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## Household Notes.

**A PATIENT'S ROOM.**—People who are not disturbed by disorder when well are often disturbed by the least confusion in the arrangement of a room when ill. Everything in the room should be carefully adjusted to the best advantage, for a sick person's fancy is most capricious. Nothing should be allowed to lie around carelessly. The table should not be littered with books and papers. Flowers should be kept no longer than absolutely fresh.

Medicine and water glasses should be carefully washed and kept from the sight of the patient. The sight of medicine is not only trying to an invalid, but often nauseating. No food should ever be prepared in the sick-room. If only a small bowl of broth, it should be served as invitingly as possible.

Nor should a bowl of broth or gruel or a cup of tea be carried to the sick person in your hand. Place it on a tray covered with a clean napkin. Bring but a little quantity at a time, for a large quantity is apt to take away the patient's appetite. If possible, always serve too little, reserving a supply until asked for more.

**HEALTH.**—The requirements of health can be counted on the fingers of one hand. They are good air, good food, suitable clothing, cleanliness and exercise and rest. The first two requirements affect the blood, and as the blood circulates all over the body, including the brain, every part is affected. Fresh air affects the purity of the blood. The freshest air is out of doors, and it is the duty of every one who wishes to be in good health to spend a certain amount of time in the open air. Good food is not necessarily expensive food. Exercise and rest should alternate and balance each other. It is quite possible to take too much exercise, and this side of the question must be guarded against as carefully as the other. Women, as a rule, do not rest sufficiently. Every woman should try during the day to get a few minutes rest, even if it interferes with her regular work. It is impossible for her to attend to the health and welfare of her family if her own health suffers from overwork and lack of rest. She should follow her husband's example. Although he is busy all day long, he generally makes it a hard and fast rule to rest during the evening in the best way, namely, by change of employment.

**AIRING BEDS.**—The directions for airing beds given in a domestic training school are worth noting. Place two chairs with seats together near an open window. Fold the counterpane neatly the long way, and lay over the tops of the chairs, allowing the middle to sag down to the seats. Fold the blankets next and place over the counterpane, allowing a space between each for the circulation of air. Proceed in the same way with the rest of the bed clothing. Beat up the pillows and place them where they will get the air.

**A SIMPLE REMEDY.**—A reputable medical journal makes the statement that any one who eats fresh lettuce daily will be made absolutely immune from smallpox. Smallpox is a typical scorbutic disease, like scurvy, and rages in the winter season when poor people are deprived of fresh vegetable food. Onions and celery are as good perhaps as lettuce, but they are eaten some time after being gathered and thus lose most of their anti-scorbutic properties. Lettuce, on the other hand, must be eaten very soon after leaving the garden, and hence contains the properties which are claimed to prevent smallpox.

Gossip is the talking of other people about you, that you say about others.

## Notes for Farmers.

William T. Macoun, horticulturist of the Central Experimental Farm, states that he will plant fifty new varieties of apples for experiment this year. These new trees are specimens which have been introduced into Canada and United States and if they prove profitable varieties their cultivation should be encouraged. The horticulturist is making the test to ascertain the merit of the new sorts so popular seeds. It is a very busy period in the horticultural department, chiefly on account of the large forest apple trees under supervision of Mr. Macoun. In a practical talk on apple culture the Dominion horticulturist says:

Farmers will find it as a rule the most convenient plan to buy trees from the professional nursery man. Whoever propagates apple trees by root, grafting, crown grafting, or budding should have a nursery in which to grow them until they are ready for the orchard. A sandy loam soil which does not bake and is well drained is best and will grow strong healthy trees planted about twelve inches apart in rows from 2½ to 3 feet apart. Cultivation should be thorough up to about the middle of July when it should cease, as in colder climates, especially is it desirable that the wood ripen well. Late cultivation would encourage late growth. It will be necessary the first year the grafted or budded trees are in the nursery to cut out shoots from the stocks and to reduce the graft to one stem. If branches grow, they should be left intact. In small nurseries it is sometimes advisable to tie the young trees to stakes the first season. This will make them straighter and will help to protect them. These trees may be planted in the orchard the following spring if one year old trees are to be used. By the end of the second year after the branches have been pruned to the proper height and the tops shaped the trees will be in the best position for planting in the orchard.

The farmer's orchard is as a rule near his house. There are many advantages in having it there. "The man who makes fruit growing his main business," Mr. Macoun says, "should consider well where he plants trees. There has been much debate in recent years as to what slope is best suited for the apple tree. The trees planted on southern or southwest are much subject to sunscald. On the other hand it has been proven that in a very severe climate trees suffer more from root killing on a northern slope. Sunscalding probably causes the death of more trees than root killing and as root killing can be prevented to a large extent by growing cover crops a northern or eastern slope would generally be best. It is not necessary to have the orchard on slope, but sloping land is usually freer from early frosts and is better drained than level land. Good drainage is one of the chief essentials to successful apple growing. Good natural drainage is best. If this cannot be had the soil should be thoroughly drained either with tiles or in some other way. Trees growing in wet soil will become stunted, diseased, short lived and will rarely prove profitable. All practical farmers and fruit growers, know that spring frosts are often very local, occurring at only one part of the farm. Frosts means much loss if they occur at the blossoming period. It is very important to choose a site where they are liable to do no injury. Natural protection is an important factor in successful orchard-planting. The orchard can, however, be protected by planting wind break.

Apple trees grow well in almost any kind of soil. It is this adaptability of the apple which causes trees to be planted frequently on poor land, but the better the soil the better the results. A soil should be abundantly supplied with plant food in a form that may be made easily available. It should be rich in humus easily worked and of limestone foundation. Sandy soil is as a rule not rich in available plant food and is also lacking in humus. Plant food

applied in the form of barn yard manure and artificial fertilizers is easily leached away. In colder parts of the country root killing is also more prevalent. Clay land on the other hand is too stiff and hard to work, the soil baking easily, making it difficult to cultivate. Where the ground is not cultivated and the fertility maintained by top dressing, trees are grown very successfully on this kind of land. Less growth is made on this account, more fruit buds developed on light soils. Sandy and clay soils are, as a rule, suitable and probably clay loam soils are the best in an apple growing district. Sandy loam soils are better father north as they are warmer. Land exhausted of its plant food by growing other crops is not suitable for orchard purposes.

The horticulturist strongly approves early sowing where crops will not be endangered by frosts. The early and the late sowers are generally on equal footing about the middle of May. This is a good time to judge results from the different methods. It will then be apparent that the early sown crop has gained a start that it will keep till the fruits of the harvest are collected in the fall.—Agricola, in the Ottawa Free Press.

## New York Catholic Societies.

Archbishop Farley presided last week at a meeting which he called of representative members of all the Catholic organizations in the New York archdiocese for the purpose of discussing the national federation of Catholic societies. The members were invited that they might hear the Archbishop's views on this subject, as well as those of several interested in furthering the federation, and that they might learn something of the plan, scope and purpose, and thus be enabled to discuss the matter with their organizations.

At the meeting delegates were named to attend the national convention of Catholic societies in Atlantic City in the last week of this month. A membership of more than 1,000,000 will be represented at this convention. It is said that either Cardinal Gibbons or Mgr. Falconio, both of whom have endorsed the movement, will preside at the meeting.

Measures had been taken to have the Catholic organizations of the New York province endorse the movement to federate all American Catholic societies, when the unexpected death of Archbishop Corrigan brought the project to a standstill. It is the intention of Archbishop Farley to take up the work and further it in every possible way. It was said at Tuesday night's meeting that every Catholic organization in the State of New York will be represented at the convention, prepared to enter the federation.

## Anti-Catholic Prejudice

It is a remarkable testimony to the attractive power of the Catholic religion that it excites far more bitter opposition than any other creed. On a recent Sunday at many of the churches throughout the country a petition was signed by Catholics against the King's Declaration with regard to the Catholic doctrine of the Eucharist. The King is not asked to make a pronouncement against the tenets of any other religious body. Similarly we find attacks made upon Catholics by people who never trouble about what non-Catholics believe—whether they are members of the Church of England, Dissenters, Unitarians, or Agnostics. The other day a case came before the Court of Appeal, from which it appeared that Lady Llanover directed the trustees of her Welsh property to appoint agents and servants subject to the condition that they did not profess the Catholic Faith. But Lady Llanover's daughter, Mrs. Herbert, is a Catholic. The power of the Catholic religion is not to be overcome by persecution. Now, as in the days of Our Lord, all who truly understand its spirit do good to those that hate them; and carrying out such a Gospel their strength is invincible.—Liverpool Catholic Times.

What nonsense it is to say that a man is inclined to be bald! When a man is becoming bald it is quite against his inclination.

Many a man who congratulates himself he is able to paddle his own canoe, fails to discover until late in life that he forgot to unlatch it from its moorings.

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**SUPERIOR COURT.**  
CANADA,  
PROVINCE OF QUEBEC,  
District of Montreal.  
Dame Elmira Camirand, of the city and the District of Montreal, wife common as to property, of Desire Houle, contractor, of the same place, duly authorized to the present,  
Plaintiff,  
vs.  
The said Desire Houle,  
Defendant.  
An action in separation as to property has been instituted in this case, the 28th of February, 1903.  
LEBLANC & BROSSARD,  
Attorneys for Plaintiff.

## Business Cards

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## Society Directory.

A.O.H. DIVISION NO. 6 meets on the second and fourth Thursdays of each month, at 816 St. Lawrence Main street. Officers: W. H. Turner, President; P. McCall, Vice-President; Percy J. Quinn, Recording-Secretary, 981 St. Denis street; James Scullion, Treasurer; Joseph Turner, Financial Secretary, 1000 St. Denis street.

A.O.H. DIVISION NO. 3, meets on the first and third Wednesdays of each month, at 1868 Notre Dame street, near McGill. Officers: Alderman D. Gallery, M.P., President; M. McCarthy, Vice-President; Fred. J. Devlin, Rec.-Sec.; 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 1868.—Rev. Director, Rev. Father McPhail; President, D. Gallery, M.P.; Sec., J. F. Quinn, 625 St. Dominique street; M. J. Ryan, treasurer, 18 Mt. Augustin street. Meets on the second Sunday of every month, in St. Ann's Hall, corner Young and Ottawa streets, at 2.30 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 Barmingham; chaplain, Rev. Father McGrath.

ST. PATRICK'S SOCIETY.—Established March 6th, 1856, incorporated 1863, revised 1864. 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 Cahill, Recording Secretary, T. F. 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. Father Flynn, C.S.S.R.; President, R. J. Byrne; Treasurer, Thomas O'Connell; Rec.-Sec., Robt. J. Hart.

ST. ANTHONY'S COURT, C. O. F., meets on the second and fourth Friday of every month in this hall, corner Selkirk and Notre Dame streets, H. C. McCallum, O. 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. M. J. McKenna, Rev. President; W. F. Doyle, 1st Vice-President; Joe, P. Guaning, Secretary, 716 St. Antoine street, St. Henri.

C.M.B.A. OF CANADA, BRANCH 26.—(Organized, 18th November, 1878.—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.; Medical Adviser, Drs. H. J. Harrison, E. J. O'Connoy and G. H. Merrill.



Vol. LII, No.

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## NOTES

A TERRIBLE DISASTER was a sad piece of news from St. Paul de Joliette day morning last. The old presbytery, destroyed by fire, and the aged pastor, Rev. was cremated. For so the good priest had been only other occupant was an aged servant. The priest's residence evident that he was a get through the door came over him by the perished. On Tuesday the obsequies of the too place, and to the resigned in all the parish express the matter was one of the oldest, est in the parish. It mark that had stood 1783. In all those on twenty years it was a generation after generations of the town appearance sadly coincided of the priest who, for years, had made it whose paternal solicitude tended to the entire Dupont was born at V years ago—in 1841—a transferred to the parish of St. Paul de Joliette in 1845. Pious, exemplary whose heart was that he had to do in religion. Under any circumstances his departure deplored death came to him in form the consolement fly understood, and easily pictured. May peace be the prayer for his behalf from our

LESSONS FOR There are lessons and sons of good and less sons that instruct an efface true knowledge elevate and amuse, and debate without contrivance. Of this latter illustrated lessons with wit of present-day growth weekly in their minds. As a French of an anti-patriotic we say of these pictures be very amusing if they not so deplorable.

Here we have entertained to these serial in various stages young lads playing at alical jokes; robbing, choking cogs, hanging furniture, setting parents, and performing mischievous acts imitating the natural result of the parents' play with. The young over the fun depict real good time. If it there the matter might so bad; but, then, a child always the story that has the children get to work, in reality, what in the pictures. They the practice of the indicated by these colored pliments, and the com deplorable in many

Now we have a thy for the parents become practical joke destructive kind, because the trouble to give lessons necessary to that evil track. But children. The worst

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