How could you use ^{1}H NMR to distinguish between the given compounds?

$$CH_3-CH_2-O-\overset{\overset{\displaystyle O}{\|}}{C}-CH_3$$
I

$$CH_3-CH_2-\overset{\overset{\displaystyle O}{\|}}{C}-O-CH_3$$
II
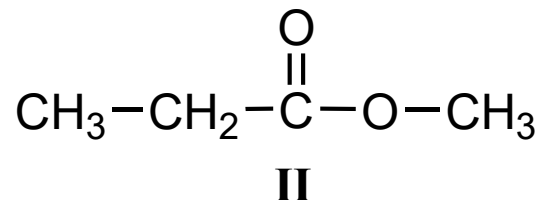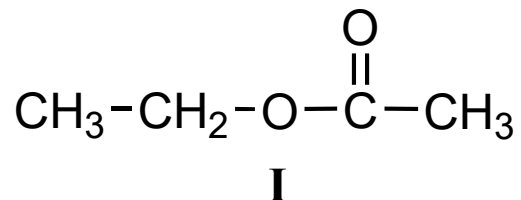
A) I has a triplet ~3.8 ppm and singlet ~2.2 ppm.

B) I has a quartet ~3.8 ppm and triplet at ~2.2 ppm.

C) The signal ~3.8 is a quartet for I and a singlet for II.

D) II has a singlet ~3.8 ppm and triplet at ~2.2 ppm.

E) II has a triplet ~3.8 ppm and quartet at ~2.2 ppm.