

THE CANADIAN.

LOCATION.	Branch No.	Amount.
Ridgewood, Ont.	25	\$ 100
Richibucto, N. B.	27	500
Rogersville, N. B.	312	500
St. Thomas, Ont.	2	500
Stratford, Ont.	3	500
Sarnia, Ont.	49	1600
St. Catharines, Ont.	13	200
Stratford, Ont.	1	4800
St. Clements, Ont.	21	1000
Seaforth, Ont.	22	1500
St. Agatha, Ont.	23	700
St. Marys, Ont.	24	1000
Smith's Falls, Ont.	25	3000
Sherbrooke, Que.	118	1000
Sudbury, Ont.	121	900
Sandwich, Ont.	122	200
St. John, N. B.	133	1000
St. Hyacinthe, Que.	135	2100
St. Vincent de Paul, Que.	138	200
Shediac, N. B.	169	300
St. Laurent, Que.	171	200
St. Brigitte des Saults, Que.	173	100
Snyder, Ont.	174	400
Sturgeon Falls, Ont.	175	1000
Sydney, C. B. N. S.	189	1000
St. Jean Baptiste, Man.	190	200
Steep, Ont.	191	200
St. Ours, Que.	192	200
Summerside, P. E. I.	193	200
Sorel, Que.	194	200
Schreiber, Ont.	195	200
Springhill, N. S.	196	200
St. Boniface, Man.	201	200
Simcoe, Ont.	203	200
Stoney Point, Ont.	204	200
Somerset, Man.	205	1000
Souris East, P. E. I.	206	1000
St. Ferdinand, Que.	211	200
St. Alexandre, Que.	212	200
Sheenboro, Que.	213	200
St. Joseph, N. B.	214	200
St. Louis, N. B.	215	200
St. Joachim, Ont.	216	200
St. David de l'Auberrieviere, Que.	217	200
St. Norbert, Man.	218	200
Toronto, Ont.	219	2000
" "	220	2200
" "	221	600
" "	222	200
" "	223	200
" "	224	200
" "	225	200
Thorold, Ont.	226	200
Tecumseh, Ont.	227	200
Trenton, Ont.	228	200
Tilbury, Ont.	229	200
Teeswater, Ont.	230	200
Three Rivers, Que.	231	3000
Trout Creek, Ont.	232	1000
Truro, N. S.	233	200
Thurso, Que.	234	200
Ticacadi, N. B.	235	200
Tignish, P. E. I.	236	200
Toronto Junction, Ont.	237	200
Victoriaville, Que.	238	200
Valcourt, Que.	239	200
Windsor, Ont.	240	200
Wallaceburg, Ont.	241	200
Wingham, Ont.	242	200
Woodstock, Ont.	243	200
Walkerton, Ont.	244	200
Winnipeg, Man.	245	200
Westport, Ont.	246	200
Waterloo, Ont.	247	200
" " Que.	248	200
Welland, Ont.	249	200
Windsor Mills, Que.	250	200
Waterdown, Ont.	251	200
Whitby, Ont.	252	200
Wolfe Island, Ont.	253	200
West Pubnico, N. S.	254	1500
White River, Ont.	255	200
Woodslee, Ont.	256	200
Yarmouth, N. S.	257	400
Yamachiche, Que.	258	200
Total...		\$152200

OFFICIAL LIST

Of Grand Deputies for the Ensuing Term.

Province of Ontario.

Algoma West—W. H. Whalen, Fort William.
Algoma East—P. Mc Cool, Chapleau.
Stormont—G. McDonald, Cornwall.
Grenville—W. J. Allen, Prescott and D. Driscoll, Merrickville.
Leeds—D. W. Downey, Brockville, and John Donohue, Westport.
Hastings—Lennox and Addington—E. J. Edwards, Deseronto, W. A. G. Hardy, Belleville, and U. E. Labelle, Trenton.
Northumberland and Durham—John Brady, Campbellford, and Dr. E. C. McNichol, Cobourg.
Haliburton and Victoria—Rev. C. S. Bretherton, Drydenville, and James A. Gillogley, Lindsay.
Ontario—Rev. M. Jeffcott, Oshawa.
York County and City of Toronto—Walter Bolton, Branch 111; W. J. Hart, Branch 19; J. J. O'Hearn, Branch 13, Toronto.
Halton and Peel—Thomas A. Reynolds, Oakville.

Wentworth County and City of Hamilton—John Roman, Hamilton.
Lincoln—J. H. G. Horsey, Merriton.
Welland—James Quilligan, Niagara Falls.
Haldimand—Rev. J. E. Crimlin, Dunnville.
Norfolk—J. C. O'Neill, Simcoe.
Elgin—P. L. M. Egan, St. Thomas.
Kent—Rev. D. P. McMenamin, Bridgetown.
Essex—J. Dugal, Tecumseh, and P. Hanrahan, Windsor.
Lambton—James O'Leary, Port Lambton.
Middlesex—P. F. Boyle, London.
Huron—M. Corrigan, Wingham.
Bruce—Lewis L. Kramer, Carlisle, and John Clancy, Chatham.
Grey—Timothy Moran, Durham.
Simcoe—R. D. Gunn, Orillia, and M. Shanacy, Barrie.
Perth—J. Knecht, Stratford.
Waterloo—J. G. Weber, St. Clements; F. Rohleder, Berlin.
Oxford—C. B. Ryan, Ingersoll.
Brant—James McGregor, Brantford.
Wellington and Dufferin—S. A. Heffernan, Guelph, and P. M. Kirby, Arthur.
Muskoka—W. J. Moore, Gravenhurst.
Nipissing—John M. McNamara, North Bay.
Peterborough—James Bogie, Peterborough.
Renfrew—A. J. Ford, Pembroke, and J. O'Sullivan, Renfrew.

PRETTY HOT INITIATION THIS

How Roy Terry of Jamestown, N. Y., Was Initiated into the Mysteries of the Maccabees.

Jamestown, N. Y., July 13—Roy Terry is at the Jamestown Hospital in a serious condition, the result, it is alleged, of injuries received while being initiated into Jamestown Tent Knights of the Maccabees. Terry has placed the matter in the hands of an attorney and demands financial satisfaction for his injuries. It is claimed that his abdomen is injured so as to cause inflammation of the bowels; his spine was injured and one of his front teeth knocked out.

WHAT TO EAT FOR THE HEALTH

Butter, if eaten moderately, will not prove hurtful. The system needs oils and pure butter furnishes these cheese if partaken of sparingly will not hurt one. If toasted it is rendered rather indigestible.

Eggs furnish a wholesome and simple food. The eggs of the turkey are best of all. Salted fish and meats are hard on the stomach.

Oatmeal is a strong food and builds up the muscle. It should be eaten together with bread. Rice forms the food of one third of the human race.

Potatoes as a food vary in value, according to the way they are cooked. Roasted they are in the best form for eating. Peasants eat potatoes together with milk and are correct in principle, as the milk furnishes the elements lacking in the tubers.

Persons of phlegmatic constitutions should eat onions, garlic and parsley. Apples not only are good but contain medicinal juices. Plums should not be touched unless wholly ripe and apricots are richer than peaches.

SHOPPING.

She screamed in terror when her purse Was snatched from out her jewelled hand,
And burled a modest semi-curse
Toward the fleeing, bold brigand:
And when the copper caught the thief,
She seized the purse with anxious air,
And breathed a sigh of sweet relief
To find her treasures all were there:

A pencilled note
Her fellow wrote,
A sugar-plum,
A wad of gum,
A hairpin (bent),
A copper cent,
A button hook
With broken crook,
A safety pin,
A curling tin,
A powder rag,
A sachet bag.

These were the treasures which she bore
Around with her from store to store
While on a shopping tour, to see
The many pretty things which she
Would love to buy if she but had
The cash, and with a smile so glad
It almost made the copper sneeze,
She thanked him, and with sprightly ease,

Tripped on to seek another store
Or two where she could shop some more.

—From the Denver Post.

Reason demands unity and catholicity: and these are not found where what is received as faith is not all of a piece, but is made up only of ill-assorted fragments, which no power, human or divine, can mold into one complete, symmetrical and living body of truth.—Dr. Brownson.