



Women Win

New charm, new beauty by a morning drink

Do you realize how much beauty, how much charm depends on inner cleanliness?

Do you know how poisons and wastes in the system affect your complexion, your fitness, your vivacity?

Then do this in the morning—or any time—when you know that poisons need elimination. Drink a glass of water, hot or cold. Add a little Jad Salts. It will make a sparkling drink.

The effect is to flush the intestines in a way pleasant, prompt and gentle. Results usually appear in an hour. And they come from the acids of lemon and grape combined with lithium, etc.

Don't wait for delayed effects. Keep at your best. Correct wrong conditions quickly.

Let a trial of Jad Salts show what this means to you.

Ask your druggist for Jad Salts today.



IF HUBBY HAD TO DO THE WASHING

THE CHANCES are that if hubby was invited to do the family washing or to stick around while it was being done he would say, "Let George do it." Our advice is to let one of our electric washing machines take the toll out of your wife's life. Let us demonstrate their worthiness and guarantee.

BURKE ELECTRIC CO. ELECTRICAL SUPPLIES & SERVICE. PHONE 423, 74 PRINCESS ST.



RELIEVED PAIN AND SWELLING OVERNIGHT

Long-standing case of rheumatism helped in a few hours

After having suffered with rheumatism for years, and tried all kinds of remedies in vain, thousands of people have at last found a way to get quick, sure relief.

"I have been a sufferer from rheumatism for years," writes one woman from Washington, D. C. "At times my hands are terribly swollen. Sloan's always gives me relief in a very short time. I have tried other liniments, but nothing equals Sloan's."

The marvelous effectiveness of Sloan's is due to its stimulating effect upon the circulation. Straight to the sick, aching tissues, it sends a healing tide of fresh new blood—clears out rheumatism germs—kills pain.

So pleasant and clean to use, too. You don't even have to rub. Just put it on gently and you will get immediate results. All druggists—35 cents.



MOTING AND EYE STRAIN

Motoring subjects the eyes to a great strain. The close attention to the road causes a high percentage of the common eye troubles.

Ordinary glasses are no answer but the new famous R. Arthey lenses, which correct all the harmful rays, allowing only the harmless light to pass through.

Let us arrange a demonstration without obligation. Better than Crookes, color to cure the appearance—guarantee with every pair.

R. ARTHEY OPTOMETRIST 148 PRINCESS STREET

THE VICTORIAN ORDER OF NURSES' ANNUAL

Splendid Work of the Past Year Reported—Praise for the Nursing Done.

A well attended meeting of the Victorian Order of Nurses was held on Thursday afternoon in the city Council Chamber, Mrs. F. C. Reid, the president, was in the chair. As it was the annual meeting Mr. J. B. Walkem, who has been the treasurer of the Kingston branch of the V.O.N. since its inception, presented his report. The receipts for the year amounted to \$3,886.45 and the disbursements to \$2,764.23, the cash in the bank amounting to \$1,122.15. The tag day brought in \$671.51 and the subscriptions from individuals and societies amounted to \$1,031.82. The Lancelian Fund yielded \$300; the nurses fees amounted to \$404; the grant from the city was \$500. Mr. Walkem in referring to



MISS E. LEEDER, The Victorian Order Nurse in Kingston.

the canvass of the city for funds said that none of the banks had subscribed to the funds of the V.O.N.

Mrs. T. H. King, the recording secretary, read the following report and also the names of the forty-five ladies and ten gentlemen on the committee.

Secretary's Report.

"During the year, the regular one executive, and three special meetings were held, with average attendance of sixteen. We are grateful to Miss Emma Peters, Brock street, who gave the use of her millinery store, in January, for the sale of home-made cooking. In April the Mothers' Council of the Y.M.C.A. put on 'The Pageant of Famous Women,' which greatly assisted with our finances. The committee were pleased to get permission from the city council during Old Boys' Week in August to hold a tag day. A fair amount was realized. We were grateful in September to have a visit from Miss Stevenson, district superintendent, whose kindly criticism and advice was appreciated by all who attended the meeting.

"In September owing to ill-health Mrs. Robinson was forced to ask for sick leave, which was granted. I regret to have to report that, owing to lack of finances, a substitute nurse was not engaged, and since then, Miss Leeder has been carrying on the work with the assistance of our occasional nurse, when necessary. We feel this is only temporary, and hope the time is not far distant when our activities shall be greatly increased.

"Aided by the generosity of some friends and the Nurses Alumnae, the Committee were able to give the usual Christmas treat to some 300 mothers and children, who attend the Welfare Station. This treat was a decided success. The programme was one of the best, and was composed of some of Kingston's best talent, who gave their services so willingly.

"We still have a big problem in financing the Order in Kingston and will again be forced to send out appeals to local societies and private citizens. To those who so far have contributed we extend sincere appreciation. To Miss Leeder our thanks is due. She is ever ready to assist the sick and suffering. We also thank our faithful president, Mrs. Reid, for unfailing interest, in every thing that concerns the Order.

"This report would not be complete without a word of thanks, to each and every citizen, and organization who have in any way assisted in the carrying on of our work."

The Nurse's Report.

Miss Leeder presented the nurse's report as follows: "As nurse in charge I beg to submit the following report of the activities of the Kingston branch Victorian Order of Nurses.

"Our bedside nursing is our first responsibility, only 51 could pay the full cost of the visit, 65 were nursed free of charge. 40 were sick policy holders of the Metropolitan Life Insurance Company and the remainder paid fees ranging from 10c to 60c per visit. There were 1,533 nursing visits made and 925 educational, making a total of 2,535 of which 1,375 were free.

"Our pre-natal and maternity nursing has always been an outstanding feature of our work and our report shows 237 pre-natal visits to 79 expectant mothers, these visits are of great importance to the patient and to the physician whether the Victorian Order carries the case or transfers it to other care. 73 confinements were attended, 3 cases were twins.

"It is satisfactory to report that each year shows an increase of ma-

ternity cases registered, although we still have emergency cases.

"There were 145 well baby clinics held with an attendance of 1,821 babies; 195 new babies were registered this year. In order to reach all the mothers of new born babies a list of the birth registration is procured from the City Hall and an invitation sent to each mother to come to the Welfare Clinic where her baby can be weighed regularly and can note the progress made. A doctor is in attendance twice a week, no treatments of medicines are prescribed or given. If the baby shows any symptom of illness the mother is referred to her own physician, thus we have at the Welfare Station the co-operation of all the physicians in the city.

"To the mother of every new baby registered we give a copy of 'The Baby Book,' distributed by the Provincial Board of Health and a copy of the 'Canadian Mother's Book' from the Department of Health, Ottawa.

"The sewing class in connection with the Victorian Order, organized seven years ago with just a few tiny tots, has graduated a number of very capable little girls and has this year an average attendance of 80 girls between the ages of 7 and 15 years.

"During December through the influence of our very good friend, Miss Going, the I.O.D.E. and Girl Guides and a few interested friends gave us a cup and saucer shower and we are now able to serve a social cup of tea to our mothers at the Welfare Station.

"This Christmas as has been our custom, the Nurses Alumnae of the Kingston General Hospital gave the children their annual Christmas treat; Sydenham Street Methodist church also contributed to this.

"The Victorian Order and Graduate Nurses' Association gave the mothers of the Welfare Station a tea and concert at which about 300 mothers were present.

"In conclusion I wish to thank the various lodges, individuals and clubs for their donations to help in giving Christmas cheer and also the gentleman who each year gives us many, many dollars worth of milk tickets for undernourished children and nursing mothers, also the press for the publicity it has given our work."

Rev. Dr. Kidd's Address.

The president asked Rev. W. E. Kidd to address the meeting. Mr. Kidd, who had come as a member of the society, said he was glad of the opportunity to say how greatly he valued the V.O.N. He congratulated Miss Leeder and the committee on their work. He thought the people of Kingston did not realize what was being done for the mothers and children of the city. The fact that at the Well Baby Clinic at the Welfare Station alone 1,821 ministrations had been given to Kingston children showed the magnitude of the work.

"I would like to ask a question," said Mr. Kidd. "Does this clinic in any way interfere with the work of the hospitals, or are the children who come here substituting it for hospital treatment?"

"Absolutely no," said Miss Leeder. Mr. Kidd said that he had had some experience with the various charitable societies of Kingston and his personal opinion was that none of them were doing so much for the city as the V.O.N. No other society comes to the mother and child and gives counsel and aid when it is most needed. He thought no other society so fully deserved the support of the public.

Dr. MacCallum's Praise.

Mrs. Reid asked Dr. E. C. D. MacCallum, who also came in as a member, to speak. The doctor said Mr. Kidd had spoken from a clerical standpoint and he would speak from a medical standpoint. For the last fifteen years he had watched the cheerful, efficient work of the Victorian Order nurses and considered them beyond all praise. He referred to the point that Rev. W. E. Kidd had brought out that this work was one not being done in Kingston in any other way. The hospitals hoped to have a perfect system of free-outdoor clinics some day, but the children who were brought to the Welfare Station were well babies, or babies not growing as well as they might from under-nourishment, etc. The sick babies were treated at the hospitals. The highest death rate is in the first year of a child's life, and it is during that period that an infant needs such help as given at the V.O.N. Welfare Station. He again spoke of a car for the nurse, who now had even more strenuous work since Mrs. Robinson was laid aside.

Does That Cough Stick On Your Lungs?

Mr. Islay MacNab, Bognor, Ont., writes:—"I was troubled with a terrible cough that I could not get rid of, and my doctor told me that I had a slight touch of bronchitis. Nothing I took seemed to give me any relief until I got a bottle of



Dr. Wood's Norway Pine Syrup. I got such relief by using it that I would advise all those who are subject to bad colds or coughs to keep a bottle of this remedy in their homes all the time. You don't experiment when you buy 'Dr. Wood's' as it has been a household remedy for the past 37 years. Put up only by The T. Millard Co., Limited, Toronto, Ont.

Women everywhere are talking about the values at Jackson-Mettvier's. SATURDAY AND MONDAY FINAL TWO DAYS HALF PRICE SALE. Women's and Misses' Dresses and Evening Gowns. EVERY DRESS HALF PRICE—NOTE THESE EXAMPLES. \$7.95 DRESSES—52 in the Lot \$3.98. \$11.50 DRESSES—31 in the Lot \$5.75. \$15.00 DRESSES—90 in the Lot \$7.50. \$20.00 DRESSES—26 in the Lot \$10.00. \$25.00 DRESSES—122 in the Lot \$12.50. \$27.50 DRESSES—108 in the Lot \$13.75. \$30.00 DRESSES—27 in the Lot \$15.00. \$32.50 DRESSES—74 in the Lot \$16.25. \$39.50 DRESSES—95 in the Lot \$19.75. \$45.00 DRESSES—75 in the Lot \$22.50. \$49.50 DRESSES—52 in the Lot \$24.75. \$55.00 DRESSES—48 in the Lot \$27.50. THE STYLES: are handsome Black or Colored Dinner Dresses—smart Afternoon Dresses—Evening Gowns. THE MATERIALS: consist of Satin-Faced Canton Crepe, Satin-Back Canton Crepe, French Flat Crepe, Chiffon Velvet, Cut Velvet, Velvet and Georgette combinations, Georgettes, Taffetas, Sport Crepes and Charmeen. You will find among the various lots every new and wanted material. "EVERY DRESS BEARS OUR USUAL GUARANTEE". No Approvals—No 'Lay-Aways'—No Refunds. JUST A WORD OF ADVICE—"BE EARLY!" ALTERATIONS EXTRA. Sale Starts To-morrow At 9 a.m. JACKSON-METTIER LIMITED 114 PRINCESS STREET. Sale Starts To-morrow At 9 a.m.

to everyone's deep regret. The election of officers will take place at the meeting on Tuesday next.

DOINGS AT WOLFE ISLAND.

Successful Euchre and Dance Was Held in the C.M.B.A. Hall. Wolfe Island, Jan. 7.—A euchre and dance was held in the C.M.B.A. hall on Wednesday evening, under the auspices of the ladies of the Sacred Heart Church. There were about 150 couples who danced to the sweet strains of Prof. Hogan and Spoor's Orchestra. There were about fifteen tables at play during the evening.

Mrs. Vincent Greenwood won the ladies' first prize and Mrs. P. McDermott was the winner of the consolation prize. James Barrett won the gentlemen's first prize. Gordon Roney secured the consolation prize. Supper was served at midnight, and the dance continued till 2 o'clock.

Arden McRae and wife, Watertown, N.Y., spent a few days with the former's parents, Miss Katie Lyons is visiting at her parents, James Conley is slowly improving. Arthur Baker has returned home after a successful season sailing on the upper lakes. Mr. and Mrs. Peter O'Shea have taken up their residence in the village in the new house that Mr. O'Shea recently purchased.

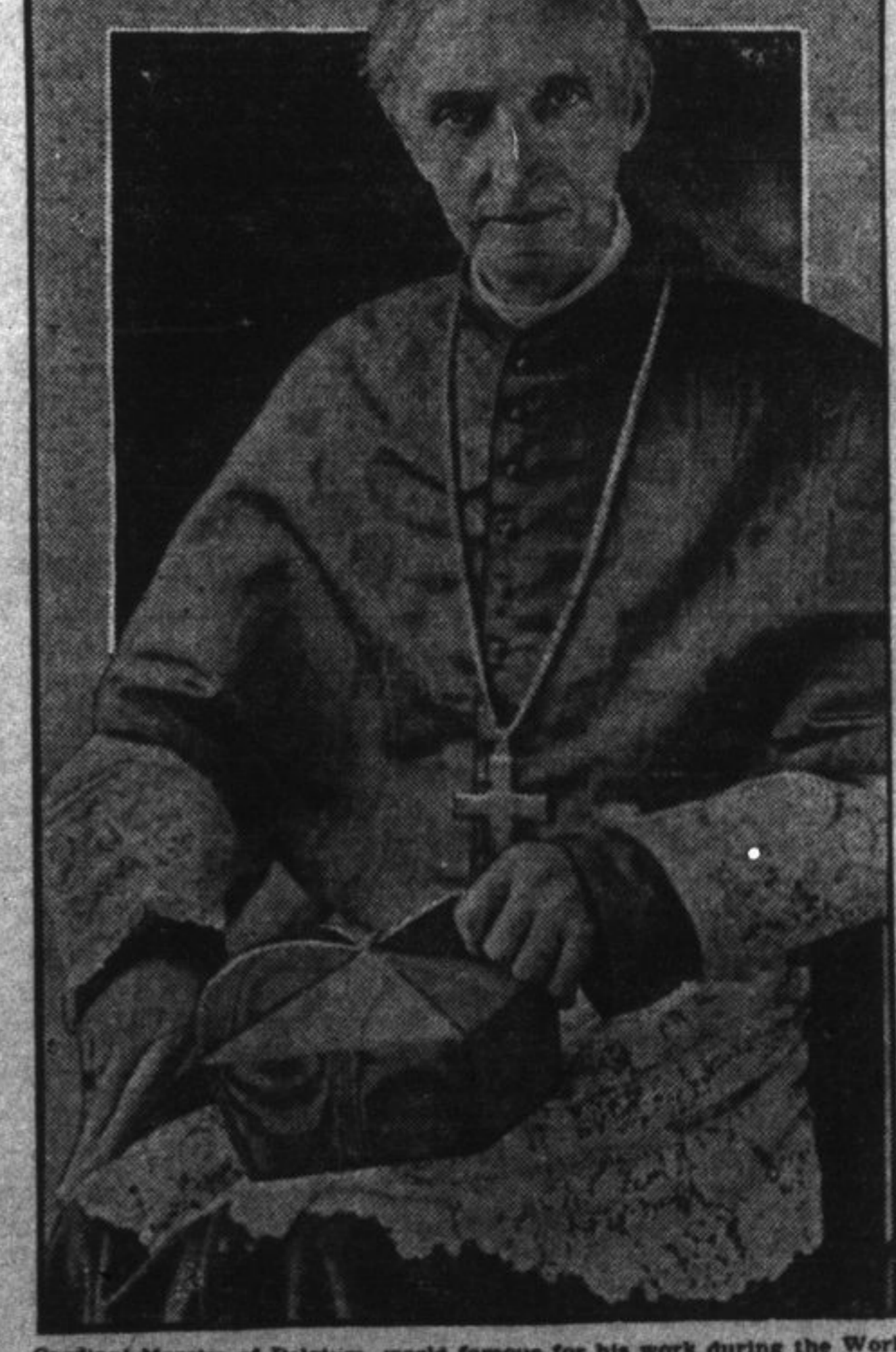
Miss Mary Lyons is visiting relatives in Watertown, N.Y. The farmers are busy pressing hay. Mr. Samuel Conley and wife, and their two children, and Miss R. Conley, Toronto, spent Christmas with the former's parents. Mr. John Burnham, Montreal, spent a few days at Mr. Samuel Conley's.

Eugene Healey, Syracuse, N.Y., spent a few days here with his parents. Mr. Angus Catnach and wife, Watertown, N.Y., spent Christmas at H. Leakey's. Lester Flynn and Tommie Dea, Buffalo, have returned home after a successful season sailing on the upper lakes. Gordon Larion Kempville, has returned home after a few days' visit with his parents.

Mr. and Mrs. Olson, Kingston, spent a few days at Mr. Ezra Larush's. The farmers are busy preparing their hay in preparation for hauling, when the crossing gets safe to haul the loads over.

The belief that pipe smokers are wiser than others merely signifies that the believer smokes a pipe. The easy way to reconcile yourself to censors is to have two or three small daughters. World's end is millions of years away, said Sir Oliver Lodge in lecture at London.

Cardinal Mercier Operated On



Cardinal Mercier of Belgium, world famous for his work during the World War, has just undergone an operation for an ulcerated stomach. Because of his age and weakened condition, fears are expressed for his recovery.

Is Your Child Thin and Weak?

Cod Liver Extract in Sugar Coated Tablets Puts On Flesh and Builds Them Up. In just a few days—quicker than you ever dreamed of—this wonderful health building, flesh creating tablets called McCoy's Cod Liver Extract Tablets will start to help any thin, underweight little one. After sickness and where rickets are suspected they are especially valuable. Most people know that from the livers of the lowly codfish vitamins of the first class are extracted—the kind that help all feeble underweight men, women and children. Try these wonderful tablets for 30 days and if your frail, puny child don't greatly benefit—get your money back. A very sickly child, age 9, gained 12 pounds in 7 months. Ask Jas. B. McLeod, Mahood's Drug Store, Brantford's Drug Store, or any druggist for McCoy's Cod Liver Extract Tablets—as easy to take as candy and 60 tablets—50 cents.

Called to Smith's Falls. Rev. Dr. Samuel Davies has accepted the call extended to him to fill the pastorate of Westminster Church, Smith's Falls, made vacant by the resignation of Rev. S. J. MacArthur, who accepted a call to Saint St. Marie.

STOP RHEUMATISM WITH RED PEPPER

When you are suffering with rheumatism so you can hardly get around just try Red Pepper Rub and you will have the quickest relief known. Nothing has such concentrated, penetrating heat as red peppers. Instant relief. Just as soon as you apply Red Pepper Rub you feel the tingling heat. In three minutes it warms the sore spot through and through. Frees the blood circulation, breaks up the congestion—and the old rheumatism torture is gone. Rowles Red Pepper Rub, made from red peppers, costs little at any drug store. Get a jar at once. Use it for lumbago, neuritis, backache, stiff neck, sore muscles, colds in chest. Almost instant relief awaits you. Be sure to get the genuine, with the name Rowles on each package. For free sample until this advertisement is exhausted. WHITEHALL PHARMACAL CO., Inc. 326 Madison Ave., New York, N.Y.

FOR BURNS. FOR SCALDS, CUTS AND BRUISES. FOR COLDS, COUGHS AND BRONCHIAL AFFECTIONS. FOR STIFF MUSCLES, SPRAINS AND STRAINS AND NUMEROUS OTHER AFFECTIONS COMMON TO MAN AND BEAST. THERE IS NOTHING SUPERIOR TO THAT OLD TRIED AND RELIABLE REMEDY. DR. THOMAS' ECLECTIC OIL.