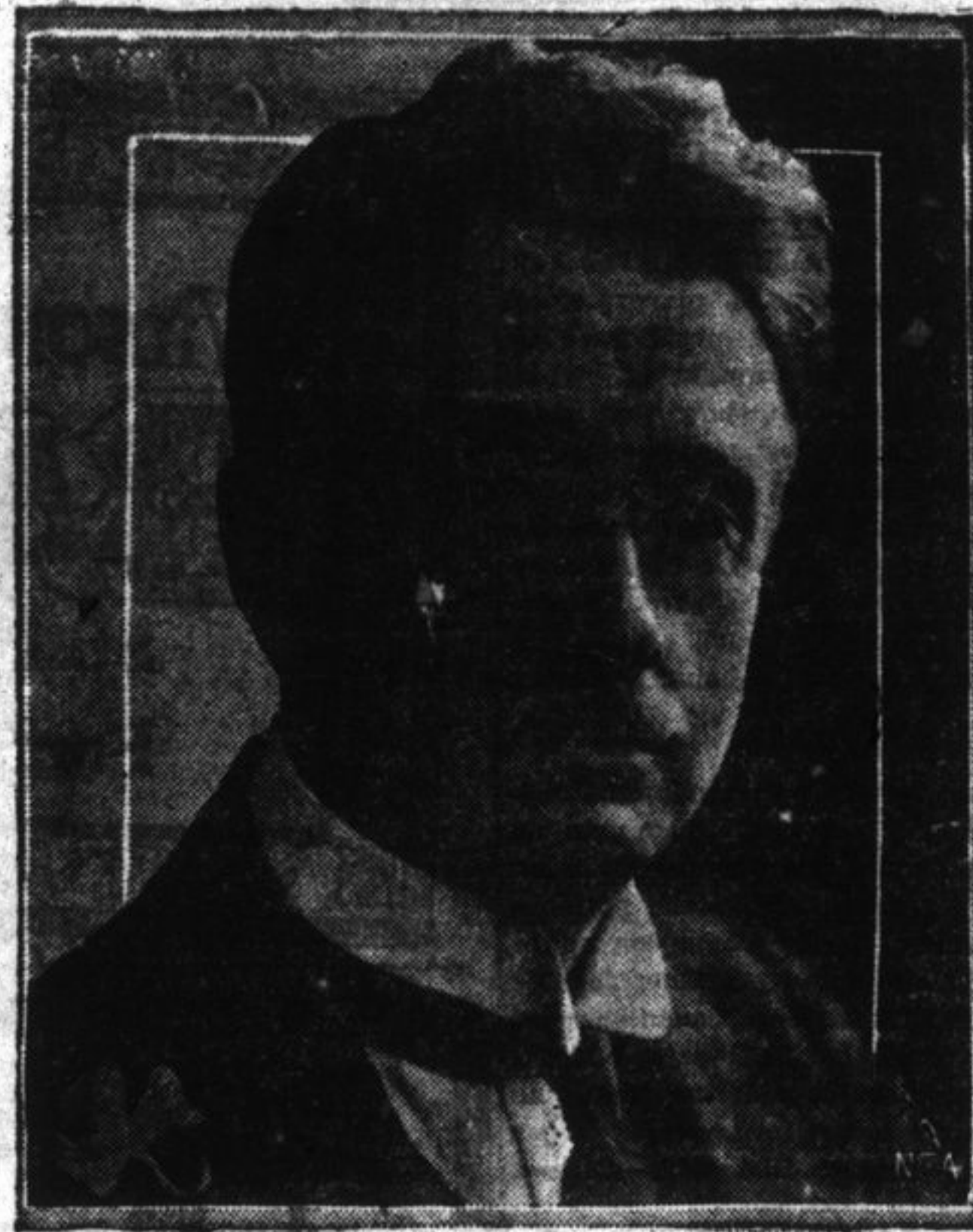


Ireland Marches Forward Under True Liberty Says President Cosgrove, of Irish Free State



W. T. COSGROVE

Dublin, March 17.—The following statement has been issued by W. T. Cosgrove, president of the Irish Free State:

For past few years each recurrence of the festival of our Irish national epistle has marked a fresh stage in organization and consolidation of Ireland and a new development of national mind and opinion.

First, the ascent of the nation to terms of an honorable peace had to be gained. Then the nation's decision had to be defended and vindicated.

Peace had to be restored, a whole framework of civilized order built up—army, police, judiciary—that national will might function freely.

So much having been done, the Irish nation has now come fully to realize its freedom and what it means.

It may be freely asserted that never in its history has the constructive mind of Ireland been so active and alert as at this moment.

Hitherto, government of their country being in other hands, Irishmen's part in their own affairs was largely that of inevitable criticism of measures conceived and planned by politicians lacking in native touch, which is indispensable to successful rule of every people.

A mentality tending to barren criticism of government measures was inevitably developed in a nation under that system.

A change over from a psychology begotten by centuries of exclusion from power and responsibility in their own land was not to be expected from Irishmen in a day.

But a change has come. It is seen in new issues that are being raised in public discussions.

Public debate is shifting or has shifted from difference between external association and internal association, from abstractions to actualities.

New divisions that have made their appearance in Irish political life are along the lines of natural differences arising on questions of domestic policy, differences that arise in every free and constitutionally governed country.

What shall our fiscal policy be? Ought we have more or less protective tariff; should Ireland follow the example of America, Germany and France or adhere to the free trade policy of Great Britain.

Ought we to have an income tax on Irish income, and if so, how much? To what extent should state itself undertake policy of industrial reconstruction?

What shall be our railroad policy and how is it to meet problems of new system of road transit? How are natural standards to be established for Irish exports of agricultural produce, so that our eggs and butter shall be known in foreign lands as best to be had?

How is loss in transit of our great herds of cattle to be reduced? How far can retrenchment of public expenditure be carried?

All such questions give rise to difference of opinion, sometimes on principle, again on method. But they are now being debated in the Ireland of to-day, not as pious aspirations for some future when they might become practical, but as matters to be settled here and now since Ireland herself can solve and determine them.

This is the true realization of liberty. The nation has come to sense its responsibility and power. And power and responsibility are eternal marks of genuine freedom.

shifted from difference between external association and internal association, from abstractions to actualities.

New divisions that have made their appearance in Irish political life are along the lines of natural differences arising on questions of domestic policy, differences that arise in every free and constitutionally governed country.

What shall our fiscal policy be? Ought we have more or less protective tariff; should Ireland follow the example of America, Germany and France or adhere to the free trade policy of Great Britain.

Ought we to have an income tax on Irish income, and if so, how much? To what extent should state itself undertake policy of industrial reconstruction?

What shall be our railroad policy and how is it to meet problems of new system of road transit? How are natural standards to be established for Irish exports of agricultural produce, so that our eggs and butter shall be known in foreign lands as best to be had?

How is loss in transit of our great herds of cattle to be reduced? How far can retrenchment of public expenditure be carried?

All such questions give rise to difference of opinion, sometimes on principle, again on method. But they are now being debated in the Ireland of to-day, not as pious aspirations for some future when they might become practical, but as matters to be settled here and now since Ireland herself can solve and determine them.

This is the true realization of liberty. The nation has come to sense its responsibility and power. And power and responsibility are eternal marks of genuine freedom.

- 13. Upon. 14. Frame of wood around window pane. 15. A slight sickness caused by a draft (pl.). 16. Naturally fitted. 17. Employment. 18. Prices. 19. To dine. 20. Musical note. 21. Man distinguished for valor (poss.). 22. Danger. 23. Women's cloaks. 24. Cotton fabric. 25. Basket for catching eels. 26. Duration. 27. Crawled. 28. Leather straps for controlling horses. 29. Father. 30. A utensil for carrying food. 31. Distributed. 32. House pet. 33. Electric unit. 34. Listened. 35. A fairy. 36. Conjunction. 37. Leads. 38. Trunk of human body. 39. Wild hogs. 40. Covered dish for holding soup. 41. Confections. 42. Dresses.

- Vertical. 1. Restorations. 2. Obliterate. 3. To cause to assume an attitude. 4. Tree of olive family. 5. Point of compass. 6. Birthmarks. 7. Finds the sum. 8. Possesses. 9. Correct. 10. Forward dislocations. 11. Japanese musical instruments. 12. Pertaining to the eye. 13. Punctuation mark. 14. Nest of a hawk. 15. To replant. 16. Cuts, chops. 17. Cheerful. 18. Rouge. 19. To free from dirt. 20. Youngster. 21. Mistake. 22. Is clothed with. 23. Reads. 24. To separate a sentence into its grammatical parts. 25. Affectionate term for children. 26. Seals with wax. 27. Warmth. 28. Minute opening in skin. 29. Garden tool. 30. Large vessel used for bathing. 31. Exist. 32. Preposition.

Answer to Monday's Crossword Puzzle:

TEED MANDATE ASH OF OBSEI COLON A WANE TACET ROWS DI RETURRAL NO AI EUP U LIT RA SOLID DEN PACKS PLIAN BASTIC LASS E DIAMIAN HARED E ROLL HEART NEON SNEEL USE BAITING EN VAP DE MISTING EM GRABBED IIT EMTI OGAN NOSE R TOAST KNOWN N EYE RESPEAK SAD

EFFICIENT HOUSEKEEPING

By Laura A. Kirkman.

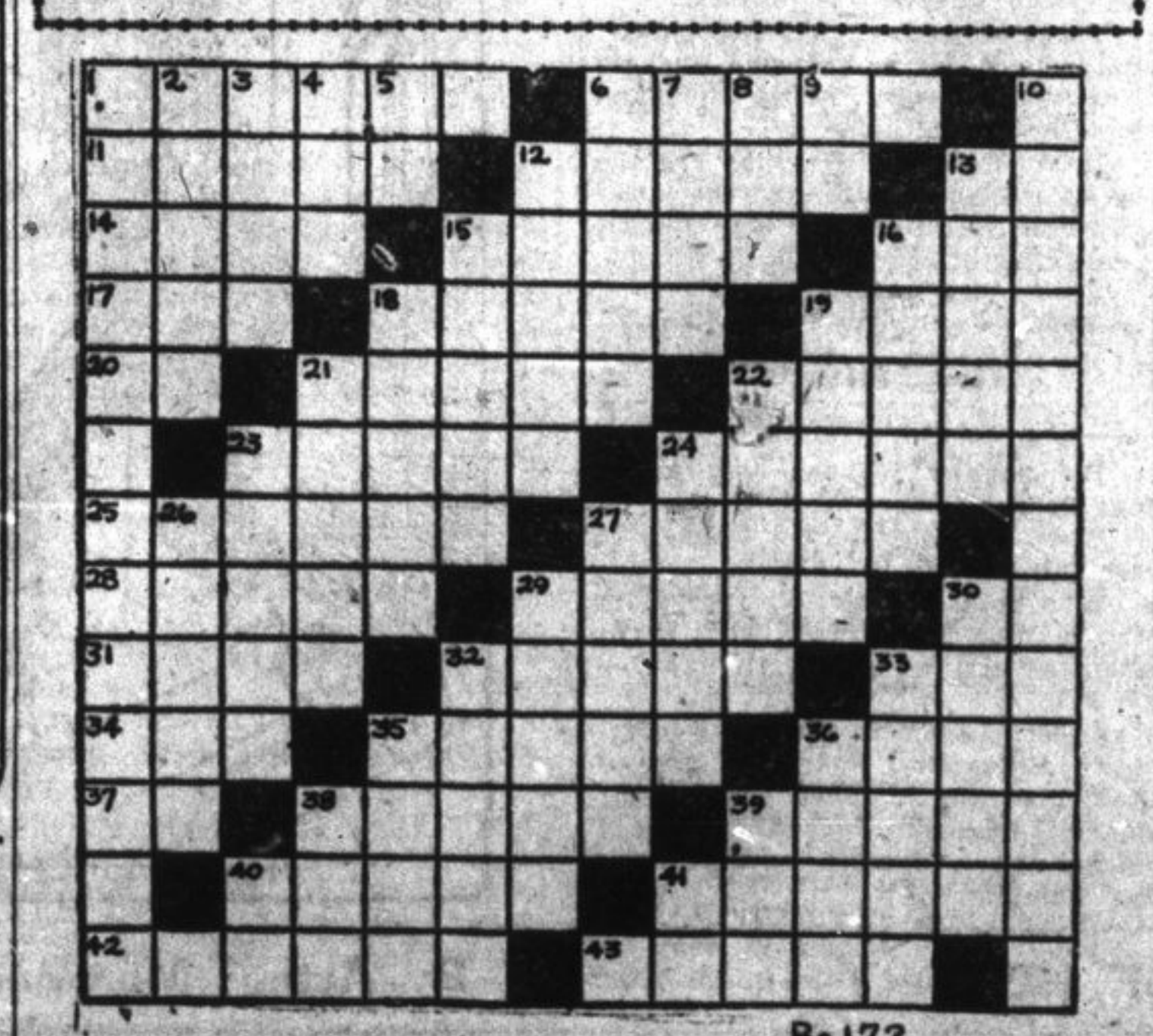
TOMORROW'S MENU

- Breakfast Bananas Cereal Toast Baked Eggs Coffee Luncheon Baked Grapenuts Dish Wholewheat Bread Preserves Cocoa Jam Guest Dinner Tomato Soup Olives Roast Leg of Lamb Brown Gravy Potatoes Brussels Sprouts Fruit Salad Lemon Meringue Pie Coffee

Answered Letters.

A Reader: "How are wool-filled comfortables washed?" Answer: Make a generous lather with white soap, a little washing soda, and a few drops of household ammonia in enough moderately hot water to cover the quilt. Soak the quilt in this for 30 minutes, then press the dirt out with a potato masher or a croquet mallet. Avoid rubbing. Now squeeze the quilt with the hands, not wringing, and place it in the same amount of fresh moderately-hot water to rinse, and once more use the potato masher on it. Hang on the line to drip, and shake it often. When partly dry beat with

CROSS-WORD PUZZLE



The first horizontal word is easy, but the second requires research. But here's a hint—the first letter is M and the last is E. The rest should be easy.

- Horizontal. 1. A meal. 6. A tropical tree. 11. Appearing as if gnawed. 12. Camera.



A scene from Bob Cooke's Winter Garden Vanities, who will appear at the Grand Opera House for ten nights, commencing Wednesday, March 18th, with a matinee Saturday at 2.30.

FOR RHEUMATISM



Proved safe by millions and prescribed by physicians for

- Rheumatism Colds Headache Pain Neuralgia Toothache Lumbago Neuritis

Safe Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Deserts in your envelope which I am holding.

Tomorrow—Cake Formula.

AD inquiries addressed to Miss Kirkman in care of the "Efficient Housekeeping" department will be answered in these columns in their turn. This requires considerable time, however, owing to the great number received. So if a personal or quicker reply is desired, a stamped and self-addressed envelope must be enclosed with the question. Be sure to use YOUR full name, street number, and the name of your city and state.

Desert Lake News.

Desert Lake, March 16. — Our mailman, Wilmer Bauder, has made his trips. Some are preparing to tap their sugar bushes. William Albertson has moved into their old home. John Page is on the stock list, also Alex McCance. Mrs. Whit Babcock has returned to her home at Lyndhurst. James Campbell made a trip to Westport. J. N. Abrams is visiting his sons, Van and Robert Abrams, in Kingston. Mrs. E. Page at Bert Page's, also J. Rolo. Mrs. Kemp and Miss Flossie Kemp at J. Wilson's; Mr. and Mrs. George Wilson at James Campbell's; William Bauder at Alfred Page's; Arthur Powers at H. L. Bauder's; Mr. and Mrs. J. J. Abrams at H. Bauder's.

The average length of life in the United States is now 55 years, an increase of 15 years since 1870.

Children Cry for



Fletcher's CASTORIA MOTHER:—Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, especially prepared for Infants in arms and Children all ages.

To avoid imitations, always look for the signature of Dr. J. C. Fletcher. Proven directions on each package. Physicians everywhere recommend it.

Kingston Music Studios

PHONE 207. 256 KING STREET. Free Class in Piano every Tuesday. Mr. H. Ficker, A.E.C.M. Free ensemble class in Violin on Wed. ... Miss D. Johnson, A.T.C.M. Free Class in Sight Singing every Tuesday. Modern methods. Special free advantages to pupils. Pupils prepared for examination. Rates on application.

Never Suffer From pains you can stop.

Most of the pains you suffer can be stopped at once. These include rheumatic pains, soreness, lameness, backache. And the congestion of chest colds. The way is to rub the sore spot with St. Jacob's Oil. Cause a counter irritation. Or relieve the congestion by bringing the blood to the skin. A moment does this, and comfort follows before the rubbing stops. St. Jacob's Oil has done this for 65 years. It has saved people sons of pain. Anybody who has used it will tell you that these pains are folly. A little rubbing and the pain is soothed. It seems to evaporate. Then Nature has a chance to cure while you rest in comfort. Get this time-tried method, proved by millions. You will never find anything better. It is sure and soothing, and it doesn't burn. Have it ready when the pain begins. Keep it on your shelf. The cost is but 25 cents. And the time is bound to come when it will save someone about you many hours of pain. Ward off the suffering which is so unnecessary.

Rheumatism Backache Lameness Lumbago Soreness Chest Colds St. Jacobs Oil Rubs Pain Away



4 out of 5 are marked

Prevent tooth decay below the gum-line

As the soil nourishes the tree roots, the gums nourish the teeth. And as the tree decays if you bare the roots, so do the teeth decay when gum shrinkage starts in. This condition—one of the first stages of Pyorrhea—is very common and something that ordinary tooth pastes are powerless to prevent. If not checked promptly it will lead to loss of teeth and serious organic diseases. If used in time and used consistently twice daily, Forhan's will prevent Pyorrhea or check its progress. It will preserve the gums in their pink, normal, healthy condition, safeguard your health and keep your mouth clean, fresh and wholesome. Forhan's is more than a tooth paste; it checks Pyorrhea. Thousands have found it beneficial for years. For your own sake ask for and get Forhan's For the Gums. At all druggists, 35c and 60c in tubes.



Forhan's FOR THE GUMS More than a tooth paste—it checks Pyorrhea

More than a mere laxative.

ABBEY'S is a sparkling, refreshing drink which corrects the irregularities of the waste eliminating organs, as well as neutralizing excessive acidity in the stomach, bladder and blood.



Start the day right—take a glass of Abbey's—bubbling with health and good spirits.

ABBEY'S

FOR CONSTANT HEALTH

Here's the Varnish you've been looking for!

"Hydrox Spar" It won't turn white. Dries over night. We'll guarantee every drop.

Stevenson & Hunter 85-87 PRINCESS STREET Tinmiths and Plumbers

EXHAUSTED WOMEN QUICKLY RESTORED

COUNTLESS thousands of women must work day after day in their homes, in offices and stores who are really unfit for their tasks. With bodies exhausted and nerves overstrained, they must get through each day by will power alone. Such women should not be content to drag on, making their lives a misery of health, strength and even happiness. They should begin at once the rebuilding of their bodies. Weakened bodies can quickly be restored. Amazing improvement often is shown in just a few days. Signs of returning vitality soon appear. Wincarnis given to wasted bodies the very elements they must have to be nourished back to vigor. For fifty years this strength giver has reinvigorated weak, nervous, exhausted men and women. If you are lacking in strength and your vital nerve force is falling, so to your druggist to-day, obtain a bottle of Wincarnis and begin the safe Wincarnis treatment. Wincarnis is so effective that only three tablespoonful a day need be taken. Try Wincarnis at once and see the difference just a few days will bring.

WINCARNIS Coleman & Company, "Canada", Ltd., 87 Portland St., Toronto.