

WHAT IS THE BEST TONIC?

The Complete formula of Vinol is printed on each label showing that it is the greatest tonic in the world.

Why experiment with unknown preparations? If you need more strength take

Vinol

The Well-known Cod Liver and Iron Tonic, Without Oil

THERE IS NOTHING BETTER

Weakness is the one great drawback to health after sickness or when one is run down. Vinol creates strength because it is a non-secret combination of the most famous body-building and strength-creating elements known—Beef and Cod Liver Peptones, Iron and Manganese and Glycerophosphates.

DRUGGISTS RETURN YOUR MONEY if Vinol fails to benefit you.

Gage's Cash Grocery

Special Sale This Week. 4 lb. Tins—JAMS—4 lb. Tins. Absolutely Pure Jam, 98c tin. Pure Fruit Jam, 78c tin.

A Message to the Young Men of Canada

Canada needs Trained Men and Women! Whatever be the task confronting the nation, in war or peace, Canada is always in peril of failure so long as the young people of the country are economically unfitted for their tasks.

Never were opportunities so great. Thousands of good-paying positions are waiting in every field of endeavor for men and women trained to fill them—in offices, stores, shops, factories, mines, railroads, on the farms—in all lines of technical, commercial, and agricultural work.

For over 26 years the International Correspondence Schools have been training Canadians. Thousands have been helped to bigger careers through the I.C.S. plan. 6500 are getting ready right now.

Many of the largest employers in the country are interested in the work of the I.C.S. in Canada, and, at their request, are being informed regularly concerning the progress of I.C.S. students among their employees.

You can win success with the aid of the I.C.S. J. F. Parker, of Winnipeg, climbed from a \$40 a month job to a \$6,000 a year income as a Contractor.

Wm. T. Griffiths advanced from carpenter to Superintendent of Construction for Lyall and Sons, Ottawa. E. H. Monro, Chief Engineer of the Dominion Textile Company, Windsor, and hundreds of Canada's foremost engineers, advertising managers, draftsmen, electricians, and chemists prepared for promotion in spare time through I.C.S. courses.

The I.C.S. can help you, no matter where you live, what hours you work, or how little your schooling. Mark and mail the coupon today—it will not obligate you in the least but will give you an opportunity to show you how to prepare for a successful career.

- INTERNATIONAL CORRESPONDENCE SCHOOLS. Dipl. Y., 745 St. Catherine West, Montreal, Can. Double, without obligating me, how I can qualify for the position, or in the subject, before which I mark X.

Kitchener Was Trapped. In Cabin of Hampshire

When Ship Struck Mine. LORD KITCHENER and his staff did not even reach the deck of the British cruiser Hampshire after she struck a mine off the coast of Scotland one stormy night in June, 1916, according to a warrant officer who has just told the story of the sinking to a correspondent of the Manchester Guardian.

Questions concerning the sinking of the Hampshire have been asked in Parliament because of the persistent rumor that the vessel had been sunk by a submarine and Lord Kitchener had been carried off a prisoner to Germany. No detailed statement, however, has ever been officially given out.

Four days after the Jutland battle, according to the officer, the Hampshire took Lord Kitchener aboard on June 5, and set out with about 800 persons aboard in "the foulest weather known in that region." She was escorted by two destroyers who were unable to face the storm and returned to port. Everything on board the Hampshire was washed down, and only one hatchway was left open.

About eight o'clock in the evening the ship was shaken by a terrific explosion and the crew scrambled for the deck. Officers quickly took their posts, but their orders could not be heard because of the raging storm and the terrific sound of escaping steam. Immediately after the first explosion there was another and all lights went out, which added to the confusion.

The officer, with a companion, cut the lashings of a life-raft, it being impossible to launch the boats in the terrific sea, and the raft was slipped over the side. It turned upside down, but finally righted and he with others found themselves afloat. Almost immediately the ship went down, not more than five minutes after the first explosion. The officer did not see Lord Kitchener on deck, and it is his opinion that as only one hatchway was open, the only men who reached the deck were those who went that way.

Peers on Honor Roll. Contrary to popular belief, only two British peerages have been extinguished by the war—through the deaths of the first Lord Kesteven and second Lord Langatock. But these signify really the loss of one hereditary honor only, as Lord Kesteven, who held an ancient baronetcy dating from 1642, was succeeded in that by his kinsman, now Sir William Treloope, tenth baronet.

During 1918 no peer actually fell in battle, but the deaths of the Earl of Rosse from wounds received early in the war, of Earl Poulett, after long service in France, and of the Marquis Conyngham, extended the already long roll of honor of the peerage. These are the names: The fifth Marquis Conyngham, the sixth Earl of Annesley, the eighth Earl de la Warr, the second Earl of Faversham, Field Marshal the first Earl Kitchener, the fifth Earl of Longford, the seventh Earl Poulett, Field Marshal the first Earl Roberts, the fifth Earl of Rosse, the eleventh Earl of Seafield, (thirtieth chief of the Clan Grant), the seventh Earl of Shannon (a minor, aged 19), the nineteenth Earl of Suffolk, the sixth Viscount Hawarden, the fifth Lord Amington, the third Lord Brabourne, the fifth Lord Conington (first peer who fell in the war, and the head of the family from which the late Irish leader, Charles Stewart Parnell, a descendant of the first Lord Conington's only younger brother, derived), the fifth Lord de Freyne (three of whose brothers have fallen and of whose family Viscount French of Ypres is a cadet; the second Lord Gorell, the third and last Lord Kesteven, the second and last Lord Langatock, the eighth Lord Lucas (Lord Dingwall in the peerage of Scotland, and a Captain of the Buffs at the age of 35), the fourth Lord Newborough, the sixteenth Lord Petre and the eighth Lord Vernon.

Seven of the foregoing twenty-four peers—Lords Conyngham, Annesley, Langford, Rosse, Shannon, Hawarden and Newborough—were Irish peers; three others, Lords Roberts, Conington and de Freyne, were Irishmen, and Lord Kitchener was born in Ireland.

Pershing Knighted. The British "Who's Who," a copy of the 1917 issue of which has just been received, lists the commander-in-chief of the American Expeditionary Forces in France as "Gen. Sir John Joseph Pershing, G.C.B." On July 17, 1918, King George awarded the Grand Cross of the Order of the Bath to Gen. Pershing, and in August King George, while on a visit to France, personally gave the decoration to him. The award of the Grand Cross of the Order of the Bath makes a knight of the recipient, and gives him the right to prefix "Sir" to his name. The decoration given Gen. Pershing, however, was an honorary one, and it was said at the time that he would not receive the title of "Sir," as he was not a British subject.

Cunningham & Ballantyne, Trenton, have dissolved their partnership by mutual consent. Mr. Ballantyne having purchased Mr. Cunningham's interest in the undertaking business.

Why Can't I Get To Sleep?

Thousands of people all over the country ask this question, but still continue to toss night after night on a sleepless bed, and it is impossible for them to get a full night's refreshing sleep.

Some constitutional disturbance, or worry or disease has so debilitated and irritated the nervous system that it cannot be quieted except by the pernicious use of opiates or narcotics. Or again, you have heart palpitation, and sensation of sinking, a feeling you are going to die, or perhaps you wake up in your sleep feeling as though you were about to choke or smother, and the only way you can get relief is to sit up in bed.

To all who suffer in this way, Milburn's Heart and Nerve Pills offer an inestimable boon. They bring back the much-needed night's rest by improving the tone of the nerves, strengthening the heart, enriching the blood and making the whole organization act in harmony—then you sleep as peacefully as a child.

Mrs. James Latimer, 39 Leinster St., St. John, N.B., writes:—"At night I could not sleep. I had to sit up in bed, my heart beat so fast, and when I walked up stairs I would get all out of breath. A friend recommended Milburn's Heart and Nerve Pills and after using two boxes I can sleep all night and am not out of breath after walking."

Milburn's Heart and Nerve Pills are 50c a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

There passed away in North Sherbrooke, on March 3rd, in his eighty-eighth year, an old and respected resident in the person of William Sergeant, one of the men who was among the first born in the township after it was settled.

The ultra stylish woman is usually the reverse so far as household duties are concerned.

CHANGING OUR DIET.

Fish Has Grown Popular During War Time.

War time food conservation campaigns in the Canadian Northwest have changed the appetites of the people. Hundreds of tons of fish and game, once deemed unfit as food, are being consumed each month throughout the Dominion.

Whale and flatfish seem to lead as sea foods, while beaver and other fur-bearing animals, hitherto unthought of as table delicacies, likewise are given prominent places in the food lists.

Whale meat, which failed to win recognition in Canada until last summer, is being sold by the ton from Vancouver to Halifax. The Dominion Food Board's success in the campaign to market Pacific flatfish is indicated by the official estimate that 3,500,000 pounds have been consumed in six months. Fishermen formerly threw away this fish.

Until 1918 trappers retained only the pelts of beavers. The Minnesota campaign in behalf of beaver flesh as a food attracted attention in Manitoba and hotels in that province added beaver meat to their menus. Later someone discovered that chickens "went wild over beaver" and resulting experiments indicated that a diet of beaver meat improved the egg-laying qualities of hens in cold weather.

Wild rice that grows in abundance in the Northern Lake districts also was ignored until American and Canadian commission men in eastern cities began making steady demands for it. Canadian people started eating it after it had gained popularity in hotels.

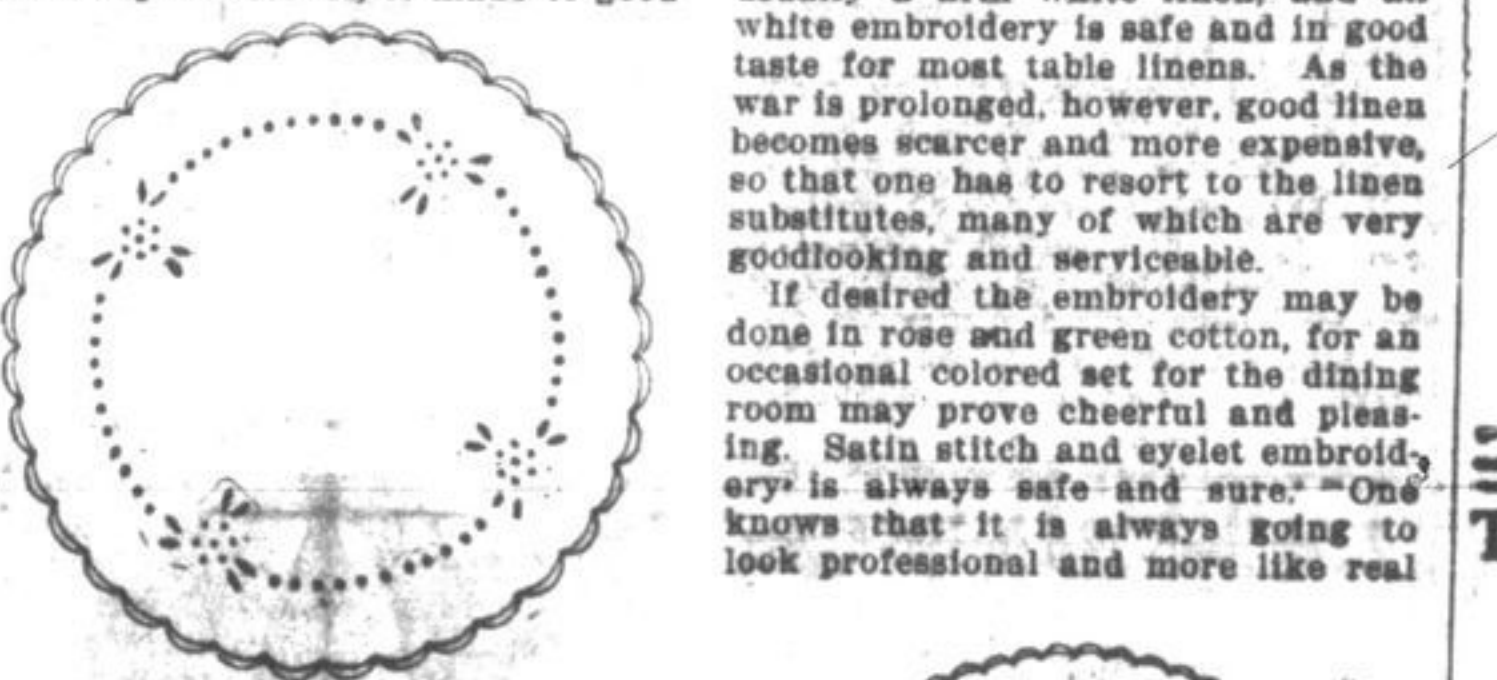
Odd outfits resembling sail boats have been constructed to thresh the fields.

There are times when the man who knows it all finds it necessary to seek advice.

LESSONS FOR THE Home Embroiderer. Specially prepared for this Newspaper by Pictorial Review.

New Linens for the Dining Room.

By KATHRYN MUTTERER. A centerpiece with bread-and-butter and plate doilies, is made of good material and well embroidered, and may be used together, or separately, the doilies being used for ice cream, fancy cake or fruit plates, and the centerpiece as a table-decoration.



No. 12400—Centerpiece.

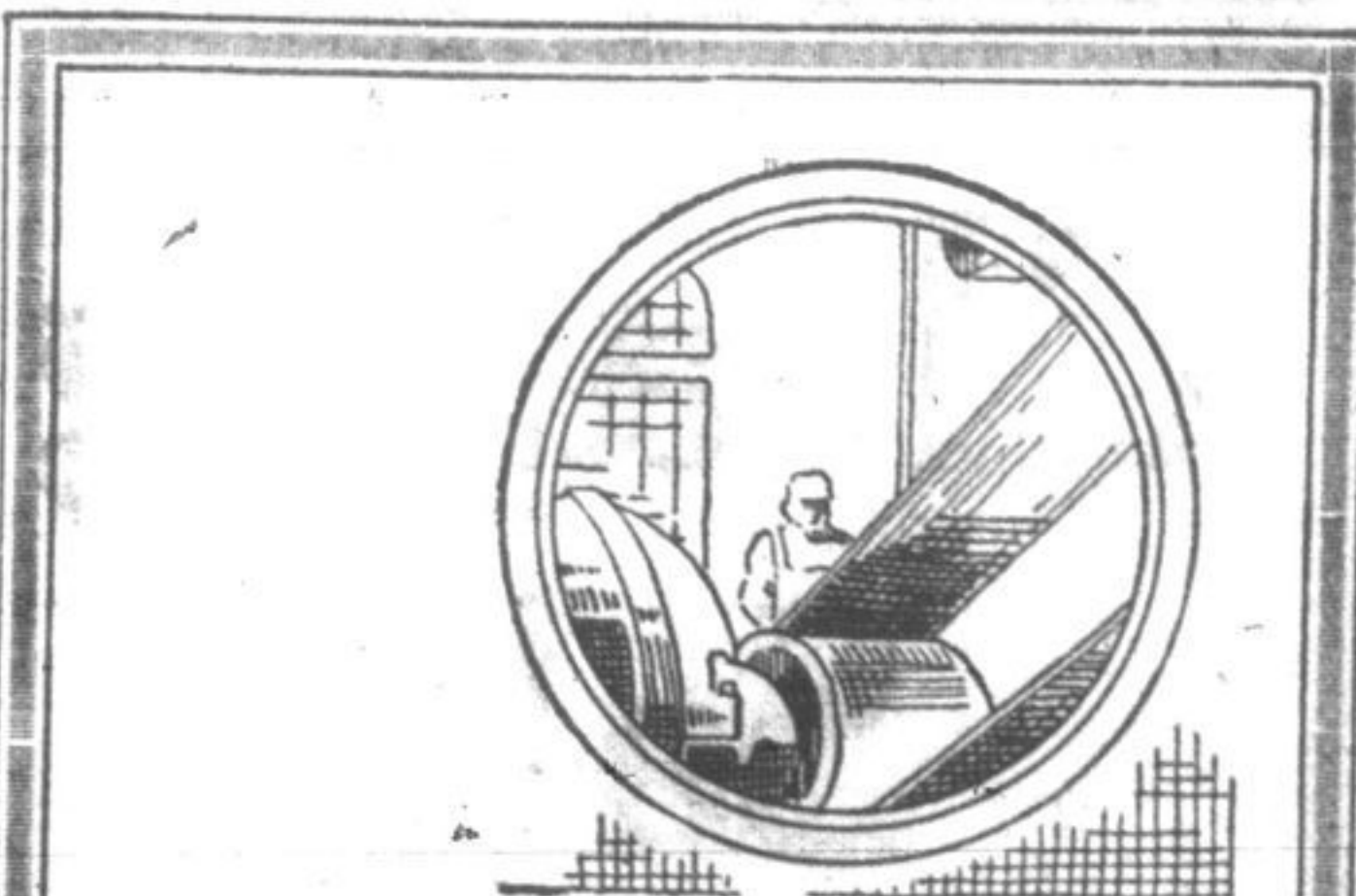
The embroidery is done in solid material and well embroidered, and may be used together, or separately, the doilies being used for ice cream, fancy cake or fruit plates, and the centerpiece as a table-decoration.



12407—Bread-and-Butter Doily.

Embroidery No. 12407. Bread and butter doilies, Transfer, blue, price, 15 cents. Embroidery No. 12408. Plate Doily, Transfer, blue, price, 15 cents. Pictorial Review Patterns on sale by local agents.

For Sale by NEWMAN & SHAW McFaul's Old Stand :: Princess Street



Dominion Friction Surface Belting Gives Long and Continuous Service

Here is an instance where one Dominion Friction Surface Belt outlasted four other belts.

The St. Maurice Paper Co., Limited, Three Rivers, Quebec, has a particularly heavy drive with constantly changing load. During the first 21 months after its installation the belts of four different manufacturers failed completely.

Our engineers made a careful study of this drive and recommended a Dominion Friction Surface belt of a special type that has more than made good our claims of superiority. Last August The St. Maurice Co., wrote us that our belt had "operated the drive without the slightest trouble or the loss of one minute" and that "it looks good for many more months of service."

Our belting experts will be glad to study your belting equipment with a view to making only such recommendations as will cut belting costs or increase the output of your plant.

This service is within your reach, by phone, wire or letter to our nearest service branch and is free of cost to all users of belting.

DOMINION RUBBER SYSTEM. Services Branches: Halifax, St. John, Quebec, Montreal, Ottawa, Toronto, Hamilton, London, Kitchener, North Bay, Fort William, Windsor, Regina, Saskatoon, Edmonton, Calgary, Lethbridge, Vancouver, Victoria.

The Telgmann School of Music. For Sale. 12 in. buzz planer, 86 in. hand saw, table saw, all in good working condition; 5 h.p. gasoline engine nearly new. 216 Frontenac Street. Phone 1325j. McNAMEE & SLACK. Repair Shop. 54 Queen St. Phone 1217w.

BE SURE YOU HAVE A DOOR MAT THESE MUDDY DAYS. And by so doing save your carpets, your wife's temper, and get the mud off your shoes with a good door mat on which you can properly clean your feet as anyone should who respects their home. We have the kind that do the work every time. STEVENSON & HUNTER, Phone 53 85-87 Princess St

What 25c. a Day Will Do. Invest 25 cents every day in a Thrift Stamp, to be placed on a Thrift Card. Exchange Thrift Card with 16 Thrift Stamps attached, for a War-Savings Stamp, at any place displaying the Beaver-Triangle sign, paying in cash the difference between \$4.00 and the price of a War-Savings Stamp at the time of exchange—\$4.02 in March; \$4.03 in April; \$4.04 in May (the price increases one cent each month). In 10 Years . \$1,152.62 In 20 Years . 2,953.30 In 30 Years . 5,766.68