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Are You Poisoning Yourself?

THE bowels must move freely every day, to insure good health. If they do not, the waste is absorbed by the system and produces a self blood poisoning. Poor digestion, lack of bile in the intestines, or weak muscular contraction of the bowels, may cause Constipation. *Abbey's Effervescent

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Echoes and Remarks.

"The Christian Church begins at Nazareth; and even from the beginning, it was divinely committed to St. Joseph."—Rev. T. J. Gerrard.

Doctor Morphy says that there is no rabies in Toronto. What then is the matter with the Orange Sentinel?

"Oh, how good is youthful toiling. Without help from hand or mind. Grand the self-sustained uncoiling. Of the serpents round us twined!"—Cardinal Wiseman.

A lad of fifteen has been licensed to preach in the Methodist Church at New Haven, Conn. presumably on the strength of the proverb which says children and fools speak the truth.

The great and fearless Archbishop of Boston has thrown a bombshell into the camp of those so-called "Intellectuals" who believe that it is fitting to have ladies hear scandal stories from Oriental dens of infamy. Our ideals of civilization explain such accursed nonsense.

According to Rev. Mr. Tipple, the Methodists are not fighting the Catholic Church in Rome, but atheism. Fourteen hundred dollars is pretty dear for an atheist's conversion, and it is to be hoped that Mr. Tipple gets a salary—on commission he would starve.

Italy needs Methodism because it is no longer Catholic, says the Rev. Mr. Tipple. When an Italian gets tired of doing his duty to God, he becomes an infidel, and it will be a very clever Methodist who will reclaim him even at ten times the price offered.

And now two Universalist ministers in the United States are going to be tried on a charge of heresy! Those preachers believe in free interpretation of the Scriptures, and then when one of their brethren declares for infidelity, they excommunicate him! They scoff at our Church's claim of infallibility! All they can effectively put out of the Church is a fire.

Charles M. Crittenden, the millionaire drugist, of New York, who has devoted the rest of his life to the rescue of fallen women, and Mrs. W. M. Whittemore, a former society woman, who, with Mr. Crittenden, has established 150 homes for fallen women, say that about 90 per cent. of the unfortunates who apply for admission to the homes, declare they had fallen as a result of round dances. The late Archbishop Corrigan believed so, too.

Professor Macnaughton, not assisted with his blasphemies at McGill, went to Toronto and gave further vent to the outpourings of his imagination, while the Lord's Day Alliance were prosecuting the small dealers for selling peppermint on the Sabbath. Having destroyed the popular legend of the birth of the Divine Infant, his next attack will no doubt be on Santa Claus.

Those Methodist ministers in Rome believe there presence there is necessary. They explain their belief by saying Catholicism is always better when forced to compete with Protestantism. In other words they can help us out, just as the devil does. The more temptations a man fights down the greater his merit in the eyes of God. They are friends of the Church just as Nero was. He helped to add hundreds of names to the list of martyrs.

"In the Cathedral of Canterbury, the place in England where Christ was first effectually announced, I beheld an empty cloister and a mould-

ering pile, having the appearance of what was once a house of prayer, but which now might bear upon its porch the inscription which St. Paul described at Athens. 'To the Unknown God.'—Rt. Rev. J. J. Doyle, D.D. There are few things more to awaken Catholic thoughts of sadness than the interior of an Anglican Cathedral.

We must not forget that when Fairbanks was in Quebec for the festivities of the Tercentenary—the official representative of Uncle Sam—he made an egregious nigger of himself. While the Army and Navy, together with the citizens in general, were cheering the Prince of Wales, Fairbanks, imagining the honors were for him, kept taking off his hat, to the utter amusement of the multitude, but to the utter pain of every American citizen present. Later he left Quebec in a fit of the "blues."

A heading in a daily paper reads, "Priests and the Navy." "A Severe Reprimand from Beauce." A priest can be reprimanded only by his superior, and that surely is not the editor of a self-sufficient rag printed in the backwoods.

The Masonic French Government are fining the bishops for doing their duty. The revenue from the pillaged convents and churches did not come up to their expectations.

Another son of a prominent New York Catholic has gone wrong. The fellow was married in haste the other day, by a magistrate, and in the presence of a policeman. Their heads are too light to withstand the smiles of prosperity. Money is their curse. The craze for social position and grandeur, thoughtlessly encouraged by their parents, gives the killing clue to the full story.

It has not been acclaimed with any particular flourish of trumpets in the secular press, that the highest award bestowed in the educational section of the recent Alaska-Yukon-Pacific Exposition went to Catholic schools. Yet such is the fact, and it carries its own commentary, which should not escape the notice of those of our separated brethren who profess to believe that one of the chief aims of the Catholic Church is to encourage popular ignorance.

We are glad to learn that Hon. Mr. James McShane is growing stronger every day. Mr. McShane did heroic work for our city. We confidently hope he shall be spared for many a long day yet. He is deservedly popular with all classes of men. Many a poor man he helped, and many a successful man of the hour received his first encouragement from Montreal's genial ex-mayor. We want him to live thirty years more.

The (San Francisco) Monitor tells us that "a prominent Methodist minister down in Georgia,—his name, alas! is Dempsey!—complains that things are in a bad way in his country, for 'it has reached the point where there isn't a newspaper in Atlanta that hasn't a Roman Catholic censor on it.' " Brother Dempsey has struck a good nail on the head. The Catholic weekly press all over America has forced the lying Associated Press to be cautious. In spite of cheap critics, there is one of the conditions the Catholic weeklies have forced upon prevaricators. But there are very many others.

It is very strange, after all how Catholicity is telling in Protestant life. The Anglican bishops are now fully in favor of Lent. Even our good Baptist, Methodist and Presbyterian brethren are beginning to hold their revivals during the Forty

Days. Christmas, Easter, and Pentecost, once a superstition, are now celebrated with fervor and enthusiasm, even if a San Francisco Methodist paper lately "throw a fit," on its editorial page, and howled that Catholic Christmas is a "fool's feast," a "miserable farce," and a "dramatic absurdity." The Advocate, another Methodist paper, had a pretty Christmas cover, with bell and lighted candle, a beautiful picture of Our Blessed Mother and the Divine Child Jesus our Saviour. Evidently there is unity in the womb of John Wesley's heretical church!

THE FREETHINKERS OF MONTREAL.

We translate the following article from our valiant Quebec friend, "La Verité":

"L'Aurore," that is the organ of the Chiniquy tribe is in jubilation. It served its readers, in its last issue, with a morsel dealing with the awakening of the French-Canadians. It began by recalling "the most extraordinary happening in French-Canadian history, within a century," one can "naturally suppose with what it deals: 'The civic funeral of Dr. Coté in which 1,200 free citizens took part.'"

The writer then breathed forth his jealous and hateful joy, as follows: "I was proud, happy to take part in that long funeral procession, and to see judges, lawyers, notaries, merchant princes, captains of industry, tradesmen, workmen in its ranks, all of whom, whether consciously of Quebec, that occult police corps, that assassin of personal initiative, that secular foe of moral and social progress among the French-Canadians."

This poor fellow, who has all the ways of the renegade, then goes on to exhibit his monumental ignorance and empty his bile on priests, his bugbear. This shows how far some French-speaking Protestants have gone: they readily applaud public acts of impiety and irreligion. Unable to win the French-Canadians to their accursed fold, they avenge their want of success in sharing the joys of Freemasonry, freethought, and theism. Is this not an odious state of things! They so hate the Catholic religion, the Pope, and the priest, that they are unable to withhold their joy, at seeing some French-Canadians give up their religion to become atheists, persecutors of Christ, and blasphemers. Yes, let them be ranked among the impious, rather than see them Catholics! To what blindness do heresy, hatred, and fanaticism lead!

In order to establish the "awakening"!! of the French-Canadians, on facts, the Protestant writer gives us some details which greatly interest us with regard to the "Cercle Alpha Omega."

He tells us that the circle, in question, made up of godless freethinkers, was founded, on February 28, 1909, in Montreal, and actually numbers 489 active members "drawn from all classes of French-Canadian Society."

He adds these other details, good to know: "This circle gives public bi-monthly conferences, has founded a library with nearly 1,500 volumes given gratuitously to the members and their friends, has opened a reading-room from 7.30 to 11.30 p.m., wherein members and their friends assemble to read, discuss, enlighten one another, and mingle as brethren."

Thus we can see these freethinkers do not believe in crossing their arms; they are alive and militant. They publicly ply their godless endeavors.

The following little story plainly shows the impious state of mind which is the peculiar boast of the "Cercle Alpha Omega."

At the meeting held on January 21, Mr. H. C. E. Holmes delivered a lecture on the dangers attending pilgrimages to Ste. Anne de Beaupré, and against the miracles which are there performed.

Naturally anyone could expect the like. In France, the cads of impiety and the freethinkers have cast themselves on Lourdes with a madness truly hellish; their sons in Canada had, of a necessity, to fight against Ste. Anne de Beaupré.

That lecture of our diminutive Canadian Zola "was listened to religiously," says Chiniquy's organette. It was greatly applauded by a hall filled with women, children, young men, middle-aged men, and old men, comprising the intellectual upper strata on Montreal.

Of course, the writer fails to give names; this was a wise and prudent course for him to adopt.

A freethinking and godless writer of verses, who happens to believe in the transmigration of souls, brought the evening's entertainment to a close, by reading a ridiculous poetical "cord of wood," sacred to the memory of Dr. Coté, the new patron saint of French-Canadian freethought.

Happily the light that comes from the torch of Reason to brighten up

freethought, is very sombre!

Let us of the True Witness add that we consider the writer of "L'Aurore" a cheerful prevaricator. But it only goes to show what kind of Christians those French-speaking Protestants of Montreal are. We respect our decent Protestant neighbors; and that is why we warn them against tunnel rats, and gutter sparrows! Let them be mindful of the fact that their honest dollars are eagerly sought after by these animals, winged or toothed. We hope "La Verité" will keep up its fight against the over-mature "Cercle Alpha Omega."

The intellectual giants of which "L'Aurore's" scribbler writes are, in all probability, over-mature eggs from beyond the seas, in other words, French Protestants of the stripe.

A SUGGESTION.

Our friends, the Christian Scientists, have a correspondence bureau, whose aim is to defend the Eddyian cult from newspaper misrepresentation. Each time anything appears in the press that is calculated to injure or misrepresent Christian Science, the bureau is supposed to write to the offending paper and set matters as they should be. This is an admirable idea and method.

Now, even in our clean Montreal daily press, it happens very often that misstatements are printed with regard to objects, practices and personages Catholics hold dear and tenderly dear. In the majority of cases, especially as far as two of our English-speaking dailies are concerned, the errors and falsifications are unmeant. Why, then, could we not have a bureau, of press control among ourselves? There are hundreds of clever and well-read Catholics here in Montreal. They could write, under control and direction, to the erudite and gentlemanly editors of our city dailies, whenever there was a just cause for so doing; and, if the mistake made was due to some misunderstanding, the editors, we feel sure, would be only too willing to set matters aright.

The defence of Holy Church is no trivial matter. There is no fumbling or fooling with the teachings of our infallible guide. We could become as sincerely and as culturedly bothered with matters that deeply affect the name and welfare of Holy Mother, as fully and as determinedly as are the Catholic stalwarts of the unparalleled Fatherland of Germany, for instance. There is no call for war or trouble. We must, however, hold our own, or else we shall be minus a part of it. This suggestion is addressed to people of sense only.

Cratloe Woods.

Joy and a lad o'er the dewy fields,
Frolicked along together.
(Sweet is the scent of the haw-
thorn buds
In the gladsome April weather).
And ever and aye as they danced
along,
They lightened the road with a
snatch of song,
Joy and the lad together.

Oh! Cratloe woods are deep and
green,
And Cratloe woods are cool,
Where the silvery flash, the ripple
and plash,
Betray the hidden pool.
And there in the depths of the syl-
van shade,
Together we shall lie,
And idly watch o'er the tall tree-
tops,
The clouds go sailing by.
Yet Cratloe woods were ne'er so
far
But further still to-day,
So with nimble feet let us onward
haste,
With an "Up! glad heart! away!"

Love and a youth in a brief day
dream,
Wandered along together,
(Deep in the blush of a rose in June
Kissed by the summer weather).
So softly they sang down the shady
lane,
Yet echoing back came the old re-
frain,
Love and the youth together.

Oh! Cratloe woods are fair and free,
And Cratloe woods are gay,
But the hidden dell where the shy
blue-bell
Calleth the winds to pray.
Aye draweth the heart and the soul
of me,
For one awaiteth there,
Hath snared me fast with her grey
eye's lure,
Her mesh of raven hair.
And Cratloe woods were ne'er so
near.

But nearer still to-day,
So with winged feet, let us onward
haste,
With an "Up! fond heart! away!"

Grief and a man 'neath a leaden sky
Journeyed along together,
(Chill is the breeze through the
naked trees,
And drear the wintry weather).
And each to each, as they wended
their way,
Sighed gently the end of the round-
elay,
Grief and the man together.

Oh! Cratloe woods are gaunt and

Owing to our publishing a very elaborate Eucharistic Congress Number, a special staff being presently at work upon it, we will not issue a SPECIAL St. Patrick's Day Number. But, our regular issue will be very interesting and brimful of original articles, bright sketches, attractive Irish stories, poetry and wit. It will be ready on Wednesday, March 16th, and may be obtained at 5c. per copy.

NOTICE is hereby given that the Beauharnois Light, Heat & Power Company will at the next session of the Legislature of the Province of Quebec, apply for an act amending its charter 2 Edward VII, chapter 72, as follows to wit: by (a) increasing its authorized capital stock and borrowing power; (b) extending the territory in which it may exercise its powers; (c) authorizing the enlargement and extension of the feeder mentioned in section nine of its charter and its continuation to one or more new junction points with the Saint Louis River or its replacement in whole or in part by a new feeder, and if found necessary the changing of the course of a part of the said river; (d) increasing the company's powers of expropriation; (e) authorizing the company to engage in all manufacturing and other businesses using electric power, and to acquire shares and securities of other companies; (f) removing or modifying restrictions now existing on the exercise of its powers, especially those requiring in certain cases the consent of municipal or other corporations; (g) changing conditions under which stock and bonds may be issued; (h) authorizing the company to sell and supply for municipal or other purposes water taken from Lake Saint Francis, and to do all that may be necessary to that end and authorizing municipalities to make arrangements with the company to take water from it.

BEAUHARNOIS LIGHT, HEAT & POWER COMPANY.
By FLEET, FALCONER, OUGHTRED, PHELAN, WILLIAMS & BOVEY, Its Attorneys.
Montreal, 22nd February, 1910.

And Cratloe woods are grey,
But the woods of God, sprung from
the sod,
Of Heaven, are green for aye.
And Joy waits at the journey's end,
And Love with eyes so true.
And One shall wipe all tears away,
And One our youth renew.
Yet Cratloe woods were ne'er so
dear,
But dearer still to-day.
When we pass beyond with a last
farewell,
But an "Up! brave heart! away."
LOTTIE M. MORGAN.
Montreal, Feb. 22, 1910.

The Pope's Balance Sheet.

Within a few days a small book, published by the Vatican printing house, will come before the public to be sold for the benefit of the orphans of Sicily and Calabria. The publication will contain a balance sheet of the receipts and expenses of Pius X. in favor of the wounded, homeless, orphans, etc., of the ruined cities, and will give some fifty illustrations of scenes of the catastrophe. From the balance sheet it will be seen that the 7,000,000 lire or so entrusted by world-wide charity to the Pope have been spent to the best possible advantage, but have not been sufficient to meet the demand. With characteristic delicacy, Pius X. makes no mention of the immense sums which he spent from his own resources, and which will, it is thought, amount to 1,500,000 lire, exclusive of the cost of the rearing and education of four hundred orphans, for which His Holiness takes the responsibility until they reach the age of twenty-one years.

A Fellowship With Hearts.

Wherever in the world I am,
In whatso'er estate,
I have a fellowship with hearts,
To keep and cultivate.

I would not have the restless will
That hurries to and fro,
Seeking for some great thing to do,
Or secret thing to know.

I ask but for a thankful love,
Through constant watching wise,
To greet the glad with joyful smiles
And to wipe the weeping eyes;
And a heart at leisure from itself,
To soothe and sympathize.
—A. L. Waring.

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IS
BRODIE'S
Self Raising Flour
Save the Bags for Premiums.



SEALED TENDERS addressed to the undersigned, and endorsed "Tender for Gaspé Basin Landing Pier," will be received at this office until 5.00 P.M., on Friday, March 18, 1910, for the construction of a Landing Pier with approach in Gaspé Basin, in the County of Gaspé, Que. Plans, specification and form of contract may be seen at the offices of J. G. Sing, Esq., District Engineer, Confederation Life Building, Toronto, A. R. Décaray, Esq., District Engineer, Post Office, Quebec, J. L. Michaud, Esq., District Engineer, Merchants Bank Building, St. James St., Montreal, on application to the Postmaster at Gaspé, Que., and at the Department of Public Works, Ottawa.

Persons tendering are notified that tenders will not be considered unless made on the printed forms supplied, and signed with their actual signatures, with their occupations and places of residence. In the case of firms, the actual signature, the nature of the occupation and place of residence of each member of the firm must be given.

An accepted cheque on a chartered bank, payable to the order of the Honorable the Minister of Public Works, for twenty-five thousand dollars (\$25,000.00) must accompany each tender. The cheque will be forfeited if the party tendering declines the contract or fails to complete the work contracted for, and will be returned in case of non-acceptance of tender.

The Department does not bind itself to accept the lowest or any tender.

By order,
NAPOLEON TESSIER,
Secretary.
Department of Public Works,
Ottawa, February 18, 1910.
Newspapers will not be paid for this advertisement if they insert it without authority from the Department.

NOTICE is hereby given that "The Art Association of Montreal" will apply to the Legislature of the Province of Quebec, at its next session for:

(a) The passing of an act to remove doubts which have arisen as to its powers to alienate property bequeathed to it under the will of the late Deniah Gibb;

(b) For the passing of an act to amend the Act under which said "Art Association of Montreal" was incorporated (88 Victoria, chapter 18) so as to extend its powers, enabling it to acquire, hold and alienate real estate.

FLEET, FALCONER, OUGHTRED, PHELAN, WILLIAMS & BOVEY, Attorneys for "The Art Association of Montreal".
Montreal, 23rd February, 1910.