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25 King Street West.



A CUBE
TO A CUP.

Give your children OXO

A cup of OXO every day will do them a world of good. Quick—easy—no trouble to make, just an OXO Cube and a cupful of hot water.

THE LITTLE STRENGTH-BUILDERS.
OXO Cubes are concentrated beef—easily assimilated. They build up strength, and are a splendid safeguard against many little ailments which give mothers anxiety.

For delicate children, an OXO Cube in a cupful of hot milk creates a delicious and most strengthening food. OXO renders the milk more easily digested and more nourishing.



Prices same as before the war: 10c., 25c., \$1.15, \$2.25.

**Sweet Milk—Sour Milk—
Buttermilk or Water**

Use any of these when baking with

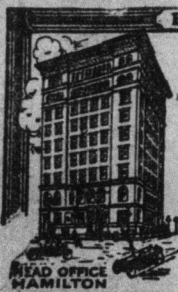
EGG-O Baking Powder

It gives you a wider choice of ingredients for cakes and pastry, yet assures you of positive success in your baking.

Egg-O is absolutely pure and efficient. And double acting, that is, its first action occurs in the mixing bowl when cold water or milk in its various forms is added. Allowing the dough to stand for 15 or 20 minutes will give better results. When you put your baking in the oven Egg-O will continue to rise until your cakes are properly baked.

Buying Egg-O in the larger tins is most economical for family use.

**Egg-O Baking Powder Co.
Limited
Hamilton, Canada**



ESTABLISHED 1872

Many a good chance is lost for want of ready money. Sometimes a few extra dollars make all the difference. Decide upon a fixed regular deposit in the Bank, and then exceed it, if possible. To-day is the best day to start.

BANK OF HAMILTON

Kitchener Branch J. H. Dobbie Mgr.

HELP THE CHILD TO HELP HIMSELF

It is difficult for a child to realize the value of money. Make him a present of a Savings pass book and encourage systematic saving. The savings account will mean far more than the amount deposited. It will mark the commencement of the habit of THRIFT.

THE ROYAL BANK OF CANADA

CAPITAL & RESERVE \$33,000,000. ASSETS \$490,000,000.
(612 Branches).

Kitchener Branch - F. H. Boehmer, Mgr.
Waterloo Branch - H. G. Misteley, Mgr.

Bankers Take Confident View Of Outlook in Canada

BANK OF MONTREAL ANNUAL MEETING.

Sir Vincent Meredith, President, Points Out Manner in Which Many of Present Difficulties Can be Overcome—Favors More Equitable Distribution of Taxation, so as to Cover All Classes Who Are Able to Pay—Sir Frederick Williams-Taylor, General Manager, Draws Attention to Fact That Bank Was Never in a Healthier State And Deals With Manner in Which Exchange Between Canada and United States Can be Corrected.

Montreal, Dec. 5.—(Special)—The annual meeting of the Bank of Montreal, held at the head office, was marked by important references to the main problems which the Dominion of Canada has to solve during the period of reconstruction. The world is passing through a period of very peculiar conditions, and in dealing with many of the problems both Sir Vincent Meredith, the President, and Sir Frederick Williams-Taylor, the General Manager, pointed out how many of them might be overcome and what Canada should do in order that the financial conditions of the country should be maintained in a healthy state.

Sir Vincent Meredith, in addressing the shareholders, stated that the feeling as to the future was less optimistic than it had been, but that the great pressure on our agricultural and manufacturing resources, caused by home and foreign demand, shows no sign of abatement.

He attributed the high cost of living very largely to the pressing demands of European countries for commodities of every nature. He considered that in Canada it might be possible to look forward confidently to a reduction in all commodities, both at home and abroad, after another harvest.

The Gold Reserve.
Sir Vincent dealt particularly with the change in opinion that had developed as regards the relation of gold reserve to note circulation. He expressed the view that it might be a part of wisdom to depart from the old notions of the rigidity of the gold reserve and recognize that we are justified in enlarging our note-issuing powers to respond to all legitimate business demands in periods of great trade activity or emergency; provided such expansion is based on self-liquidating securities.

The president also pointed out that it was vitally important that the unemployed areas of Canada should be settled and made productive with as much rapidity as possible, the future prosperity of the country and ability to meet our debts being largely dependent on increased production.

The question of taxation in Canada also received particular attention and Sir Vincent expressed the view that trade was being hampered by a somewhat penalizing excess business profit tax. Furthermore, enterprise and expansion are stifled and foreign investments deterred from entering the Canadian industrial field. He expressed the view that Canada should do away with many exemptions and impose taxation on all classes of the community who have the ability to pay and at the same time place a higher tariff upon imported luxuries, which would cause little hardship and at the same time considerably ease a strained financial situation.

Difficulties to Overcome.
Sir Frederick took occasion to point out that it was a matter of sufficient importance to bear repeating that there had been no profiteering whatever by the banks of Canada, for the price of money had not been raised. Along with all commodities, the cost to the borrower of loanable funds of the banking institutions of the country had remained unchanged. Not only was this the case, but speaking for the Bank itself, it was only proper that the shareholders should know that in handling business entrusted by the several governments during the war and since, the policy had been to charge only the narrowest of commissions and minimum interest rates. In many instances, where the services were of a war character, the Bank had acted free of charge.

Sir Frederick also dealt particularly with the position of exchange as between Canada and the United States. He pointed out that the repayment to Canada of the monies aggregating \$20,000,000, owned by Great Britain and the Allies, would quickly cause the premium in question to disappear. Referring to the financing which the Dominion Government had carried out in New York, when it secured \$75,000,000 for refunding purposes, Sir Frederick stated that the terms paid by the Government were onerous but unavoidable. Evidence that the price of issue was in keeping with the American market conditions is furnished by the fact that there has since been no rise in the quoted price. Incidentally it could be mentioned that Canada secured as good terms as in the case of the recent British loan of \$250,000,000 in the same market.

A satisfactory sign of the times in Canada was the increase in buying power for first-class securities. This is a healthy and desirable condition, induced by Government war loans and war savings certificates. It is vital that Canadians should recognize the virtue of saving, as between production and thrift, though they go hand in hand, the latter is fundamental and leads naturally to the former.

Dealing with the affairs of the bank, Sir Frederick stated that he had no hesitation in expressing the belief that they had never been in a healthier state. Domestic business was expanding satisfactorily, and foreign branches and connections had been adequately extended to meet the developments of the country's trade. Altogether he felt that the Bank was well prepared to meet any conditions and contingencies that might arise.

General Trade Active.
Sir Vincent Meredith, in his address to shareholders, said in part:

"General trade in practically all branches had been active and profitable during the war and the Bank has participated in the general prosperity. The balance sheet shows profits in moderate proportion to the resources employed and yet, I trust, not unsatisfactory to the shareholders. That reaction from the feverish activities and high prices produced by the vast conflict, which so many apprehended, has not occurred, nor can it be said to be impending. The feeling as to the future is less optimistic than it has been, but the great pressure on our agricultural and manufacturing resources caused by home and foreign demand shows no signs of abatement. In one important respect, normally

The effect has been the demoralization of all exchanges.

"To restore the reserves of metal and provide an effective gold standard correcting the over-issue of paper money will take time, and can only be brought about by economy and increased exports the stabilizing or pegging of exchange I believe to be inadvisable, owing to its prohibitive cost. In any event, it would be futile to attempt to do so until there is a cessation of Government borrowings.

Three Indispensable Factors.

"There are three indispensable factors to the upbuilding of Canada—immigration, production and exports. Immigration during the last five years has been negligible, owing to the war. In the first seven months of the current fiscal year, new arrivals numbered 82,893, of whom 42,377 came from Great Britain and 35,949 from the United States. While these figures do not represent a large movement as compared with several pre-war periods, they show a gain of 51,734 immigrants, or about 166 p. c. over the corresponding months last year. After the war emigration of foreign-born has taken place in fairly large volume, the exact figures of which are not obtainable.

"With regard to the subject of foreign trade, it is only a matter of time before increased production will overcome domestic demands, and, unless preparations are made in advance for finding markets overseas for our exportable surplus of raw materials and manufactured goods, our uninterrupted prosperity may be checked. The needs of foreign countries are great and pressing and profitable business awaits the Canadian exporter, but it cannot be acquired unless long term credits are provided.

"Our Government has been far-seeing in giving assistance in this direction, and, no doubt, is prepared to extend further aid, provided exporters who reap the benefit, will assume a proportion of the risk.

"Self-interest alone would seem to dip at that credit facilities be extended to those countries who can demonstrate their ability to pay if given reasonable time, and we would thus avoid the possibility of abrupt changes in industrial conditions and bring about a gradual return of international trade equilibrium.

"I cannot close without voicing what I am sure is the feeling of every Canadian—that the recent visit to Canada of His Royal Highness, the Prince of Wales not only gave abiding pleasure to every class of our population, but rendered a great and memorable service to the Empire in strengthening the Throne in the affection and confidence of the people, and by drawing still closer the ties which bind us

The Cough Syrup that Stops the Cough

NADRUCO
Syrup of Tar
with Cod Liver Oil Compound

A pleasant yet most efficient cough medicine; its soothing effect on raw and husky throats is felt almost instantly. It strengthens the breathing and makes expectoration easy, and quickly cures the most stubborn cough.

Contains no harmful ingredients and can be given with confidence to infants and children. The genuine is in a Red Box with Na-Dru-Co trademark.

Manufactured by National Drug and Chemical Company of Canada, Limited.

commonwealth of nations over which he is destined to reign.

Many Problems to be Solved.

In addressing the shareholders of the Bank, Sir Frederick Williams-Taylor, the General Manager, said:

"The economic and financial difficulties that confronted the country during the war have changed in nature, but have not disappeared by any means. There is an aftermath of problems which Canada must face and in which bankers are vitally concerned. At present there is great trade activity; yet our national debt grows apace with attendant ills. Therefore, even with a full measure of faith in our country, I find the near future difficult to visualize. We derive a measure of consolation in comparing our lot with that of countries worse off than our own, but contiguity and ambition direct our eyes towards that country to the south which has benefited, so vastly by the war.

Problems of Exchange.

"The premium on New York funds, the increase in our national debt, and in our Canadian currency circulation, are matters of deep interest and should be studied by all.

"The purchasing power of the Canadian dollar in the United States has decreased, as reflected in the premium on New York funds. A year ago it cost two dollars to send one hundred dollars to the United States of America; to-day the cost is four dollars.

"It will interest you to know that on my recent trip to the Pacific Coast when I travelled nine thousand miles

in visiting various branches of the bank, I met some 110 of our managers and returned more than satisfied with the personnel, the intelligent loyalty and devotion of our ever-increasing staff of officers.

"Such meetings are advantageous to the bank and an inducement also to close relations between the bank and its friends at distant points.

"It is impressive and satisfying to view the Dominion's greatest quick asset, the rich wheat areas of our three Western Provinces, at harvest time. While this year the yield was not up to the mark, the western farmers had much to be thankful for.

"In British Columbia, one is struck by the confidence of the people in the future of their rich and beautiful province, with its wonderful climate. It is a healthy sign that the men of affairs in the West hold such same views concerning the outlook locally and for the Dominion at large.

"I hope that time may presently permit me to visit other divisions, as I did British Columbia and the North-West.

"In concluding, I have no hesitation in expressing the belief that the affairs of the bank have never been in a healthier state. Our domestic business is expanding satisfactorily, our foreign branches and connections have been adequately extended to meet the development of the country's trade, and, what is most important, we are well equipped in point of staff. Altogether, I feel that we are well prepared to meet any conditions and contingencies that may arise.

Is Your Child Under Weight?

These Tables Will Show You What Your Child Should Weigh to Be in Proper Proportion to Height—If the Child is Below the "Danger Point" it is Time to Act.

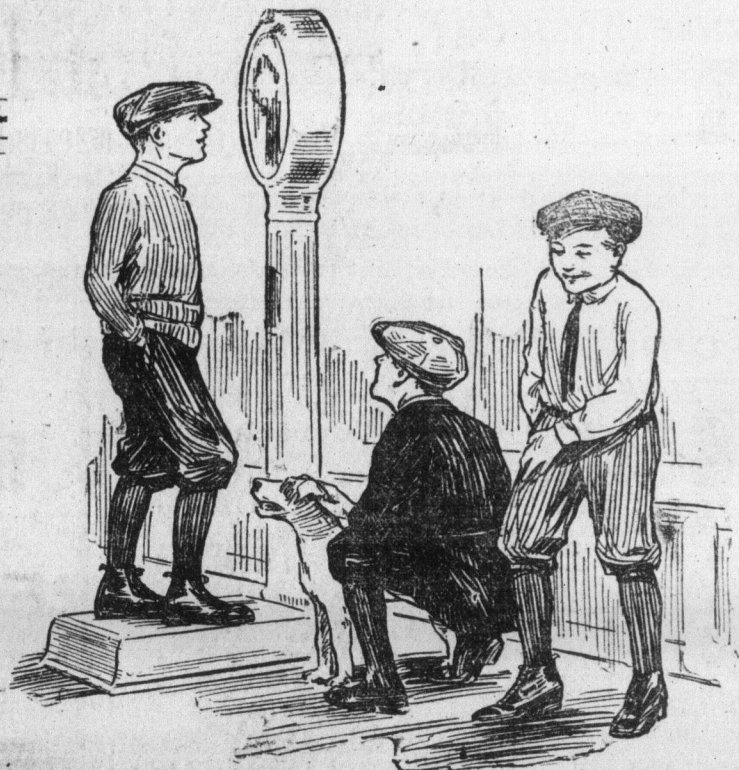
Boys

Height Inches	Average weight Pounds
35	32.0
36	32.5
37	34.5
38	36.0
39	37.5
40	39.0
41	40.5
42	42.0
43	43.5
44	45.5
45	47.5
46	49.5
47	51.5
48	53.5
49	55.5
50	57.5
51	59.0
52	61.0
53	63.0
54	65.0
55	67.5
56	70.0
57	73.5
58	77.5
59	81.5
60	85.0
61	89.5
62	105.0
63	109.5
64	114.0
65	119.5
66	126.0
67	134.0
68	138.5

Girls

Height Inches	Average weight for height Pounds
35	31.0
36	32.5
37	33.5
38	35.0
39	36.5
40	38.0
41	39.5
42	41.0
43	43.0
44	44.5
45	46.5
46	48.5
47	51.0
48	53.5
49	55.5
50	58.5
51	61.0
52	64.0
53	67.5
54	71.0
55	75.0
56	78.5
57	83.0
58	87.0
59	91.5
60	96.5
61	102.5
62	110.5
63	116.0

Note the weight same time each week. Cut out this chart for reference.



CAREFUL investigation shows that one child in every three is under weight as the result of malnutrition.

The chances are one in three that your child is in this class. The tables presented here will enable you to find out.

In the Students' Army Training Corps one in five was unfit because of being under weight, while in the adult army the proportion was about the same.

This condition could have been prevented by proper attention during school life, so that these young men would have developed normal, healthy bodies.

By neglect in childhood they have been sentenced to see their healthy comrades pass them in the race for success.

It is not necessarily the children of poverty that suffer from malnutrition. Your boy or your girl may look well and still be under weight. The regular use of the scales is the only sure test.

Other indications of malnutrition you may note are—easily tired—nervous—restless—finicky appetite—irritability—difficult to manage—talk in sleep—lack of happiness and spirits of a normal child.

These symptoms tell of the exhausted condition of the nervous system. They tell you that the blood is thin and watery and wholly unsuited to nourish the starved body.

It will take a little time to restore the wasted tissues, but the use of Dr. Chase's Nerve Food will very materially aid.

Digestion is weak, appetite is fickle, but in the meantime Dr. Chase's Nerve Food supplies in condensed and easily assimilated form the elements which go to make up rich, red blood.

Careful attention should be given to the eating habits of the child. Good, wholesome, nourishing food must have the preference. Exercise should be limited and daily rest is required in cases of extreme exhaustion.

By sharpening the appetite and strengthening the nerves of the digestive system, Dr. Chase's Nerve Food soon removes the chief causes of malnutrition and builds up the system generally.

Improvement will soon be noticed, not only in the way of increased weight, but the eyes will be brighter, the cheeks a better color and the spirits and happiness of healthful youth will again express themselves.

For your protection the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author, are on every box of the genuine Dr. Chase's Nerve Food. 50c a box, 6 for \$2.75, all dealers, or Edmanston, Bates & Co., Ltd., Toronto.