C. Wilson, 1 pair; Miss Ireland, 1 pair; Miss Duff, 1 pair; Mrs. Chambers, 1 pair; Mrs. Rayson, 1 pair; Mrs. Finkle, 1 pair; Mrs. A. Glover, 2 pairs; Mrs. J. Johnston, 2 pairs; Mrs. Bateman, 1 pair; Mrs. Bates, 1 pair; Mrs. Donnelly, 1 pair; Mrs. E. J. Lake, 1 pair; Mrs. Walker, 1 pair; Miss Isabel Walker, 1 pair; Mrs. Wooley, 2 pairs; Mrs. McGill, 1 pair; Mrs. T. G. Smith, 4 pairs; Miss Connell, 2 pairs; Mrs. Inman, 2 pairs; Miss Fisher, 4 pairs; Miss L. Fleming, 1 pair; Miss Grier, 1 pair; Miss Ross, 1 pair; Miss Hines, 1 pair; Mrs. Swain, 1 pair; Mrs. McGoff, 2 pairs; Miss Redmond, 3 pairs; Miss Macmillan, 4 pairs; Mrs. Taylor, 2 pairs; Mrs. E. W. Henderson, 1 pair; Mrs. R. Crawford, 1 pair; Mrs. J. S. Johnson, 2 pairs; Mrs. Harris, 1 pair; Mrs. J. C. Connell, 2 pairs; Mrs. H. Bower, 2 pairs; Miss Conley, 1 pair; Mrs. A. Ellis, 1 pair; Mrs. McGill, 1 pair; Miss Cunningham, 2 pairs; Mrs. Cornett, 1 pair; Misses Lyman, 2 pair; Mrs. M. Elliott, 1 pair; Mrs. Slade, 1 pair; Misses Foster, 2 pairs; Miss Crisp, 1 pair; Miss Ross, 1 pair; Miss Macdonnell, 1 pair; Mrs. Price, 1 pair; Mrs. Hughes, 1 pair; Mrs. Boyce, 1 pair; Mrs. T. C. Wilson, 1 pair; Mrs. Earle, 2 pairs; Mrs. Wooley, 3 pairs; Mrs. Blake, 2 pairs; Mrs. Glover, 2 pair; Miss M. Kirkpatrick, 2 pairs; Miss L. Fleming, 1 pair; Miss Bureau, 1 pair; Miss Margaret O'Brien, 6 pairs; Mrs. C. Walker, 2 pairs; Mrs. M. Reid, 1 pair; Miss Richmond, 1 pair; Miss Ireland, 1 pair.

Scarf—Miss Maehar.
Hospital Shirts—Mrs. Gratton, 1; Miss L. O'Brien, 1 night shirt; Mrs. Holland, 4 army; Mrs. Zufeit, 39 night and 14 army cut.

Bed-pads—Mrs. Dun, 12; Mrs. Ada, 21.
Wristdets—Miss Grier, 1 pair; Misses Fisher, 1 pair.

Bandages—Mrs. J. Toland, 3 abdominal; Miss Mowat, 3 T.; Mrs. Ayers, 3 dozen tris.; Mrs. Holland, 6 abdominal.

Pyjamas—Mrs. Phelan, 1 pair.



A Bad Sign

WHEREVER you see a road annually closed to traffic—you may know that the taxpayers of the community through which it passes are paying for somebody's folly. For it is folly—nothing short of it—to build a road that has to be continually repaired. You cannot excuse it on the plea of ignorance—for we now know a better way. We know the economy and satisfaction to be derived from

Permanent Highways of Concrete

Are you taking your part in the agitation for such highways? Are you preparing yourself to answer intelligently when asked, "What kind of a road shall we have?" Preparedness to meet this great issue squarely and fairly, requires that you become posted.

The short route to complete knowledge of all that Concrete Highways mean, is furnished by us in our Road Books. These will be sent free to anyone who will take the trouble to address a post-card request to

Canada Cement Company, Limited
61 Herald Building :: Montreal

"CONCRETE FOR PERMANENCE"

Potatoes 90 Cents, Peck.
Niagara Falls, March 2.—To-day grocers here asked 90 cents a peck for potatoes. This is what they have been in Niagara Falls, N.Y. Dealers here said they had to have that price, as they were \$5.25 a bag wholesale.

To Build Cunard Steamers.
Baltimore, March 2.—The Bethlehem Steel Company, at Sparrow's

Point announced today that it had received contracts for two cargo ships of 10,000 tons each from the Cunard Company. It was announced that these ships are the first to be built in this country for the Cunard Company in fifty years.

Nothing succeeds like success unless it is the way some failures fall. When fame comes to the average man it frosts upon his monument.

"What's the row?" "No row—I dropped a piece of WRIGLEY'S"



WRIGLEY'S

Soldiers Cheer It Because It Cheers Them



WRIGLEY'S

This delicious, refreshing, long-lasting sweetmeat is a boon to the Soldier in the trenches and the Sailor on the seas.

It relieves fatigue, allays thirst, provides a most agreeable antiseptic for mouth and throat.

Sold everywhere.

Send some to your boy.

MADE IN CANADA
Wm. Wrigley Jr. Co., Ltd., Wrigley Bldg., Toronto

The Flavor Lasts!

JOHN M. PATRICK

Sewing Machines, Umbrellas, Suit Cases, Trunks, repaired and re-fitted. Saws filed, Knives and Scissors Sharpened, Razors honed. All makes of firearms repaired promptly. Locks repaired; Keys fitted. All makes of Lawn Mowers sharpened and repaired.

149 Sydenham Street

Rubbers

To Fit All Styles of Shoes
Ladies' Rubbers, High Heels.
Ladies' Rubbers, Low Heels
Ladies' Rubbers, Medium Heels
Ladies' Dark Tan Rubbers
Ladies' White Rubbers
Men's, Boys', Girls' & Children's Rubbers

RUBBER BOOTS Best Grade.

The Sawyer Shoe Store

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To All Points in Western Canada and the Pacific Coast

Electric Lighted and Comfortably Equipped Trains.
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VIA CANADIAN NORTHERN

On Grounds of Patriotism and Good Business—

Save for the New

Canadian War Loan

Our services are free and we shall gladly answer any enquiries.

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Established 1911

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Chew it after every meal