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Do you "jump" at a sudden sound? Do you have headaches or neuralgia? Are you irritable? Are you depressed? Are you troubled with sleeplessness? If so, you need a short course of "Wingarnis" (the Wine of Life). There is nothing so good as "Wingarnis" for revitalizing the nerves—nothing so prompt in giving them new life. "Wingarnis" possesses the great advantage of getting right to the root of nerve troubles, and by means of an enriched blood supply to give new vitality and new life to the whole nervous system. That is why over 10,000 Doctors recommend "Wingarnis".

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"Wingarnis" is made in England, and you can obtain a liberal free trial bottle, not worth a cent, but enough to do you good, by sending 6 cents stamps to pay post. It is COLEMAN & CO., Ltd., Wingarnis Works, Norwich, England. Return supplies can be obtained from all leading Stores, Chemists, and Wine Merchants.

WINGARNIS

Agents for Newfoundland—Messrs. MARSHALL BROS., Water Street, St. John's, Newfoundland.

LONDON GOSSIP.

LONDON, April 20th, 1915.
THE KING AND ASCOT.

I hear that the arrangements for the Ascot race-meeting are receiving the closest supervision of the King, and that his Majesty intends to keep the meeting within the severest limits. The Royal enclosure will disappear, and his Majesty desires that only those races, which are absolutely justifiable on the score of horse-breeding shall be run. In this way, such a familiar event as the Royal Hunt Cup is likely to be missing this year from the card. His Majesty is also anxious that racing should commence early in the morning and be over if possible before lunch. In short, fashionable racing Ascot this year will be held solely and absolutely to meet the necessities of the breeding of bloodstock.

PRINCE OF WALES AT HOME.

The Prince of Wales since his return from the front bearing despatches from Field-Marshal French, has certainly impressed people by the improvement in his physique since he first went to the seat of war. The unaccustomed activities in which for months he has been engaged have had the effect on the Hereditary Apparent that similar efforts have had on a myriad of his young fellow countrymen unaccustomed in other days to sustained bodily effort, and the Prince's cheerfulness is as marked as his increased strength. It has been thought to be possible that during his brief stay in England he may run down to Oxford to revisit the scenes of his University career, but he would find so few of his former acquaintances and friends there that the idea is not unlikely to be abandoned. At Oxford the one formerly accustomed feature of the streets in term-time is now conspicuous by its absence, and that is the abundant supply of young men. To-day about the only young men to be seen in "the High," except those obviously not of sufficient strength to join the forces, are Rhodes scholars from the United States, and these will be able to sweep the board of all "events," whether sporting or scholastic, that will be in competition this year.

GLADSTONE'S DEAD GRANDSON.

Lieutenant Gladstone, who has just been killed fighting at the front with his regiment the Welsh Fusiliers, had by his own confession no taste for soldiering. He felt, he said to one who knew him intimately, that he had none of the qualities which go to make a soldier and that he was too

frail physically to withstand the rigors of a military campaign. But he never hesitated when the call to duty came to him as it did, he told his friend, in the early days of the war, while he was conducting a successful recruiting campaign in Flintshire, the county of which he was Lord Lieutenant. His deep moral conscientiousness would not allow him to remain idle at home in comfort and ease when other men had at his behest loyally rallied to their country's help. But having made his choice he threw himself energetically and enthusiastically into his self-imposed task, and, although he wrote modestly during his period of training that he was afraid "they will never turn me into an efficient soldier," his whole-hearted efforts to master his duties and attain proficiency won him high praise from his superior officers. It is somewhat pathetic now to recall that Mr. Gladstone seems to have had a premonition that he would not return alive from the war. Shortly before he embarked he asked a close political associate to attend, while he was absent, to some Parliamentary business connected with his constituency, adding—"This, I am afraid, will be the last request I shall make of you." In relating this to me the friend remarked, "His letter read like a farewell, but I sent him back a chaffing and encouraging reply, telling him to hurry up and beat the Germans and come back to his friends at Westminster."

PROPOSED STATE BREWING MONOPOLY.

Cabinet ministers have not yet come to any decision as to the precise form the further intended restriction of liquor facilities shall take but are continuing to consider various plans that have been submitted to them for enquiry. It is taken as common ground that, while drastic changes are assured of being proposed, total prohibition can be regarded as out of the question. The Government being assured that legislation to this end would arouse a storm of hostile controversy dangerous to the continuance of national union, without any compensating certainty of good result. The plan most favored in ministerial Downing Street at the moment is the acquisition by purchase of all the breweries in the kingdom, and the turning of the State into the position of chief brewer bound to brew only the lightest beer. It is seen by the shrewdest among ministers that even this extremely problematic measure would be of no effect if the distilleries were to continue.

Don't Hawk, Spit, Sneeze, Cure Yourself! Breathe "Catarrhazone."

GIVES INSTANT RELIEF, CLEARS OUT NOSE, THROAT AND ALL BREATHING ORGANS.

In this fickle climate, repeated colds very easily drift into Catarrh. The natural tendency of Catarrh is to extend through the system in every direction.

Exposure to cold or dampness intensifies the trouble and nasal Catarrh is the result. Unless a complete cure is effected, inflammation passes rapidly to the throat, bronchial tubes and then to the lungs.

You can't make new lungs—hence Consumption is practically incurable. But Catarrh can be cured, except in its final and always fatal stage.

Catarrh sufferers, meaning those with colds, sore throat, bronchial trouble, etc., can all be cured right at home by inhaling "Catarrhazone."

In using Catarrhazone you don't take medicine into the stomach—you just breathe a healing piney vapor direct to the lungs and air passages.

The purest balsams and the greatest antiseptics are thus sent to every spot where catarrhal trouble exists. Glands are killed, foul secretions are destroyed nature is given a chance and cure comes quickly.

Colds and throat troubles can't last if the pure healing vapor of Catarrhazone is breathed—sneezing and coughing cease at once, because irritation is removed.

Use Catarrhazone to prevent—use it to cure your winter ills. It's pleasant safe and guaranteed in every case. Complete outfit \$1.00. Smaller size, 50c., at all dealers.

ue to pour forth spirits in the present or even greater quantity, and, therefore, these may be attempted to be brought within the ambit of the scheme by stopping the process of distillation and thus securing the prohibition of spirits by a sidewind.

RECRUITING ON TOWER HILL.

The mid-day recruiting meeting on Tower Hill, under the shadow of the Tower of London, brings together a crowd well below the middle age. At least three out of four of the listeners round the van would be enrolled in any conscript army. There are clerks by the score eating their apples or smoking the after-lunch cigarette and many men in caps from wharves and warehouses. On a recent visit the look of the Hill as the sunlight struck through the tobacco smoke, contrasted queerly with one's memories of the old days of the dockers' demonstrations, when the wall was the tribune of revolutionaries. But in a dock strike, Tower Hill speeches were important; in these recruiting meetings the speeches hardly matter. The speakers serve the purpose of keeping the crowd together, while the real business is done by the men in khaki who stroll with watchful eyes round the edges.

It has been found that the best recruiting agents are soldiers who have fought in Flanders, and several men on leave (one of them wounded) were busy quietly detaching likely men and putting it to them with gentle firmness. The likely man having been skilfully shepherded away from the throng, the policemen close up and form a sort of ring, keeping away embarrassing sightseers. The soldiers always begin with a bit of autobiography—"I'm not talking empty-handed. I was through it from Mons. No one will ever know how near we was to it." If the young man replies sheepishly that he tried to join the army and been rejected, the soldier is ready for him: "Why not try again? No? All right; you'll wait till the Germans come, I suppose, and a blank lot of use you'll be then with a gun." Sailors from their quarters at the once famous amusement centre, Crystal Palace, worn their way about insinuating leaflets into people's hands. They are noticeably milder in their persuasions than the soldiers are who have been "over there." Each meeting produces its little band of recruits, but the full effect is seen afterwards at the offices. In the background of the meeting is the silvery-grey Tower and soldiers wheeling and marching in the moat to the sound of the pipes.

FRENCH UNIFORMS.

The statement that the French Government are about to adopt khaki as the wear for its soldiers in the field, is not credited by manufacturers who have been turning out military cloths for the Allies. The French Government has been taking two shades of army cloth—a sky blue and a blue gray. Experience has proved that the light blue shade, which was only recently adopted, is not satisfactory, as at night under the rays of the searchlight it shows up white, consequently the manufacture of this particular shade has been stopped, but blue grey cloth is being turned out with great celerity. Since December it is estimated that nearly 10,000,000 yards of army cloths have been delivered to France from this country, of which about 4,000,000 were despatched in March. It is satisfactory to know that there is plenty of wool and plenty of khaki dye, scarcity of labour being now the greatest problem which manufacturers have to face.

NEW COIFFURES AND CLOTHES.

The fashionable way of doing the hair is undoubtedly the plain waved style, closely fitting the head and showing the ears in a manner that has not been seen for many a day. The smallness of the crowns of hats demands a corresponding smallness of coiffure, for even in the case of the newest broad-brimmed "sailors" and other large shapes they still fit tightly to the head. This style of hair-dressing does not suit everyone, and requires to be softened by side "whiskers" and little curls on the forehead. It is not so high as some months ago, but it is very distinguished and imparts an air of extreme modesty when properly carried out. With it are worn the new old world vogues which are now settling down into favor with the most recalcitrant. Very lovely patterned voiles are being shown, and these made up in the flounced styles are very well suited to both smart wear and the hard times in which we live and dress. The bolero is the most favored of the short coat effects, and it has the great advantage that last year's coats can be transformed into it easily enough. It may be said generally that almost any style may be manipulated so as to be in the fashion this spring, for the addition of a flounce or two to last summer's dresses will as likely as not bring them into line with the prevailing flowing modes.

SUNDAY PARADE IN WAR TIME.

Sunday parade in Hyde Park in these times has quite a changed character. There has been nothing like it



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since the time that is commemorated by the huge statue of Achilles that was set up by the women of England in honour of the Peninsula battles and of Waterloo. It is curious to see this memorial of our last great war standing on its mound while the crowd that passes below is rich with wounded soldiers back from Flanders and young soldiers in training before going there. Except for the kilt of the Highlanders, the uniforms are all different, but the women's costumes have now taken a direct turn back to the Regency. At times last Sunday one could almost imagine oneself in the middle of an early Cruikshank caricature, with the women with small hats and big feathers and drooping, wide, short dresses and enormous muffs come to life again. There is not much color in the crowd but there is a great deal of white in ermine furs and in hats and gaiters. One elderly woman had a hat with a white foundation and globes like grapes, or rather like soap bubbles, suggesting a washing effect. Small black and white checks, or tartan, with wide short skirts were common, and there was a slight recrudescence of eccentric cloaks. One lady wore a high black helmet with a great crest of cock's feathers, which with her fine profile and stately presence did suggest the Britannia effect that she seemed to have aimed at. Next to a wounded officer—they are getting painfully common—or a staff officer with decorations or a naval officer (very scarce) the smartest escorts are very oily and blackened officers and men from the anti-aircraft corps, but apart from the soldiers and the women the crowd on Sunday parade now is a middle-aged or elderly one. The presence of Belgian women and children heightens its unusual look. And the conversation is all very different.

MRS. WILLIAMS' LONG SICKNESS

Yields To Lydia E. Pinkham's Vegetable Compound.

Elkhart, Ind.:—"I suffered for fourteen years from organic indigestion, female weakness, pain and irregularities. The pains in my sides were increased by walking or standing on my feet and I had such awful bearing down feelings, was depressed in spirits and became thin and pale with dull, heavy eyes. I had six doctors from whom I received only temporary relief. I decided to give Lydia E. Pinkham's Vegetable Compound a fair trial and also the Sanative Wash. I have now used the remedies for four months and cannot express my thanks for what they have done for me."

"If these lines will be of any benefit you have my permission to publish them."—Mrs. SARAH WILLIAMS, 453 James Street, Elkhart, Indiana.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and is a day holds the record for the most successful remedy for female ills we know of, and thousands of voluntary testimonials on file in the Pinkham laboratory at Lynn, Mass., seem to prove this fact.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

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Guernsey Earthenware is snow white inside—a rich lustrous brown outside.

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