

LOVERS
T. ANTHONY
of Padua.

Be patient with me
you again how much I
p. How can I help I?
can I do?
t that help this Mission
to exist, and the poor
eady here remain with-
bliged to say Mass and
on in a Mean Upper-

Catholic Mission,
a, Norfolk, England.

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

New Bishop.

Pray.—You have duly
the aims which you
and you have placed
in the names of Dio-
Your efforts have
is providing what is
he establishment of a
on at Pakenham, I
to continue to solicit
object until, in my
been fully attained,
ally in Christ,
KEATING,
hop of Northampton.

Canadian North-West

REGULATIONS

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is situated.
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an intending home-

is required to per-

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person residing
mother.
or has his perma-
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ndice in writing
Commissioner of
at Ottawa of in-
patent.
W. CORY,
of the Interior,
nd publication of
will not be paid

HERN

Insurance Co'y

LONDON, Eng.

ing as the Strongest."

FUNDS, 1906

\$47,410,000

\$8,805,000

\$398,580

on and Aberdeen

for Canada &

West, Montreal

Manager for Canada.

TY AGENTS

ARKENT

FRED. G. REID,

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St. Nicholas St.

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88 Notre Dame St. W.

Tel. Main 1539

ARKENT

D. H. THIBAUD,

True Witness Bldg.

Tel. Main 5078

most complaints

and the most

for them is

an Exterminator.

Irish News.

The bog slide in County Galway, which beginning after heavy rains on Sunday has already overwhelmed the village of Kilmore and threatens disaster to a whole countryside, is unfortunately not a new experience for the sister isle.

Owing to the low level of the interior and the excessive rainfalls, huge areas are merely peat bogs, and one such area, the bog of Allen, in Kings County and County Kildare, is over 200,000 acres in extent. The worst bog slide of recent years happened during boxing night, 1896, when the Knockagecha bog, in County Kerry, gave way and sweeping everything before it carried away a cottage and a family of eight persons, some of whose bodies were afterward found in the Lower Lake at Killarney.

Mr. Henry Musgrave, Drumglass House, Belfast, has been sworn in as High Sheriff, and Mr. J. H. McCay as Sub-Sheriff for the County Donegal. Mr. E. P. Keating, solicitor, Stephen's Green, Dublin, will act as returning officer.

The week's fishing in Northwest Donegal has finished quietly. Eleven crans of herring sold at 53s 6d, and three crans of mackerel at 36s.

Two old age pensioners have died in Gurteen, district, County Sligo, one of them, Owen Tansey, who was aged 84 years, living to draw two instalments of his pension. The other, Patrick Deignan, aged 73, died four days after he was informed that his claim for a pension had been passed.

An aged woman named Catherine Higgins, of Knocknasken, near Gurteen, County Sligo, was found dead yesterday morning in a boren pinned beneath a donkey cart, the side-board of which rested across her throat. It is presumed the cart was overturned by a rut at a sharp turn.

At a meeting of the Belfast District Committee Sir Robert Anderson, J.P., Lord Mayor, presiding, it was stated that since November 12 employment had been found for 1510 men. It was hoped that another £100 would be received from the L. G. B. in a few days.

The Belfast linen trade this week was good all over, and manufacturers are now strong enough to hold out for better terms. On export account there is also a cheerful feeling the trade with the States, Cuba and Canada showing a better tone. Yarns were featureless, but prices unchanged.

Portlaoigh was a prosperous little town in the palmy days of the Malcomson family, who afforded to its inhabitants plenty of employment. The most of the comfortable little houses which were then erected for their employes are now vacant and fast decaying. In fact the whole place presents a despiriting and deserted appearance. Now, however, Lord Waterford is having a brick factory built which it is expected will give a considerable amount of employment, the want of which is so keenly felt all round.

Miss B. Weir, Ballyclung, a tenant on the Jackson estate, Carramore, near Ballina, has been restored by the Land Commission to her holding after her eviction nineteen years ago.

The Marquis of Sligo has petitioned against the proposal to acquire compulsorily part of the lands—of Knockroosky, near Westport, for a sum of £3414. Mr. Featherstonhaugh, K.C. (instructed by Messrs. Meccredy), for the owner complained that the offer was inadequate, and that since 1893 the place had been tenanted continuously as a grazing farm. Mr. Commissioner Finnice said the Marquis offered the lands himself and they took it for granted the tenants arranged to surrender they could not proceed with the offer. The case was adjourned to next sittings.

Two bridges have been completed at Munhin and Glencastle, in Erris district, which will be a great advantage to the people. Mr. Peter Monaghan, Glencastle, had the supervision of the work, which had been carried out in the best manner. In the bridge at Munhin a tablet is inserted to commemorate the services of Mr. Phelim Scanlan, Chairman of Bellmullet Guardians. Both bridges have been inspected by Mr.

McCabe, local Government inspector, who received a reception from the people on the occasion.

Widespread regret has been occasioned in Gurteen (Sligo) district, by the death of Rev. W. J. Haire, B.A., Rector of Gurteen, which occurred on the 17th inst. The deceased gentleman was extremely popular with the people of his native place, which was testified to by the large and representative concourse of people who followed the remains to their last resting place at Gurteen.

On Tuesday, while the 4.50 passenger train from Limerick to Tuam was travelling between the latter station and Ballyglunin (County Galway), a large stone was hurled from one of the bridges. It struck the spectacles of the engine, smashing the glass. The fireman and engine driver escaped, but Mr. Mannix who was on the footplate, narrowly missed injury from the flying glass. The police are making inquiries.

Sir James O'Donohue, in an address at Galway Urban Council, returned thanks for the assistance given him during the past seven years as chairman, and he dispelled the rumor that he would not go forward again. Mr. Lyon stated that the men from his side of the town intended putting forward a candidate. Mr. W. MacDonough, Co. C., will, it is stated, contest the position with Sir James O'Donohue.

On a recent morning some workmen engaged in repairing the old Portumna bridge were started to find a man clinging to a pile which projected about five feet out of the water. The night had been intensely cold, and his clothes were actually frozen to the post. How he got into the Shannon is a mystery, which he appeared reluctant to clear up himself, but it is presumed that in the darkness he stumbled in, and swam with the stream till he struck the post.

The Superior of the Christian Brothers' Schools, Our Lady's Mount, Cork, has forwarded the proceeds of a performance given some time ago, to Mr. Roche, M.P., on behalf of the Distress Fund, also notifying that if necessary the boys will repeat the performance for the same object.

As an expression of their esteem his late parishioners at Killalee presented the Rev. Canon Stanstreet with a handsome brass standard lamp and silver plated dining room lamp on the occasion of his transference to Kilmacoolage Parish.

An esteemed resident of Kiltrush has passed away in the person of Mr. M. O'Sullivan, an ex-member of the Urban Council, and son-in-law of Mr. J. C. Mahony, J.P.

At a private meeting of the Cork Municipal Association to select a candidate for the Lord Mayoralty, three names were submitted—Sir Abraham Sutton, Mr. Thos. Callahan, and the outgoing Lord Mayor. No decision was come to, and the meeting adjourned.

Mr. Justice Wylie reserved judgment in an appeal in the matter of the estate of Lord Ormathwaite, situate in the County Kerry, against the price, amounting to £1518, at which it was proposed to acquire the property compulsorily, certain evicted holdings on the estate. Mr. R. Fitzgerald, agent, and Major Crossdale, valuer for the owner, were examined.

Carlow Urban Council, on the suggestion of the chairman, Mr. M. Milloy, J.P., decided to consider the proposal at next meeting to provide houses for the working classes, under the new act. The chairman stated that the reduction of the rate of interest and the extension of the period of repayment was a great advantage, and would afford a considerable saving.

Much regret is felt in Carlow at the death of Mr. John Sillis, who was school teacher at the Union for the past twenty-one years, and had filled the office with much credit. He was also a practical supporter of the Gaelic League movement. The Carlow Guardians adjourned their meeting as a mark of respect to his memory and of sympathy with his family, and the funeral was very largely attended.

There being no criminal business for disposal at Carlow Quarter Sessions, Judge Brereton Barry was presented with white gloves by the high sheriff.

It was reported at a meeting of subscribers to St. Vincent Confraternity for providing pensions for boys who have no other source of obtaining admission to the orphanage, Glasnevin, that twenty-three boys are being maintained out of the Confraternity fund, and, in addition, twenty-two other boys have been sent to business from the orphanage. The expenditure during the year was £50 in excess of the receipts. The president, Mr. M. J. Irvine, made an appeal for further support. After the meeting a comic operetta was given at the orphanage and was splendidly staged by the juveniles.

At the last meeting of the Coiste Gnótha of the Gaelic League it was resolved that in future no delegate be admitted to the Ard-Fheis except from branches which have made a collection for Language week during the preceding year and forwarded two-thirds of the amount to the League's treasurer. Branches of the League were advised against identifying the organization with particular candidates at municipal elections. If, however, candidates express views favorable to the Language movement, it may be desirable to give expression to the branches' satisfaction thereat.

A well known character has just been admitted to the Navan Union in the person of Tom Smith, locally known as "The Buddha." Tom, who is 83, though illiterate, is a poet. Admittedly, his phrasing is not always graceful, but it is free from vulgarity and witty. He was debarred from receiving the old age pension by reason of having received outdoor relief.

There is very general regret in South Meath at the death of Mr. Christopher Barry, Larch Hill, Killocock, and Ellesmere terrace, Dublin. The deceased, who belonged to a well known family, was brother of Rev. Robert Barry, P.P., Oldcastle, and a sister of his is a nun in Loretta Convent, Navan. There was an extremely large attendance at the funeral.

Seems occurred in Roscrea in connection with the eviction of a Mrs. Mary Fitzpatrick from premises which she has occupied for about forty years. When it became generally known that the eviction had taken

place, the fife and drum band, accompanied by torch-bearers and a very considerable crowd, paraded the town. Stones were thrown in the direction of the landlords' residence and several panes of glass broken, and the house from which Mrs. Fitzpatrick was evicted was wrecked. The Town Tenants' Association it is stated, had endeavored to effect a settlement in the case of Mrs. Fitzpatrick, but failed to do so.

The formation of an Irish Section at the forthcoming Imperial International Exhibition in London was discussed yesterday at the City Hall, Belfast. Mr. A. M. O'Brien, the organizing secretary pro tem, having explained the question of guarantees, it was agreed, on the suggestion of the Lord Mayor, that Mr. O'Brien should communicate with the administration of the exhibition with a view to securing definite terms and allocation of a building; in the meantime personal representations to be made to the principal firms in Belfast, and the proposals fully explained to them.

Joseph Callaghan, a young leader in the anti-ranching agitation in Co. Longford, has been ordered by Mr. Kilkelly, R. M., on a charge of riotous assembly at Sunnyside on New Year's Day, to find bail or go to jail for three months. Prisoner refused to give bail and was taken to Sligo jail.

At a public meeting in Ballymahon, at which the Rev. F. Cahill, Adm., presided, a resolution was passed condemning in the strongest manner the action of the Government in imprisoning Mr. J. P. Farrell, M. P., and assuring him of the deep sympathy and support in the cause for which he is suffering. The Grand branch of the U. I. L. has adopted a similar resolution.

It was pointed out at Wicklow Co. Council by the Chairman, Mr. E. P. O'Kelly, J.P., that the cost of the upkeep of the roads leading to the Curragh and the military camp at Glen Inaal would cost £200 a year additional, which would be levied off the Ballyinglass districts. The secretary stated that the Council had asked that the War Office should pay the extra expenditure, but though correspondence had been going on for some years, a settlement was no nearer. The War Office had suggested to pay half the cost, and recommended that work should be done to the hills and steeper roads, and the Council directed the secretary to again lay the details of the increased expenditure before the War Office.

Health Talks.

Public to Learn How to Chew.

On New York's east side is about to be founded a school in which the "art of chewing" is to be taught. The man who has taken upon himself the task of revolutionizing the method by which the greater number of the people eat is Mr. Horace Fletcher. The following interesting account of the man and the work he is about to do is taken from "An American Exchange and will prove an interesting reading. Mr. Fletcher is a white-haired gentleman who has safely survived his three-score years. He is small of stature and ruddy of cheek. He moves with a quietness which eliminates all suggestion of nervous haste, and speaks in a voice which betrays kindness and culture.

His views on eating are very simple and altogether lacking in the aggressiveness which ought to be his stock in trade. He isn't even a vegetarian. He doesn't proscribe the pies of one's grandmother. He offers no elaborate theories on the chemistry of food. He refuses to make out a table of weights and measures. Eat whatever you please, says Mr. Fletcher, only eat it right, and don't overwork your system. What is more, while he firmly believes that a perfect set of beings will be the corollary of Fletcherism, he doesn't find everything all wrong under the present system. Even when he talks most enthusiastically about his work he offers the proof before the theory.

He tells you that ten years ago, when he was low in health, he discovered that by eating very slowly and chewing minutely, he didn't need nearly as much food, he improved in health, and he made enormous gains in physical strength. He goes on to explain how he investigated this discovery and found that man had

drifted into his present habit of eating by accident.

It is a far cry from the meagre fare of the cave to the 20-course dinner. Once man ate because his appetite commanded him. Now it is a habit to seek a well-laden board three times a day, which is almost as binding as the ten commandments.

What is more, eating has become a useful device for killing time and spending money. Food is abundant and cheap, and people eat it in quantities, not because they are hungry, but because it is the thing to do. As a consequence, the organs are overworked, and the unassimilated food forms poisons instead of nutriment.

When Fletcher announced his discovery no one believed him. When he offered proof men of science took him by the hand, but the world at large turned him over to the funny papers. Ten years have passed now, and gradually a body of 200,000 converts, who have tested the theory and found it good, have changed derision to serious interest.

It is at this point that Mr. Fletcher, who formerly spread his propaganda merely by his pen, has come to New York to inaugurate a definite campaign. His beginning is small and tentative. He thinks it is much wiser to emulate the spirit of growth than it is to start the school on a grand scale. The school Mr. Fletcher intends to keep small, so that it will have a big future.

The immediate ends for which the kindergarten of vital economics is working are to spread the propaganda among teachers and social workers who come in contact with masses of the people, and to work directly with the people of the East side, who are most in need of the new gospel of nutrition. The school is not to be a charity. On the other hand, no set tuition will be charged.

JUST CURED HIM

THAT WAS ALL

What Dodd's Kidney Pills Did for Thomas Moon.

Doctors Could Not Cure His Dropsy but Dodd's Kidney Pills Cleared it out Completely.

Maidstone, Sask., Feb. 15.—(Special.)—"Cured me completely. That's what Dodd's Kidney Pills did for me." Such is the statement made by Thomas Moon, a well known resident of this place who for two

years suffered with Dropsical Swellings brought on by diseased Kidneys.

"I had pains in the small of my back," Mr. Moon continues, "and across the loins. The swelling commenced first in my legs and gradually got to my body. I tried different doctors but kept getting worse every day until I was swollen up to an awful size.

"One doctor sent me to the hospital where I got a little benefit, but the swelling soon all came back.

"Then I used Dodd's Kidney Pills and as I said before they cured me completely."

Dropsical Swellings are caused by diseased Kidneys failing to take the surplus water out of the blood. Cure the Kidneys with Dodd's Kidney Pills and the Dropsy naturally cures itself.

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

TENDERS.

Tenders addressed to the undersigned at Ottawa, and marked on the envelope, "Tender for Timber for Sorel," will be received up to noon of the

FIFTEENTH DAY OF FEBRUARY,

1909, for supplying fifty thousand cubic feet of round white pine timber, in accordance with the specifications of the Department, to be delivered at the Government Shipyard, at Sorel, P.Q., not later than the 20th of May next.

Specifications may be obtained from the Agencies of this Department at Montreal and Quebec, from the Director of the Government Shipyard at Sorel, P.Q., and from the Purchasing Agent of the Department here.

Each tender must be accompanied by an accepted bank cheque equal to 10 per cent. of the whole amount of the tender, which cheque will be forfeited if the successful tenderer declines to deliver the timber at the tender prices.

Papers copying this advertisement without authority from the Department will not be paid. The lowest or any tender not necessarily accepted.

G. J. DESBARATS,

Acting Deputy Minister of Marine and Fisheries,

Department of Marine and Fisheries, Ottawa, 19th January, 1909.

YOUR DANGER BEGINS WHEN YOUR BACK ACHES.

It is the First and the Sure Sign of Kidney Disease.

Doan's Kidney Pills

cure the aching back by curing the aching kidneys beneath—for it is really the kidneys aching and not the back.

They act directly on the kidneys and make them strong and healthy, thereby causing pure blood to circulate throughout the whole system.

Mrs. Frank Pous, Woodside, N.B., writes:—"I was a great sufferer with backache for over a year, and could get nothing to relieve me until I took two boxes of Doan's Kidney Pills and now I do not feel any pain whatever, and can eat and sleep well; something I could not do before.

Doan's Kidney Pills are 50 cents per box or 3 boxes for \$1.25 at all dealers or mailed direct on receipt of price by The Doan Kidney Pill Co., Toronto, Ont.

Childs Play Wash-day
Surprise Soap
cleanses so easily that wash day is like child's play.
There is nothing in it but pure Soap
It cannot injure the clothes and gives the sweetest cleanest results. To wash the Surprise way
Read the directions on the wrapper.
You can purchase in any

