

Our Boys and Girls.

SACRAMENTAL BELLS.

The sacramental bells ring warningly.

To say the Living Bread is near, and that the faithful bend the knees And bow the reverent head.

To waiting souls, the Elevation chimes Bring not an equal joy; And yet—to each and all— they give, at times, A bliss without alloy.

They sound like fairy bells from a world apart, At twelve years old, and less, When—for the first time—in our simple heart, We feel a God's caress.

At a First Mass, the Consecration bells, Jesu, proclaim 'tis Thou— And, hearing them, Thy priest's young bosom swells In grateful ecstasy.....

Who shall reveal what such a joy-bell brings To his pure heart of fire? In his anointed hands he holds the King of kings, His God—his sole Desire!

Yet other kind of joy-note in the peal Sounds, when—in bridal dress— At Nuptial Mass, two Christian lovers kneel, Praying Thee, Lord, to bless.

When, through the black-drap'd church, tolls mournful knell, Nought can assuage our grief Save the blest chiming of the altar bell.

Ah! but—of all these bells—the sweetest far— Is one as yet unring; On dying ears, it tinkles from afar, With Miserere sung.

I dream I hear it—thru' a thick'n'g mist, Nearing my chamber door; Dear swift, priest, the Precious Eucharist, And cross the threshold o'er!

Sweet little bell, beside my death-bed rung, This last bell is the best..... The Host is placed upon my parched tongue— Ring for my Marriage-Feast!

—M. M. de J.

DON'T BE UNEASY.—Many boys, without being conscious of it, are constantly wriggling. They fidget when standing, and do not know what to do with their hands. When sitting, the trouble is with their feet, and with these keep up a tapping or other motion, thus causing an unnecessary and unpleasant noise especially in the presence of strangers.

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he managed to capture them and bring both home, no one could imagine, but he really did. This is not a story, but a true account of a dog whom I am proud to know, and who is living now.

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Rinse well, using two clear waters of the same temperature as the suds, putting a little bluing in the second. When ready to wring, first fold smoothly, then wrap in a clean towel, and pass through the wringer. Dissolve a little gum arabic in water, and dip the silk in it, after raising it a little stiffness is thought necessary.

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What are the essentials of a proper breakfast? The first, the most important item is a preliminary meal of fruit, oranges, grapes, apples, cantaloupe, berries, seasonable fruit in which juice predominates over fiber. Fruit juices, taken early on an empty stomach, are converted into alkalis, keep the blood normally alkaline, preventing saturation of the system with uric acid and warding off the storms of suffering which such a condition provokes.

Fruit juices act as correctives to the digestive organs, whetting the appetite, increasing the secretion of the gastric juice and stimulating peristalsis. Where fruit is eaten every morning, digestion is satisfactory, the bowels are natural and regular, the head is clear and an agreeable feeling of general well being is experienced.

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After the fruit, the usual breakfast of a chop and rolls, omelet, potatoes, coffee or what not is in order.

As if by magic, after a few applications, every gray hair in your head was changed to its natural color by using LUBY'S Parisian Hair Reformer.

When I require to oil my hair, try it and see for yourself. 50c a bottle.

LABOR IN PITTSBURG.—It is not often that we read of laborers who enjoy large salaries, but there are some such in the world. We are greatly interested in and amused with the account given by "The Bits" of the amounts earned in certain industries. It might interest our readers, so we give the text.

"In days when thousands of English working men, capable, able-bodied, and willing, cannot find the meager employment, stories of iron-workers who earn the incomes of high-placed Government officials and drive to their work in well-appointed broughams read like pages from a fairy-tale. And yet this workman's Elysium exists, and is so far from being overcrowded that its gates are open to hundreds more who wish to share its delights.

It is true that Pittsburg, the centre of this Paradise of labor, is one of the last places in the world to suggest an Elysium. Its thousands of mills crowd and jostle each other, and it is enveloped day and night in 'pillars of fire and smoke.' But in this American inferno, in which Mr. Andrew Carnegie made his millions, money is to be made as probably as when else in the world of industry.

"The homes of its workers are far away from the smoke of Pittsburg, and in them the puddlers, beaters, and rollers lead lives which would be the envy of many of our prosperous professional men in England.

"The worst-paid labor in these 8,000 mills makes an income which many a clever city clerk may never hope to enjoy. His eight hours of work daily bring him 18s., or the comfortable wages of 25 s. a week. If he cares to add to his earnings by working on Sunday he has an income well over £200 a year.

"A beater can always rely on minimum wages of 25s. to 30s. a day, a daily income which would satisfy most British working men for a week's work. The average 'beater' thus makes a yearly income of over

£500, and is the financial equal of a fairly successful professional man in England.

"The cream of good wages, however, falls to the lot of the 'roller,' whose minimum wages are £2 5s. a day, and in many cases reach as high a figure as £4 a day for eight hours' work. The best-paid Pittsburg 'roller' thus earns as much money in an hour as his English brother is glad to earn in a day. His annual income ranges from £600 to £1,000.

"It is little wonder that a man who earns money at this rate can afford to keep his family in great comfort, if not in luxury. His house is sumptuously appointed; it is commodious inside and imposing outside, with its porch and veranda. It is lit by electricity and heated by steam, and has a beautiful garden attached to it. His children have their pianos, and expensive toys; his wife can dress in costly silks; and he himself has, in many cases, his cosy, well-equipped library, and even a billiard table."

Meanwhile the night passed away without a single soldier of the enemy approaching the house. Every one in the house was surprised. But when they ventured to the door in the morning, behold on the very side which the enemy were posted, the snow had been drifted up by the wind as high as a wall, so that it was impossible for any one to come through it.

"They all thanked and praised God. 'See, now,' said the grandmother, 'God has actually built a wall to keep off the enemy from our dwelling! He is gracious and merciful, and infinitely rich in the means wherewith to deliver us.'

THE REPUTATION achieved by Dr. Williams' Pink Pills not only in Canada, but throughout the world, rests upon a very solid basis, which may be summed up in two words—sterling merit. The "Enterprise" has had occasion to investigate a number of cures effected by this medicine, and knows that in some instances at least these cures were wrought after other medicines had failed, even to give relief. Recently another cure came under our notice that cannot fail to increase the popularity of Dr. Williams' Pink Pills in the locality in which it occurred, and as we can vouch for the facts, it may well bring hope to sufferers elsewhere.

Mr. Walter H. Johnson is one of the best known residents of the northern section of Queen's county. He resides in the town of Caledonia, where he keeps a hotel, and also runs a stage that carries passengers and mail between that town and Liverpool, a distance of some thirty miles. Mr. Johnson was in Bridge-water recently, on which occasion he was a reporter of his paper on the following facts: About three years ago he was taken very ill. He had the best of medical attendance, but made very little progress towards recovery, and the doctor told him there was very little hope that he would be able to return to his former work. The trouble appeared to have located itself in his kidneys, and for eight weeks or more he was confined to bed. He suffered greatly from constipation, pains in the back, his appetite became impaired, and his constitution generally appeared to be shattered. At this juncture he decided to try Dr. Williams' Pink Pills and got a half dozen boxes. In the course of a couple of weeks he noticed an improvement in his condition, and he continued the use of the pills until he had taken some ten or twelve boxes, when he not only felt that his cure was complete, but also felt that in all respects his health was better than it had been for years. Since that time he has been continually driving his coach between Caledonia and Liverpool, and has not had the slightest return of the trouble, notwithstanding that he has his face at times very inclement weather, that might well bring on a return of the trouble had not his system been so strongly fortified against it through the use of Dr. Williams' Pink Pills.

If any of our readers are afflicted with some disease cannot exist. The reason why Dr. Williams' Pink Pills cure so many forms of disease is that they act directly upon the blood and nerves, thus reaching the root of the trouble. Other medicines act only upon the symptoms of the trouble, and that is the reason the trouble always returns when you cease these medicines. Dr. Williams' Pink Pills make permanent cures in kidney troubles, rheumatism, erysipelas, anaemia and kindred diseases. But be sure you get the genuine which bears the full name Dr. Williams' Pink Pills for Pale People on the wrapper around every box.

BUSINESS MEN.—The shrewd merchant knows where to place his advertisements. Why not try our columns? Our rates are reasonable. Our paper reaches near and far in every parish in the City and Province in Canada.

Give our columns a trial. Send for rates to our office, "True Witness," & P. O. Box 17, Limited, 2 Busby street, Montreal.

After a thorough analysis, and proof of its purity, the leading Physicians of Canada are recommending COWAN'S Hygienic Cocoa to their patients. It builds up and strengthens the system. It is a perfect food as well as drink.

A Blessing to the Fair Sex! PERFECT BUSTS by the ORIENTAL Powder, the only Powder that assures perfect development of the bust within three months, and cures Dysmenstruation and Liver Complaint. Price per box, with directions, \$1.00; six boxes for \$5.00. General Agent for the Dominion, L. A. BERNARD, 1742 St. Catherine Street, Montreal, United States: G. L. de Marnette, Montreal, Manchester, N.H.

Losing Flesh

indicates insufficient nourishment. It leads to nervousness, sleeplessness, general debility, and predisposes to Consumption and other prevailing diseases. To guard against these take Scott's Emulsion the Standard remedy for all wasting diseases in young or old. It improves digestion, gives flesh, strength, vigor and resistive power.

and from all druggists. SCOTT'S EMULSION, Canada, Toronto.

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(Late with Paddon & Nicholson). 228 Centre Street. Practical Plumber, Gas and Steam Fitter. ELECTRIC and MECHANICAL BELLS Etc. Telephone, Main, 3552.

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FRANK J. CURRAN, B. A., P. C. L.

ADVOCATE. SAVINGS BANK CHAMBERS, 180 St. James Street, MONTREAL.

September 23, 1900

ms. I have hesitated, stopped. Maurice's pelled her to finish now, I can hesitate this hour I am-- have been that in-- a practical Cath-

the prisoner ejaculated "Thank God!" given to remove the very day week he old chronicles say, to the place of execution was gathered, and Maurice is to the people.

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fun saw that his roughly determined. He insisted that, Ireland; and for few British visitors ent. Life, were granted. Maurice, a young English-speaking man, a unity where, as Stenora Loftus found

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