

Toilet Soaps THE COUPONS. In be exchanged for Toilet Soap. You can get their TOILET Soap from List. There is no use for anything you need and TORONTO, CANADA.

REASON No 22 WHY YOU SHOULD USE Red Rose Tea Because of the care in Selection and Blending. My agents in the east are expert tea tasters, and every lot of tea that is sent down from the Gardens has to pass their inspection. They take samples from the chests and carefully taste them, then if the tea is fully up to the Red Rose standard, it is accepted and shipped; if not it is rejected. The most important test of all, however, is when the tea arrives here, as during the passage through the Red Sea, the very great heat often affects the Tea very seriously. Immediately on arrival, samples are taken from each lot and subjected to the most rigid tests, and only those teas which have retained all their original flavor and strength are used for Red Rose (the balance is jibbed off in bulk). When blended and ready to be put into sealed packages, it is tested again just to make sure no mistake has been made in the blending; nothing is left to chance. Will you test us by ordering a package? T. H. ESTABROOKS, St. John, N. B. BRANCHES: TORONTO WINNIPEG.

THEY WENT TO WAR. WHAT RUSSIA CONCEDED IN THE NEGOTIATIONS. Refused to Admit Japan's Right to Interfere in Manchuria—Some Minor Points. Paris, March 29.—The associated press is in a position to complete the diplomatic history of the Russo-Japanese relations resulting in the war by giving to the world the exact text of Russia's final reply to Japan dated February 28, 1904, which has never before been published. Baron Rosen, former Russian minister to Japan, did not have an opportunity of presenting the note to Baron Kamura, Japanese foreign minister, as it was not de-



BERTHA GALLAND As Dorothy Vernon of Had don Hall, on Friday Night.

livered to him until February 7th, the day after he had been informed of the rupture. Russia has always claimed that the Japanese government, having decided to break off negotiations and begin hostilities, deliberately hid up the message at Tokio until Mr. Kurino, former Japanese minister at St. Petersburg, could deliver the instructions sent him February 5th, to sever diplomatic relations. Japan, on the contrary, contended that the contents of the reply having been substantially communicated by Foreign Minister Lamedorff to Mr. Kurino, and being unacceptable on the main issue, it was useless for Japan to wait any longer. "1. A mutual engagement to respect the independence and territorial integrity of Korea. "2. An engagement on the part of Russia, not to impede the commercial or industrial undertakings of Japan in Korea, nor oppose her measures for safeguarding such interests. "3. Recognition by Russia of Japan's preponderant interests in Korea, and her right to offer advice and assistance tending to the improvement of the administration of Korea. "4. A mutual obligation not to use any part of Korean territory for strategic purposes, nor undertake on the coast of Korea any military works which menace free navigation of the Korean straits. "5. Recognition by Russia of Japan's right to send troops to Korea in accordance with the preceding article.

FELL IN WINE CASK. A BATTLE-CRAZED RUSSIAN ENDS LIFE. Professor After Investigation Declares Thousands of Czar's Soldiers Are in Mental Stress as Result of War. St. Petersburg, March 29.—In an historic English prison, Colonel Kama Gopell had a large cask filled with wine and in this he drowned himself. Prof. Niconoroff, of Charkoff, who has examined seventy-eight dismissed officers and soldiers, invalided from Manchuria, has found, in addition to physical disabilities, that fifty-five suffer from mental disorders caused by exposure, insufficient nourishment, and, above all, from the scenes of horror they have witnessed. Gopell was one of these. Prof. Niconoroff sees no reason to think these cases form any exception to the tens of thousands scattered at different points all over the land. "What is the future of these poor creatures?" he asks. "What heritage will they leave to the next generation?"

GETTING RICH BAD HABIT. So Says Millionaire Packer Nelson, of Chicago. Chicago, March 28.—N. O. Nelson of St. Louis, a millionaire against his will, told a Chicago audience these things about the rich and riches. "Getting rich is merely a habit. Wealth piles up a load on the shoulders of the captain of industry. Wealth is a menace to children and grandchildren who had no hand in its accumulation. There is no comfort in living in a mansion with half a dozen servants. I saw a \$200,000 mansion the other day, built from the proceeds of a cotton gin. It will give the owner no comfort and cost the livelihood of hundreds of thousands of cotton-mill operatives. You know and I know that 'the hardest job a man can have is living up to a big income. "Try living with the poor. Hire a room for \$1.50 a week and eat ten-cent breakfasts. It won't hurt you. The microbes of disease are no more likely to harm you there than in a steam-heated room for which you would pay \$3 to \$5 a day. Now, I have ceased to take any dividends from our business. Although it is operated in my name, the employees get all the paying for houses, except the tenths of \$, which is devoted to philanthropy. Mr. Nelson built the town of La Claire, Ill. opposite St. Louis, and there conducts a mammoth profit-sharing business with 4,000 employees.

THIRST DROVE TROOPS MAD. Terrible Sufferings Endured by German Troops. Berlin, March 28.—The terrible conditions under which the Germans are conducting their campaign against the black-skinned natives of South-west Africa are illustrated by the following report from Windhoek: "An assault was made on a position occupied by the natives under Henrik Witbol, during the first days of the new year. The advance, which was led by Major Meier, was hampered by a deep sand, and the first assault was repulsed. The troops charged a second time, but were again forced to retreat, leaving ten men behind. "Then 'the water supply ran out. The troops lay in the blazing sun, and many went raving mad through thirst. The sufferings of the wounded were atrocious. "After a fight lasting fifty-four hours the enemy was driven from its position, but further operations were impossible owing to the complete exhaustion of the men and to the fact that the artillery had only twelve rounds and eight stragglers left. "During the fighting so runs the report—"the Hottentots gazed at our soldiers, shouting to them, 'Dust! Dust! Dust! Plenty good water here.' "Just a word of caution: Where the skin is destroyed by burns or scalds apply Weaver's Cerate, reduced with sweet oil or lard. Otherwise the Cerate in full strength should be used, the sooner the better. "The debate on the autonomy bills was continued on Tuesday, by Messrs. Henri Bourassa, Hon. Rodolphe Leclercq, Richard Blain, and M. S. McCarly, of Calgary. It is likely to be a long debate as there are still thirty-five conservatives to speak. "The D. R. A. meeting will open on August 25th, this year.

To get More Strength from Your Food.

LOTS of People are starving with a full stomach. You know, it's not how much we eat but how much we Digest that makes us Strong, or Grassy, or Successful. When the Bowels are filled with undigested food we may be a great deal worse off than if we were half starved for want of Food. Because food that stays too long in the Bowels decays there, just as it rots too long in the open air. And, you know that a poisonous Gas rises from Decayed food, even in the open air. That Gas would start a pestilence in a whole neighborhood if the Health Authorities did not compel removal of its Cause. Well, when Food decays in the Bowels, through delayed and over-digestion, what happens? This Poison gets into the Blood and, in time, spreads all over the body, unless the Cause of Constipation is promptly removed. That Cause of Constipation is Weak, or Lazy, Bowel Muscles. You know, there are about thirty feet of Intestines—Bowels—in every human body. These Intestines are lined with a muscular tissue that tightens when Food touches it. This tightening, after Food-digestion, is what drives that Food on, through its thirty-foot journey, to Digestion, Nutrition, and Elimination. When these Bowel Muscles grow flabby, weak, or lazy from want of Exercise, the Food does not tighten them enough to act. That's Constipation. Castor Oil or "Physic," will help to slide out one load of trouble, but they can't help the Cause. In fact, they weaken the Bowel Muscles more than ever by shocking them, and by doing work for them which they should do for themselves. When your Arm-Muscles grow flabby they need exercise, to strengthen them—not a sling to support them. When your Bowel-Muscles grow flabby they need Exercise to strengthen them—not "Physic" to pamper them. There's only one kind of Artificial Exercise for the Bowel-Muscles. Its name is "CASCARETS," and its price is Ten Cents a box. Cascarets act like Exercise on the Muscles of the Bowels, and make them stronger every time they force these Muscles to act naturally. The stronger these Muscles propel the food, the stronger does the friction of the food act on the flux of Digestive Juices. The more of these Juices that act on Food, the more Nutrition does that Food turn into, and the richer nourishment do the little Suction Pumps of the Intestines draw out of it. Then, carry the little ten cent "Vest Pocket" box constantly with you, and take a Cascartet whenever you suspect you need it. One Cascartet at a time will promptly cleanse a foul breath, or Costive Tongue, thus proving clearly its ready, steady, sure, but mild and effective action. A coming Headache can be warded off, in short order, by a single Cascartet, and the cause removed. Heartburn, Gas-belching, Acid-risings in the throat, and Chilly feelings are sure signs of Bowel trouble from food poisons, and should be dealt with promptly. One Cascartet will stop the coming trouble, move on the Bowel load, and feed the Digestive Juices, if that one Cascartet is taken from the Vest Pocket box as soon as the first signs are noticed. Don't fail to carry the Vest Pocket Cascartet box with you constantly. Form the habit. You know you won't walk to a Drug Store, nor back to your room, every time your Bowels ought to have a Cascartet. Therefore, "Wear" them with you, like your watch, or your leather, and get the splendid effect on your Health and Spirits. All Druggists sell them—over five million boxes a year, for six years past. You can try Cascarets FREE before you buy. Write for Free Sample and booklet, "The Curse of Constipation," best ever printed on the subject. Address Sterling Remedy Company, 374 St. Paul Street, Montreal. 663

FIT-REFORM Originators

Millais' "Angelus" sold for \$105,000. You can get a copy of it for \$10. There is only ONE Fit-Reform—just as there is only one genuine Millais' "Angelus." You can buy copies—(so others tell you) "just like Fit-Reform"—and "just as good as Fit-Reform." Fit-Reform means as much in the vocabulary of the well dressed man, as Millais means in art.

Fit-Reform Only one Fit-Reform Wardrobe in this city. E. P. Jenkins, Kingston.

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WOMAN'S DELIGHT "Happy Thought" Range Will do without trouble, and with very little fuel too. McKELVEY & BIRCH, 69 and 71 Brock St.

CATARRHOZONE INHALE IT Ten Minutes Four or Five Times Daily and it Infallibly Cures Catarrh, Bronchitis, Asthma. Proof of Cure. Mr. R. McCallum of Spring Brook, Ont., says: "A sample of Catarrhozone benefited me more than years of treatment with doctors and by using the dollar outfit, and I was completely cured in a few weeks. I recommend Catarrhozone as the most satisfactory cure for catarrh on the market. Every word said for it is true." Mr. S. T. Wright of Stead Mills, Ont., says: "I had a bad attack of sore throat, with inflamed tonsils and sore chest. I inhaled Catarrhozone and it cured my trouble. I greatly admire its pleasant and soothing effect." Mr. James Ferguson of Perth, Ont., writes: "I have used Catarrhozone for sore throat and sold in the head and find it a good remedy. I highly recommend it."

Every Modern Kitchen has its jar of Armour's Extract of Beef. Hot water and a teaspoonful of Armour's Extract make a delightful cup of bouillon. "Left-Overs" of meats, game and vegetables are made into tempting dishes, if a small quantity of Armour's Beef Extract is used in preparing them. Our Cook book tells you how. Send for it. Sold by all Grocers and Druggists. ARMOUR LIMITED, TORONTO.

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ONE OF THE WOMEN Bright, Happy and Use Ferrozone. demands on every woman's possible to meet. Only the stand the strain. The weak, unbalanced organisms, must fail. Nutritious. Nerves go to, and then follows misery.

BUILT UP HER STRENGTH Mrs. M. E. Etherington, a well known merchant's wife, of Troy, writes: "I am quite willing to give a public testimonial for Ferrozone believing it to be a tonic of superior excellence, and one that will rapidly build up strength and supply new energy to anyone not feeling well. Last Spring I was in a very poor condition of health. I was nervous, felt tired and completely worn out. No doubt it is quite a common complaint with ladies of my age, but I placed great reliance in Ferrozone, and took it for several weeks. It made me quite strong and, in fact, I have been in better health ever since. I can heartily recommend Ferrozone."

Good Health! No urges you to accept Only FERROZONE can get it, and nothing at all reliable dealers, Conn., U.S.A., or Kingston, Ont.