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And

### THE TRUE WITNESS AND CATHOLIC CHRONICLE.

THURSDAY, FEBRUARY 11, 1909.

**TO LOVERS** 

**OF ST. ANTHONY** 

of Padua.

Dear Reader,—Be patient with me for telling you again how much I need your help. How can I help it? or what else can I do? For without that help this Mission

must cease to exist, and the poor Catholics already here remain with-

35 by 20 miles. And to add to my many anxieties, Diocessar Grant, No En-

And to add to my many anxieties, I have no Diocease Grant, No En-dowment (except Hope) We must have outside help for the present, or haul down the flac. The generosity of the Catholic Pub-le has emploid us to a to a to be the flac.

lic has enabled us to secure a valuable site for Church and Presbyter

We have money in hand towards the cost of building, but the Bishop will not allow us to go into debt. I am most grateful to those who have helped us and trust they will continue their charity. To those who have not being the back

To those who have not helped would say: -For the sake of

would say: --For the sake of the Cause give something, if only a "lit-tle." It is easier and more pleasant to give than to beg. Speed the glad hour when I need no longer plead for a permanent Home for the Dlessed Sacrament.

Father Gray. Catholic Mission.

P.S.-I will gratefully and prompt-ly acknowledge the smallest donation and send with my acknowledgment a beautiful picture of the Sacred Heart and St. Anthony.

Dear Father Gray.—You have duly accounted for the alms which you have received, and you have placed them securely in the names of Dio-cesan Trustees. Your efforts have gone far towards providing uchat is mecessary for the establishment of a permanent Mission at Fakenham. I authorise you to continue to solicit alms for this object until, in my judgment, it has been fully attained. Yours faithfully in Christ.

Yours faithfully in Christ,

† F. W. KEATING,

Synopsis of Canadian North-West

HOMESTEAD REGULATIONS

ANY even numbered section of Domi-nion Land in Manitoba, Saskatche-

nion Land in Manitoba, Saskatcha-wan 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 sec-tion 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.<sup>26</sup> Entry by proxy may, however, be made on certain conditions by the father, mother, son, daughter, bro-ther or sister of an intending home-steader.

The homesteader is required to per-form the conditions connected there-with under one of the following

At least six months' residence upon and cuitivation of the land in each year for three years.
(2) of the father (or mother, if the father is deceased) of the home-standor isonador.

steader resides upon a farm in the vicinity of the land entered for, the

vicinity of the and entered for, the requirements as to residence may be satisfied by such person residing with the father or mother. (3) if the settler has his perma-nent residence upon farming leads owned by him in the vicinity of his homestead the requirements as to residence may be satisfied by resi-dence upon said lead. Six months notice in writing should be given the Commissioner of Dominion Leads at Ottawa of is-tention to apply for patent. W. W. CORY, Deputy Minister of the Interior.

Deputy Minister of the Interior. N.B.-Unauthorized publication of this advertisement will not be paid

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Bishop of Northampton.

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Letter from Our New Bishop.

Fakenham, Norfolk, England.

Address

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THURSDAY,

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# HOUSE NO HOME

LONDUCTED BY HELENE.

### And teach men how to wonder, think and feel. -Richard O'Malley. LAST NIGHT. Last night within the little curtain-NUNS AS DRESSMAKERS.

ea room, Where the gay music sounded faint-ly clear, and silver lights came stealing through the gloom. You told the tale that women love to hear; You told it well, with firm hands

clasping muse, And deep cyos glowing with a tender light. Here acting? But your prayer was

half divine Last night, last night.

Ah, you had much to offer; wealth enough To gild the future, and a path of

For one whose way is somewhat dark and rough; New friends and life as calm as

summer seas,

summer seas, And something (was it love?) to keep us true And make us precious in each other's sight, Ah, then, indeed, my heart's resolve

I knew,

Last night, last night.

Let the world go, with all its dross and pelf! Only for one, like Portia, could I

say: "I would be trebled twenty times myself;

Only for one, and he is far away; His voice came back to me, distinct

and dear, And thrilled me with the pain of lost delight: The present faded, but the past was

## clear, Last night, last night.

If others enswered as I answered would hear less, perchance, of We

blighted lives; There would be truer women, nobler

I gave you nothing. Judge me-was I right? You may thank Heaven that I stood best

the test Last night, last night.

TRUE CHRISTIANITY.

A Christianity that is not Christ's is a delusion and a lie; it cannot save the world; rather, it deepens guilt or sin, by casting over rride and passion the mantle of the Savior, and giving in this way to pride and passion encouragement and jus-

and passion encouragement and jus-tification. Preach Christ, full and entire; or at least honor Him by not invoking His name. Preach the mysteries of the Incarnation and of the Redemption; preach the Divine betweed of time and of the reduction hatred of sin, and of the penalties sure to be meted out by Divine jus

sure to be meted out by Divine jus-tice to wrong-doing; preach the Commandments, as Christ preached them, no matter that the sinner rage no matter who the sinner may be, high or low, rich or poor. This is the Christianity that will uproot vice and plant in the soul of righte-ousness of God, in which alone there is salvation for individual and so-ciety.

# IF YOU WANT TO BE LOVED.

Don't contradict people, even if you're sure you are right. Don't be inquisitive about the affairs of even your most intimate friend.

Don't underrate anything because Don't underrate anything because you don't possess it. Don't believe that everybody else in the world is happier than you. Don't conclude that you have ne-ver had any opportunities in your

Odd as it may seem, news comes from Washington that some of the most exquisite and artistic gowns seen in the social functions at the nation's capital are the creation of a nun and her apprentices,—Sister Clara of St. Rose's Industrial School for Girls and her young charges, who to her from a nearby orphan

Im. The list of patronesses is headed y the names of Mrs. and Miss the names of Mrs. and Miss psevelt, and includes the very cream of society. As fashioners of dainty lingerie and white work cerway.

tain converts have long had a de-cided vogue; but it certainly does seem odd to think of nuns going to New York and Paris every year to study the newest styles, which they reproduce for their feminine pat-rons.

Sister Clara has faultless taste and a perfect genius for adaptation; so that the gowns turned out for her clientele have an individuality which recommends them to the exfor who can afford to pay

their fad. The school nobly fulfils the purpose for which it was founded in pose for which it was founded in 1887—to train young girls in a safe and lucrative profession, while at the same time they are taught the domestic arts, and whatever special talent they may show is carefully cultivated. Each grri, on leaving, is given a substantial and serviceable outfit outfit.

THE NAPOLEON COLLAR.

Evidently we are going to reign over the field of French history this season. Whatever is smart in dress bears the name of a person or epoch famous in France. The new thing is There would be truer women, notice in the new truth of the new dreay homes and faithless wives,
Because I could not give you all my or of satin, is very high, rolls over it a with a wide work in the new truth of the new trutho trutho trutho trutho trutho trutho trutho with a wide sweep, and is tied or

O, Lord, who knowest every need

of mine, Make me to bear each cross and not repine

Grant me fresh courage every day. Help me to do my work alway Without complaint.

O; Lord, Thou knowest how dark the

way, Guide Thou my footsteps lest they stray;

stray; Give me fresh faith for every hour Lest I should ever doubt Thy Power And make complaint.

Give me a heart, Lord, strong to en-

dure, Help me to keep it simple, pure,

Make me unselfish, helpful, true, In every act, whate'er I do, And keep content.

Help me to do my woman's share Make me courageous, strong to bear Sunshine or shadow in my life, Sustain me in the daily strife

To keep content

WHY SOME FAMILIES ARE POOR

Their ideas are larger than their They think the world owes them a

living They do not keep account of their

expenditures. They are easy dupes of schemers

They reverse the maxim, "Duty be-fore pleasure." They have too many and too ex-

pensive amusements. They do not thlnk it worth while

Don't be rude to your inferiors in social position. Don't repeat gossip, even if it does interest a crowd. Don't jeer at anybody's refiguous belief. Learn to hide your aches and pains whether you have the earache tere

that precisely matches. If your eyes are a pale blue do not imagine that a touch of the darker shade will deepen their color, for this is a mis-take, whereas a touch of exactly the same shade will deepen them. Get the color into your costume by wear-ing a narrow band of velvet of the requisite shade about your peck, or ing a narrow band of vervet of the requisite shade about your neck, or get it in the tie, or have the inner side of the brim of your hat faced with it. The latter is immensely be-coming, for it comes so near the face that the eyes are sure to take on deepened color from it. A NEW TONIC.

For the woman who is tired out there has been prescribed a new kind ulant

This is a mixture of grape juice and oilve oil. One tablespoonful of the latter to four of grape juice is taken after each meal. If the taste

taken after each meal. If the taste of oil is too strong for some sto-machs, two more tablespoonfuls of the grape juice may be added. It is claimed that both serve as an excellent medicine. The dose be-comes very palatable after awhile. It should always be iced. It builds up the appetite, and the oil lubricates the stomach in a most beneficial way

DO NOT FUSS.

The best bred women do not fuss. They take their gowns and their fur-niture, their jewels and their chril-dren as matters of course. They are scious of their veils and their unconscious of their veils and their gloves and they expect every one else to be equally so. If they see an in-timate wearing a handsome gown they refer to it admiringly, but they also preface their comman with an apology. Their differences with their husbands are not aired, neither the domestic upheavals caused by the desertion of the cook on wash morn-ing. The repose of well-bred women is not the quiet of weakness. It is the calm of trained faculties, balanc-ed so nicely that an earthquake may ed so nicely that an earthquake may cause a change of color but will not cause a change of coor but win hose bring forth a loud cry. Well-bred women are a boon to the human race. They help the social and pro-fessional world to maintain a high standard both of morals and beha-

# SILK BANDS OUT.

vior

One of the kinds of trimming that seem to be entirely out of style is silk bands. The wide folds are used, but not stitched pieces that have silk bands. The wide folds are used, but not stitched pieces that have been employed to cover seams and to carry out designs on voile and cloth frocks. Braid is used instead. All widths of it are put on skirt and coat

THE LAMENTABLE CRITICAL HABIT.

Do not drift into the critical ha-bit. Have an opinion, and a sensi-ble one, about everything, but when you come to judge people, remember that you see very little of what what that you see very little of what they are, unless you live with them. Find the kindly, lovable nature, look for the beautiful self-sacrifice made by some, and teach yourself, day in and day out, to look for the best in everything. It is not the one great sorrow nor the one intense joy, it is the accumulation of the little ones accumulation of the little ones the the accumulation of the little ones that constitute living, so do not be critical of the little faults and do be be quick to find the little virtues and praise them. So much that is good in people dies for want of encourage well thought out one, about everya well thought out one, about every thing that comes into your life, but do not have too many opinions about people; their hearts are not open books, and if you must be judged some day, give them the kind-

# Eye Strain Headaches

est judgment now.

### Manitoba lady tells how head aches disappeared with the use of Dr. IW. Chase's Nerve

Food. Women who use their eyes much for reading or fine needlework are sure to find eye-strain and nervous, sick headaches among the first symptom when the nervous system gets run headaches

a positive cure for headaches, not merely relief but cure, Dr. A. W. Chase's Nerve Food stands without

produces lightning. What wonders in the body of man alone! How-ever, what we have seen is very lit-tle; for higher mysteries are con-<text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text>

siness world. In order to be success-ful as a business woman, you must be drilled and drilled until all the little finer sensibilities of things, and the provincipation influences are buried History of the Church.

be united and united utilities of things, and the femininistic influences are buried underneath. Your mind must be cut and trimmed to that nicety of busi-ness tact, that your presence in the business world will not command from either man or woman a passing thought as to sex. There is no sex in work; no work gets consideration because of the worker. You enter the field side by side with men, judg-ed as a mere worker. The courtesy you get comes to you by virtue as a worker and not as a woman. When you have reached that point of "me-chanism" you are eligible to be called a working woman.—Labor Review. There is nothing so beautiful, so graceful, so noble, so animated, so expressive, so spiritual, so divine. For this reason the Apostle wishes that man should not cover his head that man should not cover his head because he is the glory of God. It would seem that God looks upon the head of man as his masterpiece and is anxious that it be admired. The interior of the body presents also its wonders: Anatomy and medicine have discovered such great and nu-merous marvels that all prodigies of science, arts and trades on earth do not appear to be more than a do not appear to be more than shadow compared to them. sut a Church. I am still obliged to say Mass and give Benediction in a Mean Upper-Room. Yet such as it is, this is the sole outpost of Catholicism in a division of the county of Norfolk measuring 85 by 20 miles.

wonders are discovered every day by the learned with regard to the hu-man frame and they are far from owing all phenomena and especial By the most common and most impor-tant that is to say, life and death are as yet unexplainable mysteries. How many are the mysteries per-formed at every instant without our even thinking of them! The different foods which we are after even at a star Is A Remedy Without An even thinking of them! The dimeren foods which we are after eating an transformed by our stomach into a transformed by our stomach into a milky substance called chyle, which on going to the heart changes into blood. The heart after having re-freshed it and colored it red in the lungs, impels it through certain chan-nels called arteries to the very ex-tremities of the body. The blood from these channels which are fur-nished at certain distances with COLDS, And All Affections

to drive it into the interior reg'ons

ment, which impels the blood through

the arteries and produces what we call the pulse, takes place regularly sixty times in a minute; the whole circulation twenty-four times in an hour. Where this ebb and flow com-

life commenceases, life ceases. There is

more mystery connected with than with the ebb and flow of ocean. Part of the blood, sent the heart to the top of the head,

ocean. Part of the blood, sent of the heart to the top of the head, is there transformed into a soft delicate

matter called the brain, the com-mon center ol sensibility and move-ment by means of nerves which from that region permeate the whole body. Two of these nerves or soft cords penetrate into two cavities under the forehead, and form a brain

body. Two of these nerves or soft cords penetrate into two cavities under the forchead, and form a back-

A subtle invisible fluid, which

we feel to choose what pleases those sudden movements which

like this fluid, equally subtile, and invisible, electric or magnetic which seems to animate the whole body of the universe, and out of which God produces lightning. What wonders

something

for.

repel what hurts. It is

of the body it contracts. This

mences,

Of The THROAT and LUNGS. Coughs and Colds do not call for nished at certain distances which are fur-nished at certain distances with valves which open and shut in their proper time causes the blood to take the forms of different juices, flesh, bone and skin. When it gets to the extremities, what is left finds its

a minute recital of symptoms as they are known to everyone, but their dangers are not understood so well. All the most serious affections of the throat, the lungs and the bronchial tubes, are, in the begin extremities, what is left finds its way back by other channels, which are the veins, and arrives at the heart to mix with new chyle and dirculate again throughout the body, and constantly preserve both heat and life. In order to receive these floods of vital fluid the heart swells; to drive it into the interior were ning, but coughs and colds.

DR. WOOD'S

NORWAY

PINE SYRUP

Equal For COUGHS,

Too much stress cannot be laid upon the admonition to all persons affected by the insidious earlier stages of throat and lung disease, as failure to take hold at once will cause many years of suffering, and in the end that terrible scourge of "Consumption.

### Dr. Wood's Norway Pine Syrup is

not Sold as a Cure for Consumption but for affections tributary to, and that result in, that disease. It combines all the lung healing virtues of the Norway pine tree with other absorbent, expectorant and tree with other absorbent, expectorant and soothing medicines of recognized worth, and is absolutely harmless, prompt and safe. So great has been the success of this wonderful remedy, it is only natural that numerous persons have tried to imitate it. Don't be humbugged into taking anything but "Dr. Woods." Put up in a yellow wrapper; three pine trees the trade mark; price 25 cents.



under the forchead, and form a back-ground for the eyes, which they sur-round as a globe of crystal. There we see faithfully all forms and co-lors, the heavens dotted with stars, and the fields strewn with flowers. Two other nerves come to the side of the head and end in the conorous cavities colled ear and the start of the start of the strewn and the strew and the strew and the start of t "I have here," said the long-haired of the head and end in the concrous cavities called ears and become the faithful echo of every sound from the thunderclap to the murmur of the brook. Other nerves go to the in-terior of the nasal ditches, to tes-tify as to the perfume of the rose and the stench of rottenness. Others again spread over the surface of the visitor who had wandered into the sporting editor's room by mistake, "a short poem I wrote on "Niagara Falls.'

"You don't say?" snorted the sporting editor. "How in thunder did you keep your paper from getting wet!" sporting did again spread over the surface of the again spread over the surface of the tongue to appreciate with exactitude the sweetness of honey and the bit-terness of gall. The rest, and they are innumerable, born some directly in the brain, others in its prolonga-tion into the vertebrae of the back, or the gringel memory of the back.

\* \* THOSE HAMERICANS.

At a dinner during the recent Epis-copal convention at Richmond a young lady sitting near the bishop of London said to him: "Bishop, I wish you would set my mind at rest as to the similarity or dissimilarity between your country and ours on or the spinal marrow, are spread all over the surface of the body to warm us instantly that something is touching that body, wherever it may as to the similarity or dissimilarity between your country and ours on one point. Does the butterfly be-cause the tomato can?" The bishop laughed heartily at this vivacious sally. Not so a young Englishman of his party, who, after dinner, called the vital or animal spirit, and which is believed to be a fine vapor of the blood, seems to be the prompt massenger of this living empire. From the brain, that royal palace of the soul it gives we have laughed heartily at this vivacious sally. Not so a young Englishman of his party, who, after dinner, sought his host, "I want to know, you know," he said, "about that joke of Miss B's. She asked if the butter flew because the tomatoes could. Pray tell me what the point is." From the brain, that royal palace of the soul, it gives out orders with the swiftness of lightning to the remotest parts of our being and brings back news of all kinds with the same speed. From this fact comes that instantaneous prompti-tude. those sudden movements which

"I want another box of pills like

got for mother yesterday." "Did your mother say they were

"No-but they just fit my air

HE PUT HIM OFF ALL RIGHT.

NORTHERN L'STURATION CO Assurance Co'y OF LONDON, Eng. "Strong as the Strongest." INCOME AND FUNDS. 1906 Capital and Accumulated Funds....\$47,410,000 Annual Revenue...... \$8,805,000 Deposited with Dominion Government for security \$398,58 Head Offices-London and Aberdeen B Notre Dame Street West, Montre \$398.580 ROBERT W. TYRE, Manager for Canada.

MONTREAL CITY AGENTS ENGLISH DEPARTMENT ARTRUE BROWNING, FRED, G. REID, 228 Board of Trade. So St. John St. Tel. Main 1243. WILLIAM CAIRNS, 33 St. Nicholas St. Tel. Main 1259 CHAS. A. BURNE, JOHN MACLEAN, 88 Notre Dame St. W. 88 Notre Dame St. W. Tel. Main 1539. Tel. Main 1539 Tel. Main 1539 PRENCH DEPARTMENT N. BOYER, GEÓ. H. THIBAULT, 88 Notre Dame St. W. True Witness Eld's, Tel. Main 1539. Tel. Main 507

When Holloway's Corn Cure is ap-plied to a corn or wart it kills the roots and the callosity comes out without injury to the flesh.

shock. Your spirit hau daunted, That yet shall el's Rock. Old Rock! 'tis leaving Thy sons and