

TRAVELLING. KINGSTON & PEMBROKE RAILWAY

IN CONNECTION WITH Canadian Pacific Railway

Homeseekers' To Western Canada

Low round trip rates good going April 5th, 1910; May 2, 17, 31; June 14th and 28th; July 12, 26; Aug. 9, 23; Sept. 6th, 20th. Good for 60 days.

Low Rate to Pacific Coast

One way Second Class Colonist Ticket \$45.10 on sale daily until April 15th.

Full particulars at K. & P. and C. P. R. Ticket Office, Ontario Street. F. CONWAY, G.P.A.

GRAND TRUNK RAILWAY SYSTEM

Homeseekers' Excursions

To the Canadian North-West, April 5th, 16th; May 3rd, 17th, 31st; June 14th, 28th; July 12th, 26th; Aug. 2nd, 23rd; Sept. 6th and 20th. All tickets good to return within 60 days from going date.

Settlers One Way Excursion to Western Canada

March 15, 22, 29, April 5 and 12. PARTICULAR ATTENTION... Is called to the fact that these rates apply to points on Grand Trunk Pacific Railway, a new territory full of golden opportunities.

Low Rates to Pacific Coast

One-way Second Class Colonist Tickets on sale daily until April 15th. For full particulars, apply to J. P. HANLEY, Agent, Corner Johnston and Ontario Streets.

BAY OF QUINTE RAILWAY.

Train leaves Union Station, Ontario Street, 6 a.m. daily (Sunday excepted) for Trow, Bydunham, Napanee, Deseronto, Hannocksburg and all points north. To secure quick despatch to Hannocksburg, Maynooth, and points on Centre Ontario route, your tickets via Bay of Quinte Railway. For further particulars, apply R. W. DICKSON, Agent, Phone, No. 2.



Our strongest argument in favor of our Boys' \$1.75 & \$2.00 Shoes is the Shoes themselves. Therefore, our best argument is lost unless you try a pair. They are built strong and have plenty of style.

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FOR YOUR GROCERIES. 338 PRINCESS ST. Our Coffee at 25c and 35c cannot be beaten.

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All kinds of Wood & Lumber, Try S. BENNETT & CO., Cor. Bay and Barrack Sts. Phone 941.



TAKE OFF THE FAT WHERE IT SHOWS

Most women suffer much humiliation because of great quantities of fat, so located that no matter how they dress, everybody sees that they are abnormal. This is the day of the slender figure, and fat women are simply not tolerated either in business or social affairs. Women may not know it, but when they see a fat woman pass them on the street or in public places make all manner of sympathetic remarks about her. They do not mean to be unkind or to seem unkindly, but it is natural for a man to dislike fat on a woman. Where fat shows the most there is where it must be removed, and as quickly as possible. This season's dresses seem to be made for the fat woman's misery and the slender woman's delight. They expose all the charms of woman and her ugliness as well. Exercise and diet will not remove fat. This has been proved. The famous Marmola prescription which has met with such phenomenal success and has so many of our society women as its sponsors is now being sold in tablet form to meet the demand of the public for this style of treatment. These little tablets go into your system just like food. They stop the stomach and digestive apparatus from producing fat and reduce the fat upon the body at the rate of from 12 to 15 ounces a day. They are harmless and can be carried in your purse and taken even after you have indulged in a hearty meal away from home. They are sold at all drug stores at 75 cents a case, or if you prefer, you may write the Marmola Company, 1189 Farmer Bldg., Detroit, Mich.

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The great Uterine Tonic, and only safe effective Menstrual Regulator on which women can depend. Sold in three degrees of strength, No. 1, No. 2, No. 3, for special cases, 50c per box. Prepared on receipt of price. Free pamphlets. Address: The Great Western Co., Toronto, Ont. (Owned by W. H. Allen)

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Canada's Import Trade.

Canada, like other countries, must rely on other parts of the world for necessary articles of consumption. Our total imports for the six months ending September last amounted to \$173,200,432. We bought almost twice as much from the U. S. as from the empire. Our principal sources of supply in the empire were:

Table listing import sources: United Kingdom (\$1,237,975), East Indies (4,280,751), West Indies (1,459,036), Newfoundland (770,511), British Guiana (629,511), British Africa (483,369), New Zealand (377,812), Australia (199,498). Some further foreign sources of supply were: Belgium (\$1,657,119), Switzerland (1,047,501), Japan (1,032,790), Holland (836,282), Argentine Republic (547,292), Austria-Hungary (546,787).

THE BRITISH ARMY

THE FIGURES AS SET FORTH IN THE BLUE BOOK.

The Quality of Recruits is Improving—Seen About Average in Physique, Education and Character.

In the general annual report of the British Army, Col. Carleton reports that the quality of recruits for the Regular Army is improving and that the men enlisted are above the average in physique, education and character.

Table showing Army Strength: Regular Army: Regimental Establishments; British establishments 176,995; Indian establishments 76,009; Staff and departments and miscellaneous departments 3,292; Army Reserve 137,000; Special Reserve 90,664; Territorial Force: Territorial officers, non-commissioned officers, and men 313,691; Permanent staff 2,556.

General Total 807,982. According to a table showing the ages of the non-commissioned officers and men in the Army the proportions per 1,000 men in the respective groups were as follows—Under 18, 21; from 18 to 19, 38; from 19 to 20, 33; from 20 to 25, 468; from 25 to 30, 239; from 30 to 35, 59; from 35 to 40, 51.

The nationalities represented are as follows: Born in England, 183,702; Wales, 3,240; Scotland, 18,530; Ireland, 22,955; India or Colonies, 8,344; British, subjects born in foreign countries, 317; foreigners, 12; not represented, 105.

REAPING HARVEST

Of Recent Imperial Press Conference.

Montreal, March 31.—The recent Imperial Press Conference seems to have benefited Canada in a variety of ways. The latest aspect of the question is put forward by C. B. Foster, the traffic agent of the Canadian Pacific at Vancouver.

Mr. Foster says that ever since last fall there has been a steady increase in both passenger and freight traffic by the steamships running between Vancouver and Australasia, and the only way in which he can account for it is that it is a result of activity on the part of the journalists who passed through Canada on their way to or from the conference in England.

"Those journalists," said Mr. Foster, "had a splendid time in Canada, as you probably remember, and they wrote enthusiastic descriptions of the Dominion when they got back home. I am certain that this is the cause of the big jump in Canadian-Australian traffic. It has focused the attention of the Australian and New Zealand on the All-Red route to England, and has opened their eyes to the wonderful possibilities for the exchange of trade with this country."

MONTREAL WAKING UP

To the Fact That It Has Many Saloons.

Montreal, April 1.—Of the three hundred saloons in the city, there are, according to an official report before the License Commissioners, eighty-five that do not fill the requirements of the Quebec License Law, which states that "every restaurant must be suitably furnished to provide meals for at least ten persons at a time."

Independence of a Turkish Princess. The young Princess Chadve, daughter of the ex-Sultan Abdul Hamid, has refused to accept Ali Namik Bey, son of the ex-Grand Vizier, to marry whom she was recently brought from Salonica to Constantinople. She has written to the papers protesting that she was not consulted in the matter, and the papers have published her letter. The princess is only 16 years of age, but she has displayed no much energy in this affair that in order to avoid scandal an official communication has been made to the press announcing that the engagement has been broken off. —London Daily Graphic.

SMUGGLERS OF DIAMONDS?

Detectives Follow Man and Woman From Toronto to Border.

London, Ont., March 31.—A man and a woman who were supposed to be carrying \$30,000 worth of diamonds passed through this city on Monday morning and close on their track were two American customs detectives ready to arrest the pair as soon as they crossed the border. It is said the American officials were "dipped off" that the pair would try to enter the States with the diamonds in their possession and detailed two men to follow them.

At Toronto the couple stayed three days and during that time were constantly under the eye of the detectives. They came on to London and changed trains here. When their train pulled out the two detectives were seen to board it. It was surmised, from the fact that no arrests have been reported, that the diamonds were transferred to other parties at Toronto.

WHIG'S FASHION HINT.



White crepe de chine gown with pink silk embroidery.

Origin of Handshaking.

In the early times, when every man was his own law-giver, judge, soldier and policeman, and had to watch over his own safety, when record met, especially if they happened to be strangers, they offered each other the right hand—the hand that wielded the sword, or dagger, or club, or tomahawk—to show that the hand was empty and that neither was nor treachery was intended. A man cannot very well stab another while he is in the act of shaking hands with him, unless he is a double-dyed traitor and villain and strives to aim a cowardly blow with the left hand while giving the right and pretending to be on good terms with him. It was probably in some such way as this that the custom of handshaking originated.

Painfully Frank.

The caller didn't look it, but she declared to little Florinda that she dearly loved children. It may be that the said caller heard the words of Florinda's mamma; but, whatever the cause, she repeated it urgently. Then, as the small lady with the pet cat made no move in answer to her invitation to come and make friends, she asked, "Why is it that you love your kitty better than me, dearie?"

Quicker Shipbuilding.

Time was when it took nearly six years to build a battleship in private yards in the United States; but, says the Scientific American, the construction of the Connecticut at the government yard at Brooklyn set a pace which has steadily accelerated. The Mississippi, whose trials took 44 months to construct. The New Hampshire, December, 1907, was built in 36 months; the North Carolina (cruiser), January, 1908, in 36 months; Michigan (battleship), 1909, in 34 months; the Delaware (battleship), October, 1909, in 27 months.

Every Meal Brought Agony

But Since Taking "Little Digesters" He Can Eat Heartily.

From Osgoode Station, Ont., comes a story of five years of suffering from indigestion and dyspepsia—five years of doctoring a "stomach" with "Little Digesters" and complete cure. Mr. R. H. Ralph tells the story—his own story—thus: "I have been a sufferer from Indigestion and Stomach Trouble for five years. I had treatment from several doctors, but I did not find a cure until I began using 'Little Digesters.' 'I can hardly describe how much I suffered at times. Every meal brought with it more or less agony and I seemed to have a complete distaste for food. I had almost begun to think my case incurable when I came across an advertisement in the papers about 'Little Digesters.' I decided to give them a trial. I am very thankful that I did so for I had not been taking them long when I found them helping me. I can now eat heartily and no longer feel pain and discomfort after eating."

CRITICISES ROOSEVELT.

Ex-President Made Mistake at Cairo, Thinks Prof. Schmidt.

Chicago, March 31.—Prof. Nathaniel Schmidt, head of the department of Oriental languages, and literature at Cornell University, just returned from a protracted residence in Egypt, Syria, and Arabia, criticized former President Roosevelt's recent speech at Cairo at a luncheon given by the Chicago Association, to-day.

"There are plenty of Americans in Egypt and Arabia, to-day," he said, "who have dwelt more tactfully with those numerous questions which go to those numerous nations than did make peace between nations than did an ex-president of the United States, who spoke in Cairo the other day. The speech was rather uncalculated for, I think, now a German would say that the German policy to lay down the law, and if necessary, to lay on the lash. They would think it wholly proper that he should tell the Egyptians now to manage their affairs."

STRONG PULSE BEATS.

Cases in Which They Are Perceptible to Eye.

"It is not such an uncommon thing," said a physician, "to find a person whose pulse beats can be plainly seen, and yet I suppose there are but few outside of the profession who realize the fact. In most persons who realize the pulse cannot be perceived, but the mere fact that the beating is perceptible does not mean that the pulse is other than normal. I have come across a number of cases where the throbbing of the wrist could be plainly seen, and yet the persons rarely gave evidence of abnormality in temperature. They were rarely feverish and were in good physical condition generally. Pulses of this kind, from this view, which is based upon observations of cases, do not indicate anything more than an abnormal physical condition in the formation of the wrist veins."

CAN'T TIE A KNOT.

Something the Chinese Sailor Can Never Learn Correctly.

"I don't know why it is," said the captain of the tramp steamer in South Brooklyn, six days out from Hongkong, "but you can't teach any of those Chinese sailors there to tie a real knot. 'There isn't much need aboard a steamer for the rope knowledge that used to be so much the part of a sea and knots now and again just the same. 'Those Chinese, there, who were signed on as A.B.'s, can do anything needed in the way of splices that would make an old tar green with envy, and they will fix up dead-eyes better than most of the men I have shipped. But you can't get one of 'em to tie a right knot. Teach 'em again and again, they remember the lesson for half an hour. Next time there's a straight everyday knot to be tied the Chinese sailor's hand makes up the same old granny. 'The Lascar and Malay and Kanaka learn the right knot easily enough. In a storm that's one of the things we have to guard against if we have Chinese sailors.'"

SALTING NEW BORN BABES.

In Parts of Asia and Europe Custom is Still Followed.

In certain parts of Asia and Europe the custom of salting newborn babies is still practiced. The method varies with the differing nationalities of the peoples employing it. The Armenians of Russia cover the entire skin of the infant with very fine salt. This is left on the body for three hours or more, when it is washed off with warm water.

Easy Oysters.

During a discussion in France in the United States, one of the speakers traced the history of the various mediums of exchange, their development and changes from the days of barter to the days of gold and silver.

Providing for a Mortgage.

Don't break your back or worry yourself sick in carrying a mortgage. Let an Endowment Policy do it easier and surer. You can get one at a low rate than in any other company with the Policyholders' Mutual Life. Write or have a talk with T. H. Finlay, the agent at Kingston.

Unqualified Endorsement

Is the Logical Outcome of Unquestioned Satisfaction—Sample Bottle of Warner's Safe Cure Gave Relief and Three Bottles Made a Complete Cure.

Mr. Roensch is filled with gratitude over the benefits he received. "I acknowledge the receipt of the sample of Warner's Safe Cure you kindly sent me. I have used your medicine with the best results and thank you very much for your kindness. 'I suffered very much with backache, but after using three large bottles of Warner's Safe Cure, which I bought at a local drug store, the pain disappeared and now I consider myself a well man again. I thank you again for your great medicine.' Adolph Roensch, Box 837, Washington, D.C.

We receive thousands of voluntary testimonials like the above from our patients, who cannot say enough in praise of Warner's Safe Cure, which has cured them of their kidney liver, bladder and blood troubles.

DO THIS: If you suspect that your kidneys are diseased and discover that your urine is cloudy and milky, send us a sample for analysis and we will promptly give you the result of our diagnosis. Sufferers will be glad to know that Warner's Safe Cure will surely relieve and cure the most distressing cases. No living physician can prescribe any other medicine for the kidneys, liver, bladder and blood that equals Warner's Safe Cure. It is put up in 50c and \$1.00 sizes and sold by all druggists.

Constipation and Biliousness. Warner's Safe Pills, purely vegetable, sugar-coated, absolutely free from injurious substances, a perfect laxative, cure indigestion, biliousness, torpid liver and constipation. They do not grip or leave any bad after-effects. 25 cents a box. Sample Bottle and Box of Pills Free. To convince every sufferer from diseases of the kidneys, liver, bladder, and blood that WARNER'S SAFE CURE will absolutely cure, a sample bottle and also a sample box of Warner's Safe Pills will be sent FREE OF CHARGE, postpaid, to any one who will write WARNER'S SAFE CURE CO., Toronto, Ont., and mention having seen this liberal offer in the Daily British Whig. The genuineness of this offer is fully guaranteed.



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Are the best wearing, the best fitting and the most satisfactory shoes on the market to-day. They are made in all leathers—Patent Colt, Vici Kid and Box Calf. Inspect our line of Children's Shoes and convince yourself that they are the best. Sold only at

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HERD OF SEAHORSES.

About 150 of Them in Big Aquarium.

The Aquarium has now on exhibition 156 sea horses, a greater number than were ever before shown here, and probably more than were ever before exhibited anywhere. There are so many of them and the attraction of the sea horse is so great that they have been divided among three tanks, two on the gallery tier, salt water side, and one on the gallery tier, fresh water side. These sea horses, which all came from the waters of Atlantic City, the majority of them having been captured within the last few weeks, range in length from two and one-half to six and one-half inches. The two largest of six and one-half inches to five and one-half inches, have been here since September 23rd, 1908, at which time they were of about half their present size.

The sea horses are fed on gammarus which are found inhabiting some sort of fine marine vegetation. The gammarus is a tiny, shrimp-like crustacean that grows to be about half an inch in length, the young being far smaller than that. Like many other crustaceans, the gammarus sheds its old shell as it gets older and bigger and grows a new shell.

Clumps of the vegetation in which the gammarus thrives are placed in sea horse tanks, and in this case the sea horses' nose and in this case the prey that serves them as food. The little sea horses select the little gammarus, finding among them little shadders that have put off their old shell and not yet grown hard in their new.

The sea horse has often been described, but it remains no less one of nature's wonders. Its body and head have in form and outline a striking resemblance to the neck and head of a horse, while its tail is long, tapering and prehensile. Often it sails along in the water quite upright, with its tail hanging down and perhaps with a curl in the end of it, but with body erect and head carried well in forward, looking, as one visitor expressed it, like a horse well checked up.