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> DUBLIN Pure Pot Still Whisky J. J. & S.

Is appreciated for its fine quality, age, mellowness and palatability. Commands the highest price in the Markets of the World.

Chapter of Accidents, rely entirely upon the natural gas for heating their homes, have suffered much from insufficient heat

PLAGUE IN INDIA. - A depatch to the Exchange Telegraph Company, in London, from Lahore, the capital of the Punjab, says that under the new system of nonintervention the plague is raging worse and worse, and that a thousand deaths per day are recorded in the Punjab. After all, great and wealthy as the Indian Empire may be, we cling to the fact that there is no part of the British Empire to equal our own Dominion. We may have snow in winter and heat in summer, but we have no earth quakes, no volcanoes, no plagues, no wars, no revolutions, none terrors that render life unbearable in other lands.

A RUNAWAY TRAIN. - From Altoona, Pa., comes the news that a runaway freight train on the mountain division of the Pennsylvania West, caused a triple wreck that cost the lives of three railroad men, injured six others and caused a large property loss.

A BOILER ENPLOSION. - At Portage La Prairie, Manitoba, last Saturday, a disastrous boiler explosion took place. It happened about noon, and resulted in the deaths of three men. It occurred at Angus McLeod's pump shop, and the shock was felt for a quarter of

ANOTHER EXPLOSION .- From Lawrence, Mass., on Saturday, came a despatch telling that four men were injured in a second dynamite explosion on the new railroad cut in North Andover, near the scene of the previous day's fatal acci-There are now twelve men being treated at the hospital as the result of both explosions. One man was killed outright, and one of the injured died. It is feared that another one of those hurt will die.

A RAILWAY ACCIDENT .- From Little Rock, Ark., comes this news As the result of an accident recently on the Choctaw Railroad, twenty miles above Little Rock, seven mer were killed outright and nearly a score seriously injured. As a work train of six cars and a caboose, in charge of Conductor J. R. Gamble was passing under the high bluffs bordering the river a heavy rock plunged down the declivity and struck the track. The caboose was at the head of the train and was shivered into splinters.

SHAMAKA EARTHQUAKE. -From St. Petersburgh comes the From St. Petersburgh comes the news that fully one hundred corpses have been taken out of the ruins caused by a terrific earthquake on Friday of last week. Most of the victims are Mussulmans. The survivors are encamped outside the vivors are encamped outside the ruins of their city. From Fiftis, in Russian Transcaucasia, a despatch

the earthquake which destroyed the town of Shamaka had been recovercertain that several hundred hodies are buried in the fissures and debris caused by the shocks. The quakes continue at intervals, and the work of excavating in search of the victims therefore proceeds with difficulty. Among the dead are many on who, at the time of the prin cipal shock, were congregated in the various bathhouses."

A SAD STORY .- Here is a A SAD STORY—Here is a very d account of a fatal accident in

One of the saddest funerals 'eve ter's Cathedral on Monday morning, when the bodies of the three children of Mr. and Mrs. William Shirley, of West Sixteenth street, are borne in to receive the last we borne in to receive the last we of the Church. On account of a shortage of fuel gas, supplied by a Pennsylvania Gas Company. fered much from insufficient heat.

The story of how the gas stove was lighted, how the wind blew out the flame, and how the gas still escaping suffocated the children is long and painful one, and one that should serve as a warning.

SERIOUS STRIKE .- A Vienna despatch says :-

"The reports published here represent the situation at Trieste as be ing very serious. It is stated that all the workingmen of the city have joined the hundred stokers, who began the strike, and that 25,000 persons are now idle. The shops are closed, newspapers have suspended publication and the railways and tramways are stopped. Troops are bivouacking in the streets. The strike leaders have lost control of the workingmen, who, enforced by others, attacked a section of the oldiery this afternoon. The Lieutenant commanding fell, severely wounded in the head by stones When he fell his soldiers fired into the crowd, killing eight and wounding twenty-seven. The police then charged with their swords, wounding many more and arresting a large

FEVERS' VICTIMS

WORSE THAN THE DISEASE ITSELF

A Sufferer From the After Effects Typhoid Tells of Mis Deplorable Condition—Appeared to be in a Rapid Becline.

such as fevers, la grippe, etc., are frequently more serious in their re-sults than the original illness, and suits than the original illness, and the patient is left an almost physical wreck. In such cases as these what is needed is a tonic medicine, to enrich the blood, strengthen the nerves and put the system right. Mr. L. Barnhardt, a prosperous young farmer living near Welland, Ont., offers proof of the truth of these statements. Mr. Barnhardt says:—"Some years ago, while living in the United States, I was attacked by typhoid fever, the after effects of which proved more disastrous to my constitution than the fever itself, and for months I was an almost total wreck. I had no appetite, was haggard and emaciated, and apparently bloodness. I had violent and distressing headaches, and my whole appearance was suggestive of a rapid decline. I tried. the patient is left an almost and my whole appearance was sug gestive of a rapid decline. I tried no less than three doctors, but they failed to benefit me. At this ture a friend of mine mention rating to benefit me. At this juncture a friend of mine mentioned my case to another physician, and he suggested that I should take a course of Dr. Williams' Pink Pills. I took this advice and found it most satisfactory. Almost from the out-

165 pounds. I have enjoyed the best of health ever since, and I will always give Dr. Williams' Pink Pills the praise they so richly deserve."

These pills are a certain cure for the after effects of fever, la grippe and pneumonia. They make new, rich, red blood and strengthen the nerves from first dose to last; and in this way they cure such trou-bles as anaemia, neuralgia, rheumat bles as anaemia, neuralgia, rheumatism. heart weakness, kidney and liver afments, partial paralysis, St. Vitus' dance, etc. They also cure the functional aliments that make the lives of so many women a source of constant misery, and bring the glow of health, to pale and sallow cheeks. Other alleged tonic pills are mere imitations of this great medicine, and the buyer should see that the full name "Dr. Williams' Pink Pills for Pale People," is one every box. Solid by all dealers in medicine or sent postpaid at 50c a box, or six boxes for \$2.50. by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

THE FIRST CRUSADE?—"Do we realize its significance? Can we picture in any sense the grandeur of that historic pageant when Christendom went forth as one nation—bay, as one army—strong in its faith, single-minded in its childlike, whole-hearted intention of rescuing the Tomb of the Saviour from the custody of the infidel?"

Notes for Farmers.

LIVE STOCK SALE .- The of the live stock sale at Ottawa this week, says the "Free Press," shows that the demand for fine bred stock is too small. Farmers are not convinced that the live stock trade is the foundation of the agricultural industry of Canada. Many in a small farming business carry on live stock trade and derive most of their income from selling beef, sheep and swine to dealers se do not realize the loss from not keeping pure strains of cattle It costs nearly as much to attend grade beasts and inferior stock as it does superior classes. Often animals are raised to three or years of age and sold at \$25 or \$30 when twice that sum would easily have been received if the animal was of a better breed. Selecting stock to breed from is just as im portant as selecting seed grain.

There is no better place for a farmer to procure the stock to commence a herd of thoroughbreds tha at the winter fairs. It is equally as good an opportunity for breeders re-enforce their herds. The agreement signed by every person entering stock at the sale is to the effect that the stock entered have proved themselves sure stock getters or have never been tried.

The small prices offered for both peef and dairy strains this week show that dealers in stock are much mistaken as to the most profitable herds. It was generally that better prices could be procured in the stables at home for some of the animals sold.

It is to be hoped that this state of affairs will not long continue. The promoters of the sales are among the most intelligent and en ergetic men of the country and should be awarded for their efforts It is a move in the direction of establishing on a firm basis the industry with the greatest revenue producing capabilities that the Dominion may ever expect to possess No country could have a more permanent industry.
As Hon. Sidney Fisher stated in a

most comprehensive address at the sale on Wednesday, our greatest industry is live stock. It was a pleas ing statement for the large gather ing of stock men from all over Eastern Ontario to hear that export from the province had increased during the last four years from \$5,000 to \$100,000. On this interesting subject Mr. F. W. Hodson live stock commissioner, has recently stated :

Trade in live stock between East ern and Western Canada has been growing rapidly with the last few This increase in trade has been promoted, and in fact made possible by the wise and generous treatment of the C. P. R. the month of December and the first eight days in January, forty-six care of grade and pure-bred cattle were shipped from Eastern Canada to British Columbia. These cars contained 2,223 head, and cost in the east something over \$30,000. Besides these a considerable number have recently been sent to the North-West Territories and orders are now in hand for additional shipments to be made to the last mentioned territory. In order to promote this trade, which has proved very profitable in any districts Eastern Canada, farmers should use first-class Shorthorn bulls. By careful selection and wise treatn males sired by such bulls will prove excellent dairy cows.

"It is a noticeable fact that seven-tenths of the stock used for dairy purposes in Great Britain are Short horns and Shorthorn grades. Probably the most suitable for the average farmer is a Shorthorn'Ayrshire cross. Steers whose dams are strong grade Ayrshire cows if got by Shorthorn bull prove excellent feedtle. As dairy animals there are none, in the hands of the general

farmer that will excel the Shorthorn-Ayrshire cross."

Household Notes

Kerosene is an excellent thing with which to polish the zinc bathtub

Use the white of an egg for a burn. The egg forms a coating which excludes the air.

Rubbing your shoes often with vaseline will lengthen their time of service and keep them black and

Anyone can add strength and sight to his body by rubbing well to olive oil after a warm bath.

Never sleep in the same fiannels that you wear during the day. In-numerable illnesses have sprung from this cause alone.

Potatoes cooked in their skins are beautifully dry and floury if a small piece is cut off one end to allow the

The whites of eggs will beat to a froth much more quickly if you add a pinch of salt to them and stand in a draught while you are beating.

Cold mutton can be made delicious if cut in rather thick slices, dipped in egg and bread crumbs and fried a golden brown in boiling fat. Serve with nice brown gravy.

Common salt makes an excellent gargle. Gargling salt water and using it as a nasal douche will not only cure a cold in the head, will often prevent one from being formed.

Onions are good for the complex-ion—as food, that is, not as an external application. Boiled onions are as good as raw for this purpose and are far less disagreeable in the

To absorb unpleasaot odors in sick rooms, as well as the general odors of cigar smoke, fresh varnish oil or paint, set a bowl of fresh water in an exposed Change the water every few hours.

Value of a Good Example.

Non-Catholic temples are almost deserted on bad weather Sundays, and our own churches are not so well filled as they might be at the late Masses in severe weather. Of course, the early Mass is always well attended: the exemplar of Cath olic faith, the "living-out" girl, never allows cold weather to interfere with the business of salvation. And she seldom, if ever, contracts grip as a consequence of her dutiful defiance of zeroish temperature.

Once a group of converts were dis cussing "first causes" for changed faith. One said, "I was influenced by reading; another, "I heard an elo quent sermon; another, "Oh, Mrs. Wisehead became Catholic, and I had the curiosity to try to find out why;" another, "I was dissatisfied, and sought for light;" another, "I overheard a minister talking to a priest in a railway train, and he said, 'If it were not for my wife and children, who are dependent on m for support, I should be Catholic question, and I don't care for-That's as far as I heard, but it was

enough to open my eyes." Then the only one who had not yet given a reason spoke: "I was converted by servant girls," she. "From my cosy bed-room I used to see them returning from 7 in the morning. I'm an early riser, and yet they were on their way back from church before I was half dressed. Hard-worked, glad to rest after the week's labor, the cheerfully forfeited a full hour of their precious Sunday morning sleep in order to fulfil their religious 'Ah, theirs is the living duties. faith,' said I to myself, only long before I had the grace to the honest indicators to truth. -Busybody in the Catholic Stand

Humors of Life!

HIS EXCELLENT MEMORY. -'John!" she said, looking at him severely, "did you know that yesterday was the anniversary of our wedding?"

"Certainly, my darling, certainly," he replied, pretending that he vasn't at all surprised. "Didn't they send that little thing out from the jeweler's that I ordered for you? I shall go around to-day and about it. Confound those people, anyway. They promised they'd send it vesterday, without fail. If there's have people lie to me about a thing of that kind. I'd have gone some where else if they had said they couldn't have it ready in time. Well, I'll make such a kick when I get in to town to-day that they won't forget next time, I'll bet. Yes, I remembered it, my dear. I thought of you all day, and of that ether happy day. What a glorious— why, my darling, what are you cry-

Oh, you l-l-liar!" she sobbed. "It

steps. "They're never happy unless they're making trouble for them-selves!"—Chicago Record-Herald.

WHY SHE WAS PERFECT. - A little girl from a crowded tenement house was delightedly telling a friend in the college settlement bout her new teacher.

"She's just a perfect lady, that's what she is," said the child.

"Huh! How do you know she's perfect lady?" questioned her friend. You've known her only two days. "It's easy enough telling," the indignant answer. "I know she's a perfect lady because she makes me

TRADE OUTLOOK .- It was in the norning hours of "bake day" in the out-of-the-way village. The mingled odors of fresh bread, pies, and cookies floated out of the open kitchen windows.

feel polite all the time." -Youth's

From one of the smaller cottages at the end of the street came a barelooted chifd in a colorless calico dress and slat sun-bonnet. With the important air of a heavy buyer she entered the village store, and handed across the counter a blue teacup. The proprietor took the cup, and said, in brisk tones.

"Well, Emmy, what does your ma want to-day?'

"Please, sir, ma wants an egg's worth of molasses," and she carefully placed a large white egg on the counter.

From a stone jug a little molasses was poured, and the cup set before the customer.

"Mr. Smih," she said, as she took her purchase, "I'll be back in a little while for some ginger. Ma said to tell you the black hen was on." And the buyer walked with dignity out the store door and up the village street to her home.



Woman is more liable to illness than man. This is because her organism is more sensitive. In man the muscular system is predominant. In woman the nervous sympathetic. Woman suffers in heart and brain and body a thousand things the average man can't understand. He knows nothing of the throbbing head, the aching back, the nerves all ajar by overstrain, the "want to be let alone" feeling, the weakness and prostration from the overwork, worry and cares of self-sacrificing life. Often indeed her wonderful love and courage make her hide from him, until it is too late, the many sleepless, restless nights fol-

lowed by tired waking mornings, the wearing pain, the dragging weak-ness of female complaints, all of which are increased at each period, the unutterable misery and weakness that darken her life and bring her

to the verge of despair.

Yet woman need not despair.

Yet woman need not despair.

God never meant that His best gift to man should go through life in sorrow and suffering. What woman needs is to understand herself. Dr. Sproule has made this possible. He knows,—(for he has proved it by cu ring thousands of cases where others have failed)—that she need not suffer physically. His latest book, written entirely for woman, shows this plainly: In it you will read his wonderful "Tribute to Woman."

When you read it your heart will throb with gladness as you feel that here, at last, is a man with a mind great enough and a heart tender enough to understand woman. This same understanding and sympathy have made him resolve to send a copy of this book.

ABSOLUTELY FREE

to any woman who writes for it. She who reads it will learn all about the weaknesses and diseases of her sex; all about her complicated nervous and physical conditions; all the necessities and requirements of her wonderful organism. Best of all she will learn what is necessary to maintain health, and how that health can be regained when lost

FULLY ILLUSTRATED

Dr. Sproule has given particular attention to the illustrations in this book, and has spared neither trouble nor expense to get the very best. All the female organs, both in health and disease, are so clearly drawn that anyone looking at the pictures cannot fail to understand. Dr. Sproule's long experience as a surgeon and a Specialist has made him an authority, and the illustrations have been done from drawings which he himself has made especially for this book. They are so clear and perfect that they will prove a revelation to the woman who sees them.

But remember, though Dr. Sproule has been to great expense in get g up the book, it will cost YOU nothing. Dr. Sproule wants you to But remember, though Dr. Sproule has been to great expense a get ting up the book, it will cost YOU nothing. Dr. Sproule wants you to have it. He wants every woman to have the perfect, glowing health without which she cannot fitly rule her kingdom. He feels it his greatest privilege to help in any way Go d's last and best creation—WOMAN. Write for this book at once. It will save you years of suffering. Address SPECIALIST SPROULE, 7 to 13 Doane St., Boston.

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ALL COMM

SATURDAY, FEB.

WHO ARE PAR All Catholics residi tory, and whose la lish, belong to St. of all other language or other of the Fre ther Notre Dame, S Louis, according to families where Fren are equally spoken, of the head of the f what parish the fam when the mother to of the family is Fr famuly belongs to th and to St. Patrick ther tongue of the l fly is English. In especially on occasion parties should cons of the pastors of th which they live.

HOURS OF

ON SUNDAYS AN Low Masses, at 6, High Mass, at 10 and Benediction, at ing service, (excep August and Septen of Rosary, congregat English, sermon and tion at 7.30 p.m.

ON WEEK DAYS. Masses at 5.30, 6 a winter, Masses at 6

PARISH SO

FIRST SUNDAY Holy Scapular Socient in scand investment in sc atcly after Vespers i General Communi Heart League at 8

SECOND SUNDAY Temperance Society, giving of temperance Vespers in Church. Commun Name Saciety at 8 c citation of office of

THIRD SUNDAY. Society after Vespers Church, after which attended to in large
