

Health in Old Age.

If we want to see health in old age, we must look for it in the men who are noted for their physical and intellectual vigour, and these are men who have always taken active exercise—it matters little whether it be in felling monarchs of the forest, brisk walking or other physical exercise, coupled with a large amount of brain work. If systematic in their work, they will enjoy the pleasures of life long after they have passed their three score years and ten. Of such material are the men who control the destinies of nations, men who give indications of mental and bodily vigour that would shame half their age. The wiry frame will be vigorous when the obese and sedentary individual of the same age has drifted into senility and premature decay.

Archbishop Corrigan is at present in Florida on a visit to his brother.

A Spanish pilgrimage of about three thousand persons is expected at Rome for Easter. It is also anticipated that a number of Bavarians will arrive at or near that period who will first visit the sanctuary of Lourdes.

Many a brain, like buried ores, might have yielded a mine of truth for science, or beauty for poetry.

We are as responsible for what we permit others to do in our name as we are for what we do ourselves.



SCOTT'S EMULSION

OF PURE COD LIVER OIL AND HYPOPHOSPHITES OF Lime and Soda.

Palatable as Milk. AS A PREVENTIVE OR CURE OF COUGHS OR COLDS, IN BOTH THE OLD AND YOUNG, IT IS UNEQUALLED. Genuine made by Scott & Bowne, Belleville, Salmon Wrapper: at all Druggists, 50c, and \$1.00.

Trusts Corporation

OF ONTARIO

And Safe Deposit Vaults.

Bank of Commerce Building, King St. TORONTO.

Capital Authorized, \$1,000,000.

Capital Subscribed, \$800,000.

Hon. J. C. Atkins, P.C., President.
Hon. Sir R. J. Cartwright, K.C.M.G.,
Hon. S. C. Wood, Vice-Presidents.

The Corporation undertakes all manner of TRUSTS and acts as EXECUTOR, ADMINISTRATOR, GUARDIAN, COMMITTEE, TRUSTEE, ASSIGNEE, LIQUIDATOR &c., or as AGENT for any of the above appointments. Estates managed. Money Invested. Bonds issued and countersigned. Financial business of all kinds transacted.

Deposit safes to rent all sizes. Valuables of all kinds received and safe custody Guaranteed and Insured.

N.B.—Solicitors bringing business to the Corporation are retained in the professional care of same.

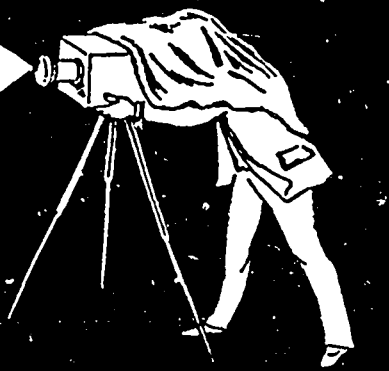
A. E. PLUMMER, - Manager.

CLERGYMEN RECOMMEND IT.

REV. J. LEISHMAN, ANGUS, ONT., writes: "It gives me much pleasure to testify to the excellency of K. D. C., as a cure for Dyspepsia. I have recommended it here widely, and in every case it has proved successful. It is the very best remedy for that frightful trouble, that I know of, and never fails to help or cure when used as you direct. It deserves the name 'King of Dyspepsia Cures.'"

K.D.C. Pills regulates the bowels.

DON'T
WORRY!
TRY
SUNLIGHT SOAP
IT BRINGS
COMFORT
ON
WASH
DAY



BOOKS FOR THE SEASON OF LENT

HOLY WEEK.

Meditations for the Holy Season of Lent.....	35
Lenten Conference, 2 vols.....	2 00
Love of Our Lord.....	35
The Dolorous Passion.....	1 00
The Sufferings of Our Lord.....	1 00
The Soul on Calvary.....	35
The Way of Salvation.....	35
The Cloak of the Passion.....	25
Considerations on the Passion.....	29
How to Live Piously.....	35
Preparation for Death.....	75

HOLY WEEK BOOKS.

Cloth.....	50
Roan.....	75
French morocco, black edges.....	1 00
" full gilt, gilt edges.....	2 00

MONTH OF MARCH BOOKS.

A Flower for each day of the month of March, 10 cts each, \$5.00 per 100.	
St. Joseph's Manual.....	50
The Power of St. Joseph.....	50
Glories of St. Joseph.....	50
Devout client of St. Joseph.....	35
The Month of St. Joseph.....	65
St. Joseph's Help.....	1 00
Novena to St. Patrick.....	20

REAL PALMS FOR PALM SUNDAY.

PASCHAL CANDLES
In the following sizes:
2, 3, 4, 6, 8, 10, 12 and 15 pounds, either plain or decorated.

JUST ISSUED.

The Catholic Directory and ordo for 1894.	
Paper cover, Net.....	1 52
The Catholic Family Annual for 1894.....	25

D. & J. SADLER,

TORONTO, MONTREAL,
No. 123 Church street, No. 1000 Notre Dame st

J. YOUNG, (ALEX. MILLARD,)

The Leading Undertaker
347 YONGE STREET.

TELEPHONE 679.

RUBBER BOOTS

And Other Rubber Goods Repaired

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Fine Boots & Shoes Made to Order

194 CHURCH STREET

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St. Jerome's College

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Complete Classical, Philosophical and Commercial courses, and Shorthand and Typewriting. For further particulars address, Terms including all necessary expenses, except for books \$11 per annum.

REV. THO. SPETZ, C.R., D.D.,
President

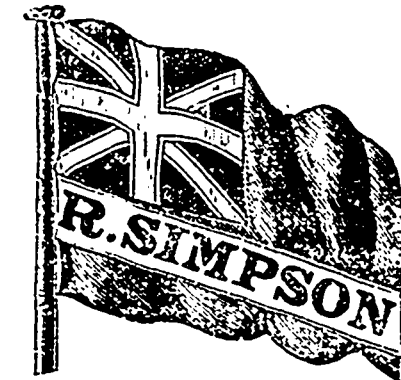
GILLETT'S

PURE
POWDERED 100%
LYE

PUREST, STRONGEST, BEST.
Ready for use in any quantity. For making Soap, Softening Water, Disinfecting, and a hundred other uses. A can equals 20 pounds of Soda.

Sold by All Grocers and Druggists.

H. W. GILBERT, Toronto



South-West Corner Yonge & Queen Sts.

PRESENT WANTS.

They're many, someone says. Doubtless; and some more urgent than others. Make sure that the tea canister is not empty. With Simpson's teas waiting you it's easy to keep the canister well filled.

A choice Black Tea 25c lb., regularly sold for 40c. Mixed T. a, a tasty blend, 25c lb., regularly sold for 40c. Fine Indian Ceylon Tea, 35c; will pay 50c for it other places. Very best Indian-Ceylon Tea, superior blend, 50c, regular price 75c.

One of the busiest parts of the store is the candy and fruit counters.

Do you know our 10c Candy Mixture? Toothsome mixture of Creams and Chocolates, 15c. Fresh English Walnuts, 15c pound. A choice Prune, 6c pound. Our Currants and Raisins are the best and cheapest, beyond doubt.

Good solid footwear will save many a cold, and much else, as the weather goes now-days.

Ladies' Am. Kid Button Boot, Up, \$1. Misses' Am. Kid, button, 90c. Youths' School Boots, 85c. Men's Whole Fox Bala or Congress, \$1.

The out-of-town shopper may always remember our mail order system. It brings them just what they ask for.

R. SIMPSON,

S. W. corner Yonge and Queen streets, Toronto. Entrance Yonge at Entrance Queen at W. New Annex, 170 Yonge street. Store Nos. 170, 174, 176, 178 Yonge street, 1 and 3 Union street West

TRY IT ONCE.

There is no more sensible way to find out the merit of anything than to try it. If it is satisfactory it will stand your test, and if unsatisfactory, the opposite. If you are today in need of a cough mixture call on or send to your nearest druggist and get a 25 cent bottle of Hallam's Expectorant. Try it as severely as you can—the harder the test the better, and you will then know how honestly its claims are being pressed for public recognition and use. The Toronto Pharmaceutical Co., wholesale agents.

Mr. William Mor is, the socialist poet, always dresses in blue serge. He dislikes modern civilization, improvements. He dyes with his own hands most of the fabrics employed in his famous upholstery business off Oxford street, and spends Sunday evening in discussing socialism.

About Gounod.

About Gounod's papers memoirs have been found in which the composer gives interesting details of the first lessons in solfeggio, which he received from Duprez, the celebrated tenor. The memoirs also state that Gounod made the acquaintance in Italy of Mendelssohn, who predicted for him a career even more brilliant than that of Cherubini. The subscriptions received by the committee of the Gounod monument now amount to 960,000 francs. The list was closed on Dec. 31, and it is believed that with the proceeds of the performance at the opera a sum of 140,000 francs or 150,000 francs was realized. The committee desire the erection of a statue to Gounod in the Parc Monceau, and it is hoped that the municipal council will authorize this to be done.

A late important conversion to the Catholic Church in England is that of Miss M. E. Braddon, the novelist. In private life she is Mrs. Maxwell, wife of the publisher. F. Anstey and T. Fisher Unwin, also novelists of note, have lately "gone over."

THE MARKETS.

TORONTO, March 7, 1894.

Wheat, white, per bush.....	\$0 62	\$0 00
Wheat, red, per bush.....	0 61	0 00
Wheat, spring, per bush.....	0 60	0 00
Wheat, goose, per bush.....	0 58	0 00
Oats, per bush.....	0 39	0 40
Peas, per bush.....	0 62	0 00
Dressed hogs, per 100 lbs....	5 75	6 10
Chickens, per pair.....	0 45	0 65
Geese, per lb.....	0 06	0 08
Turkeys, per lb.....	0 09	0 11
Butter per lb., in tubs.....	0 19	0 21
Butter, per lb.....	0 20	0 22
Eggs, new laid, per dozen....	0 17	0 18
Parsley, per doz.....	0 15	0 00
Parasip, per bag.....	0 45	0 55
Calhag, new, per doz.....	0 30	0 40
Celery, per doz.....	0 45	0 55
Onions, per bag.....	1 10	1 25
Rhubarb, per doz.....	0 90	1 00
Turnips, per bag.....	0 30	0 40
Potatoes, per bag.....	0 50	0 55
Beets, per bag.....	0 65	0 75
Carrots, per bag.....	0 35	0 40
Apples, per bbl.....	2 50	4 00
Hay, timothy.....	8 25	10 00
Straw, sheaf.....	7 00	8 00
Straw, loose.....	5 00	6 00

LIVE STOCK MARKETS.

TORONTO March 6—Business was quiet at the Western cattle yards this morning, and prices for cattle were inclined to weakness. There was a fair attendance of buyers, but trade dragged, except in the case of very choice offerings, which always sell quickly. A few sales were effected at 3 1/2c per pound. Good cattle sold at from 3 1/2 to 3 3/4, and inferior from 2 1/2 to 3c.

Milk cows found a ready sale at from \$30 to \$50 each.

Sheep were quiet, and some were left unsold. Prices nominal.

Lambs were weaker, at 4c per pound the top price.

Choice calves sold readily at good prices, and continue in request.

Prices weakened in hogs, 5c being the outside quotation. Prices were off from 10 to 15c per cwt., all round.

TORONTO POSTAL GUIDE—During the month of March, 1894, mails close and are due as follows:

	Close	Due.
	a.m. p.m.	a.m. p.m.
G. T. R. East.....	8.00 7.20	7.15 10.40
O. and Q. Railway.....	7.45 8.00	7.35 7.40
G. T. R. West.....	7.30 3.25	12.40pm 8.00
N. and N. W.....	7.30 4.20	10.05 8.10
T. G. and B.....	7.00 4.30	10.55 8.50
Midland.....	7.00 3.35	12.15pm 9.30
C. V. R.....	7.00 3.00	12.15pm 8.50
G. W. R.....	a.m. p.m.	a.m. p.m.
	noon 2.00	9.00 7.30
	6.15 4.00	10.30 8.20
	10.00	
U. S. N. Y.....	6.15 12.00	n.9.00 5.45
		4.00 10.30 11pm
U.S. West'n States	6.15 12n.	9.00 8.20
		10.30

English mails close on Mondays, Thursdays and Saturdays at 10 p.m., and on Thursdays at 7.00 p.m. Supplementary mails to Mondays and Thursdays close on Tuesdays and Fridays at 12 noon. The following are the dates of English mails for March: 1, 2, 4, 6, 8, 9, 10, 12, 13, 15, 16, 17, 19, 20, 22, 23, 24, 26, 27, 29, 30, 31.

N.B.—There are branch post offices in every part of the city. Residents of each district should transact their Savings Bank and money order business at the local office nearest to their residence, taking care to notify their correspondents to make orders payable at such Branch Postoffice.

T. O. PATTERSON, P.M.