

LOVERS ANTHONY Padua.

Be patient with me again how much I How can I help it? ... that help this Mission exist, and the poor here remain with-

Health Talks.

THE ARTISTIC RESTORATION OF FACIAL CONTOUR.

(Copyrighted.) What has become of the old-fashioned grandmother? She whose chin almost touched her nose is rarely seen, and still more rarely pictured now.

The absence of the old-fashioned granny is easily accounted for: Firstly, by reason of the fact that people do not have their teeth extracted so early in life as they once did, and, secondly, if they do have the natural teeth extracted, they have them replaced by artificial substitutes that in some measure offset the shrinkage and contraction that would follow if no artificial teeth were inserted.

It has been shown by statistics that the term of human life has been materially lengthened—that health has been vastly strengthened and improved, and that the appearance of the individual has been wonderfully added to by the art and skill of the modern dentist, for by use of artificial teeth food is properly masticated, nourishment and nutrition have been ensured, and healthy bodies have been indicated in healthy youthful faces.

No one need look old who is not old, and many who are old need not look as old as they do. The improvements made in methods employed in restoring contour, youth, tone and expression to the face are such that it is possible for a skillful dentist to ward off the appearance of age by from ten to twenty years.

Distilled Water.

If one is to accept as correct everything that is written, even in medical journals, about the drinking of distilled water, one must regard it as the best and purest water to drink, even possessing most potent curative properties, and a corrosive poison to the walls of the stomach.

Old Cashel's Rock.

Old Rock of ages the history's pages In glowing anthems may chant your name, Your stately spirit, each heart inheritor, With lasting glimpses of freedom's fame.

freedom not only from bacteria and other disease producing organisms, but from the salts which all, even the softest, natural waters contain, is unquestionably true, yet even distilled water, especially that distilled from sea water, may contain appreciable quantities of lime and magnesium salts and chlorine.

Among the medicinal virtues formerly attributed to distilled water was the cure of goitre, and it was said that the habitual drinking of distilled water, or rain water, would effect the gradual disappearance of the swelling in the neck, even when the usual remedies, such as iodine, failed.

The buttermilk theory of Metchnikoff is more plausible, for drinking this does undoubtedly restrain in a measure the formation of intestinal poisons which are believed to play an important role in the fibrous thickening of the walls of the blood vessels.

FRESH AIR IN WINTER.

Without food a man can live for several weeks; without air he will die in a few minutes. So air is necessary—fresh, pure air—even in winter. One of the most destructive conditions of our modern life is lack of ventilation.

The Pill That Brings Relief.

When after one has partaken of a meal, he is oppressed by feelings of fullness and pains in the stomach, he suffers from dyspepsia, which will persist if it is not dealt with. Parmelec's Vegetable Pills are the very best medicine that can be taken to bring relief.

SELF RAISING FLOUR Brodie's Celebrated Self-Raising Flour

It is the Original and the Best. A Premium given for the empty bags returned to our Office. 10 Bleury Street, Montreal.

Irish News.

Constable William McBride, a native of Glengarriff, County Cork, who is at present stationed at Belfast, has received a bronze medal and diploma from the French Government for services rendered in connection with the rescue of the crew of the French ship Leon XIII.

Refuting statements in the local press that the trade of Cork port was declining, Mr. James Long, chairman of the Harbor Board, adduced statistics to show that for the last 25 years the trade of the port had improved both in coal and corn, and pointed out that though the facilities given in the port to vessels calling there or going coastwise were greater than in other places, the dues charged in Cork were proportionately lower.

The Christian Brothers' Community at Mount Zion, Waterford, are the poorer by the death of Brother Hayes, one of their oldest and most beloved members. Born at Dingle nearly 77 years ago, his devotion and zeal for Christian education found him as he emerged from boyhood a member of the Order at Mount Zion, Waterford.

The tenants on General Clive's estate, situate in Ballycroy, called in a body at Claggan, by appointment, to meet the new agent, Mr. Jolly, regarding the rent and the prospects of a sale of the estate, says the Mayo News.

A case concerning the sale under the Irish land act of the Duke of Manchester's Irish estates to the occupying tenants came up before a Dublin court on Jan. 22, and it transpired that the total purchase money for the estates, which include the towns of Tanderagee and Portadown, amounted to £1,039,265.

The Most Rev. Dr. O'Neill, Bishop of Dromore, presided at a lecture delivered by Mr. J. MacVeagh, M.P., in Maybridge Parochial Hall on Sunday evening on "Ireland at Westminster," illustrated by limelight views.

The property of Venesey Fitzgerald at Newtownsandes is about to be transferred to the Estates Commissioners for distribution amongst the cottiers of Newtown village and district.

Mr. Henn, R.M., who presided at the Ballymore Petty Sessions, referred to the feelings of deep sorrow which he said were caused by the death of the Right Rev. Mgr. Loftus, and remarked that the country was the poorer by his loss.

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M.P., to prison, under a statute which applied only to rogues and vagabonds. Mr. Daniel Bourke, who proposed the resolution, said Mr. Farrell had always taken a deep interest in the town tenants' movement.

County Antrim, rich in relics of the early civilization of Ireland, is the scene of another discovery of antiquarian interest. Laborers, while engaged in stripping the earth off a black stone quarry, about half a mile from Larne, came upon an ancient souterrain with passages meeting at right angles. One cave or chamber, now stripped, extended some fourteen feet from end to end.

A "no rent" campaign has commenced in a South of Ireland county owing to the refusal of the landlord of several estates to sell land to the tenants under the land purchase act of 1903.

A costly and enduring memorial has been erected by the people of Limerick County Waterford, to perpetuate the memory of the late Rev. Father Coghlan, who for over 22 years ministered as a curate in Limerick parish.

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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.

submitted for the improvement of the local docks at an estimated cost of £36,000. The scheme, if carried out, will enable vessels of a draft of 25 1-2 feet to enter the docks, which now only admit vessels of 15 feet.

It has been reported to the Tuam Guardians that a man named Hosty, aged 120 years, is living at Gallow in a cabin which threatens to tumble about him. The relieving officer stated he thought the man could be induced to go into the Workhouse.

From the outer edge of County Galway comes this curious contribution to natural history: "On the west coast here are several small islands. Some of them are so infested that it would not be safe to fall asleep on them, while within a few score yards you meet an island on which a rat is never seen, and if the animal is let loose there it instantly dies. People carry the clay from the rat-free islands to their barns, and these are afterwards immune from rats. Many of the exempted islands have ruined churches, and people believe that heaven expelled the pest to favor the devout inhabitants." Other less sublime say that a gas, fatal to the rat, is given forth by some subterranean substance.

The death at Poona, India, from heart failure is announced of Lieutenant Colonel J. J. O'Donnell, R.F.C., in his forty-seventh year. He ceased the fourth son of the late Mr. Patrick O'Donnell, Ballagh County Limerick, and brother of Rev. Father O'Donnell, P.P., of Rathkeale.

It was announced at the meeting of Fermoy Urban Council that the result of the plebiscite of electors taken on the question of the Council's proposal to promote a bill enabling them to purchase the undertaking of the local gas company was as follows: In favor of proceeding with the bill, 286; against, 197.

The Menace of Secular Education.

Preaching at Mullingar, the Most Rev. Dr. Gaughan, D.D., Bishop of Meath, after pointing out how Ireland had received the faith and kept it, referred to the menace of secular education. Let them look at the condition of France to-day. There they had the Government at the will of infidels and Freemasons, and as a result of the Bills they introduced, France had now become infidel.

In 1904 Consuelo, Duchess of Manchester, inherited a large fortune, said the counsel, and since that date she had not claimed her jointure of £15,000, but had allowed it to be fixed at the reduced figure of £6000 a year in order to enable the Duke of Manchester to live up to his position. At the time of the Duke's bankruptcy the Dowager Duchess paid his creditors in full to the extent of about £450,000, which sum was a sort of de facto mortgage on the estate.

Mr. Henn, R.M., who presided at the Ballymore Petty Sessions, referred to the feelings of deep sorrow which he said were caused by the death of the Right Rev. Mgr. Loftus, and remarked that the country was the poorer by his loss. He proposed a resolution placing on record the deep regret of the magistrates, and acknowledging the efforts of Monsignor Loftus to promote peace and good fellowship in the district. Messrs. Shaw, Graham and Hannan, J.P.'s, and also Mr. M. J. Healy, solicitor, and Mr. Norris, D.J., all spoke in support of the resolution.

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heavier loss than ever. Every immigrant who left Ireland was a very serious loss; they could spare no one. He urged all who could stay at home to do so.

A Mild Pill for Delicate Women.—The most delicate woman can undergo a course of Parmelec's Vegetable Pills without fear of unpleasant consequences. Their action, while wholly effective, is mild and agreeable. No violent purgatives follow their use, as thousands of women who have used them can testify. They are, therefore, strongly recommended to women, who are more prone to disorders of the digestive organs than are men.

Non-Catholic Paper and the "Ex-Priest."

It isn't often that a non-Catholic paper sizes up that bird of carrion, the so-called "ex-priest," as tersely and correctly as thus does the American Israelite (Cincinnati):

A report from Mobile, Ala., says that Rev. Father G. G. Fradryssa, a friar of the Franciscan Order of the Roman Catholic Church, for 22 years in charge of a congregation in Barcelona, Spain, who had been in Mobile for the last several days, being entertained by Catholics, has startled his friends in that city by denouncing the laity to which he so long had clung, and asserting that he could no longer accept the doctrines of the Roman Church nor "submit to the yoke of the Pontificate." Father Fradryssa, with the zeal usually displayed by recent converts, takes exception to President Roosevelt's statement that there is no reason why a Roman Catholic should not become president of the United States.

Whatever those who fear and dislike the Roman Catholic hierarchy charge it with, lack of prudence and foresight will hardly be laid at its door. As for Fradryssa, the Israelite would say that he will bear careful watching. Apostates who begin their new career by abusing the church they are leaving and with strenuous efforts at self-advancement—are usually shady characters who are paving the way for a labor-avoiding career in Protestant pulpits.

It Makes New Friends Every Day.—Not a day goes by that Dr. Thomas' Electric Oil does not widen the circle of its friends. Orders for it come from the most unlikely places in the west and far north, for its fame has travelled far. It deserves this attention, for no oil has done so much for humanity. Its moderate cost makes it easy to get.

The Birthplace of Balie.

Pitts street, Dublin, the birthplace of Michael William Balie, the eminent composer, was not named from the man who destroyed the Parliament of Ireland by force and fraud and a series of measures of corruption to which history has no parallel, but from a statesman of far different calibre, the elder Pitt, Earl of Chatham, from whom Chatham street and Chatham Row are also named. These streets were built during the war for American independence, when Ireland regarded the cause of America as her own, and was enthusiastic in her admiration of Chatham in his vindication in the British Parliament of American rights and liberties, and his openly expressed sympathy with the American colonists in their successful fight for freedom. In 1775, indeed, the American patriots issued a special address to the Irish urging the identity of their interests, and in the same year Chatham asserted that Ireland was with America "to a man." It is pleasant to remember that Chatham was, as Speaker Foster stated in his speech against the Union in February, 1800, utterly opposed to any measure of legislative union between Great Britain and Ireland.

HERN Insurance Co'y

LONDON, Eng. "The Strongest." FUNDS, 1908 \$47,410,000 \$8,805,000 \$394,580

Corn Cure is advertised to kill the city comes out the flesh.

Advertisement for Surprise soap. Hang on to a pure hard soap. Always use Surprise. If you wish to retain the natural colors in your clothes. Surprise has peculiar qualities of washing clothes, without injury and with perfect cleanliness. Remember Surprise the name Surprise means a pure hard soap.