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A few slices of this mild, delicately-cured ham or bacon—cooked to a tempting brown—served sizzling hot—make a meal the whole family will enjoy. For Swift's Premium is outstanding in excellence: the Ham because of its extra mild cure and juicy tenderness; the Bacon because of its succulent fat and enticingly flavored lean; and both because of their characteristic savouriness due to the exclusive Swift process of selection and curing.

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Great Daro of Buffalo Beat Tom Everett of Boise in a Gruelling Go

It took the Great Daro, of Buffalo 37 minutes and 50 seconds last night at the Grand Opera House to throw Tom Everett of Boise, Idaho, in a wrestling go. It was a gruelling match all the way through and both men were trying their very utmost all the time.

Owing to the bad weather, no doubt, there was only a small attendance, so Manager Odium could scarcely take last night's attendance at the show as indicative of what is wanted in that line by the sports of St. Catharines. Wrestling alone, is rather a tame affair and perhaps if one or two nifty boxing bouts were put on with one good wrestling match, it would add to the interest.

Mr. Graham of Buffalo, acted as referee in a very fair and gentlemanly way. He asked anyone who wished to referee, but the crowd urged him to go ahead and referee the go's himself.

Daro is a heavier man than Everett and a much more experienced wrestler, too, at least in point of the number of years he has been at the game but it was apparent that Everett showed a shade of cleverness on the Buffalo man which made up for the discrepancy in weight, and he pulled himself out of a lot of tight places.

Daro's wind is not as good as it once was as could be noticed from the amount of grunting he did whenever the Boiser got him in close grips.

In the contest everything went but struggle holds and only one fall was the decision. Several times the referee had to interrupt a strangle hold and then the wrestlers got off the mat several times at critical periods and had to be stopped.

The men in the audience got a lot of fun out of it watching the two men in what seemed like a death struggle. There were times when it would seem as if one or the other would break his opponent's arm or leg to make him shoulder the mat but this was not necessary when an expert wriggle would get the man out of the tight hole.

It was surprising what agility was shown by both men. In a second or two they would be at close grips down on the mat, next moment and both would spring to his feet and face each other again.

Many in the audience thought the contest would have to be called a draw as there seemed to be no advantage on either side, then the end came suddenly, after a season of close grips and strong bearing down on the part of the big fellow.

Daro addressed the audience afterwards. He said he was sorry there were so few present and he hoped the next time he wrestled here the audience would be larger. He said he was 37 years old and had travelled with Barnum's circus as strong man.

In the preliminary go Joe Matty, Buffalo's Polish champion wrestler, bested Charlie Smith of Niagara Falls, N. Y., best two out of three. The boys put up an exciting contest but there were only two throws, the Buffalo man getting both.

BRITISH ISLES ARE IN A TRYING POSITION

LONDON, April 12—After experiencing two crises at week, the near-rebellion in Ireland and the serious rift in the Entente cordiale with France, the British public is prepared today for another week of political and labor disturbances. Parliament opened today. The Government prepared for attacks upon its 'acrid' notes to France and the Austrian Peace Treaty, which is up for consideration Wednesday.

On Thursday the executive council of the Miners' Federation meets to count the strike ballots, and this week also a new rail crisis is expected, when the demand of the railwaymen for a one pound a week increase in wages is expected to re-open the whole wage question, with a probable

appeal to the National Wages Board. While politics, Labor, liquor taxation, etc., ma disturb the nation itself officials are more interested in Premier Lloyd George's health. His sea journey to Marseilles, which will keep him detached most of this week from Government affairs has been undertaken at the urgent instance of his physicians, who have become rather anxious about his health.

French Proves "Thorn"

The British Government is seriously handicapped in its efforts to make a clean-up of the Administration in Ireland by Lord French's determination to stick to the job. There is no doubt the Government has been embarrassed by his attitude. When Sir Hamar Greenwood was appointed Chief Secretary and General Macready named as Military Commander the Government anticipated the Viceroy's resignation, intending to make General Macready the supreme military authority in Ireland, and appoint a Viceroy who could adopt a position independent of social leaders and advisers.

Lord French, however, is determined to stay, but every possible influence is being brought to bear to oust him. When the Government determined to adopt a new policy toward Ireland it intended to make civilian representatives of the British Government the supreme authority in Ireland, but as long as Lord French remains this is impossible.

Scotland Becomes Restive

The Government has been much relieved during the last week by its discovery that arms, ammunition, tanks and field artiller shipped to Scotland from Germany were not intended for Ireland. Complete investigations by the War Department does not substantiate the original belief that these arms were imported for an Irish rebellion. Exhaustive inquiries by Government agents show the arms were destined for Denikins army, not for Ireland.

There was a great demonstration yesterday in Glasgow in favor of a Scottish Home Rule Bill. Resolutions were adopted demanding self-determination for Scotland. This is the beginning of an agitation which is expected to increase steadily until a bill reaches Parliament. Joseph Johnston, M. P., one of the prime movers in the plan, speaking at Glasgow said:

"I favor a Home Rule Parliament set up in Scotland as a subordinate Legislature to the Imperial Parliament to deal with Scottish affairs."

BOSTON, Mass., April 12—Salt pork, or salt horse, one of a number of disparaging names applied to it by jacks for many generations, will no longer have a place on the navy bill of fare, according to a department order received here today.

The order directs that no further purchases of salt pork be made and that bacon and ham be substituted for it.

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Too Much Appetite may be as dangerous as too little

When the skin is sallow or yellow, the eyes dull, the head aches or sleep broken and unrefreshing, the back aches, or there is a pain under the right shoulder blade—it is an indication that the body is being poisoned by poorly digested and imperfectly eliminated food-waste. It is a wise thing to take

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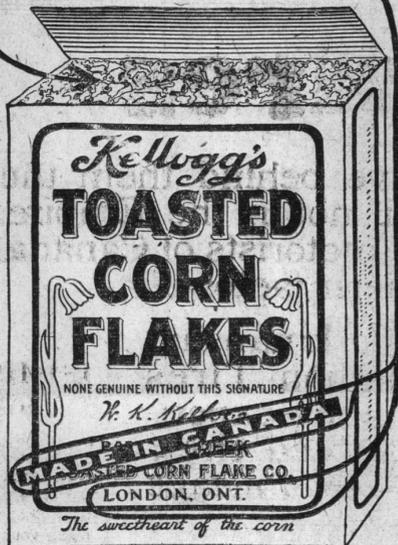
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