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Bellefontaine, Ohio. "I wish every tired, weak, nervous woman could have Vinol. For I never spent any money in my life that did me so much good as that I spent for Vinol. My nerves were in a very bad condition, making me very weak, tired, and worn out and often drowsy headaches. I had tried cod liver oil, doctor's medicines, and other preparations without benefit.

"One day a friend asked me to try Vinol. I did and soon my appetite increased, I slept better and now I am strong, vigorous and well and can do my housework with pleasure."—Mrs. J. F. LAMBORN, Bellefontaine, Ohio.

Nervous, weak, tired, worn-out women should take Mrs. Lamborn's advice and try Vinol for there are literally thousands of men and women who were formerly run-down, weak and nervous, who owe their good health to Vinol.

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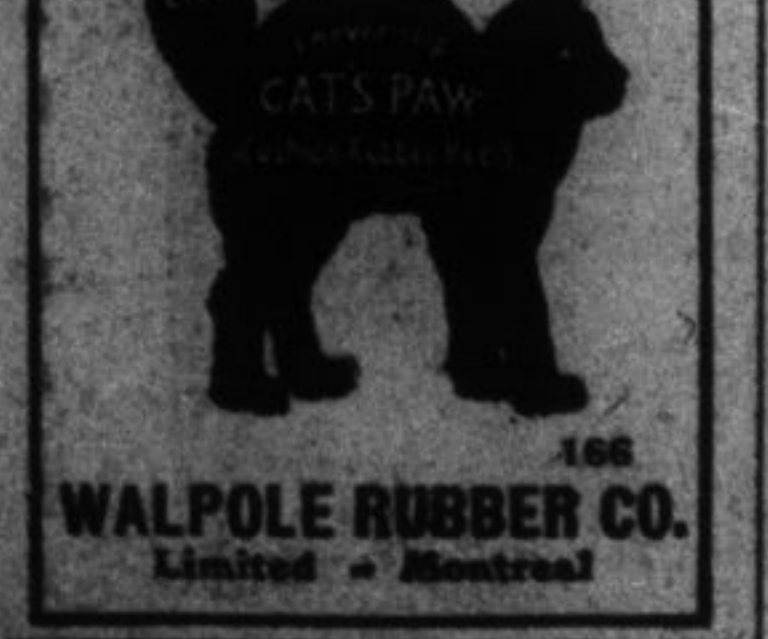
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A CAPABLE LEADER

IS COMMISSIONER RICHARDS OF SALVATION ARMY.

He Has Had a Very Diversified Experience During His Connection With the Army—His Children Engaged in Army Work in Various Parts of the World.

Commissioner William J. Richards, Commander of the Salvation Army in New Zealand, has been appointed Commissioner for Canada. The appointment of such a capable administrator and organizer as he is known to be, has met with whole-hearted approval from all sections of the army's work in this country.

Commissioner Richards has had a very diversified experience during his connection with the Salvation Army, having been a British Provincial Officer and Chief Secretary for the City Colony Section of the Men's Social Work. He has also been a territorial commander for Denmark, South Africa, and his present command, New Zealand. In every one of his commands he has met with substantial success. In each of the countries in which the commissioner has served he has been remembered by his outstanding quality of thoroughness. Whenever he visits a town, numbers present at his services, the amount of offering, the hall in which the services are held, and the subjects on which he speaks. At Cape Town, while on a visit a short time ago, the Commissioner spoke on two hundred and fifty different subjects. This method, therefore, prevents him from repeating himself.

The children of Commissioner and Mrs. Richards are to be found engaged in Salvation Army work in various parts of the world. They are in Java, South Africa, South America, Germany, New Zealand, and Great Britain. Some interesting stories of the Commissioner's younger days have been recorded by him when in the company of old friends. While still young in years he married a Salvationist, their wedding being conducted in accordance with Salvation Army procedure. During his first days in the Salvation Army William Richards had a difficult time endeavoring to break the tobacco habit, but soon he became an aggressive Salvationist.

After young Richards had been a short time a soldier at the corps of Marlborough, England, the General visited the town and hearing Richards speak, called him to one side and said: "I want you to go to the Training Home." And after three or four weeks' training Richards with his young wife were sent to take charge of the Salvation Army corps at Tunbridge Wells. When they arrived they found their new charge in a disaffected condition. There had been a split in the corps and those remaining loyal to the organization were but few in number. There were but three soldiers on the platform with the new officers. On the first night, and these new officers had never conducted a service.

The corps at Tunbridge Wells is a large one to-day. At the time mentioned, those who remained loyal to the principles of the corps were people of experience and ability, and when the three soldiers on the platform had spoken young Captain Richards said to himself: "I must go home; I can't speak like these people; they can never respect me as their leader." He was a dispirited young man as he with his wife went from the service to their lodgings. He sent a letter to the chief of the staff describing his feelings and his circumstances. He received a reply: "It was 'Go on.'"

This he resolved to do and to fit himself for his work by hard study. To that end he rose at five o'clock each morning. Sometimes during the dark cold months of the winter he would lock himself in the room in which he studied and, pushing the key under the door out of his reach, would make himself a prisoner until his self-imposed task was done.

Should Buy Direct From Farmer.
Sir George Foster, Minister of Trade and Commerce, has received from the Saskatchewan Grain Growers' Association a request that the Dominion and British Governments should buy wheat and oats directly from the western farmers, storing the grain in the Government's new interior elevators and paying the farmers \$1 per bushel for wheat and 50c for oats.

"Britain wants our wheat and oats while the war is on," it is urged, "and the suggested plan would prevent the present shipping of the grain to the United States and thence passing into various channels from which they might reach the enemy. The grain being stored first in the interior elevators at Moose Jaw and Saskatoon, the Government elevators at Calgary, Vancouver, Fort William, Montreal, St. John and Halifax could be utilized."

A Military Metriol.
Some years ago Col. Hugh Clark read a sermon delivered by the Kaiser to his soldiers, in which he expatiated upon the beauties of peace and love. It was at the time when Von Bulow, his Chancellor, was strongly suspected of trying to precipitate a conflict, and the Colonel, or some one else, had in The Kincairdine Review the following:
"The Kaiser may prate about peace and love,
And his pious heart may glow,
But he cares much less for One Above
Than he does for Von Bulow."

Prayed For Them.
"In many places where the troops passed through en route for Valcartier, the citizens gave the fellows fruit and inches and used them decently, but in a place the size of Orangeville they managed to send a few people to the depot, and I noticed in The Banner that many of the righteous Orangeville citizens were sending up prayers for our safe return."

Letter from Orangeville volunteer at Valcartier, in Orangeville Sun.

The Thames.
The Thames of England is 220 miles long. The river of the same name in Ontario is 150.

INSPECTION OF SCHOOLS.

Ontario Adopts Extensive Plans For Physical Welfare.

In future the physical welfare of the children attending Ontario public schools will be regarded as quite vital to their ultimate success as the attainment of promotion marks at examination time. In every school of the province, mediating health measures the new regulations of the Department of Education concerning school medical inspection will apply, and considerable power is placed in the hands of medical officers and their assistants to enable them to ensure a high standard of health and physical efficiency among the scholars. The practice is not new in the larger centres and the success with which it has worked there has influenced the department to make the regulations as practicable and universal as possible. A regular program of inspection is outlined, and it is ordained that medical officers are to visit schools in cities at least once a week, in towns once a fortnight, in villages once a month and in rural school sections once a quarter.

The examination to which every pupil must submit includes an inspection of head, eyes, ears, nose, throat, heart, lungs, spine and the skin of the neck, face and hands. Where any unusual examination is necessary parents or guardians will be present. The principal is required to see that every pupil submits to such examinations, and has the power to exclude from attendance any one who has the symptoms of smallpox, scarlet fever and other juvenile diseases. Any pupil so excluded will require a medical health certificate before being allowed to return.

In addition will occur periodical inspections of the teeth. The officials will be known as school dental officers and will require to be competent dental surgeons of experience. Once every half year and at such other times as the board and a special committee may direct an inspection must be made, and in cases of faulty conditions parents are to be notified. If they are not able to meet the necessary expense, it may come out of the general maintenance school fund.

In organizing the work provisions are made for the formation of school boards, which may either work alone or in conjunction with other associations approved by the Minister of Education. To save unnecessary outlay a number of boards may cooperate, and in such cases an inspection will be under the charge of a school medical inspection committee. One or more medical practitioners are to be appointed, or failing these, the district health officer may take charge of the work. It being recognized that even this may not prove feasible in some cases, an appointing officer or more graduate nurses with not less than two years' experience. The boards will share the expense of inspection among themselves.

Complete arrangements are made for the carrying out of the regulations in the case of schools which are situated in private rooms if thought necessary. Officers, nurses and principals are required to make periodic reports, and in case of stubborn action on the part of parents or guardians the department will act.

Expert For Canada.
Thomas Adams of the British Local Government Board has resigned his position in England to accept that of town-planning adviser to the Canadian Commission of Conservation.

Mr. Adams has had direct charge of the practical work done under the provisions of the British housing and town planning act of 1909 and has guided such developments as that of Ruislip, which greatly impressed the members of the House of Commons, and the association who visited it last July. This work has shown that the dreams of the reformers can be realized not only in occasional garden cities and suburbs, but throughout the country.

His success in England has given Mr. Adams an international reputation that led to his being invited to Canada to address meetings of the National City Planning Conference. Last spring he returned to take part in the conference at Toronto.

While he was in Canada he gave the authorities his assistance in drafting housing and city planning legislation, and he probably in recognition of this assistance that he has been called to Canada.

Fooled the President.
Someone gave the clerk at the Chateau Frontenac a bunch of imitation violets. They were so real that ladies invariably stopped to sniff them—and in the bargain, wherever delighted bell boys passed the wink round the rotunda. But when Sir Thomas Shaughnessy visited the hotel, and when the president of the C.P.R. stopped to inhale the perfume and a bell-boy snickered the whole hotel, as it were, held its breath for fear of what would follow.

But did Sir Thomas show his hand? Instead, three times, as he passed in front of the desk, he paused to sniff the violets, and did it so sincerely and with such apparent satisfaction that the bell-boys' wonder turned to curiosity, and finally, they, too, snuffed the flowers. They could not understand what had made Sir Thomas sample that fragrant so often.

Rich Gold Field Reported.
The Mines Department at Ottawa has received details of a wonderfully rich strike of gold and silver, which has been made in the Brown Pass district, 250 miles north of Eward, Alaska. G. H. Collins, of Prince Rupert, sends the report.

Great ledges, wide and deep, are reported, bearing exceptionally rich deposits of gold and silver, lead and prospectors to the district.

The Canadian Mines Department will send two geological experts to "Broad Pass" with a view to determining the probability of an outcrop to the eastward in the Yukon.

Some men are better satisfied with failure than others are with success.

Many a man who is sure his right goes ahead and finds he was wrong.

HAVING THE CRIMINAL

Ontario's New System Results In Decrease of the Gang Spirit.

The Province of Ontario has now a complete and up-to-date system for dealing with criminals. Toronto, the capital of the province, has an efficient Juvenile Court, an advanced Women's Police Court, an advanced men's police court, and improvements on the regular police court. The city has two splendid industrial farms, one for men and one for women. The province has three prison farms, one at Guelph, one near Sudbury, and another near Fort Williams. The Central Prison, renamed the Ontario Reformatory, has had the new "indeterminate term" introduced. Hon. W. J. Hanna, the Provincial Secretary, is the man who has introduced and carried out these modern ideas. But a breadth of public opinion in Ontario has been the active source of the reforms.

That these new ideas in regard to crime and criminals have spread pretty well throughout all the intricate machinery of justice-dealing and penalizing is shown by the way in which even the police officials, who above all others might be expected to hold to the old and well-tried methods, are co-operating splendidly with the new system. Considering the whole thing—its unity, from the care of child delinquents to the study and treatment of professional criminals, Ontario may proudly look forward to the day when crime will be literally bred out of the community.

The principal feature of the new system is that the criminal and not the crime is the first consideration. To punish the crime leaves crimes still to be committed. To cure the criminal is to lessen the number of crimes. To consider a crime in itself, to isolate it from the man, and to judge it coldly in the light of the law, is either to be inhuman to a victim of environment, or to be lenient to a willful professional. And so it is that we find the police making reports on the environment of their prisoners, judges listening to past records or unfortunate histories. So it is that we find criminals being sentenced to the Ontario Reformatory for "three months and indeterminate"—that is, three months for their crime, and indeterminate—

which may be nothing at all or up to two years or more of which is to be decided by a Parole Board, who do so after an intimate study of the individual.

It is now realized that ordinary crime, weakness, pressing poverty—these are largely the cause of professional crime in increasing. Professional crime is chosen as just as they choose medicine, law, or the ministry—according to their talents. In the case of crime, the principal qualification is an inherited dislike for regular work. Of course, chance opens largely in the choice—so for instance, a man disappointed by success-urging the man on to disregard the possibility of the degradation of conviction.

The new system has its Industrial Farm near Toronto and its Guelph farm to send gangsters to. A gang is rightly broken up, for it is necessary to be a gangster. The leaders are sent away to a farm, where they have to do manual labor for an indefinite period up to two years. The women of these gangs are sent up to the Women's Farm, where some of them see nature and homely things for the first time in their lives. This is the new system that is getting under the root of crime and prying it out. It has none of rigidity of the law that was so unwieldy an instrument in the past.

Hands Across the Sea.
The consul-general of Japan, stationed at Ottawa, Chonosuke Yada, with Madame Yada, visited the Canadian troops before they departed for England.

Mr. Yada in addressing the troops complimented them on their loyalty, esprit de corps and general splendid appearance. He wished them all the greatest success and a speedy return and said he was particularly happy that Japan stood side by side with the historic Empire of Britain in the great war.

The Japanese consul general came to Ottawa in 1912, succeeding Hon. Takashi Nakamura in the office. His career here has been a most successful one and the relations between Canada and Japan since he accepted the consul generalship have been most satisfactory.

In social circles he and his amiable and charming wife have made many warm friends. Since the war broke out Mr. and Madame Yada have been helpful in every way possible and most sympathetic and encouraging.

Boundary Job Finished.
The delimiting of the international boundary line between the Peabody portion of Alaska and the Yukon territory, which was started in 1904, has been finished, and Noel J. Ogilvie, who has had charge of the work since the Canadian Government's accession to the boundary in 1909, has returned to Vancouver. He will leave for Ottawa to prepare his maps and reports, after a short stay in Vancouver.

The delimitation has been done jointly by the Canadian and the United States Governments. The latter finished the portion of the work last summer. Mounds of rock, metal and embedded in concrete have been placed at intervals along the border. The line of demarcation stretches over rugged mountain crags and summits, crevices and torrents for approximately a thousand miles.

Only Seem to Graduate.
As a result of the war there will be only seven cadets for the graduation classes at the Royal Military College this year. Over 20 are now fighting at the front. There is a movement on foot to have the present college course discontinued altogether, and the whole time of the staff given to the training of officers for the war.

It isn't what a man does at, but what he hits, that counts.

Never try to dictate to a woman unless she's your stenographer.

Nothing warms up the congregation like cold facts from the pulpit.

A thoughtless man loses time when he litters.

It's a wise thing to lock that key in your own pocket.

Far better be on pleasure bent than on pleasure broke.

CLEVER CRIPPLES.

Wedgwood, Flaxman, Pope, Byron and Scott All Physically Infirm.

Talleyrand, the notorious French statesman, friend of Napoleon, and Ambassador at the English Court, was designed for a military career; but an accident when one year old rendered him a cripple for life. His cunning, cleverness, political penetration, adroit intrigues, and ingenious subterfuges were vehemently opposed by the Emperor's wife, Josephine, who energetically denounced him as a "cursed cripple."

Josiah Wedgwood, the famous potter and scientist, suffered from a disease of the right knee, which necessitated the amputation of the limb. Referring to this infirmity, Mr. Gladstone once declared: "It sent his mind inwards; it drove him to meditate upon the laws and secrets of his art. The result was that he arrived at a perception envied by an Athenian potter."

The early years of John Flaxman, who designed the choicest specimens of Wedgwood ware, were spent behind his father's shop counter, propped up by pillows, and amusing himself by drawing and reading. It was a long time before he could walk, and he only learned to do so by hobbling along on crutches.

Alexander Pope, the poet, is said to have inherited from his father his physical deformity and from his mother her violent headaches. Little more than four feet in height, his bodily infirmities rendered his life one long disease, yet he labored incessantly, and received \$26,500 for his translation of the "Iliad."

Mrs. Browning, the distinguished poetess, was of a delicate constitution, and never enjoyed robust health. Her sufferings were due to an accident which happened in her sixteenth year. She was one day trying to saddle her pony in a field when she fell with the saddle upon her, incurring an injury to the spine. The after effects were so serious that for years she had to recline on her back.

Both Lord Byron and Sir Walter Scott were lame. Sir Walter's lameness was caused by a kick from a horse when acting as quartermaster of the Edinburgh Light Cavalry—Northern Weekly Gazette.

Boy Who Beat the Kaiser.

How he once had a fight with the Kaiser in the old English style and beat him is related by Mr. Alfred R. Price, hotel proprietor, Ilfracombe, North Devon. Sir Walter's lameness was caused by a kick from a horse when acting as quartermaster of the Edinburgh Light Cavalry—Northern Weekly Gazette.

"I was well paid to keep it out of the papers," said Mr. Price.

The prince had had his morning bath in the sea, and while waiting for the return of his tutor and the others, who had gone for a stroll along the shore, he began to amuse himself by throwing stones at the bathing machines. These belonged to young Prince's father, and he boy told the prince to stop damaging his father's property.

"Do you know who I am?" demanded the prince.

"I don't care who you are," replied young Price.

The prince promptly knocked the boy down with a blow on the nose, aimed with his left. The Devonshire lad got up and fought furiously for twenty minutes until the German party arrived and separated them. Both were marked, but the prince had the worst of the fight.—Daily Mail.

Made Boxing Scientific.

John Broughton, alone among British professional pugilists, can claim the double distinction of an Abey funeral and of having had dedicated to him a poem by the great laureate. It was in 1744 that Paul Whitehead published his "Gymnastic" or "Boxing Match," which he inscribed, "To the most gallant and invincible Mr. John Broughton." As early as 1739 Broughton had achieved athletic distinction as the winner of Doggett's Coat and Badge.

The science of boxing owes much to Broughton. "He promulgated a 'Code' for the guidance of the combatants and the satisfaction of the judges," writes Mr. Guy Nickalls. "His new rules were agreed upon by pugilists and approved of by the gentlemen on Aug. 15, 1745, and lasted in perfect integrity until 1828, a period of nearly a hundred years. He introduced science and humanity into what was up till then a barbarous sport, by not only inventing defensive guards, but also preventing a man beating his opponent to death. He also introduced gloves or mittens for conducting mock combats or sparring matches." Broughton's partner was the Duke of Cumberland, who made him a Yeoman of the Guard.

Acetylene For Gun.

A fog and warning signal, giving both visible and audible indication of danger, has been invented and is now in use in the British Isles. It is called a fog gun and consists of an upright containing a receptacle for acetylene which is dissolved in acetone, and electrical means for producing a spark by which the released gas is ignited and exploded, producing a sound audible at a long distance. It is automatic, and once started goes on until stopped or until the acetylene is exhausted.

By a simple adjustment the explosion may show a flashing light and the gun may be controlled by wireless, through suitable apparatus.

800 Shells Per Man.

In some operations of modern times it has taken an average 200 shells to kill one man. For every 200 shells the Boers fired into Ladysmith only one man was hit—though, of course, the shells came in by the thousand. On the other hand, by chance one shell has on many occasions laid out from thirty to forty men.

Leprosy Spreading.

Attention has been called by the French Academy of Medicine to the alarming spread of leprosy.



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