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**Is Your Nose Plugged?
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If Subject to Colds, Here is Real Good Advice.

Don't load your stomach with cough syrups. Send healing medication through the nostrils—send it into the passages that are subject to colds and catarrh. Easy to do with Catarrhzone, which cures a cold in ten minutes. Even to the lungs' hoos the healing vapor of Catarrhzone—all through the bronchial tubes, nostrils and air passages—everywhere a trace of disease remains will Catarrhzone follow. You'll not have colds nor will you suffer from sniffles, bronchitis, or throat trouble if Catarrhzone is used. Get it to-day, but beware of dangerous substitutes meant to deceive you for genuine Catarrhzone. Large size two months' treatment costs \$1.00, small size, 50c; sample size 25c; all dealers, or the Catarrhzone Co., Kingston, Canada.

Thick, Tender Savory Meal

or chops—the kind, you know, that make your guests praise your hospitality, your cooking, your entertainment. Why not this kind of meat instead of the doubtful cuts and inferior meats? We want you to know our meat. A sirloin or porterhouse steak, a roast, chops from the loin, etc., will enable you to judge quality.

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ENLISTMENT OF RAILWAYMEN

The figures revised to the end of January regarding C.P.R. employees who enlisted and have been given employment on their return from overseas, are as follows:

Total reported joining army	10,931
Dead	1,069
Wounded	2,450
Re-employed in the service	5,588
Other soldiers given employment	8,728
Total soldiers given employment to date	14,316

ADVERTISE IN THE JOURNAL

Triangular Meeting of Soccer Men to Be Held In the Queen City To-day

Outcome Will Be Watched With Interest All Over Canada—Burnley Out.

A meeting is to be held in Toronto today that will be of interest to soccer fans all over the Dominion. It will be a three-cornered meeting. On the one hand will be Con Jones, the Western sports promoter, and, on the other hand, a deputation headed by Jack Russell, of the British Columbia F.A. The third party will be D.F.A. This is a very laudable object, and no doubt it will receive the consideration that it deserves from the D.F.A. Just what are the objections of the B.C.F.A. to Jones' proposition is not clear; this organization has not yet laid its cards on the table, and considerable curiosity has been aroused as to the nature of the Western Association's objections.

If it is opposed to Jones' proposal to bring out two teams at the same time, for the purpose of giving exhibition games from coast to coast, then it will find lots of supporters elsewhere. The general opinion is that one team would make a better drawing card than two teams. The fans want to see how the Canadian article compares with the home brew, and there is good reason to believe that the comparison would be favorable, even though victory were denied us in many cases. There is no doubt about the sincerity of Con Jones. He is in love with the sport—he must be, or he would not assume responsibility to the extent that he proposes to do, but to our way of thinking, the better plan would be to bring out two teams, a month or so apart. The expense would be no greater than if they came together, and with two games and receipts would be doubled, at least—maybe trebled— for there is no doubt the fans would roll up in thousands to see the stars of the old land perform. The district associations will have to shoulder the responsibility, to a great extent, of the financial success of the trip, whether it is one or two teams, and they should have a say in the matter. It is to be hoped that the meeting today will end in a mutual understanding, as a first-class professional team from the old country would give the game a tremendous boost at the present time. A ten thousand dollar gate would not be expecting too much in Toronto, and Hamilton, Montreal and the cities in the west would do proportionately well.

Stormy Weather Hard on Baby

The stormy, blustery weather which we have during February and March is extremely hard on children. Conditions make it necessary for the mother to keep them in the house. They are often confined to over-heated, badly ventilated rooms and catch colds which rack their whole system. To guard against this a box of Baby's Own Tablets should be kept in the house and an occasional dose given the baby to keep his stomach and bowels working regularly. This will not fail to break up colds and keep the health of the baby in good condition till the brighter days come along. The Tablets are sold by medicine dealers or by mail from The Dr. Williams' Medicine Co., Brockville, Ont.

HAS A CORN ANY ROOTS?

Yes, and branches and stems as well. Can it be cured? Yes, by applying Putnam's Corn Extractor: it's painless, safe and invariably satisfactory. Insist on only Putnam's Extractor, 25c. at all dealers.

Sleepless Nights Overcome by Safe Method

Suggestions Given Whereby Insomnia Can Be Safely and Quickly Cured.

Worry, overwork, overstudy and indigestion cause insomnia. Healthy, natural sleep can't be produced by drugs. First, the blood circulation must be improved. Congestion of blood in the head must be removed. Irritation in the brain must be relieved. It's because Ferrozone equalizes circulation, because it soothes the irritation, because it removes congestion that it does cure insomnia.

For building blood and nerve, for instilling force and life into over-worked organs, for establishing strength and vitality, where can you find anything so efficient as Ferrozone? Remember, sleep is just as important as food. You must sleep or break down, but if you'll use Ferrozone and thereby remove the conditions which now keep you from sleep, you'll get well quickly. Ferrozone is not a narcotic, not a dope; it is a health-giving tonic that any child or delicate woman can use. Absolutely safe is Ferrozone. Take it for a month, take it for a year—no harm, but unmeasurable good will result. To sleep well, look well, feel well, to be free from depression, nervousness or blues—use Ferrozone. It's a food tonic, a healer to the weak and wretched, a boon to the sleepless—sold in 50 cent boxes, six for \$2.50, at all dealers, or direct from The Catarrhzone Co., Kingston, Ont.

IS GOING AHEAD

Since the armistice was signed Union Lodge No. 46, I.O.O.F. has taken into membership over a hundred new members among men who were in Khaki.

Each of These Papers Circulates in Ca



Zecvas Fdszxy Ho! Perhaps it is not as bad as that. Now that the compositor has had his fun with the names of these journals which are molding the opinion of the 800,000 foreign-born of this country, will you count up the number of languages in which these unpronounceables are published? It would be tiresome to list them all, but it should be remembered that some of them are tongues of the former German and Austro-Hungarian empires. The Methodist National Campaign, which collected the title pages, does not claim that these are pernicious or dangerous newspapers. They are presented to show the eagerness of the newer Canadians for information and to suggest the diversity of peoples living among us. The newspapers here pictured were bought at the news stands in Winnipeg and Toronto. All are sold freely in Canada, although many are published in the United States, and uphold American ideals.

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Announcing Red Rose Orange Pekoe Tea

During our twenty-five years in business, Canada has made wonderful progress in education, refinement and wealth. The scale of living and the tastes of the people are more luxurious than a quarter of a century ago. Realizing this we have decided that in addition to our well-known standard brands of Red Rose Tea, the sales of which are increasing faster than ever before—the time is opportune to introduce a tea of extra quality. It is an Orange Pekoe Tea of very fine quality under the popular Red Rose brand, and called Red Rose Orange Pekoe Tea—a special tea of extra quality for people who are willing to pay a little extra price. To ensure the quality and success of this new tea we have concentrated on it all the resources, the experience and the advantages possessed by our big organization. The Orange Pekoe Teas we use are selected with a knowledge born of long experience in buying teas abroad. Red Rose Orange Pekoes are grown on the best plantations;—from tested seed;—on carefully cultivated soil;—at a high elevation (mountain grown teas are very superior to low-land teas.) They are gathered at the time of the year when the flavor is most fully developed in the leaves. The manufacture and final preparation are carefully and skillfully done. When brewed, Red Rose Orange Pekoe Tea has all the characteristics of fine quality tea. It has a bright, sparkling amber color in the cup. The aroma is delicate and delightful. After the liquid is poured off, the leaves in the pot are a greenish copper color. The flavor is of rare charm and distinction. The more cultivated your taste the more you will appreciate it. The strength is rich, satisfying and invigorating. Red Rose Orange Pekoe Tea is sold only in our sealed waxed board cartons which fully protect its fine quality. Ask for it by the full name: Red Rose Orange Pekoe Tea. The words "Orange Pekoe" are in orange on our new waxed board cartons.

Our well-known Red Rose package, the sale of which is increasing faster than ever before. Red Rose consists chiefly of Assam teas, the richest and strongest in the world and therefore very economical. (The Red Rose Orange Pekoe package is a little different in design.)

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