

# SHACKLETON'S TRIP SOUTH

## Was For Purpose of Scientific Investigations.

### THE EXPEDITION LEFT ENGLAND IN TWO SECTIONS IN SEPTEMBER 1914

Many Scientists Went With It—The Expedition Had a Powerful Wireless Receiving Apparatus.

Sir Ernest Shackleton, whose expedition is in danger, some years ago got within 100 miles of the South Pole, this time had a three-fold purpose: to navigate Antarctic on a sled, to secure for the British the honor of being the first na-

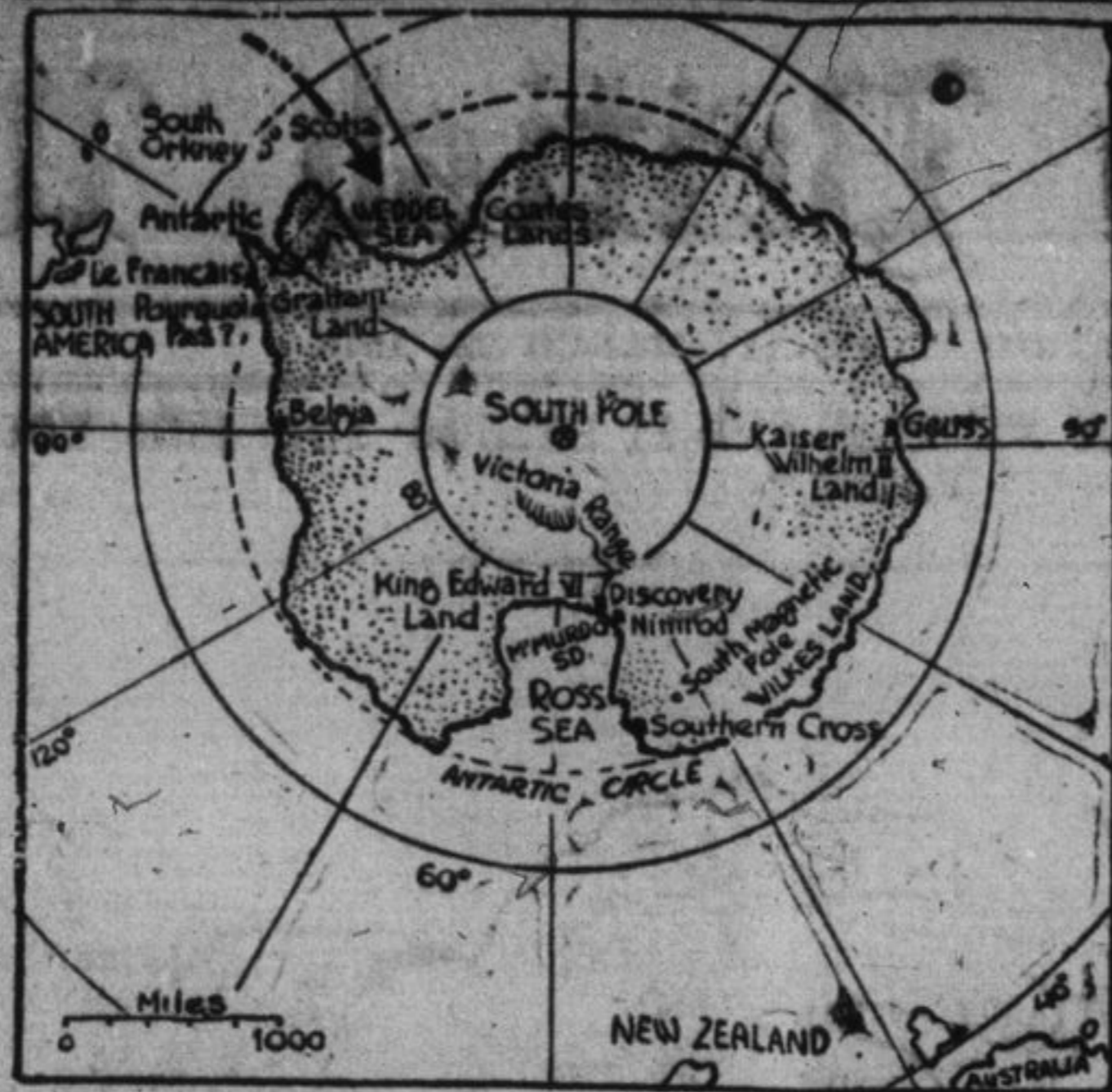
tions, that the party, headed by Sir Ernest himself, set off on a 1,700 mile voyage from South Georgia, an uninhabited island in the South Atlantic Ocean, about 340 miles east of Cape Horn, for Ross Sea, on the other side of the South Pole. From Tasmania, on the New Zealand side of the Antarctic, the second section meanwhile had sailed, also for the Ross Sea, there to meet Sir Ernest's expedition with supplies necessary for both sections to return to New Zealand. Sir Ernest hoped originally to come out of the Antarctic by April, 1915. The section which started from Tasmania was obliged to spend the winter of 1915-16 at the Ross Sea to await Sir Ernest's arrival, which had been expected some time this month.

**Offal and Old Bones.**  
1. The German substitute for wool in a mattress is shavings. I had to sleep for months on a mattress filled with shavings, and I know what it feels like. The people who cannot afford shavings use old newspapers.  
2. The German substitute for hay and similar fodder is dried leaves. Lots of trees whose leaves are suitable for the purpose are published in the papers from time to time.  
3. Leather being now seventeen marks a pound, and hardly procurable at that price, the Germans are selling their boots with wood.

4. Beef, mutton, and pork being scarce, the flesh of dogs, cats and donkeys is not despised. Butchers advertise for these domestic pets; I have seen the advertisements.  
5. German flour is not made solely of wheat or rye. Other ingredients are bran, potato-meal, and a kind of meal made from straw and wood. Some enterprising hawk has also tried the experiment of adulterating it with powdered chalk; but that kind of adulteration is punishable.  
6. Roasted acorns are commonly used instead of coffee. I have tried that mixture, and do not recommend it.

7. "Soap," I read in the "Hamburg-er Fremdenblatt," "should be entirely dispensed with." Alkali powders, it appears, will keep anyone clean enough for Germany.  
8. Offal and old bones, such as may be picked out of dustbins, are recommended as the basis of a nourishing soup. It is only necessary to "treat" them with salicylic acid.  
9. Beetroot juice serves instead of treacle, and woodlice exude a fat which can be spread on bread instead of butter.

**Catarrh Cannot Be Cured.**  
with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a local disease, greatly influenced by constitutional conditions, and in order to cure it you must take an internal remedy. Hall's Catarrh Cure is taken internally and acts thru the blood on the mucous surfaces of the system. Hall's Catarrh Cure was prescribed by one of the best physicians in this country for years. It is composed of some of the best tonics known, combined with some of the best of the ingredients in Hall's Catarrh Cure is what produces such cures. Send for testimonials. Free.  
F. J. CHENEY & CO., Props., Toledo, O.  
Hall's Family Pills for constipation



CONTINENT WHICH SHACKLETON WAS TO CROSS. The Antarctic explorer's route lay from Weddell Sea across to Ross Sea. Shackleton has arrived at Sydney, says a despatch to-day, but there is no announcement of his achievements.

10: A palatable fat can also be extracted from a sewage.

**Real Wooden Walls.**  
Sir Ernest sailed in the Endurance, a three-master, the foremost square-rigger and the other two masts schooner-rigged, her auxiliary engine giving her a ten-knot speed. This vessel, of 360 tons, was built with "wooden walls" two feet thick of almost solid oak. Oak and pilot pitchpine were the only woods employed in her construction. Her accommodations were for 42 persons, and the party which sailed included fifteen officers and scientists.

Among them were Captain Orde Lees, R.M.L.I., in charge of motors; Lieut. F. Dobbs, Royal Dublin Fusiliers, in charge of section of dogs; Lieut. Courtney Brocklehurst, assisting with dogs; J. Wordie, geologist; R. W. James, physicist and meteorologist; Leonard H. Hussey, meteorologist and assistant magnetician; F. Hurley, photographer and cinematographer; E. Studd, Cambridge University and Camborne School of Mines, and Lieut. Frank A. Worsley, R.N.R. of New Zealand. The Endurance carried seventy dogs and a number of motor sledges.

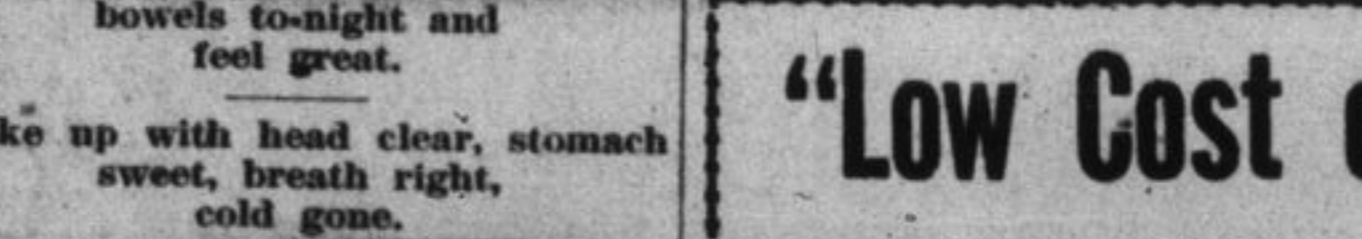
The Ross Sea party sailed on the Aurora in command of Lieut. Aeneas Mackintosh, R.N.R., who was in charge of the chronometers and meteorological instruments. This party included A. H. Ninnis, in charge of motors, a cousin of Lieut. Ninnis, who lost his life during the Mawson explorations; J. R. Stenhouse, R. N. R., chief officer; A. Stevens, assistant lecturer in geography at Glasgow University; Spencer Smith, in charge of the photographic department; J. I. Cope, biologist; D. S. Mason, chief engineer; A. L. Larkman, second engineer; H. Wild, in charge of stores, and Hay, stoker, and Manger, carpenter. The Aurora carried twenty-six dogs.

**Useful Objectives.**  
The Argentine Government presented for the Endurance a powerful wireless receiving equipment when the ship touched at Buenos Ayres in 1914, on its way to South Georgia. The explorers hoped before taking to the ice to pick up aerograms containing information as to happenings in the outside world.

Sir Ernest, in an address in London some months before his departure, said that if the Antarctic stock-breeders of Chile and Argentina could obtain authentic information regarding the effect of dense polar ice-fields on climatic conditions in those countries, they would be more or less able to regulate their water supply. Another object was to determine, if possible, whether the Andes chain of mountains linked up with Graham's land and other mountainous territory on the opposite side of the South Pole. The party hoped to investigate, too, a seam of coal which, lying within 300 miles of the Pole, is said to indicate tropical or semi-tropical climate there in the past.

John McLean, Toronto, whose mind is thought to be affected, asked a constable to shoot him.

**DON'T BE BILIOUS, HEADACHY, SICK OR CONSTIPATED**  
Enjoy Life! Live your liver and bowels tonight and feel great.  
Wake up with head clear, stomach sweet, breath right, cold gone.



**WORK WHILE YOU SLEEP**

Take one or two Cascarets to-night and enjoy the nicest, gentlest liver and bowel cleansing you ever experienced. Wake up feeling grand, your head will be clear, your tongue clean, breath sweet, stomach regulated and your liver and thirty feet of bowels active. Get a box of any drug store now and get straightened up by morning. Stop the headache, biliousness, bad colds and bad days. Feel fit and ready for work or play. Cascarets do not grip, sicken or inconvenience you the next day like salts, pills or calomel. They're fine!

Mothers should give a whole Cascaret anytime to cross, sick, bilious or feverish children because it will set thoroughly and can not injure.

## Letters To The Editor

**A Word To Late Comers.**  
Kingston, March 25.—(To the Editor): Would it be possible, I wonder, to prevent Geo. Arliss from realising as Cyril Maude must have very forcibly been done, how niggardly the parents of actors have been in the expenditure of the "penny extra" for manners. Almost the whole of the first act in the very delightful play produced by Mr. Maude and his excellent company was lost by the extremely noisy entrance of late comers. Why should those who have the courtesy and appreciation to come in time suffer for the many who arrive from five to twenty-five minutes after the advertised time for commencing? Would it not be possible to protect those who wish to hear all the play by keeping late-comers in the lobby till the act is over, as is done in many theatres in England.

It is not only at theatres that this utter ignoring of ordinary politeness occurs. At the Sunday evening organ recitals given by the very courteous and generous organist of St. George's cathedral, people leave during the selections, not quietly and unobtrusively, but apparently with the intention of showing the performers that their efforts are unappreciated. The recitals, which are free, only last about thirty or forty-five minutes. Why go at all if courtesy cannot last so short a time?—H. E. MOWAT.

**News From Alberta.**  
Hamilin, Alberta, March 26.—There is beautiful spring weather here now the thermometer being fifty-five above zero to-day. Wood: rose Myers, who has been visiting his old home in Pennsylvania for the last three months, has returned to Hamilin. Miss Ruby Emery of Brookside is calling on friends around here. Mrs. Andrew McMaster has gone to Edmonton to visit her husband who is foreman for Swifts. J. B. Scofield started sawing lumber about the 1st and expects to continue until spring work commences. Miss Mabel Tillpugh, ill for the last few days, is improving. Arthur West intends selling out and going to the front. Miss Rosalie Flynn, who has been spending a week at home, has returned to the convent of Sacred Heart. Gustaf Huff, of Raith, is calling on friends here. Harry Jones left to-day for Vegreville with a load of grain. Mr. Flynn and Miss Rosalie made a flying trip to Vegreville last week. Frank McDevitt has gone to Lamont to visit his parents; Arthur West is at M. J. Flynn's.

**Looks For Victory.**  
John H. Nimmo, M.D., formerly rector at Barriefield and now residing in Detroit writes the Brockville Patriotic fund committee enclosing \$20. He adds: "Our Canadian boys are certainly putting up a glorious fight. I hope that victory for the British and her Allies will be the outcome as I firmly believe it will."

Major A. H. McCausland has been appointed to command the 74th Battalion, succeeding Lieut.-Col. Windesyer, who is remaining in Toronto on account of ill health. George Finn, fifteen years of age, living near Orillia, York county, was accidentally shot by his elder brother, and the result is in doubt.

## For Eczema and other Skin Troubles

### Saxol Salve

to stop the itching and begin healing with the first application or return your money. There are lots of skin remedies but Saxol is the only one we guarantee like this. Why don't you try it?  
GEORGE W. MAHOOD, Druggist, KINGSTON, ONT.

## Sleepytime Tales

### HOW THE BUMBLEBEE ESCAPED.

Once upon a time, you remember, I told you how the Golden Bumblebee got caught in the lily when gathering honey. He had not been asleep in the lily prison for very long that night when he was awakened by a click and it grew light through the delicate petals of the lily. "Why, it must be morning," he said, "I must have slept very sound. He stretched out his wings and rubbed his eyes wide open so as to be ready to fly away as soon as the lily petals began to open. In a few minutes he was able to squeeze out and take a look about the room. Close beside the lily vase was something very tall and bright, but the bee didn't know it wasn't the sun, but he thought it was the faintest sun he had ever seen. A little girl was sitting beside the table with a book in her hand and at first he thought it was the Rose Fairy grown up, she was so pretty. Very carefully he crawled over the table and up on the table and up on to the book and the little girl cried out: "Mother, Mother, see, here is a beautiful bumblebee. Isn't it pretty?" "Poor little bee. He didn't know how to make it at all, for when he flew away from the table it was all dark as night and he was so frightened that he began to buzz wildly and fly about in circles. At last he managed to fly back to the table and alighted on one of the lilies where he was hidden by the edge of the vase. Just then some one came to the table and took up the vase and said: "The electric light has made the flowers open and I must put them away in the dark." Then the Golden Bumblebee laughed to himself and thought: "Now why didn't I think about the electric light? I knew it couldn't be the sun. How the Rose Fairy will laugh when I tell her about it."

## "Low Cost of Living" Menu

**Menu for Wednesday**  
BREAKFAST: Baked Apples, Fried Eggs on Toast, Fried Indian Mush, Coffee.  
LUNCHEON: Mixed Lamb on Toast, Potato Chips, Squash Biscuit, Cookies, Cocoa.  
DINNER: Lentil Bean Soup, Lamb in Sauce, Potatoes au Gratin, Spinach, Olive Salad, Orange Custard.

**BREAKFAST**  
Poached Eggs—Break the required number of eggs into a pan of hard boiling water, to which has been added a little salt. Boil until the edges curl and serve on slices of thin buttered toast.

**Fried Indian Mush**—Boil six cups of water, pour in a cup of Indian meal and boil ten minutes. Turn into a wetted mould to cool and then fry in thin slices. Serve with maple syrup.

**LUNCHEON**  
Squash Biscuit—Mix a cup of strained and cooked squash with three tablespoons of sugar, a cup and a half of milk and one dissolved yeast cake. Let rise to twice their bulk, shape, let rise twenty minutes more, and bake in a hot oven.

**DINNER**  
Lentil Bean Soup—Boil two cups of lentil beans with six cups of water until soft, mash, add a cup of water, return to the fire, and boil one minute.

**Lamb en Casserole**—Cut the lamb in small pieces, dredge with flour and place in the casserole. Add a small onion, cover with water and bake three hours. Then add a quarter of a cup each of carrots and turnips cut in dice and a tablespoon of rice. Bake three-quarters of an hour longer.

**Olive Salad**—Cut enough stuffed olives to make a cup, add half a cup of plain olives cut in small pieces and serve on lettuce with a French dressing.

**Orange Custard**—Boil two cups of milk, add two beaten yolks, half a cup of sugar, and when cold add two cups of sliced oranges. Beat the whites as stiff as possible, add a teaspoon of vanilla and a tablespoon of grated cocoanut.

# McCormick's Sodas

So good that butter seems unnecessary.  
What could be more appetizing than fresh, crisp, McCormick's Jersey Cream Sodas which have been baked in white enameled revolving ovens, by men in snowy white suits?  
Sold fresh everywhere in 5c, 10c and 25c packages.



**S-UN-K-I-S-T**  
RAISINS PRUNES APRICOTS PEACHES  
Insist on "Sunkist"  
At All Grocers.

# COWAN'S Almond Nut Bar

A rich, velvety, milk chocolate containing an abundance of plump almonds—a quality that cannot be surpassed.

Sold everywhere. Made in Canada.



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# Kellogg's TOASTED CORN FLAKES

Why? Because they are delicious and nutritious. Made from Southern white corn. Deliciously flavored by our secret process. Made by a Canadian Company. A man's winter food. Kellogg's Toasted Corn Flakes is our only product.

10c. a package. At all Grocers.

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# EDWARDSBURG "Crown Brand" CORN SYRUP

It is a daily treat—the perfect sweet. Just what the children should have on Bread—costs far less than butter or preserves. Delicious with Hot Biscuits, and Batter Cakes. Gives a new delight to Baked Apples, Blanc-Mange and Puddings. Makes the best Candy you ever tasted.

"LILLY WHITE" is a pure white Corn Syrup, not as pronounced in flavor as "Crown Brand". Your Grocer has both Brands, in 2, 5, 10 and 20 pound tins—or can easily get them for you.

The Canada Starch Co. Limited, Montreal

## Gary & Practical Home Dress Making Lessons

Prepared Especially For This Newspaper by Pictorial Review

### Re-enter, the Raglan Sleeve.

front is belted, while the back hangs loose and full.

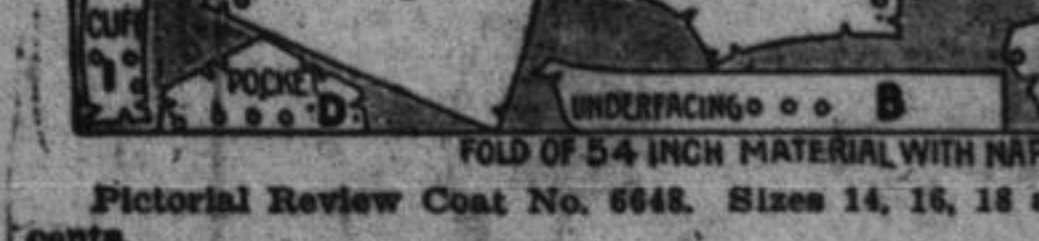
The raglan sleeve cannot truthfully be termed a "has been." Rather it has appeared less frequently on the stage of fashion during the past season. But it has assumed a leading role again, being shown on smart coats for spring wear. This design for juniors and misses is carried out in blue silk serge, trimmed with crocheted buttons. In medium size the coat required 3 1/2 yards 54-inch material.

There are no unsurmountable obstacles to cut this model. The serge is first carefully folded, after which the cuff is laid into position, as shown on the cutting guide. Next comes the pocket, placed very near the fold, then the underfacing, collar and belt. The two latter are laid directly on the lengthwise fold. On the upper row are the front, sleeve and back, all on a lengthwise thread of the serge.

The coat is an extremely practical as well as stylish model. The front may be closed to the neck and finished with a high chin collar, or rolled back to form revers, with rolling collar. The belt is slipped through the under-arm, seam and lap at the center-front as the back hangs loose and full. The wing pocket strikes a note that is sounded in many smart outer garments for spring and summer.

If desired the cuffs and collar may be made of silk or satin. Just now silk seems to be the favorite coat trimming, for the corded effects such as falles, gros de Londres, etc., are not only beautiful but possess wearing qualities that the woman who must economize cannot afford to disregard.

Silks of all kinds—taffetas, failles, poplin and satin—will be seen in the spring coats.



Pictorial Review Coat No. 6648. Sizes 14, 16, 18 and 20 years. Price, 15 cents.

Above Patterns can be obtained from **NEWMAN & SHAW, Princess Street**