



Wan's Perfection Cocoa from the finest selected cocoa roasted by a process to the rich chocolate. Cowan's is delicious and most pal.

our soul's antipodes, midnight is the spirit, gold to ears as grass of tune.

WE FORGET. number when these hap- ast behind the veil of old pleasures and old o, the smiles, the bit- number these dear sum- nences our one de- id, will all the past now they do inspire!

I can dimly see a crown of years upon a vision true to me, en, even as I am ber? Ah, vain ques- s abide between us, own will ever be our mber? Dear, could elllogg's Dysentery ounded specially to atory disorders that or water may set each and intestines. are more common in winter, but they to the warm months of the bowels may a speedy relief in

of the Heart. danger signals that se- along with the heart in violent throbs. Often bring sensation, or an eling; or again, there violent beating, with in and visible puls- The person may ex- g sensation, gasp for enough about to die. action of Milburn's Pills in quieting the normal beat and im- a nerve centre, is, marvellous. They relief that no one need

on, Maribank, Ont., lines to let you know art and Nerve Pills have been troubled palpitation of the severe choking spells lie down at all. I but got none to your pills did. I highly to all wish. box, or 3 boxes for or mailed direct to The T. Milburn Co. at.

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SOCIETY DIRECTORY. ST. PATRICK'S SOCIETY.—Established March 6th, 1856; incorporated 1868; Meets in St. Patrick's Hall, 92 St. Alexander street, first Monday of the month. Committee meets last Wednesday. Officers: Rev. Chaplain, Rev. Gerald McShane, P.P.; President, Mr. H. J. Kavanagh, K.C.; 1st Vice-President, Mr. J. C. Walsh; 2nd Vice-President, W. G. Kennedy; Treasurer, Mr. W. Durnck; Corresponding Secretary, Mr. T. C. Berningham; Recording Secretary, Mr. T. P. Tansey; Asst.-Recording Secretary, Mr. M. E. Tansey; Marshal, Mr. B. Campbell; Asst. Marshal, Mr. P. Conolly.

Synopsis of Canadian North-West HOMESTEAD REGULATIONS. ANY unencumbered section of Dominion Land in Manitoba, Saskatchewan and Alberta, excepting 8 and 26, not reserved, may be homesteaded by any person who is the sole head of a family, or any male over 18 years of age, to the extent of one-quarter section of 160 acres, more or less. Entry must be made personally at the local land office for the district in which the land is situated. Entry by proxy may, however, be made on certain conditions by the father, mother, son, daughter, brother or sister of an intending homesteader. The homesteader is required to perform the conditions connected therewith under one of the following plans: (1) At least six months residence upon said cultivation of the land is each year for three years. (2) If the father (or mother, if the father is deceased) of the homesteader resides upon a farm in the vicinity of the land entered for, the requirements as to residence may be satisfied by residence upon said land. Six months' notice in writing should be given the Commissioner of Dominion Lands at Ottawa of intention to apply for patent. W. W. CORY, Deputy Minister of the Interior. N.B.—Unauthorized publication of this advertisement will not be paid for.

HEADACHE. In all cases of headache the first thing to do is to unload the bowels and thus relieve the afflicted organs or the overfull blood vessels of the brain; and at the same time to restore tone to the system, re-establish the appetite, promote digestion and invigorate the entire body.

FOR THE BLOOD. will remove the cause of the trouble and restore the system to healthy action and buoyant vigor. Mrs. J. Priest, Aspdin, Ont., writes: "I was troubled with headache for several years and tried almost everything without any relief. I got two bottles, but before I had finished one I was completely cured. I can never say too much for B.B.B." For sale at all dealers. Manufactured only by The T. Milburn Co., Limited, Toronto.

THE SECRET AND KEY.

(From a paper read by Rev. W. F. Ellis before Young Men's Society, Eureka.)

Have you ever entered a classroom where a number of young boys sat, listening to the words, as they fall from the teacher's lips? If you have and as you looked into their innocent eyes, it must have come to your mind, here are the men of to-morrow, the men whose hands and minds are to take up the work where the men of to-day leave off. This thought has already possessed the youth. Ask each one in that class what position in life he intends to follow, or put the question to the child, intelligible? "What do you intend to be?" One will answer he is to be a doctor, another an engineer, another a lawyer. Everyone in that large class has some position he intends filling. You will find on summing up you have all the professions and positions in life represented.

Pass on with that class over a few years. How many realize the ideals of youth? Ask the unsuccessful ones the reason of their failure, the successful ones the "Why" of their success. Before I come to discuss the answers to a word, on this I term "Youthful ideas"—those ideas cherished in youth as to the position in life he or she is to hold are sacred—I use the term sacred, to bring to your minds that they are worthy of our best attention and need our most careful training. Where these ideas! There are many theories. Some are inclined to believe they are innate. Some say they are due to surrounding circumstances. Some again look on them as the frivolities of youth having no serious root. I am inclined to believe that they are the manifestations of the Divine plan, pointing out, as yet perhaps indistinctly the place or position we are to fill in life. We all agree as to the religious life that the vocation there manifests itself early.

I am inclined to believe that the Creator assigns to each a place in this world, that the qualities adapted to that calling manifest themselves in youth, that the youth feels an inclination toward that calling, and this inclination he manifests when you put the question to him, "What do you intend to be?" I say it is serious for the young man if he falls away from what I call his youthful ideas, especially those ideas as to the position in life he is to fill. However, it happens not rarely, that a person passes through youth without the mind becoming fixed on any position. That person starts out and takes up a position not suited to him. A change must be made, if he is to figure on success. Many fall from their ideals, and these are the men we find leading indolent, idle, worthless lives.

Ask why they are not successful! They cry out, want of opportunity, circumstances against them, poverty, want of money. I do not for a moment say that many are not seriously handicapped at the outset of life, by traits of character, inherited traits which must be erased, and by peculiar circumstances must be overcome. When want of opportunity is the plea, something is wrong. Some cast a lot of blame on the government. Now the government is likened to the fence the farmer places around his farm. It affords needful protection, wards off intruders. Something more is required to trim the flowers and reap the harvest. On the owner himself this depends. It is not the government, it is the want of cultivation of our own individual talents. Poverty is a reason offered. Money perhaps brings us rich opportunities, but that the want of it blights our future cannot be conceded. Look into the past. Read the names of men immortalized by the success they made in their respective positions in life. Many of them were the children of poor parents. Take the names of the great painters: you will find there Claude of Lorraine, Giotto, Turner. Read the list of the great astronomers—you will find Copernicus, Herschel. The names of Canova, Hogarth, etc., come to us in the list of great sculptors. These were all the sons of poor parents. Take the great men of to-day, men who are honoring the bar, the medical profession—men who can claim success as theirs; many, very many of them are the sons of poor parents.

If a young man is not successful, especially in this fair land of ours, the fault lies with himself. Young men, learn this, that the first step to success must come through obedience. Obey the law, or die. The most sacred thing in all the earth is authority. Obedience is the great secret of life. Nature teaches us this wherever we turn. Hillus says: "When the river refuses to keep within its banks, it becomes a curse and a destruction. It is the stream that is restrained within its banks that turns mill wheels for men, and if disobedience is destruction, obedience is liberty. Obeying the law of steam, man has the steam engine. Obeying the law of fire, he has warmth. Obeying the law of speech he has eloquence. Obeying the laws of sound thinking, he has leadership. Obeying the law of Christ he has character. As man increases the number of laws he obeys, he increases in richness of nature, in wealth, in strength, in influence. Nature loves paradox, that is his chiefest paradox, that he who stoops to wear the yoke of law, becomes the child of liberty;

while he who will be free from God's law wears a ball and chain through all his years. Obey the laws of health and you are sound and strong. Obey the laws of commonwealth and you move majestic among your fellow men. It is this: Obey the law or die.

A second step in the conquest of life must come through study. This world is a bridge over which many have passed before us. They have had the same difficulties to encounter that you will have. Some overcame them, more fell before them. The lives of these men are at our hands, why not study them? The virtues that brought reward to the one let us make ours. The weaknesses that brought failure to the other, let us avoid. What privileges the young man of to-day enjoys. He can seek counsel from the wisest, the ablest men the world has had in every department. He has to five cents he can take them to his home, at his leisure to consult with them. The wisdom they stored up he can unlock and use. A third quality the young man must take to himself is perseverance. Your aim in life is fixed. Your position is marked out. Work perseveringly toward that aim. Let not little obstacles, not even those appearing great, divert you from your path.

"The heights by great men gained were not attained by sudden flight, but they, while their companions slept, were toiling upward in their flight." Be men of work. Work with your whole heart in the work. Work is a recreation if our heart is in it. Self-knowledge, what a help to us! Know thyself. Know your greatness. Man is great in his destiny, in the qualities he possesses to reach that destiny. Remember this and self-reverence will bear you above many miseries. Know thy weaknesses, and grow strong, for against those weaknesses the enemy will make the attack. Young men, to you the age is looking, to you the country, to you the Church. The call of the age, Church and country, is for men of Faith, men of Purity, men of Honesty. It is not this the call? Men of Faith, Men accepting the teaching of Christ, accepting it as coming with the power of precept according to which their lives must be guided. There is no other principle under Heaven to guide man's actions. Public opinion, honor, are often cited as principles. Public opinion, without religion, has done the mightiest wrongs. It has brought on wars, it has nailed Christ to the cross. Honor has no foundation if religion is not present. Certainly you have looked with sufficient earnestness on our country your eyes have rested on a sufficient number of homes made desolate, to tell you there is a need for men of purity. I will quote for you the words of a great statesman— "It is not the loss of an army or a province torn away that brings the fall of a people. A people dies only by the relaxation of its morals, by abandoning its many principles, by effacement of its character, through the invasion of egotism and scepticism. It dies of its corruption not of its wounds." These thoughts I have placed before you: take them to yourselves, dress them, make them your own. Yours, young man, is a bright future, nothing to prevent you from reaching success if you are men of Faith, Purity and Honesty.

was not up to time. He was to have arrived simultaneously with the steamer from Cologne.

HOCH! HOCH!

At twenty minutes to two we saw below the crowd on the other bank the precipices of Ehrenbreitstein were waving hats and handkerchiefs, and we could hear their cheers. They had a better view of the river than our position gave us, and they had seen the Legate's steamer coming. A gap was opened and through the opening came a steamer with the white and yellow Papal flag at the bow, the colors of all the federal states of Germany flying from a forest of flagstaves on the upper deck and the black eagle standard of the Empire at the stern. The people cheered "Hoch! hoch! hoch!" the bells of the churches rang out a grand peal, and crash after crash the guns of the Ehrenbreitstein batteries sent out a loud salute echoing along the Rhine. As the steamer came abreast of us we saw the tall, red-robed figure of Cardinal Vannutelli on the upper deck.

Never had a Papal Legate a more splendid welcome. As the steamer turned opposite the town and came up to the landing place heading against the stream there was an uproar of enthusiasm, and amid the cheering one heard the clanging of bells, the roar of the saluting cannon, and the music of the band on board the Cologne boat, which came up and lay alongside of the Legate steamer. The Cardinal went on board the Rheingold, and the Papal flag was transferred to her bow. Then the two steamers swung out into the stream bound for Cologne, while Ehrenbreitstein fired one more parting salute.

It was not until after seven o'clock that the flotilla at last reached Cologne. Dense crowds had been waiting since six o'clock on the wharves and along the line of route to the cathedral. The Legate landed at the wharf near the old bridge of boats amid a storm of cheering, while all the bells of this city of spires and church towers rang out together answering the loud signal by the great "Hanne or Bel," of the cathedral, which is rung only on occasions of high state.

A STRIKING SCENE.

At the end of the short street which opens from the Haymarket Square on to the wharf, a triumphal arch had been erected, adorned with shields bearing the arms of Pius X., the Legate and the Archbishop of Cologne. Under the arch, Cardinal Fischer, of Cologne, in his scarlet robes, was waiting with the Provost of the Cathedral, in a cope, a group of bishops in purple, and the Oberburgmaster (or chief mayor) of Cologne, with a deputation of the city council. Two lines of white dressed Children of Mary formed an avenue leading to the arch and beyond the cathedral choir was massed.

OVATION TO A CARDINAL.

Along the quay the clergy, regular and secular, and the canons of the cathedral were formed in procession, and whilst the choir sang the "Ecce Sacerdos," they escorted the Legate from the steamer to the triumphal arch, where he was received by the Cardinal Archbishop of the city and the various notabilities present were introduced. Just before Cardinal Vannutelli arrived, Princess Mary of Saxony joined the waiting group. After Cardinal Fischer had greeted the Legate, the mayor of Cologne welcomed him in the name of the citizens. "Your Eminence," he said, "is the guest of a city whose cathedral and its circle of churches tell of the faith and trust in God that has kept for centuries." The Cardinal spoke of the deep impression made upon him by the reception that the Catholic Rhineland had given to him and of his pleasure at finding himself in Catholic Cologne.

After a few minutes the procession reformed and passed on to the cathedral between dense, cheering crowds. In the cathedral, however, had waited for four. There the Pontifical Letters were read and Benediction was given.—Catholic Times.

Backache, Kidney Pain

Pains in the small of the back. There's no mistaking this sign of kidney trouble. Other indications are frequent urination, pain or smarting when passing water, deposits in the urine, headache and loss of sleep. Dr. A. W. Chase's Kidney-Liver Pills overcome kidney derangements more promptly and thoroughly than any treatment you can obtain, because of their combined and direct action on the liver and kidneys. This letter proves our claim. Mr. Rob. P. Miller, farmer, St. Mary's Ont., writes: "I was troubled with severe pains in the abdomen, chills in the back, too frequent urination and general weakness and tired feelings. There were brick-dust deposits in my urine as well as other symptoms of kidney disease. Dr. Chase's Kidney-Liver Pills relieved these symptoms almost immediately, and with the use of Dr. Chase's Nerve Food my health was restored completely." 25 cents a box, at all dealers, or Edmansons, Bates & Co., Toronto. Dr. A. W. Chase's Kidney-Liver Pills

PICTURESQUE VILNA.

POLISH PEOPLE OWN TREASURE

Ancient Chateau Contains Numerous Works of Art.

Villanov, Poland, July 26.— Though the environs of Warsaw lack the picturesque hills of Vilna's vicinity, this dear old chateau, one of its most valuable private collections in the country, is open to the public. The chateau was bequeathed by the Countess Potocka to her nephew, Count Xavier Branicki, to hold in trust for the Polish people. It is, perhaps, the finest and most interesting chateau in Poland. It was erected by Sobieski for his attractive but capricious wife, Marie Casimire, and the work was done by Turkish prisoners. It is in the form of a quadrangle, richly ornamented in the interior after the style of an Italian villa. A flat roof is generously decorated with statues and the walls are frescoed in colors.

The park is splendid. Some of the hedges are over twenty feet in height and are formed of fragrant lime trees planted by Sobieski. Here and there I saw tall trees capped with a stork's nest. This interesting family bird is met with in large numbers in Poland, sometimes perched on high peaks, again at the edge of a lake standing on one leg and apparently deep in thought as to where it should next pay a visit. It is always safe, the stork being regarded as a sacred bird in Poland.

ART TREASURES.

Many of the works of the Old Masters contained in the chateau, with other costly pieces of bronze and marble, were collected by the great king, who not only wielded the mightiest sword of his day, but was intimately conversant with the Latin, French, Italian, German and Turkish languages. One of the rooms has an elegant cabinet, the gift of the Pope to King John after his rescue of Vienna. A diamond rose, an exquisite thing, also the gift of Rome, is in this cabinet with many other historic trophies. The tapestry of the chateau is a delightful and complete picture in miniature of the mikado's kingdom. It was the playhouse of Marie Casimire, and she made this wonderful collection at a period when journeys to Japan were few and far between. Besides the Japanese collection, there are some rare pieces of old Delft vases and Venetian glass, gifts to Marie Casimire from visiting queens and princesses.

The room, a small one, in which the warrior-king died has been transformed into a chapel where mass is periodically celebrated for the repose of his soul. His heart lies in the Church of the Capuchins, Warsaw, beneath a superb sarcophagus erected by Czar Nicholas I. The church was built by Sobieski in thanksgiving for his victory over the Turks. "Not to us, O Lord, but to Thy name be the glory!" exclaimed this gallant Christian king as he rode to meet the immense Turkish horde. After the magnificent victory by which Christianity was saved to Europe the Austrians sang the Te Deum in the Church of St. Stephen, and a Capuchin, Marco Aviano, preached from the text: "The name of the Lord is God whose name was John."

VERITABLE FAIRYLAND. From a bridge embellished with a splendid equestrian statue of Sobieski I viewed the white palace in the wood and sighed to think it was to be only a memory. The waterway leading to the chateau's entrance, adorned with statuary, is limpid and stocked with fish, and the great trees bend down until their green leaves kiss the ripples caused by the frolicsome fish. The opposite side of the chateau looks towards an open-air theatre, the stage being built upon a tiny island, the trees helping to form settings. On an opposite bank is a store amphitheatre with a seating capacity for 1500 spectators. Every Sunday night during the summer a musical entertainment is given in this ideal spot, charming as a mid-summer night's dream.

During the winter the governor of Warsaw occupies the royal palace, the home of the Polish kings for four centuries. It stands on the bank of the broad Vistula, the country's arterial river, now shared by Prussia, Russia and Austria. The main entrance looks into a square in the center of which is a monument to Segismund III by his son, Vladislav IV. In every uprising the stones of this square have been reddened with the life blood of the country's noblest and bravest. It was early in the forenoon when I visited the palace, and as I went toward the gate I could see, in a field below, a regiment of mounted Cossacks going through a series of manoeuvres. These Cossacks are adept horsemen and as each rider galloped at full speed over he fell he leaped down to the ground, picked up a piece of colored robe and tossed it over his head. In thirty that tried the feat only two missed.

HAUNTED PALACE.

An aged attendant was deputed to escort me through the Russified pal-

Suffered More Than Tongue Can Tell From Liver Trouble.

A lazy, slow or torpid liver is a terrible affliction, as its influence permeates the whole system, causing Biliousness, Heartburn, Water Brash, Langour, Coated Tongue, Sick Headache, Yellow Eyes, Sallow Complexion, etc. It holds back the bile, which is required to move the bowels, and lets it get into the blood instead, thus causing Constipation. Milburn's Laxa-Liver Pills will regulate the flow of bile to act properly upon the bowels, and will tone, renovate and purify the liver. Mrs. J. C. Westberg Swan River, Man., writes: "I suffered for years, more than tongue can tell, from liver trouble. I tried several kinds of medicine, but could get no relief until I got Milburn's Laxa-Liver Pills. I cannot praise them too highly for what they have done for me."

Milburn's Laxa-Liver Pills are 25c. per val, or 5 for \$1.00, at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

When he saw my interest was more alive to anything pertaining to Poland, he said, "I am a Pole, a Catholic Pole," as if the latter characteristic could possibly be lacking in one of his race. The apartments are handsome, but they have been stripped of their treasures, which now may be seen at the Hermitage, St. Petersburg. Some time ago a change of governors was made, and when the Warsaw chief executive was leaving for his new post he had the humiliation of seeing sixteen cases belonging to his wife seized at the depot by the police. They contained art treasures and costly decorations belonging to the royal palace. Of course the aristocratic pilferer pleaded a mistake of the servants. "This is the royal Catholic chapel, but it is now closed," said my aged escort, as he turned sadly and reluctantly towards an orthodox one opened in another part of the building. The palace is haunted by a beautiful white lady who carries a red rose, the ghost of that charming Polish girl of whom Napoleon Bonaparte said, "She is the only woman I ever loved." On his way to Moscow Bonaparte sent some time at Warsaw, the royal palace being his headquarters.

IMPOSING BUILDINGS.

In the heart of Warsaw are the beautiful Saxton gardens laid out by Augustus III., elector of Saxony. They are edged on either side by handsome civic buildings and old palaces, and through them one may pass to the square of the Town hall and theatre, landmarks in the history of modern Warsaw. The palace built by the elector of Saxony is in two sections connected by an interesting colonnade which commands a view of the gardens. Directly opposite this colonnade the Russians have erected an orthodox cathedral that not only breaks an extensive view, but is a constant eyesore to Poles enjoying the shade of trees planted by a lawful and popular ruler.

Formerly this royal park was adorned with artistic marble figures of celebrated men and women of history and mythology. St. Petersburg ordered them to the capital on the Neva and replaced them with hideous stone affairs. But the passing visitor sees only gardens thronged with handsome, well-dressed, two-wheeled carriages. They are in a prosperous section, enjoying the sunshine and a wholesome family life that speaks in the happy, rosy faces of crowds of children playing beneath the trees.

ELIZABETH ANGELA HENRY.

An Oil for All Men.—The sailor, the soldier, the fisherman, the lumberman, and the outdoor laborer and all who are exposed to injury and the elements will find in Dr. Thomas' Electric Oil a true and faithful friend. To ease pain, relieve colds, dress wounds, subdue lumbago and overcome rheumatism, it has no equal. Therefore, it should have a place in all home medicines and those taken on a journey.

AUNT MAHALY'S EXPEDIENT.

"These stockings are so full of holes that they are worthless, Aunt Mahaly," said a lady to an old colored woman with a large family, who was a pansioner of her family. "No'm, dey ain't," replied Aunt Mahaly, calmly appropriating them. "Rastus en' Verbera got such black laigs dat de holes won't show, no-how, en' dem chilluns what got yaller meat kin wear two pairs at de same time; en' you knows, Miss Jo, dat de holes in all dem stockings ain't kwine hit de same places."

Teacher (to Tommy, who has been reading aloud and has given no heed to punctuation marks)—Tommy, where are your pauses? Tommy (holding up his hands)—Here they are, sir.

An Easy Pill to Take.—Some persons have repugnance to pills because of their nauseating taste. Par-melee's Vegetable Pills are so prepared as to make them agreeable to the most fastidious. The most delicate can take them without feeling the revulsion that follows the taking of ordinary pills. This is one reason for the popularity of these celebrated pills, but the main reason is their high tonical qualities as a medicine for the stomach.