

## Household Notes.

SALT .- Salt is such a common an ticle in the household that many of us do not sufficiently appreciate its high medicinal value. Many and various are the remedial uses to which it may be put.

As a dentifice common salt may be relied on. By its judicious use the teeth are kept white, the gums hard and the breath sweet. When the gums are spongy the mouth should be washed out twice a day with salt and water.

Warm salt water held in the mouth will sometimes banish tootache and at least make the affliction lighter, while it is both safe and easy to try.

Again, equal parts of alum and salt, or even salt alone, placed on a piece of cotton wool and inserted in the hollow of an aching tooth will often give relief when other means have failed.

allay neuralgic pains in the head and face take a small bag of fannel, fill with salt, heat thor oughly, and apply to the affected part.

Salt placed on the gum when a tooth has been extracted will prevent profuse bleeding at such time.

An excellent gargle for the throat is simple salt and water. Many se rious cases of throat affection might be cured by the use of this alone if only taken in time, as the needs warrant.

A flannel cloth wrung out of salt water is also an excellent remedy for simple sore throat.

Salt in tepid water is a handy emetic. As an antidote for the poison silver nitrate or lunar caustic give salt and water freely.

A BIG PIE.-The largest pie ever baked in Brooklyn, and, it is be lieved, in the country, was exhibited and eaten at the annual ball of the employees of a pie baking company of that borough last week in Sangerbund Hall. It was 7 feet long and 3 feet wide, with a depth 4 inches. It weighed 110 pounds. It took six men fifteen hours and half a ton of coal to bake it. A spe-cial plate on which it was baked was made of sheet steel at a cost of \$18.

The pie was made in sections, the component parts consisting of six pounds each of crangerries, peaches, pincapple, cocoanut, mince and plum besides twelve pounds of lemons. Two hundred eggs and fifty pounds of sugar were used. Promptly at 12 o'clock the knife was put into the pie by the chairman of the Floor Committee, and each of the guests was presented with a small portion.

HOUSE PLANTS. - If you wish

by the sea as in the city, but not many realize it. Mothers often complain to me that they bring their children back in the autumn thinner than when they went away. They may do that and still have them stronger, but many times children

operate as much under the pines and

are allowed to run too incessantly. It takes a strong child to thrive continuous exercise, and city on children are not used to tramping up hill and down and over rough roads and fields. Make them stretch out under the trees or on the river bank an hour every day, and more if you can, and they'll gain by it."

CUTTING TRETH.

A Trying Time to Both Eaby and Mother.

> There is no time when baby re quires more attention than during the teething period. At that time the little one is always cross and fretful, subject to stomach disorders and sometimes convulsions. mothers are absolutely worn out caring for qaby, and the whole household is in a condition of anxiety. This condition can be easily edied by the use of Baby's Own Tablets, which cool the sour little stomach, allay the inflammation of the gums and give the little one healthy, natural sleep. A mother's word can always be depended upon where the health of her little ones is concerned, and thousands of mothers praise this medicine. Mrs. R. L. Mc-Farlane, Bristol, Que., says:- "In my estimation, Baby's Own Tablets have no equal as a medicine for children. They are invaluable at the

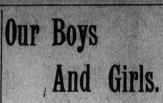
teething period, and I would not be without them as they keep my baby healthy and happy." The Tablets relieve all the minor

ailments of little ones: are guaranteed to contain no opiate or poison "soothing stuff," and may be ous given with absolute safety to a new born babe. Sold at 25 cents a box by all druggists, or sent post paid by writing direct to the Dr. Wil-Wil-Brockville. liams' Medicine Co., Ont., or Schenectady, N.Y.

# Medical Manifesto Against Alcohol.

A striking manifesto has been a greed on by the British, German and American medical temperance socie ties and representative medical abstainers in France. It points out "alcohol is a poison, and that ought not to be class?d among foods," and that total abstainers,

document has been signed by 300 British doctors, 8 Americans, 100 Germans, 40 Russians, 36 Swiss, 17 Austrians and Hungarians, 15 Swedes, 13 Danes, and 2 Dutchmen.



ABOUT THE HOUSE FLY. - The common house fly 1s very rapid in its flight. Its wings make 800 beats a second, sending it through the air 25 feet, under ordinary circumstances, in that space of time When the insect is alarmed it has been found that it increases its rate of speed to over 150 feet per second. If it could continue such rap-id fight for a mile in a straight line it would cover that distance in exactly 33 seconds.

BE COURTEOUS .- If young peo ple, especially in small towns, would form "courtesy clubs" or graft this idea upon existing organizations, it would result in great advantage not only to the young people beionging to such associations, but also the towns themselves.

We find a great many men and women side-tracked all along the pathways of life because they were not taught the value or good manners and of a fine, gracious courtesy in their youth. The result is that they have grown up hard and coarse and repulsive in manners, and have not been able to win favor or attract trade or business. In other words. their bad manners and repulsive ways have kept them back and handicapped their careers.

It is astonishing how fine manners and politeness in children develop into, ease and attractiveness in man hood and womanhood. Other things being equal the employee who is selected for advancement is the one with good manners, a fine, gracious demeanor, a good presence. Those qualities are the best kind of capital, even better than money.

Everywhere we see young men and women drawing big salaries young largely because of their superior politeness. The fine mannered are want ed everywhere as superintendents, as salesmen, as traveling representatives, as clerks, as private secretaries or as credit men. In fact, agree able deportment is the one fine in. dispensable quality sought after everywhere. There is nothing else which will so

quickly open the door to opportunities, to society, to the hearts of all.

Courtesy is to business and society what oil is to machinery. makes things run smoothly, for it eliminates the jar and friction and

the nerve-racking noise.

THIN ICE .- This queer weather reminds me of a Christmas rain we had years ago, when I was a sore trial to my mother, and I realize just how you feel about it." said Uncle Bill to a group of boys gathered in his cosy living-room

These few days before Christmas were busy ones for the young people in Meadow Brook, but with it all the usual cheery atmosphere was absent. The cause of the lamentations was the fact that in all probability Meadow Brook would have a green Christmas. What did that mean Why, no bob-sled parties, no skating on Seneca pond, no long country sleigh rides, where all are seated on straw, tucked under a ton of Buffalc robes: no snow and ice-that is what a green Christmas meant.

"But didn't it make up and freeze and snow some time during the holidays, Uncle? What did you do?"

### THE TRUE WITHTER AND CATHOMIC CHIRONICIAS

go and tell the fellows that the old men' were too slow, and that we might as well get a lick at the sheet. Getting tired? No? Well, I yelled 'New game!' got the fellows out and braced up. 'See here, fellows,' I said, putting on my most knowing air, 'this waiting is non-sense. All right for the girls, I

own, but for the trusty men, pshaw! I've been to the sheet and I say things look fine to me. Clear a crystal, no cracks-go and get your skates and we will initiate old Sen eca in this year's sport.'

"The lads who demurred were told that they were not necessary to the good time. Well, once on the ice we went

through all the stunts you do now, long jump's, figure eights, and all such things. Finally a gurgle began somewhere near shore and ran to somewhere near the middle of the pond. 'Ho!' said one brave lad, 'let's get off; we have had our sport

and I am afraid of that gurgle.' In spite of the cries, 'Quitters!' 'Crawlers!' a few wen't ashore and took off their steels. "Not so with me and a few of my

foolhardy companions. 'One jump more, that is all.' Two of us jumped when Harry Davis-you all know Stiff Harry'-well, he was one the brave lads who took off his skates at the first sign of danger. I was about to jump when he saw the water ooze up, and came running out to warn me. Crack! went the ice, and poor Harry was up to his neck in the freezing water. We all did our best to get him out. After being in nearly six minutes we got him to shore more dead than alive. Harry's mother was a widow. How could we bring him to her like this?

"'No, fellows,' I had enough man-liness to say, 'it's my fault; bring him to my mother's'. We did, and poor Harry was in until spring, one thing after another setting in until all had given up hope. But finally he pulled through and he was a you know him, stiff in all his joints, an invalid—a hero, yes, but at what cost! And I tell you now, lads I am the cause of that wretched

"But," said a thoughtful boy, "Uncle, you have made up by being so good to him."

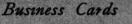
"Made up, my boy! That never can be made up. Learn the lesson well, and if you have snow, which hope you will, and ice, too, profit by your Uncle Bill's tale of thin ice. Wait until the 'slow old men' O. K it."-Marie Gaul, in the Calumet,

Michigan.

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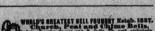


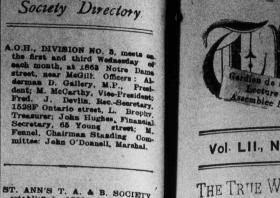




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ST. ANN'S T. A. & B. SOCHFY, established 1863.--Rev. Director, Rev. Father Flynn. President, D. Gallery, M.P.; Sec., J. F. Quinn. 625 St. Dominique street: M. J. Ryan, treasurer. 18 St. Augustin street. Meets on the second Sun-day of every month, in St. Ana's Hall, corner Young and Ottawe streets, at 8.80 p.m.

SATURDAY, FEB. 7, 1903.

A.O.H. LADIES' AUXLIARY, DL. vision No. 5. Organized Oct. 10th, 1901. Meetings are held in St. Patrick's Hall, 92 St. Alexander, on the first Sunday of each month at 2.30 p.m., on the third Thursday at 8 p.m. President, Miss Annie Donovan; vice-president, Mrs, Barah Allen; recording-secretary, Miss Rose Ward; financial-secretary, Miss Emma Doyle, 68 Anderson street; treasurer, Mrs. Charlotte Bermingham; chaplain, Rev. Father McGrath.

ST. PATRICE'S SOCIETY.-Estab-lished March 6th, 1856, incorpor-ated 1853, revised 1864. Meets in St. Patrick's Hall, 92 St. Alexan-der street, first Monday of the month. Committee meets last Wed-nesday. Officers : Rev. Director, Rev. M. Callaghan, P.P. President, Hon. Mr. Justice O. J. Doherty ; 1st Vice, F. E. Devlin, M.D.: and Vice, F. J. Curran, B.C.L.; Treasurer, Frank J. Green, Correspon-in Secretary, John Kahala; Recording Secretary, T. P. Tansey.

ST. ANN'S YOUNG MEN'S SOCIE-TY organized 1885.-Meets in its hall, 157 Ottawa street. on the first Sunday of each month, at 2.30 p.m. Spiritual Adviser, Rey E. Strubbe, C.SS.R.; President, M. Casey; Treasurer, Thomas O'Connel; Secretary, W. Whitty. Thomas

ST. ANTHONY'S COURT, C. O. F., meets on the second and fourth Friday of every mosth in their hall, corner Seigneurs and Noire Dame streets. A. T. O'Connell, C. R., T. W. Kane, secretary.

ST. PATRICK'S T. A. & B. 50-CIETY.-Meets on the second Sun-day of every month in St. Pat-rick's Hall, 92 St. Alexander St. immediately after Vaspers. Com-mittee of Management meets is same hall the first Tuesday of every month at 8 p.m. Rev. Father Me-Grath. Rev. President; W. F. Doyle, 1st Vice-President; Jac. F. Guoning, Secretary, 716 St. Ar P. Gunning, Secretary, 716 St. Ar-toine street, St. Henri,

C.M.B.A. OF CANADA, BRANCH 26.--(Organized, 13th November, 1873.--Branch 26 meets at St. Patrick's Hall, 92 St. Alexander St., on every Monday of each mon2h. The regular meetings for the transaction of business are held on the 3nd and 4th Monday of each month, at 8 p.m. Spiritual Adviser, Rev. M. Callaghas; Char-cellor, F. J. Curran, B.C.L.; Pre-sident, Fred. J. Sears; Resording-Scoretary, J. J. Costigan; Finar-cial-Scoretary, Robb. Warres; Treasurer, J. H. Feeley, fr.; Mel-cal Advisers, Drs. H. J. Harriss, E. J. O'Connof and G. H. Merrfill.

grees Fahrenheit.

Keep them in your bay window, if you have one. If a little chink or crevice is left somewhere about the poverty, suffering, vice, crime, lunframe the ventilation will be good for both the flowers human plan's usually found shivering around the register.

Do not water your house plants oo profusely. When you pot them a the autumn mix some bits of roken earth nware and a generous sand with the soil to which you transplant them.

This will make a proper drainage stem around the roots. The water ill run off readily, yet the plants homesives will retain sufficient poisture. When the surface of the potted soil begins to look dry the lowers need watering. This dryness loes not show each day by any

REST FOR CHILDREN .- " It's listake," says a physician, "to let anning wild' business in their sum gr outings. People have the ider at in the country one may eat which or do anything with imnunity. Laws for healthful living

HOUSE PLANTS. — If you the ordinary other things being equal, can do holidays, Uncle? what due you house plants of the ordinary varieties to flourish during their in-more work, are more enduring, and questioned the boys. "Tell us about it; your stories are always good; do to solourn, do not surround them recover more quickly from, and are it; your stories are always good; do to tell us!" they begged.

manifesto declares that the common "Yes, I'll tell you; but here, hand use of alcoholic beverages is me my tobacco  $box_{T}$  yes, that's the one. Well, as it ought to read a the poverty, suffering, vice, crime, lunmoral to you I'll tell the tale. You acy, disease, and death, not only in see, it was this same mild weather, and we boys had been counting on lots of outdoor sport during our the case of those who take such beverages, but in the case of others who are unavoidably associated with work between Christmas and New them. Experiments have demonstrat Year's-that's all we got in my day -but, never mind, we were a sorr lot. Christmas Eve it rained. To ed that even a small quantity of alcoholic liquor prevents perfect mental action and interferes with functions of the cells and tissue wards night the rain turned to white flakes, and Christmas morning Meawith the the body, impairing self-control by producing paralysis of the judgment and of the will, and having other dow Brook was covered with Such rejoicing! We all niet and had a regular hurrah for the weather. The cold kept right on, and soon markedly injurious effects. Drink, assert the doctors, threatens the de-termination of the race, accelerated the ice was forming on Seneca. We lads had our skates out for days, by the alarming increase of drinking but each lad's father said, with among women. By a general adop-tion of total abstinence they con-duded that such an era of health, thump on the table, by way of em-phasis, that they would have no skating on the pond until the ice augurated that many of the soial problems of the present age rould be solved. This noteworthy

skating on the pond until the ice had time to settle, and when it had they would let us know. "Well, one day, two days, were added to our fast-going free time, and the ice had not been O. K.'ed. and the ice had not been 0, X, ed. On day number three I took myself, with many half-scared turnings, to the pond, After several trials on it glassy surface I made up my mind



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signed,

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near future, under con as exist to-day in the ena, it is vain to hope lifetime of any of us able change in tha land. But we feel a gr ing confidence in the s ms to us that nothing ly, has been left under success in the land que soon as that paramo fairly and satisfacto there can no longer sonable objection to And we may add that greater faith in the pe any measure of the kin must be established o basis.

FAITHFUL TO THE FAITHFUL TO THE -We read, from time t vice to the effect that Canada should seek to selves more to the new get all they have impos old land. We are told look at the United St find the second generat men, in that land, gro evicans in every sense