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Household Notes.

SALT.—Salt is such a common article 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 dentifrice 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 tooth-ache 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.

To allay neuralgic pains in the head and face take a small bag of flannel, fill with salt, heat thoroughly, and apply to the affected part.

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

An excellent gargle for the throat is simple salt and water. Many serious 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 believed, 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 of 4 inches. It weighed 110 pounds. It took six men fifteen hours and half a ton of coal to bake it. A special 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 cranberries, peaches, pineapple, coconut, 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 your house plants of the ordinary varieties to flourish during their indoor sojourn, do not surround them with a temperature much above 65 degrees Fahrenheit.

Keep them in your bay window, if you have one. If a little chink or crevice is left somewhere about the window frame the ventilation will be good for both the flowers and the human plants usually found shivering around the register.

Do not water your house plants too profusely. When you pot them in the autumn mix some bits of broken earth-ware and a generous handful of sand with the soil to which you transplant them.

This will make a proper drainage system around the roots. The water will run off readily, yet the plants themselves will retain sufficient moisture. When the surface of the potted soil begins to look dry the flowers need watering. This dryness does not show each day by any means.

BEST FOR CHILDREN.—"It's a mistake," says a physician, "to let city children do too much of the 'running wild' business in their summer outings. People have the idea that 'in the country' one may eat anything or do anything with impunity. Laws for healthful living

operate as much under the pines and 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 are allowed to run too incessantly. It takes a strong child to thrive on continuous exercise, and city 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 TEETH.

A Trying Time to Both Baby and Mother.

There is no time when baby requires 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. Often mothers are absolutely worn out caring for baby, and the whole household is in a condition of anxiety. This condition can be easily remedied 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 a 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. McFarlane, 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 poisonous "soothing stuff," and may be 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. Williams' Medicine Co., Brockville, Ont., or Schenectady, N.Y.

Medical Manifesto Against Alcohol.

A striking manifesto has been agreed on by the British, German and American medical temperance societies and representative medical abstinents in France. It points out that "alcohol is a poison, and ought not to be class'd among foods," and that total abstinents, other things being equal, can do more work, are more enduring, and recover more quickly from, and are better able to resist, disease. The manifesto declares that the common use of alcoholic beverages is the cause of a very large proportion of poverty, suffering, vice, crime, lunacy, disease, and death, not only in the case of those who take such beverages, but in the case of others who are unavoidably associated with them. Experiments have demonstrated that even a small quantity of alcoholic liquor prevents perfect mental action and interferes with the functions of the cells and tissues of the body, impairing self-control by producing paralysis of the judgment and of the will, and having other markedly injurious effects. Drink, assert the doctors, threatens the determination of the race, accelerated by the alarming increase of drinking among women. By a general adoption of total abstinence they concluded that such an era of health, happiness, and prosperity would be inaugurated that many of the social problems of the present age would be solved. This noteworthy 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.

Our Boys And Girls.

ABOUT THE HOUSE FLY.—The common house fly is 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 rapid flight for a mile in a straight line it would cover that distance in exactly 33 seconds.

BE COURTEOUS.—If young people, 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 belonging to such associations, but also to 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 of 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 manhood 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 young women drawing big salaries largely because of their superior politeness. The fine mannered are wanted everywhere as superintendents, as salesmen, as traveling representatives, as clerks, as private secretaries or as credit men. In fact, agreeable deportment is the one fine indispensable 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. It 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 Buffalo 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?" questioned the boys. "Tell us about it; your stories are always good; do tell us!" they begged.

"Yes, I'll tell you; but here, hand me my tobacco box—yes, that's the one. Well, as it ought to read a moral to you I'll tell the tale. You see, it was this same mild weather, and we boys had been counting on lots of outdoor sport during our work between Christmas and New Year's—that's all we got in my day—but, never mind, we were a sorry lot. Christmas Eve it rained. Towards night the rain turned to white flakes, and Christmas morning Meadow Brook was covered with snow. Such rejoicing! We all met and had a regular hurrah for the weather. The cold kept right on, and soon the ice was forming on Seneca. We lads had our skates out for days, but each lad's father said, with a thump on the table, by way of emphasis, that they would have no 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. On day number three I took myself, with many half-scarred turnings, to the pond. After several trials on its glassy surface I made up my mind

to 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 nonsense. 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 as crystal, no cracks—go and get your skates and we will initiate old Seneca 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 jumps, figure eights, and all such things. Finally a gurgle began somewhere near shore and ran out 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 went 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 of 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 manliness 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 as you know him, stiff in all his joints, an invalid—a hero, yes, but at what a cost! And I tell you now, lads, I am the cause of that wretched life!"

"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 I 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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Society Directory

A.O.H., DIVISION NO. 3, meets on the first and third Wednesday of each month, at 1868 Notre Dame street, near McGill. Officers: Alderman D. Galloway, M.P., President; M. McCarthy, Vice-President; Fred. J. Devlin, Rec.-Secretary; 1528F Ontario street, L. Brophy, Treasurer; John Hughes, Financial Secretary, 65 Young street; M. Fennel, Chairman Standing Committee; John O'Donnell, Marshal.

ST. ANN'S T. A. & B. SOCIETY, established 1863.—Rev. Director, Rev. Father Flynn, President, D. Galloway, M.P., Sec., J. F. Quinn, 625 St. Dominique street; M. J. Ryan, treasurer, 18 St. Augustin street. Meets on the second Sunday of every month, in St. Ann's Hall, corner Young and Ottawa streets, at 8.30 p.m.

A.O.H. LADIES' AUXILIARY, Division 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. Sarah Allen; recording-secretary, Miss Rose Ward; financial-secretary, Miss Emma Doyle, 68 Anderson street; treasurer, Mrs. Charlotte Birmingham; chaplain, Rev. Father McGrath.

ST. PATRICK'S SOCIETY.—Established March 5th, 1866, incorporated 1869, revised 1904. Meets in St. Patrick's Hall, 92 St. Alexander street, first Monday of the month. Committee meets last Wednesday. Officers: Rev. Director, Rev. M. Callaghan, P.P. President, Hon. Mr. Justice O. J. Doherty; 1st Vice, F. E. Devlin, M.D.; 2nd Vice, F. J. Curran, B.C.L.; Treasurer, Frank J. Green, Corresponding Secretary, John Kahala; Recording Secretary, T. P. Tansey.

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

ST. ANTHONY'S COURT, C. O. F., meets on the second and fourth Friday of every month in this hall, corner Seigneurs and Notre Dams streets. A. T. O'Connell, C. R., T. W. Kane, secretary.

ST. PATRICK'S T. A. & B. SOCIETY.—Meets on the second Sunday of every month in St. Patrick's Hall, 92 St. Alexander St., immediately after Vespers. Committee of Management meets in same hall the first Tuesday of every month at 8 p.m. Rev. Father McGrath, Rev. President; W. P. Doyle, 1st Vice-President; Jas. P. Gunning, Secretary, 716 St. Antoine street, St. Henri.

C.M.B.A. OF CANADA, BRANCH 26.—(Organized, 18th November, 1873.—Branch 26 meets at St. Patrick's Hall, 92 St. Alexander St., on every Monday of each month. The regular meetings for the transaction of business are held on the 2nd and 4th Mondays of each month, at 8 p.m. Spiritual Adviser, Rev. M. Callaghan; Chancellor, F. J. Curran, B.C.L.; President, Fred. J. Sears; Recording Secretary, J. J. Costigan; Financial Secretary, Robt. Warren; Treasurer, J. H. Feeley, Jr.; Marshal Ad. Inera, Drs. H. J. Harrigan, E. J. O'Connell and G. H. Merrill.

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NOTES

A BUSINESS POINT issue we publish almost entirely the masterly delivered by Mr. John M.P., in Edinburgh. did review of the act Ireland, and we need mention to what the lectionist party has pressed. However, we the attention of our special characteristic. It will be remarked that uliar business address, flights of rhetoric, no imagination, no apocryphal or to the past calm, dignified and tion of a very difficult situation.

It cannot be de O'Rell was right when "if you want to get a heart, you must reach pocket." The British is practical, and the business instinct in ates every other influence clearly that a transpaecuniary, or business he will sweep aside vice rather than neglect the feeling, or sentimentality. Mr. Redmond appeals cries for justice, for past impositions, or address is a clear statement case from a commercial business standpoint. It is to England's advantage politically and commercial act such measures as elements in Ireland. required from the British are proven to be a safe and judicious investment. how the returns will r the form of pecuniary also of political freedom. Then he is careful to interests of the land without positive security reduced to destitution enforcement of the sales posed. There is a spiritunselfishness, of honest evident throughout the cannot fail to appeal and better feelings of he seeks to convince.

Decidedly, if Ireland not ameliorated, with near future, under con as exist to-day in the ena, it is vain to hope lifetime of any of us able change in that land. But we feel a growing confidence in the seems to us that nothing, has been left undone success in the land que soon as that paramount fairly and satisfactorily there can no longer easonable objection to. And we may add that greater faith in the pe any measure of the kind must be established on basis.

FAITHFUL TO THE
—We read, from time to vice to the effect that Canada should seek to selves more to the new get all they have imported land. We are told look at the United States find the second generation, in that land, grow extens in every sense, hampering their future with useless dream old country and all its associations. Possibly it not worded quite as