

Household Notes.

THE PRAYERBOOK.-If there anything thoroughly irreverent, and to a refined mind disagreeable, it is to see people staring and gaping around in church. Places of amuse have become so numerous in every large city and the habit of going to halls for the purpose of being seen as well as seeing has become se prevalent, that for many it does seem that the custom usual in a public hall must be proper also in a church. Now it is unnecessary to tell any one that a church is a sacred place, that it should fill all with the thought that filled the mind Jacob, namely, that it is a terrible place, a holy place, surely the house of God. It is unnecessary to say this; every one knows it; and therefore in order to avoid distractions in order to behave respectably, in order to act reverently we do say; read your prayer book. It is true that a devout prayer, spoken from the fullness of the heart, even spoken in the lisping voice of childis worth a hundred prayers perfunctorily read from a prayer

A prayer book, after all, is merely record of some individual's particular way of talking to God; while a prayer even inarticulately said by heart; yet to hold the attention, to plaster to remove inflammation and suggest new thoughts, to teach how to reverently address God, to enable one to learn the words of the saints, a prayer book is most useful. And especially is it useful for Every parent should when the child starts for Mass on Sunday morning that it has its own little prayer book. For by means of this insistence the children will unconsciously become imbued with the belief that the churches and the services conducted in the church are not mere meeting places or mere places and the services where in a special manner God is to be honored. And then from constantly reading the book certain formulas, certain appropriate words will become fastin the memory and such a memory help will be of incalculable assistance in later life when the inevitable difficulties and doubts arise

The father and mother, therefore must not consider their duties done when they have made their children presentable and sufficiently dressed to attend Mass. They must, as final preparation, put into the hands of the child the prayer book will help it to speak reverently and sincerely to the God into whose temple they are about to enter.

THE FAMILY PEW.-Modern life with its intense activity, its disregard of the individual, its separation ily, its demand of unlimited time and labor all have a tendency to break up the distinctive characteristics of the home, and home-like relations. But there are a few portions of life where the spirit of business should not dominate, and among them is the keeping of the family pew in church.

Every family, every unmarried young man and woman should own v or at least a seat in the par ish church. Certainly if we would stop for a moment and reflect on the subject such a statement is not ex-The church is the house of God, it is the place after all that should be home for all if us, and, therefore with n that home there should be a place that we ourselves can call our own. As a way for the father and mother to teach their the family pew is greatest. 25 it Sunday after Sunday the children may be brought; they will be taught to look on it as their proper place in God's temple, and around it will grow traditions that will be the best

church will be the same. They, too will feel that they are also part ow ers of the great edifices consecrate to God, their personal interest in the affairs of their parish will be increas-ed, and with the increased also their interest will be increased also their determination to live as worthy par-

house of God. Every man and wo man to-day wishes to become an owner of a home, stability in life is thus arrived at, and assuredly every father and mother of a family, every young man and woman should own cure in that way stability of place of worship."

WATER AS A MEDICINE. - The human body is constantly undergo-Worn-out partiing tissue changes. cles are cast aside and eliminated from the system, while the new are being formed from the inception life to its close. People who drink little water are liable to have the waste products formed faster they are removed. Any obstruction produces disease, which if once firmly seated is difficult to cure. People who wake in the morning feeling weak and languid will often find the cause in the imperfect secretion wastes, which may be remedied by drinking a tumblerful of water every night not less' than two hours after a meal. This very materially sists in the process during the night, and leaves the tissues ready for the

ABOUT ONIONS .- Onions are kind of all round good medicine. whole onion eaten at bedtime will, by the next morning, break the severest cold. Onions make a good hoarseness. If an onion is smashed so as to secure all the juice in it, it will make a most remarkable smelling substance that will quiet the most nervous person. The strength of it inhaled for a few moments will dull the sense of smell and weaken the nerves until sleep is produced from sheer exhaustion. It a'd comes from one property pos-sessed by the onion, and that is a

Seasonable Advice.

CHANGE OF WEATHER DISAS TEROUS TO MANY PEOPLE.

Bad Blood Makes You Liable to Cold — A Gold Makes You Liable to Twenty Diseases. How to Protect Yourself.

health more or less perceptibly. The effect of the hot summer weather on the blood leaves it thin and watery, and now that the weather is change felt. You feel bilious, dyspeptic and tired; there may be pimples or eruptions of the skin; the damp weather brings little twinges of rheumatism or neuralgia that give warning of the winter that is coming. If you want to be brisk and strong for the winter it is now that you should build up the blood, and gives the nerves a little tonic. Dr. Williams' Pink Pills are the greatest of all blood-making, nerve-restoring tonics, off the aches and pains of winter if you take them now. Mr. James Adams, Brandon, Man., is one of Williams the thousands whom Dr. Pink Pills have restored to health and strength. He says:-"It is with deep gratitude that I acknowledge the benefit I have derived from the use of Dr. Williams' Pink Pills, Before taking the pills my health was nervous depression and sleeplessness For fully twelve months I rurely got good night's sleep. When 1 a good night's sleep. when I begin termination to give them a fair trial. I did so and can truthfully uld not wish for bette health than I now enjoy. I always speak a good word for Williams' Pink Pills."

Williams' Pink Pills."

Poor blood is the cause of most disease, Good blood means health and strength. Dr. Williams' Pink Pills do not purge—they simply make pure, rich blood. That's why they cure so many diseases, But you must always get the genuine with the full name "Dr. Williams' Pink Pills for Pale People" on the wrapper around every hox, Sold by all druggists or sent by mail, post paid, at 50 cents a box or six boxes for \$2.50, by riting direct to the Dr. Williams Medicine Co., Brockville, Ont.

Notes for Farmers

done on the experimental farms, farmers have no better means of acquiring knowledge useful in their vocations than to attend the meetings of the Farmers' Institute societies commencing next month. Every county has such an organization, and it is list as important as the action. is just as important as the agriculin making the annual fairs. These in stitute meetings are held at a time when farmers have every opportunity to attend and if they fall the loss will not be easily made up. One instructive feature of such gatherings is the general discussion, bringing up local topics on which expert opinion can be procured at the moment There is no farmer that has not met with problems during the past son, the solution of which would not only be valuable, but interesting. He may submit them for public discus sion, and what will be better, for advice from men educated for the purpose of treating agricultural problems in a practical and direct

Farmers will not only be interest ed and edified by explanations of their own difficulties, but the quessubmitted by their neighbors will be of equal importance and will merit the same attention. Open discussion of this kind is invaluable.

Much attention will be given to dairy proliems in the coming tour of the expert agriculturists. question is of the most general importance, the state of agriculture in Eastern Ontario having reached that high stand where the production grain and feed for direct commercial use is no longer thought of. Farmers turn their attention to stock raising. a profitable branch of which is raising dairy cattle and carrying on trade in butter, milk or cheese,

The benefits of co-operation and concentration in dairying, the subject of an address by Mr. G. Barr, will undoubtedly prove an in teresting topic. Co-operation and concentration is developing rapidly mers of the Ottawa Valley.

The increased number of cheese factories, creameries, and even companies, will testify to this. That there is a benefit is plainly apparent and is readily understood when it is considered that the best and most improved appliances may be, em ployed in any of those branches of dairying when they would be beyond reach by the individual farmer.

There are many farmers who, however, prefer to carry on their dairying in a private capacity, and the needs of a lecture such as that pro-

roundings will be treated by the same speaker. He will effect much good by arousing the owners of dairy herds to the necessity of employing the choicest methods in the handling of milk. What should be done is admitted readily enough, but there is a general apathy towards enforcing the best systems of caring for milk. Sometimes a little expense is the barrier to proper management

will take up will consist of a little more technical points. late to cheese factories and cream

While dairying is important as an advanced state of farming it cannot be carried on without the auxiliary branch of fodder production. On this account much ettention will be given during the itinerary of the Farmers' Institute s: eakers to the growth of grains and the cultivation of soil. Mr. W. S. Fraser will speak on thes subjects. Cern is a popular fodder that has come into use as ensilar to a large extent in recent years. Its merits as such will be elucidated in the coming campaign of instruction to farmers. Clover has become just as popular as a renovator of the soil, and addresses will be given in 'Clover, its valve to the furmer.'

T H Mason will be another speak er during the coming meetings of the Farmers' Institute sccietae. Be-sides touching on the agricultural subjects mentioned, he will speak on

speak of factor maxing an electric, as well as in the factories.

The efforts that have been put forth by Farmers' Institute societies in the surrounding district will be rewarded by large gatherings when the meetings commence. Every year a keener interest is taken in these undertakings, and as a result farmers are gradually developing a more systematic method of carrying their work.

Our Boys And Girls.

LED BY A CHILD .- One beautiful afternoon in early spring, as an elderly lady and gentleman alighted from a carriage in front of a fash-ionable clothing house in one of our large eastern cities, their attention was at once attracted by a beautiful child, perhaps of two summers, who, alone and unheeded by the passing thong, was weeping bitterly.

Approaching the child, the gentle man kindly asked, "What is he mat-ter, my little girl?"

"I'm losted! Oh, I'm losted!" cried the Little child. "I want "Where is your mama?" asked Mr.

Day. "At home."

Where is your home?" "Up-stairs," she tearfully replied. 'Where is your papa?'

"In heaven." "What is your name?" kindly ask ed the lady.

"Alice," replied the child.
"Alice. Alice what? Have you not

"Oh, yes, I've got free names Alice and two oders.' "Please to tell me what they are?" "When I'm dood I'm mama's dood

ittle dirl, and when I'm very naughty I'm mam's naughty 'ittle dirl. A smile greeted the child's answer

but a tear glistened in the lady's "Have you got any little brothers or sisters?" she then asked the mild blue eyes.

child. "No. but I've dot a danma and a

danpa somewhere. At that moment a young girl came hurrying around the corner. Pale with fright she gazed wildly about

the street. As she espied the group near the store's entrance joy over spread her countenance. Running forward she exclaimed: "Oh, Allie, Allie! I'm most dead

with fright looking for you.' Whereupon the little Alice clappe her hands, crying with joy, "Now I'se found; now I'se found;"

"Well, my good girl," said Mr. Day, "please tell me whose child this is, and how you came to feave

"Please, sir," replied the girl, 'she is Mrs. Merton's little daugh ter, a widow lady who lives in our house and earns her living by doing fine sewing for this store. here with some of the work just now, and as I was hurrying home got separated from Allie in the crowd, and did not notice until quite a way off."

At mention of the name Mertor both listeners grew pale for a while, then a flush of joyous expectancy beamed in both faces as they mur-mured the name of "Alice— Alice Merton.

'it may be she; let us seek her.' "We will go at once," he replied. "If you will give me Mrs. Merton's Church than any other church in address I will take her daughter America.

ne," he said to the young woman

'Yes, sir," replied Lizette. "No.

"Yes, sir," replied Lizette. "No. — Myrtle avenue, up one flight," After thanking the girl for the in-formation, and giving directions to the driver, Mr. Day took his seat in the carriage with his wife and the now wondering little Alice. They

What emotions welled in the hearts of that elderly couple during that drive, what sad and painful recollections of the past; the disapproval of marriage; then, all tidings lost. Now the bright future in store, if their surmising should prove correct. "Heleb, I feel sure it is she."

"Let us pray God that it is," fer-ventlyreplied Mrs. Day.

As the carriage stopped, they both alighted, Mr. Day taking Alice in his arms. They proceeded to ascend the long, narrow flight of stairs. Arrivdoor just a little to the right.

"Dat my 'ome," lisped Alice. Mrs. Day knocked gently at the loor. The next instant it was open d by a sweet yet sad-faced young woman, whose mourning garb

As she opened the door and her ware rested on the group outside, ere they had time to utter a sound, "Father! Mother!" she exclaimed, and would have fullen senseless floor had not the loving father ckasp ed her to his heart.

"Oh, Alice, darling daughter, we have found you at last," exclaimed the fond mother through her tears

Alice recovered quickly from her swoon and related all events that took place since she left her happy girlhood home. An hour passed quickly by, during which it was decided that Alice and her little daughter would be prepared to leave with her parents the next day to return to her childhood home. Little Alice was delighted at hav-

ing found her "danma" and And her grandma softly murmured, while she gently caressed her "To how much happiness we are dec by a child!"—Annie Lyons, in the Weekly Bouquet.

Catholic Cathedral.

From Richmond, Va., comes the news that, in the name of his wife, Thomas F. Ryan, of New York, has given \$250,000 to erect a Catholic cathedral in that city. The Right Rev. A. Van de Vyver, Bishop of Virginia, is in New York to award the contract, but when the bids were opened at the office of James H. Mc-Guire, architect, it was found that all were too high. It is thought that Mr. Ryan will increase the am ount if it becomes necessary to do so to carry out the elaborate plans that Mr. McGuire has prepared.

Mr. and Mrs. Ryan are both na tives of Virginia and enthusiastic nembers of the Church. They have everal times given largely for the Church cause in Virginia, Mrs. Ryan has provided money for building a church and a home at Roanoke, Va. Mr. Ryan recently agreed to contribute the amount necessary to mark the Virginia battlefods, and this is being done by a committee of Con-

The new cathedral will take the "Oh, John!" exclaimed the lady, place of historic St. Peter's, which has probably sent forth more distin-

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A SAD LESSON.-In fairs of life, in a larg sons that are calculated reflect upon the danger miseries by which we ar But, at times, we come with some particularly ample, and the impress is not easily effaced. Th ing we witnessed a scupon one of the leadin

fares of Montreal.

It was Saturday ni

the inhabitants of the c be abroad on the street rence street was brillian and densely; thronged — between nine and ten o more than twenty years staggering along in a f of intoxication. She heartless crowds of your loitered along the sidew zig-zag course she stur got up again, and final into a drug store, to the lapse. That she had no round was evident. Th policeman within call, a patrol waggon, that ha phoned for arrived, she been carried off; and by to where? Who was sh of her that night? No be able to tell. young girl, who had it fallen into this state o We do not know. Con too young to
ed to vice. He
conditions did
from her tranc