

**How To Tell Catarrh**

An Experienced Physician Says the Following Symptoms Are Sure Signs:

You can always tell Catarrh by the following well-known signs:  
 Eyes red and watery?  
 Difficulty in breathing?  
 Are the nostrils stuffy?  
 Do you sneeze frequently?  
 Is your throat hoarse?  
 Do you spit phlegm?  
 Oppression in the chest?  
 A ringing in the ears?  
 If you have any of these indications of Catarrh, cure the trouble now—stop it before it gets into the lungs or bronchial tubes—then it may be too late. The remedy is "Catarrhzone," a direct, breathable cure, that places antiseptic balsams and healing medication on every spot that's tainted by Catarrhal germs.  
 There can be no failure with Catarrhzone—for years it has successfully cured cases that resisted other remedies. "No one can know better than I the enormous benefit one gets from the very first day's use of Catarrhzone," writes T. T. Hopkins, of Westvale, P. Q. "I had for years a stubborn case of Bronchial Catarrh, ear noises, headache, sore eyes, stopped-up nose and throat. It affected my appetite, and made my breath rank. Catarrhzone cured quickly."  
 Get Catarrhzone, use it, and you are sure of cure—beware of imitations and substitutes. Large size Catarrhzone, with hard rubber inhaler, lasts two months, and is guaranteed. Smaller sizes 25c and 50c. By mail. 3

**HE REMEMBERED**

Poets are more apt to be modest than self-assertive. In his biography of T B Aldrich, Mr Ferris Treenslet tells a story of the youth of the poet showing that he, for one, believed in himself. Aldrich had dropped into a publisher's office with a copy of verses in his pocket. The publisher, who was also the editor of a magazine, was absent.

The young poet sat down and waited. Presently his eye fell upon a memorandum-book lying there, spread out like a morning newspaper, and almost in spite of himself he read;

Don't forget to see the binder.  
 Don't forget to mail E his contract  
 Don't forget H s proofs.'

An inspiration seized upon the youth; he took a pencil, and at the tail of this long list of don't forgets he wrote;

Don't forget to accept A's poem.

He left his manuscript on the table and departed. That afternoon, when the publisher glanced over his memoranda, he was not a little astonished at the last item; but his sense of humor was strong that he did accept the poem, although it required a strong sense of humor to do that and sent the lad a check for it. But the verses remain to this day unprinted.

**DISTRESSING HEADACHES**

Headaches are largely the result of disordered kidneys.

Mrs Hall, 84 Flora Street, St Flora St, St Thomas, Ont., says I suffered for years with headaches of a most distressing nature. They would come on me suddenly, and would last for days at a time. These were usually accompanied by spells of dizziness that would leave me unable to attend to any house duties. My back was weak and caused me much suffering through the night. I had doctored for years, but all to no avail. Nothing benefited me and my condition was gradually becoming worse. I learned of Booth's Kidney Pills. One box gave me a complete and lasting cure. I have not had a headache or dizzy spell since and I feel like a new person.



Booth's Kidney Pills are sold by all druggists 50c box, under a guarantee to refund your money if they fail to relieve any disease having its origin in the kidneys or bladder. Postpaid from The R T Booth Co, Ltd, Fort Erie, Ont. Sold and guaranteed by E W Mair

**UPHOLSTERERS LINEN**

Upholstering linen makes desirable seats for children. It comes mostly in the few shades, either tan or striped, and is not expensive. The more it is laundered the better it looks.

**Current Events.**

By a fire on March 25, which began in the ten story Asch Building, corner of Greene street and Washington Place, New York, where a large number of people, chiefly young Jewish and Italian girls, were employed making shirt waists for the Triangle Waist Company, the principal owners of which are Isaac Harris and Max Blanck, a hundred and fifty of them were burned to a crisp, smothered, or crushed to death by jumping or being pushed to the pavement below while making frantic attempts to escape. There was only one fire escape in the building and that an interior fire escape. In Greene Street, where the terrified unfortunates crowded before they began to make their mad leaps to death, the whole big front of the building was guiltless of one. Nor was there a fire escape in the back. Charges are made that the fire inspection department of the city is to blame for the unsafe condition of the building so far as fire escapes were concerned, and a charge in the law is demanded. A Grand Jury investigation of general conditions prevailing in the so-called loft and office building section between Canal and Twenty-third Streets is to be started at once by District Attorney Whitman as a result of a preliminary inquiry he made.

After an illness of less than twenty four hours, Dr Raymond W Brown, house physician of the Hudson Street Hospital, New York, died of spinal meningitis in that institution on March 23. The case was similar to that of Dr Edward F Ashley, the port bacteriologist who died on Swinburne Island on March 21. Dr Brown probably contracted the malady by coming into contact with Greek immigrants, a number of whom he recently attended.

The Russian Premier, M Stolypin, who recently resigned, has, after several audiences with the Czar, agreed to remain in office terminating the Cabinet crisis. An Imperial decree has been issued, suspending M M Trepoff and H Durnovo, members of the Council of the Empire, from all sittings of the council until January, 1912. M Stolypin had insisted on the removal of these reactionary opponents of his policy as the price for his retaining office, and it is understood that it was the negotiations of this point that led to a prolongation of the Cabinet crisis. In further satisfaction of Stolypin's condition, the Emperor has sanctioned the Zemstvo Bill by Imperial prerogative.

King George has decided that Archbishop of Canterbury shall crown the Queen as well as himself next June. This is in accordance with the precedent of early times, practically the only exception being at the coronation of King Edward, when Queen Alexandra was crowned by the Archbishop of York. There was no sermon at the coronation of King Edward, the services having been specially shortened owing to the fact that the King had not completely recovered from a serious illness, but at the coming coronation the sermon will be preached by the Archbishop of York.

After conferring with the members of his Cabinet President Taft has practically decided to devote the message he will send to Congress, when it meets in extra session on April 4, exclusively to the subject of Canadian reciprocity. His efforts will be concentrated upon the ratification of the agreement, and in this way he expects to secure more satisfactory results.

Mrs Rogstad, in her first speech in the Storting, supported the estimates for the army, which she said she regarded as necessary for the defence of the kingdom, although she is a friend of peace and arbitration. She believed further, however, that Norway was not too small to lead the movement for arbitration of national disputes.

The success attending the electrification of a portion of its suburban lines has resulted in a decision of the London, Brighton and South Coast Railway Company to electrify the whole system of 479 miles. The matter has been under consideration for some time but a definite announcement had not been made until March 25. It is expected that the electric service will be in operation throughout the system by 1916.

In consequence of the discovery of a military conspiracy against the Portuguese republic at the town of Vizeu, three high army officers have been arrested, as well as Prof. Aguir of the University of Coimbra who is accused of complicity in the alleged plot. The authorities say that large quantities of arms and ammunition have been seized at Vizeu. A search has also been made of the military school in Lisbon.

Ten thousand workmen employed in the Singer Sewing Machine Works near Kilbowie, about eight miles from Glasgow, have gone on strike. The trouble arose over a dispute in regard to the wages paid in the cabinet polishing department. It is believed the matter can be arranged.

The difficulty between Russia and China over the former's demands concerning trade discrimination in Mongolia, which it was thought was about to be amicably settled, ap-

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"More bread and better bread"

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pears to have broken out anew, and the situation is now very grave. It is believed in Peking that unless China accepts the Russian views unconditionally with a stated period forcible measures will follow. The 'stated period' is not made known. Since the first note was presented to the Chinese Foreign Board there have been several exchanges in which China has appeared as yielding on every disputed point. The negotiations, however, have led nowhere owing, according to St Petersburg view, to China's quibbling. In the last few days there have been persistent rumors that Russian patience was exhausted and that a declaration of war against China was imminent.

The Royal Mail line steamer 'Bruce,' of the Reid Newfoundland Company, while on her way from Port aux Basques on March 23 of Louisburg, Cape Breton, was driven upon the rocks of Scatar Island, twenty miles northeast of Louisburg, with the loss of two lives. In the attempt to save the 125 passengers the crew worked heroically under severe conditions, the extreme cold and gale hampering their exertions.

**Shiloh's Cure**  
 quickly stops coughs, cures colds, heals the throat and lungs . . . 25 cents.

**HIS PUZZLING SHAPES.**

A foreigner asked the landlord of his hotel, after paying his bill, 'Do I owe anything else?' 'No,' was the reply, 'you are all square now.' As he went away, considering the remark, the landlord went on, politely, 'I hope you will be round again soon.' 'But I thought you said I was square—and now you hope I'll be round?' The landlord laughed and said, 'I mean, I hope you will not be long.' The foreigner went away still puzzled, but soon learned enough of American speech to be glad that he had at least not been called a flat.—Montreal Witness

**SPRING TIME IS CHURN TIME**



There is no churn on the market that has so many satisfied users as the DAISY.

The barrel of the DAISY is made of seasoned oak, will not chip or break, keeps sweet and clean, runs on steel ball-bearings, fitted with cream breakers and easily detachable. The frame is steel, securely braced, and has combination hand and foot drive.

The DAISY CHURN is sold only by

**W. F. Dibblee & Son.**

Wholesale and Retail.

On leaving his study, which is in the rear of the building, the pastor of a church in Brooklyn saw a little boy, a friend of his, talking to a stranger. What was he saying to You, Dick? asked the divine, as he came up to the youngster. He just wanted to know whether Dr Blank was the preacher of this church. And what did you tell him? I told him, responded the lad with dignity, that you were the present encumbrance.—Montreal Witness

**POTATO OMLET**

Cut breakfast bacon in thin slices, then cut in cubes; there should be two thirds of a cupful. Fry in omelet pan until crisp and add two cupfuls of cold boiled potatoes cut in dice, one teaspoonful of salt and one fourth of a teaspoonful of pepper and cook slowly until thoroughly heated. Beat three eggs slightly, add three tablespoonfuls of milk, one fourth of a teaspoonful of salt and a few grains of pepper. Pour over the potatoes and cook until set. Fold same as any omelet on a hot platter and garnish with parsley. A good corn cake makes an acceptable accompaniment to this omelet.