

LITTLE BOY WEAK AND SICKLY

Mother Tells How Her Little Son Was Made a Strong, Healthy Boy by Vinol After a Severe Sickness.

New York City.—"About five years ago my little boy, then seven years old, was very ill with gastritis, then he contracted measles from the other children, pneumonia soon followed, and there seemed no hope of saving his life. However, we fought off the disease and he recovered, but was in a very weak and delicate condition.

"The doctor prescribed cod liver oil, but his little stomach would not take a drop, and the doctor said there was no cure for him. I decided to try Vinol, as I had used it myself with splendid results, and it seemed to agree with him. That bloated condition soon disappeared, and now he is a strong, healthy boy, thanks to Vinol."—Mrs. THOMAS FITZGERALD, 50 Park Ave., New York City.

In all cases where the health, curative, tissue building influence of cod liver oil, or the strength-giving, blood-making properties of tonic iron are needed, Vinol gives immediate benefit, for it is easily assimilated and acceptable to the weakest stomach, because it contains no oil or grease, and tastes delicious.

Geo. W. Mahood, Druggist, Kingston, Ont.

MARBLE HALL
Pure Ice Cream
In Bulk or Bricks. Packed and delivered to any part of the city.
GEORGE MASOUD,
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Cook's Cotton Root Compound.
A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1.10; No. 2, 75c; No. 3, 50c per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet on request. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Incorporated in Canada.)



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Women's FOOTWEAR
That Beautifies

It is essential to wear a shoe that is prettily shaped to obtain attractive effects so much desired by all well dressed women. Our shoes have grace of line and elegance of finish that make them beautifiers of women's feet.

Made in the latest American designs.

The Sawyer Shoe Store

EMANCIPATION GIVEN

POLAND GETS FIRST INSTALLMENT FROM RUSSIA.

Language Is Recognized—Particular Care Taken To Give Representation To Jewish Population.

Petrograd, April 9.—A law just promulgated gives local municipal self-government to all towns in Poland, a substantial earnest of the promised emancipation. The language question is settled on common sense lines. Correspondence with state departments, as also with public bodies, for private persons outside Poland, must be in the common language of the state, namely, Russian. Replies to letters addressed to Polish municipal departments in Russia must be in Russian.

Municipal placards and similar notifications must be in both languages in parallel. Debate in either language may be at the speaker's discretion, but the president is obliged to explain the substance of a speech if any member present announces his inability to follow it. Minutes of meetings and other official proceedings must be recorded in both languages. It is provided in any cases of disputed interpretation where both languages have been used, shall be decided according to the state language, namely, Russian.

The municipal autonomy now granted to Poland is equivalent to that enjoyed by Russian towns. Particular care has been taken to give the Jewish population of Poland, which is larger than is to be found anywhere else in the world, some degree of representation. The new law is welcomed alike by Russian and Polish organs of public opinion.

Letters That Men Write.

Is there ever to be a time when a man writing an affectionate letter to a woman will express himself like a reasonable being addressing another? The letters that appear from day to day in court proceedings involving the relations of the sexes, whether they emanate from college graduates or from stevedores, are all, so far as the men are concerned, pitched in the same key.

If a man in love must be a fool and convict himself on paper, why is it that a woman in love usually, even though inexperienced and unlettered, never does anything of the kind? The love missives of men are enough to turn the regard of a sensible woman to hatred. Are women who accept and endure this sort of thing, therefore, as much at fault as the men? If so, why is it that their letters of affection, in most cases, are expressed in simple, dignified and self-respecting words?

A young woman who at twenty-seven claims to have made \$100,000 in business has been telling her experiences to a New York evening newspaper. She says: "Men don't like me much. I think they are afraid of me. I find most men prefer dependent women; not the ones they think will try to run things." The love letters of the day prove that her conclusion is correct. Men who figure in the courts, and their names is legion, appear to address themselves not only to dependent women but to idiotic women. The mystery of the whole affair is that in none of these cases does the dependent and idiotic woman reveal her character in her writing. It is only the man who carefully makes a fool of himself and puts it in the power of another to prove it.

In The Duma.

London Spectator. There was a remarkable scene at the meeting of the Duma on Tuesday. The Times correspondent says that the enthusiasm for conducting the war to its appointed end was quite as great as six months ago, and perhaps greater. The debate was several times interrupted by the singing of the national anthem. The British and French ambassadors received ovations. The President spoke of "noble and mighty England," who had "come forward with all her strength to defend the right." Apostrophizing England, he said: "There is not a single cloud on the horizon of our lasting harmony. Heartfelt greeting to you, true friends, rulers of the waves and our companions in arms! May victory and glory go with you everywhere!" The Premier described the abolition of the liquor traffic, as a "second serfdom vanishing at the behest of the Tsar." Referring to German attempts to produce discord between Britain and Russia, he said that they were mere bunglings. Such attempts would always fail. Similar attempts to produce anti-Russian feeling in America had also miscarried. Speakers from every part of the House—Poles, Jews, Armenians, Estonians, Lithuanians, Moldavians—agreed that to conclude peace before German militarism had been shattered would be a crime against humanity.

Sometimes it is bad to separate the boy from his good, hearty whistle.

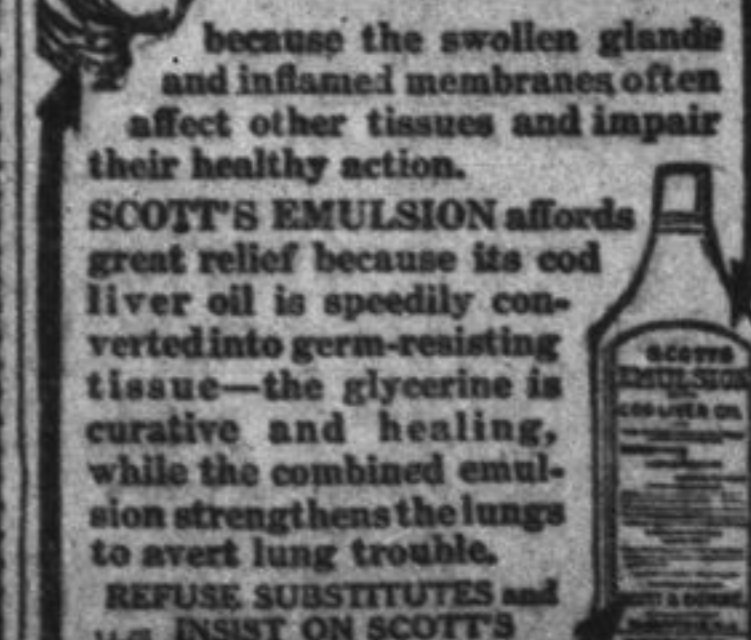
The man with the chip on his shoulder is usually a row breeder.

Don't Neglect THROAT Troubles

because the swollen glands and inflamed membranes often affect other tissues and impair their healthy action.

SCOTT'S EMULSION affords great relief because its cod liver oil is speedily converted into germ-resisting tissue—the glycerine is curative and healing, while the combined emulsion strengthens the lungs to avert lung trouble.

REFUSE SUBSTITUTES and INSIST ON SCOTT'S



"LOST ISLANDS" FOUND.

Expedition To Hudson Bay Clears Up Geographical Mystery.

Canada is richer in the possession of islands in Hudson Bay than has for over two centuries been thought to be the case. The archipelago of small islands paralleling the Ungava seaboard of Hudson Bay at an average distance to the seaward of some seventy miles, and known on the Admiralty charts as the North Belchers, the South Belchers, Baker's, Dozen and King George Islands, have through a series of four years' exploration by Sir William Mackenzie's expedition to Hudson Bay been proved to be merely the small islands surrounding a range of enormous islands. They were discovered by Mr. Robert J. Flaherty, F.R.G.S., and Mr. La Duke, who experienced considerable hardship and danger in the discovery. The accomplishment required the courage and calmness that have made both successful explorers.

The islands contain a tribe of Eskimos peculiar to the region. At late as 1668 the old charts of Henry Hudson and others showed three large islands outlying from the Ungava seaboard of Hudson Bay. The discoveries of Sir William's expedition are, it would seem, really a rediscovery of the islands, and it means that this range of islands has practically been lost to the world for two centuries.

It seems strange in these days when the world "is so small, after all," that new rivers, new lands and new lakes are being discovered. It is astounding that these discoveries take place within 890 miles of Toronto. But yet that is what has been done by these two explorers. The story of the discoveries of Champlain has a great place in the history of Canada, and it was thought that the day of the geographical explorer was gone, but the story told recently adds more to the history of Canadian exploration.

Here is an area of more than 4,000 square miles, not in an uninhabitable latitude beyond the circle, but within the latitude of Edinburgh, in Scotland, and a few miles north of the latitude of Prince Rupert, in British Columbia. Perhaps this discovery may give the readers a clear idea of the immensity of the Hudson Bay itself—an inland sea of more than 350,000 square miles.

The story of how these islands were ultimately found is so interesting that the termination of the third and last expeditions (these expeditions covered a period of four years) is fascinating to a degree.

Of the discovery Mr. Flaherty said: "We made out three big islands. The main island, topographically, is a series of ranges parallel to its length, with a maximum height of 700 to 800 feet. In formation it is similar to the land masses on the north shore of Lake Superior, particularly on Thunder Bay. It is covered with grasses and Arctic vegetation. From the height to which we climbed we could see rolling land masses, studded with silver lakes, which appeared to be great breeding places for wild swan and geese and ducks.

"The part we explored is not inhabited by Eskimos, but on an island to the westward we found old stone igloos, partly in ruins, and elaborate stone wind-blinds, used by the Eskimos in goose-hunting. The whole island area is more than 4,000 square miles in extent, with a complete length north and south of nearly 400 miles; that is, from the South Belchers, latitude 55 degrees north, to the latitude 59 degrees north of the Ottawa Islands. Looking from the hill-tops of the main island over sweeps of valley and rise one got an impression of highly cultivated areas, but that was due to the green moss and grass that covered almost everything."

Poor Season For Seals.

Wireless reports received at St. John's, Nfld., within the last few days from the sealing fleets indicate that the outlook for the season is unfavorable. The steamers of the eastern fleet after working their way through the ice for some 250 miles up the eastern coast of Newfoundland, became jammed in the heavy floes off Cape St. John, at the northern point of Notre Dame Bay, and about 125 miles south of the easterly entrance to the Strait of Belle Isle. Five hundred seals taken by the steamer Florizel recently comprise her total catch. In the average season the eastern fleet capture about 30,000 seals by the middle of March. The vessels of the western fleet made little or no catch.

Letters To Hostile Countries.

Official announcement is made that private letters to Germany, Austria or Turkey are now allowed to be forwarded through neutral countries, subject to the usual conditions of censorship. Such letters must be forwarded through an agency in a neutral country, and they must be in open envelopes enclosed in a covering letter. Remittances to friends in European countries other than Great Britain, France or Russia should be made through branches of Thomas Cook & Son in neutral countries.

Alberta's Technical Education.

Technical education will receive considerable attention from the Alberta Government, and a great deal of money will be devoted to this purpose according to educationists in that province who have been conferring with the Provincial Cabinet.

One of Dr. Tassie's Boys.

Lt.-Col. G. B. Laurie, Royal Irish Fusiliers, who was killed in action, was an old Tassie boy, having attended Galt's noted school in 1879 and 1880.

Sweet are the uses of audacity—when a brave young man and a kissable young girl meet. A wise man may not know much, but he is wise enough to keep others from knowing it.

SCOTS IN CANADA.

Depopulation of the Glens Played a Large Part In Dominion's Life.

William Diack, the Scottish writer, in the winter quarter issue of The Scottish Review, published at Perth, once the capital of the ancient kingdom, discusses the long standing sympathy existing between France and Scotland as a result of the "aid alliance" and incidentally touch on a piece of history which indirectly plays a large part in the story of Canada.

Mr. Diack recounts the story of the depopulation of the Highland glens, whence came in the wars of the eighteenth century, and during the Napoleonic conflict so many thousands of Britain's best and bravest warriors. The Scottish lairds he writes, have discovered to their dismay, that, in the hour of national peril, grouse and deer are but poor substitutes for the stalwart Highlanders, who, in bygone days, marched forth to battle from the hills and glens of Scotland. A writer in The Aberdeen Free Press, who had just returned from a visit to the western Highlands, and been strongly impressed with the response of these people to the call to arms, also wrote: "I have met instances which go in the other direction, and show how bitterly wrong was the iron of ancient dwellers in Arisaig to me. And I heard the same thing from a man in Bunessan, in Mull, and again from a Loch Carron man, and the idea in another form was echoed by a man from the shore of Loch Nevis.

"A hundred years ago Strathglass sent a regiment to fight Napoleon. Why doesn't it do the same to-day? said a territorial magnate at the time of the South African war; and the answer was this: 'Well, your grandfather evicted them all.' The Highlands, once the finest recruiting ground in Christendom, have been depopulated by the owners of the land. The old martial spirit still lives in the north, but the men are not there. The glens have been cleared and the islands transformed into 'sanctuaries for wild geese.'"

The Highland clearances had no small influence on Scottish settlement in Canada. They were responsible for the stream of crofters who found homes in Huron, Bruce, and Simcoe counties of Ontario. Once the channel had been opened, remarked J. A. Stevenson, in the autumn number of the same review, the stream continued, and all through the middle of last century, till the seventies, there was a constant, if not vast, flow of emigration from both Highlands and Lowlands to the Province of Ontario. Scotsmen have played no small part in the making of Canada, and, as Mr. Stevenson says, in the pioneer stages of a country like Canada, the Scot was peculiarly fitted for the tasks of hewing the path to a new civilization. The Scot was more at home in the wilderness than was the incomer hailing from the more fertile and softer shores of England.

It is not surprising that the Scotchman, to wrestle with a sterile soil and an unfriendly climate, the soil of Ontario offered as fertile land as the best of the Lothians, and the Scotch emigrants with that prospect in sight nerved themselves to the long and wearisome task of clearing the forest. They brought with them too their national characteristics and aptitude, as well as their spirit of independence, and the outcome has been a specially close kinship between Scotland and Canada among the British dominions.

Timely Advice Against Weeds.

"Conservation" gives some timely advice to Canadian farmers regarding the war against weeds. They brought with them too their national characteristics and aptitude, as well as their spirit of independence, and the outcome has been a specially close kinship between Scotland and Canada among the British dominions.

1. Do not sow weed seeds; sow clean seed grain.
2. Do not allow new weeds to gain a foothold on the farm.
3. Prevent annuals from going to seed.
4. Practice a short rotation of crops including a sufficient amount of hoe crop to clean a good share of the farm each year.
5. Plow shallow immediately after haying and keep down all weed growth until autumn. Then plow again thoroughly and follow the next spring with a hoe crop. Gang plow shallow and work well just before planting.
6. Make use of another crop such as heavy seedings of rape or buckwheat.—F.C.N.

His Day Has Arrived.

Four years ago Theodor Sandys-Wensch came to Canada and joined the R.N.W.M.P. as a bugler. Of Belgian parentage, but British birth, his ambition had been to join the British army, but he was turned down at Sandhurst for defective eyesight. To-day, though only 23 years old, he holds a captaincy in a crack British regiment, has been recommended for the Order of Leopold, and mentioned time and again in despatches for bravery.

To Encourage Marriage.

Philip Pocock, chairman of the London Public Utilities Commission and a prominent member of St. Peter's Cathedral, announced that he will pay the wedding fees for all young women members of the parish over 24 years of age who get married between now and the end of the year. "The more the merrier and the better," says Mr. Pocock.

Chinese Boy Wanted to Fight.

Arthur Don, a fifteen-year-old Chinese boy, of Kingston, made application to be taken on the strength of the second contingent, but owing to his youth he was refused.

A Man Smokes or Drinks because he wants it, but if he loves it because some woman prefers it.

America's "travelling public" last year was an army of 1,044,951,246.

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Beauty, efficiency and true economy demand the use of the best paints and varnishes.

Lowe Brothers High Standard LIQUID PAINT

is the paint that is scientifically made, and by years of exposure tests it has proved to "Give Best Results."

Yet, because of its superior spreading and covering qualities, it costs no more for the job than ordinary paints. "High Standard" is the Paint of Proven Performance.

For your floors the "Varnish of Efficiency" is Lowe Brothers Durable Floor Varnish. It is very tough and durable, is washable, and, of course, does not turn white when water touches it.

There is a "High Standard" Paint, Varnish, Enamel or Stain for every purpose. Ask for evidence and proof that it will pay you to specify them on all your work.

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Don't Forget!

An eminent physician lays down these simple rules for better health:

- 1.—Drink a great deal of water.
- 2.—Eat very much more slowly.
- 3.—Always chew your food well.
- 4.—Be sure to have plenty of chewing gum on hand. Begin chewing shortly after the meal and chew until all "fullness" disappears from the region of the belt.

Be sure of the Perfect Gum in the Perfect Package—made clean, kept clean—sealed airtight:

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THE PERFECT GUM
THE FLAVOR LASTS

has the flavor of mint leaves.

WRIGLEY'S DOUBLEMINT
DOUBLE STRENGTH
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has the new double strength Peppermint flavor.

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after every meal