

LOVERS T. ANTHONY of Padua.

—Be patient with me
you again how much I
p. How can I help it?
can I do?
to help this Mission
to exist, and the poor
ready here remain with-
obliged to say Mass and
in a Mean Upper-

it is, this is the sole
of catholicism in a division
of Norfolk measuring
to my many anxieties,
Grat. No. En-
I have outside help for the
down the flag.
of the Catholic Pub-
to secure a valu-
Church and Presbytery.
y in hand towards the
ig, but the Bishop will
go into debt.
grateful to those who
s and trust they will
charity.
no have not helped I
for the sake of the
nothing, if only a "lit-
suer and more pleasant
to beg. Speed the glad
ed no longer plead for
Home for the Blessed

Catholic Mission, in Norfolk, England.

gratefully and prompt-
the smallest donation
my acknowledgment
e of the Sacred Heart
y.

Our New Bishop.

Gray.—You have duly
the alma which you
and you have placed
in the names of Dio-
Your efforts have
promoting what is
the establishment of
a mission at Fakenham,
to continue to solicit
object until, in my
has been fully attained.
fully in Christ,
KEATING,
Bishop of Northampton.

Canadian North-West

REGULATIONS
dred section of Louisa
Saskatchewan,
excepting 8 and 30,
y be homesteaded by
is the sole head of a
ale over 18 years of
t of one-quarter sec-
more or less.
made personally at
rice for the district
is situated.
y may, however, be
conditions by the
on, daughter, bro-
an intending home-

is required to per-
sons connected there-
of the following
months residence
of the land in
years.
er (or mother, if
ased) of the home-
on a farm in the
nd entered for, the
residence may be
person residing
mother.
er has his perma-
lands
the vicinity of his
as
satisfied by re-
notice in writing
Commissioner of
at Ottawa of in-
patent.
W. W. CORY,
of the Interior.
of publication of
will not be paid

At the Magherafelt Quarter
Sessions Judge Overend, K.C., was pre-
sented with a pair of white gloves,
in recognition of there being no crim-
inal business. In acknowledging
the compliment, the Judge thanked
the sub-Sheriff, and expressed the
hope that the satisfactory state of
affairs would long continue.

Widespread regret is felt at the
death of Denis M'Keever, Ballyna-
quinn, which occurred, after a short
illness of twelve hours, on the 21st
inst. The large concourse which
followed his remains to Newbridge
testified both to his popularity and
the general sorrow.

Mr. H. T. Barrie, M.P., speaking
at the dinner of the Coleraine Pibugh-
ing Society, said he was hopeful of
Ireland's progress in agriculture and
commerce. The latest returns had a
very important bearing on the wel-
fare of Ireland. Their imports and
exports, which almost balanced each
other, totalled £121,000,000,
which worked out at about £31 per
head of the population. The figures
showed that Ireland occupied a posi-
tion unequalled by England. Ireland's

Imports and exports combined repre-
sented £4 per head better than Eng-
land, and were ahead of Denmark,
and second only to Portugal, which
stood first in exports by reason of
its extensive wine industry.

General regret is felt at the recent
death of Carthage Healy, Lisimore.
Deceased, who has been in failing
health for some time past, was the
youngest son of the late Maurice
Healy, late Clerk of Lisimore Union,
and was brother of Messrs. T. M.
Healy, K.C., M.P. Dublin; Maurice
Healy, solicitor, Cork; and Thomas
Healy, solicitor, Wexford.

Irish News.

Alderman Coffey has been elected
Lord Mayor of Dublin for 1909. He
is an able and experienced Corpora-
tor and a steadfast Irish Nationalist.
He was one of the first members of
the United Irish League in Dublin,
and he has maintained during the
past ten years an active and prom-
inent connection with the Arran Quay
Ward Branch of the National Organ-
ization—one of the most flourishing in
the country. Councillors Michael
Doyle, J. M. Cogan and J. Crozier,
J.P., have been selected as the three
gentlemen from whom the Lord Lieut-
enant is to appoint the High Sher-
riff.

Alderman James Sinnott has been
elected Mayor of Wexford. The out-
going Mayor, Councillor Robert Han-
nan, J.P., did not seek re-election.
Alderman John Sinnott, father of
the newly-elected Mayor, filled the
office in 1881.

Several serious fires have taken
place within the past few days in
the city of Dublin. On Jan. 23, fire
broke out in the tobaccoist estab-
lishment of Mr. Frank Gallagher, in
Lower O'Connell street. Early on
the following morning the chemical
and manure works of Messrs. Gould-
ing Company, were discovered in
flames, damaging to the tobaccoist
to the extent of £5000. An explosion
on the same day in the tobaccoist
and stationery shop of John C.
O'Brien, No. 30 Lower Dorset street,
completely wrecked the premises.

Alderman Michael J. Potter, J.P.,
was unanimously elected Mayor of
Kilkenny for the ensuing twelve
months.

A movement is on foot in Callan
to hold a monster Gaelic tournament
in aid of the fight for the Scully and
Danefort ranches which it is hoped
to acquire for distribution amongst
the people.

Dunshaughlin Rural Council passed
a motion to the effect that nothing
short of compulsory land purchase
would satisfy the people of Meath,
and calling on the Estates Commis-
sioners to provide for the reinstatement
of the evicted tenants of Meath to
the untenanted lands of their na-
tive country.

The members of the Mullingar
Catholic Commercial Club have, through
their secretary, Mr. Wm. Barry, for-
warded to the Treasurers of the
Fund in aid of the sufferers in the
recent bog slide in Galway, the sum
of £6 11s 6d subscribed by them.

The windows of the Christian
Brothers' new schools at Baginbala-
town were broken in several places
by some person or persons at pre-
sent unknown, on the night of Jan.
18. No reason can be assigned for
the cowardly act, as the Brothers
are most popular with all classes
in the district.

At the annual meeting of the Drogh-
eda Corporation, Councillor Thomas
Callas was elected Mayor for the en-
suing year. There was a large at-
tendance of citizens present. The
outgoing Mayor (Councillor Patrick
Drew) presided.

Michael Milroy has been re-elected
chairman, and Thomas Murphy, vice-
chairman of the Corporation of Car-
low.

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Surprise
is yours
and pleasure, too,
every time you use



Surprise Soap

It makes child's play of washday—and every day a happy day.
The pure soap just loosens the dirt in a natural way, and cleanses easily—without injury. Remember Surprise is a pure, hard Soap

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The pure soap just loosens the dirt in a natural way, and cleanses easily—without injury. Remember Surprise is a pure, hard Soap

Mr. Jeremiah MacVough, M.P., on
Jan. 17, addressed a large and re-
presentative gathering of his con-
stituents at the picturesque and pre-
tiously situated village of Clonvaraghan

WAS WEAK AND THIN ONLY WEIGHED 73 POUNDS. NOW WEIGHS 113 POUNDS.

Had Heart Trouble and Shortness of Breath for Six Years.

MILBURN'S HEART AND NERVE PILLS
Cured Mrs. K. E. Bright, Burnley, Eng.
She writes: "I was greatly troubled, for
six years, with my heart and shortness of
breath. I could not walk eighty rods with-
out resting four or five times in that short
distance. I got so weak and thin I only
weighed seventy-three pounds. I decided
at last to take some of Milburn's Heart and
Nerve Pills, and after taking eight boxes
I gained in strength and weight, and now
weigh one hundred and thirteen pounds,
the most I ever weighed in my life. I feel
well and can work as well as ever I did,
and can heartily thank Milburn's Heart and
Nerve Pills for it all."

Price 50 cents per box or 3 boxes for
\$1.25 at all dealers, or mailed direct on
receipt of price by The T. Milburn Co.,
Limited, Toronto, Ont.

At his trade until a few years
ago. Having been in receipt of out-
door relief, he was disqualified for
an old age pension, but his wife,
whom he married when he was about
ninety years of age, receives a pen-
sion.

The South Tipperary Co. Council
discussed the question of the Wat-
terford Bridge, have decided not to
take any action as regards preparing
new plans for the appeal, but to of-
fer expert evidence to the Privy
Council against the proposed scheme
estimated cost, and the appor-
tionment.

Mrs. Rody Gleeson, Denis Loooy
and William Hoare, have been re-
instated in their holdings. They be-
came the purchasers of their holdings
at an annuity reduced from their for-
mer rent by about 50 per cent. In
addition, the tenants are receiving a
free grant of about £100 each to
help them to restock their farms.

At a meeting of the Corporation
of Waterford, Alderman Thomas
Whittle, the outgoing Mayor, was
re-elected for the ensuing year. The
name of Alderman James Quinlan
was placed first on the list for the
Shrievalty. It was ordered to
lodge an appeal with the Privy Council
against the report of the Vice-
regal Commission re new bridge.

The death is announced at the age
of 96 years of Condy Boyle, C.B.O.,
from dropsy. He was over 75 years
a bailiff of the Marquis of Conyngh-
am's estates, and a process-server
and Irish interpreter at quarter ses-
sions since the institution of the
county courts in Ireland.

At a meeting of Nationalists in
Letterkenny on Sunday a letter was
read from the Most Rev. Dr. O'Donnell,
Bishop of Raphoe, enclosing a
subscription of £10 to the Irish
Parliamentary Fund. In doing so
he paid a warm tribute to the work
of the Irish Party. The meeting was
held in the Literary Institution, under
the auspices of the O'Donnell
Branch of the U.I.L. Every seat in
the hall was occupied and many had
to stand.

On the evening of Jan. 24, Alex-
ander M'Kay, belonging to the
steamer Corona MacDuff, com-
ing out from Rathmullan pier in a
ship's boat, fell between the steamer
and the boat and was drowned. The
night was very dark and a strong
tide running. The deceased was
only 21 years of age.

At the statutory meeting of the
Sligo Corporation, the outgoing
Mayor, Councillor Michael Keene, J.
P., presiding, Alderman Higgins was
unanimously chosen Mayor for the
ensuing term.

Messrs. Workman and Clark, Bel-
fast, who launched on Jan. 30 the
first of three new steamers or-
dered some months ago by the Bos-
ton Fruit Company, have received a
fresh order for at least three similar
steamers of about 5000 tons each
to be built with the utmost des-
patch. Two other fruiters are al-
ready on the stocks well advanced.
These vessels, though American own-
ed, will fly the British flag and be
registered at the Port of Glasgow.

At a meeting of Arva Division,
Ancient Order of Hibernians, on Jan.
17, it was decided to make an ef-
fort to establish a co-operative cream-
ery in the district, and canvassers
were appointed to go amongst the
farmers.

In the town of Omagh a number of
the streets were under water, and
the lower lying houses were flooded
to a depth of four feet owing to the
tremendous rainstorm on January
18, and the sudden melting of the
snow in the hills. Carts with dif-
ficulty carried people out of houses,
and from one highly-lying portion of
the town to another. Many narrow
escapes took place owing to the
strong current of water on the
streets, several times horses being
nearly carried off their feet. Beside
the model school the water was very
deep, and a holiday had to be de-
clared, the teachers and pupils being
unable to get near the school. In
some houses beds were floating in
the water, and the inmates had to
wade through the house over their
waist in the flood.

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Jan. 17, addressed a large and re-
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stituents at the picturesque and pre-
tiously situated village of Clonvaraghan

nestling high where the mountains
of Mourne sweep down to the sea.
The meeting was held under the aus-
pices of the local branch of the
United Irish League, and the popular
representative of South Down was
accorded a most cheering and enthu-
siastic reception. The weather was
bitterly inclement—it blew a gale
all day—but despite the most un-
favorable climatic conditions that
could be imagined the sturdy Na-
tionalists of the district turned up
in full force to extend a hearty wel-
come to their popular member.

It was announced at the meeting of
Cork County Council sitting as the
Old Age Pensions Committee, that
the number of claims dealt with in
the county was 15,520. The number
was as high as 859 in one district—
Castletown-Berehaven—and the low-
est was 87. The total amount earned
by the clerks of the sub-committee
according to scale, would be about
£1800.

At the annual meeting of the Cork
Town Council the present incumbent
Councillor Donovan was re-elected
Mayor for the ensuing year. The
chamber was packed, and over
fifty out of fifty-six Councillors were
present. The space outside the bar
was crowded with the general pub-
lic. The Lord Mayor (Councillor
Donovan) presided.

A letter was read at the meeting
of Queenstown Technical Committee
from the department, declining to
approve of the appointment of D.
J. Kelleher to the position of prin-
cipal, as the Department stated that
the qualifications he possessed did
not fit him for the duty of control-
ling the school, and the Committee
passed a resolution asking the De-
partment to specify the qualifications
wanting, and if it should turn out
that these were wanting in his pre-
decessors, that Mr. Kelleher's ap-
pointment be ratified.

Canonization of Blessed Clement Hofbauer, C.S.S.R.

In the Consistory Hall, in pre-
sence of the Sovereign Pontiff, the
Cura, the general of the Redemptor-
ist order, the promoters of the causes
of Blessed Clement Hofbauer and
Venerable Joan of Arc and a large
number of prelates and laymen be-
longing to Germany and France, the
decrees, approving of the miracles
necessary for the canonization of
Blessed Clement Hofbauer, C.S.S.R.,
and of the beatification of the Maid
of Orleans were read. The occasion
was a truly historic one, and as
such was looked upon by those priv-
ileged to be present.

When the reading of the decrees
came to an end, the general of the
Redemptorist congregation read a
brief address thanking the Holy Fa-
ther for the approbation of the mi-
racles wrought through the interces-
sion of Blessed Clement.

The reply of Pius X. is a striking
one, but doubly so for the pithy
manner in which society in several
countries is described.
"His Holiness," says the Corriere
D'Italia, "replied by affirming that
no pleasure can be compared to that
which he experienced every time that
with God's help, he can decree the
honors of the altar to those bro-
thers who, having led on earth the
perfume of their virtues, manifest,
by the aid of God, the prodigies of
heaven."

Taking then the theme of that
day's gospel, which recalls the cure
of the leper and the centurion's ser-
vant, the Holy Father showed the
necessity of the intercession of the
saints, that the paralyzed and lep-
rous society of the present day may
realize what it is doing and return
to God. It shows itself ungrateful
to God for this grace and deaf to
His calls to the true path, not will-
ing to acknowledge the dispositions
of His admirable providence which
rewards and chastises, even in the
natural order, the deeds of the
world.

I Can't Praise Them Too Much

So Says Charles Bell of Dodd's Kidney Pills.

He Had Rheumatism for Ten Years and the old Reliable Kidney Remedy Cured Him Completely.

North Range, Digby Co., N.S., Feb.
22. (Special)—"I am so filled with
gratitude to Dodd's Kidney Pills
that I cannot praise them too high-
ly." These are the words of Mr.
Charles Bell, well known here, and
they are echoed by many another
who has been freed from the tor-
tures of rheumatism by Dodd's Kid-
ney Pills.

"I suffered terribly from rheuma-
tism for ten years," Mr. Bell con-
tinues. "I was so bad I could
scarcely get in and out of bed. Af-
ter trying various medicines with-
out getting relief, a friend advised
me to try Dodd's Kidney Pills. Six
boxes cleared the Rheumatism right
out of me."

That's what Dodd's Kidney Pills do
to Rheumatism—clean it right out
of you. They do this simply and nat-
urally. Rheumatism is caused by
uric acid in the blood. When the
kidneys are healthy they strain this
uric acid out of the blood. With no
uric acid in the blood there can be
no Rheumatism. Consequently to
cure Rheumatism, cure your kidneys.
Dodd's Kidney Pills always cure the
kidneys.

Time Proves All Things

One roof may look much the same as another
when put on, but a few years' wear will
show up the weak spots.
"Our Work Survives" the test of time."

GEO. W. REED & CO., Ltd. MONTREAL.

WHEN YOU BUY FLOUR


it is just as easy to get
the BEST as to get the
next best.

The most skilful baking
can't make good bread
out of poor flour, but any
housewife by using

**PURITY
FLOUR**

can bake bread that will
come from the oven
JUST RIGHT.

If you want "more bread
and better bread," bake
with Purity Flour. Try
it to-day. At all grocers.



THIS IS
THE
LABEL

See that it
is on each
bag or barrel
you buy

WESTERN CANADA FLOUR MILLS CO.
LIMITED 747
MILLS AT WINNIPEG, GODERICH AND BRANDON

Health Talks.

The Care of the Teeth.

(By J. E. Robeson.)

(Editor's Note.—The following ar-
ticle on the care of the teeth by J.
E. Robeson, in Physical Culture, con-
tains much interesting information
as to their care and structure.)

Proper mastication is the founda-
tion of health. Or the axiom can
be put in even stronger terms, thus:
Health and all that it means to hu-
manity, hinges upon the use of the
teeth as Nature intended, and which
man, to a very great extent, ig-
nores.

Now, while the unthinking may
take exception to the foregoing, the
physician and the physiologist will
agree therewith. The nutrition of
the body, and the due discharge of
its functions, are alike dependent
upon sound digestion, and such dig-
estion is only possible when the
food is thoroughly chewed before it
is swallowed. If such chewing does
not take place, additional work is
imposed upon the stomach and other
organs of digestion, with the result
of a non-assimilation of food, a
series of digestive disorders and the
malnutrition of the body in general.
All of which is the outcome of the
failure to recognize the fact that
digestion really begins with the
mouth. Without going into techni-
cal description of why this is so,
it may be said that a thorough ad-
mixture of the saliva with the food
is necessary in order to bring about
certain chemical changes in the lat-
ter so as to render it fit to be re-
ceived by the stomach. If, however,
the food is improperly masticated,
the stomach is called upon to do
work which properly belongs to the
mouth, and trouble ensues on the
lines indicated.

This being so, it follows that the
teeth play a much more important
part in the scheme of existence than
mankind realizes—that is that por-
tion of mankind that has not given
thought to the matter. It there-
fore follows that a sound, serviceable
set of teeth is not merely desirable,
but an essential if health and
strength and vitality which waits
upon it be desired. And who is there
that does not wish for the
physical qualities in question?

In this connection it may be said
that never in the history of civiliza-
tion has there been a time in which
the sound body was a more definite
factor in success than just now.
The reason for this is apparent. Only
those with such bodies can stand the
strain and stress of modern busi-
ness competitions. It is the men with
"staying powers," who wins in the

race to-day. And such powers are
in nine cases out of ten dependent
upon the manner in which his di-
gestive process behaves itself. It is
the old story of the fuel in the en-
gine. Unless the fuel is properly
consumed, the engine will not per-
form its allotted duties. And the
consumption of the food-fuel, in the
case of man, rests, to a very great
extent, upon the perfection of his
dental arrangements.

It may be objected, however, that
thanks to modern civilization, there
are but few whose teeth are fitted to
serve the purpose of Nature as just
set forth. The replies to this are
submitted. In the first place, while
it is true that civilization and
sound teeth rarely exist side by side,
yet on the other hand, the art of the
modern dentist has reached such
perfection that it can offset such de-
fects in a practically perfect man-
ner. This statement applies not
only to the aesthetic side of the mat-
ter, but to the work of the teeth
themselves. A beautiful set of teeth
gives a charm to the plainest of
faces, but it must not be forgotten
that they were primarily intended for
use and not for adornment. As intimated,
however, the dentists of to-
day recognize the dual intentions of
the creator in this respect, and
when the occasion arises they not
only improve upon Nature as far as
appearance is concerned, but in ad-
dition they bring about a dental con-
dition by which the food is masticated
in a thorough and consequently
health producing fashion. Of course,
there are dentists and dentists, and
it is meant that the profession is
not without its quacks and charlatans.
But the world is learning to dis-
tinguish between honest work and
the output of the fakir. Hence it is
that members of the dental profession
who stand high in general favor are
for the most part, those whose
statements and work have been tried,
and in consequence, trusted by the
public.

The space at the writer's disposal
is so limited that he cannot enter
into a detailed description of the
teeth, their ailments or the work of
the intelligent dentist in regard to
them. But an attempt will be made
to say something about these fea-
tures of the subject in a brief fash-
ion. So, then, the teeth are com-
posed of four parts, namely: the
enamel, the dentine, cementum and
pulp. The first of these, the ename-
l, constitutes the outer covering
of the tooth and is, by the way, the
hardest tissue of the human body.
The dentine is situated under the

(Continued on Page 6.)

**HERN
Insurance Co'y**

LONDON, Eng.
as the Strongest."

FUNDS, 1906

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...\$8,805,000

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