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Household Notes. Notes for Farmers

HEART BEATS.—In almost all cases of organic trouble the heart is apt to beat rapidly. Irregular habits, worry, dissipation, overworking until the nervous system is a wreck, is a sure way to create a ninety pulse rate. However, when there is no organic trouble, the remedy is to correct the errors of living, sleeping regularly, eating regularly, exercising well, thus making better blood. If there is no heart trouble, this is the best way to correct that condition.—Health.

EFFECTS OF OXYGEN.—The discovery made recently by Professor Jacques Loeb, of Chicago University, that the action of the heart is stimulated by common salt has now been supplemented and extended by Professor David J. Lingle, of the same institution, who has found that oxygen gas is even a more important factor in sustaining heart action.

ANTI-SNORING DEVICE.—A device to prevent snoring is a small cap fitted over the chin, and held in place by a band around the head fastened to the chin cap with elastic rubber bands. This allows perfect freedom of the lower jaw, while at the same time it prevents its dropping after the subject is asleep, and thus prevents snoring.

THE ROSE CURE.—It has been discovered, says the London "Express," that the rose will cure a headache. Its perfume acts as a medicine upon the nerves. Its color, particularly if deep red, soothes the senses through the eyes, and its cleanliness and medicinal properties generally act upon the system not only as a curative, but as a tonic. The sweeter the rose is the better, for the sweetness of this flower is of such peculiar delicacy that it neither cloy upon the nostrils nor pall upon the senses.

An unhappy combination of colors will frequently affect the nerves and produce a headache. When undergoing a severe nervous strain it is a good plan to take a rose and hold it to the nostrils; breathe deeply of the scent.

A MOTHER'S CARE.

Every mother knows the constant care a little child requires, and to the young and inexperienced mother who is caring for her first baby there is no other period in her life more trying. In the little ills that are certain to come to all infants and young children, the mother—especially the young and inexperienced mother—scarcely knows what to do. It is to meet emergencies of this kind that Baby's Own Tablets are offered to all mothers. These Tablets are an absolute cure for all the minor ailments of little ones, and should constantly be kept in every home where there are young children. Sickness comes quickly—with Baby's Own Tablets at hand the emergency is promptly met. Mrs. R. H. LaRue, Mountain, Ont., says: "I can recommend Baby's Own Tablets to all mothers who have cross or delicate children. I do not know how I could get along without them." The Tablets are guaranteed free from opiates or harmful drugs, and crushed to a powder may be administered with absolute safety to a new born babe. Sold by all druggists or sent by mail at 25 cents a box by writing direct to the Dr. Williams' Medicine Co., Brockville, Ont.

ST. BILDE'S NIGHT REFUGE.

Report for week ending Sunday, 11th January, 1908.—Males 298, females 48. Irish 172, French 122, English 28. Scotch and other nationalities 19. Total 386.

Mr. W. T. Macoun, horticulturist of the Central Experimental Farm, has completed the report of the year's work and is now compiling some important records in connection with investigations of the past season.

An important report will be that on apple yields. The yield from individual trees was estimated this year. The orchard contains between 2,000 and 3,000. This new undertaking is for an important purpose as it will furnish facts for the horticulturist of great value to apple growers.

Already engineers have been given a vast amount of information as to yields of varieties. Yields of varieties for particular seasons and for numbers of seasons together have been ascertained. It is the object now to go further and instruct growers as to the lost individual trees to keep and to use for grafting. Many trees yield better than others of the same variety. If the farmers would graft from these, Mr. Macoun points out they would get better crops. The difference between the yields of trees of the same variety is sometimes marvelous.

It is also taken into account that some trees yield heavy one year and they may give small crops for a couple of years. Other trees are moderate yielders every year. Mr. Macoun has the records of trees for several years and is in a position to recommend to farmers good all round varieties as well as instructing them on the point of grafting from good individual specimens. Farmers and fruit growers will never carry on business to the best advantage until they recognize the importance of grafting in their own orchards.

To demonstrate the profit at which apples might be shipped to the old country Mr. W. T. Macoun of the Central Experimental Farm kept a record of expenses and receipts of a shipment made on October 3rd last year. The shipment consisted of 100 cases, the fruit being free from defects of any kind. The varieties were Wealthy, McMahon, Patten's Greening and Fameuse. The apples sold in Glasgow for £29, 15s and 9d.

The expenses including freight on goods, duties, labor advertising, cartage delivering, commission and guarantee were £7 8s and 8d, leaving a net profit of £22, 7s and 1d or \$108.41.

The expenses of the shipment on this side of the Atlantic were \$28.26, leaving a net balance of \$80.15. This would be 80 cents a box or \$3.20 a barrel. The average profit per barrel of fall apples sold in baskets on the Ottawa Fruit Exchange after deducting price of baskets and commission was about \$1.10 showing \$2.20 difference in favor of the shipment to Great Britain. Furthermore it has been found this season that as good prices could be obtained on the Exchange for good windfalls as for hand picked fruit. So that the difference in favor of the shipment to Great Britain is even greater than appears.

The apples were not sent by cold storage. A thin layer of excelsior was placed between each layer of apples and a sheet of strong white paper on each side. The fruit was adjudged perfect when examined by experts on the other side.

Mr. Macoun draws the conclusion that good results would be obtained by shipping autumn apples in this way. If fruit, he says, be picked carefully and reaches the steamer in good condition it will land on the other side safely without cold storage.

Another experiment by Mr. Macoun shows the profits within the reach of farmers who are willing to give some attention to apple culture. In the spring of 1896 there were in

the farm nursery 144 five-year old Wealthy apple trees, which had been used in an experiment. As there was a piece of land available that spring they were planted out 10 by 10 feet apart the object being to carry out further experiments. Eight of these trees have died, but most of the rest are making thrifty growth, though some are affected with canker and sunscald. The soil has been kept thoroughly cultivated during the growing season every year since.

During the past four years this little orchard has given very good returns, considering the size of the trees, and it promises to be still more profitable. It is doubtful if the trees will need much thinning as a few of them die every year letting the light and air into the rest.

The soil is a cold light sandy loam and from 1896 up to the autumn of 1901 the only fertilizers supplied were 284 lbs. of superphosphate, 54 lbs. of mutiate of potash and 132 lbs. of sulphate of ammonia, the estimated value of which was \$6.64.

In 1799, 189 gallons were picked and sold at 10 cents a gallon, realizing \$18.90, which would amount to \$59.15 for an acre. Next years there were 455 gallons sold at 10 cents a gallon, realizing \$45.50 or \$142.39 an acre. The next year, 1901, 156 gallons at 15 cents a gallon, realizing \$23.40 or \$73.23 for an acre of the same fruit. This year the yield was 982 gallons, some of which was sent to Glasgow at 25 cents a gallon and the rest sold in Ottawa at 6 cents. The receipts were \$117.96 or \$356.83 for an acre. So far only the picked fruit has been estimated. There was a large amount of windfalls sold at a cheaper rate.

In 1899, 66 gallons of windfalls were sold at 5 cents a gallon, realizing \$3.20 or \$10.33 for an acre. In 1900 143 gallons were sold at 5 cents a gallon, realizing \$7.15 or \$22.38 an acre; in 1901, 224 gallons were sold at 5 cents a gallon, realizing \$11.20 or \$35.05 an acre; in 1902, 432 gallons were sold at 8 and a fraction cents a gallon, realizing \$79.60 or \$240.79, making a total for the four years of \$940.15.

The estimated expenses per acre for three years, including rent of land, fertilizers, cultivating, spraying, and marketing were \$454.62, the average profits per acre per year were \$121.38.

There were 512½ gallons of small apples which were not sold, of which 119 gallons were among the picked fruit and 393½ gallons among the windfalls.

The reason that there is such a large amount of windfalls is that the Wealthy apple drops badly and this was especially the case this year.

The windfalls however which were sold brought a better price than the second grade picked apples, and as good prices as picked from other Wealthy trees. There is a great advantage in having a good local market as the windfalls can be disposed of before they decay. The expenses are all estimated on a very liberal basis. The greatest yield of picked fruit from one tree in 1902 was 16½ gallons and the greatest yield of windfalls and picked fruit was 32 gallons from the same tree.

It has not been possible to obtain the exact cost of this orchard prior to 1899, but including rent of land, cost of trees, planting and cultivating, the expenses per acre would be about \$150.

When such good returns can be had in a short time from Wealthy apple trees planted 10 feet apart it is worthy of consideration. It is not possible that it would be a good practice to have blocks of such early bearing trees of different ages and keep rooting out the older ones when they begin to fail? The development of this little orchard of Wealthy apple trees will be watched with much interest.—Ottawa Free Press.

SELF-CONTROL.

BY CARDINAL NEWMAN.

Prune thou thy words, thy thoughts control
That o'er thee swell and throng;
They will condense within thy soul
And change to purpose strong.

But he who lets his feelings run
In soft luxurious now
Shrinks when hard service must be done,
And faints at every woe.

Faith's meaneast deed more favor bears,
Where hearts and wills are weighed.
Thou brightest transports, choicest prayers
Which bloom their hour and fade.

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Society Directory.

A.O.E., DIVISION NO. 3, meets on the first and third Wednesday 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.-Secretary, 1528 1/2 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 Flynn, President, D. Gallery, M.P.; Sec., J. F. Quinn, 625 St. Dominique street; M. J. Ryan, treasurer 18 St. Augustin street. Meets on the second Sunday of every month, in St. Ann's Hall, corner Young and Ottawa streets, at 8.30 p.m.

A.O.E. 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 Bermingham; chaplain, Rev. Father McGrath.

ST. PATRICK'S SOCIETY.—Established March 6th, 1856, incorporated 1868, 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.O.L.; Treasurer, Frank J. Green, Corresponding Secretary, John Kahala; Recording Secretary, T. P. 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. E. Strubbe, C.S.S.R.; President, M. Casey; Treasurer, Thomas O'Connell; Secretary, W. Whitty.

ST. ANTHONY'S COURT, C. O. F., Meets on the second and fourth Friday of every month in this hall, corner Seigneurs and Notre Dame streets. A. T. O'Connell, C. 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. Father McGrath, Rev. President; W. P. Doyle, 1st Vice-President; Jno. P. Gunning, Secretary, 716 St. Antoine street, St. Henri.

O.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 Monday 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. Oostigan; Financial Secretary, Robt. Warren; Treasurer, J. H. Feeley, jr.; Medical Adviser, Dra. H. J. Harrison, E. J. O'Connell and G. H. Merrill.

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Annual Ch...
The parent Irish parish city—St. Patrick's—achieved a triumph on Wednesday the Windsor Hall, when charity entertainment was under the direction of Prof. J. J. Kelly, the able organist and conductor of that Church.

The programme was arranged in a manner introduced to the audience of the old parish. opening chorus, "Glory to the spirit of closing Young Many Moon," the piece showed its appreciation of applause with the performers. The chorus of 200 voices—ladies and gentlemen—performed its part with great merit sketches incidental to the choruses in which the girls of the parish played the role of gypsies pupils wore bewitching costumes, impressed the audience in a marked degree, P. Kelly, as Emperor, in a sketch, acted their parts in a manner. While Master Smith and Francis Curran bright and promising little who acted as train-bearer Empress, won the hearts of the audience.

In the character "Boys will be Boys," which the sanctuary all attired in Eton suit proudly wearing their of yellow, white and were introduced, the once manifested much light. As an encore toasts of the evening, "Monsieur le Maire," "Vive le Pere Martin," "Vive St. Patrick," "Vive le professeur," "Vive les Sarsary Boys," were given the little fellows with a and a skill worthy of professionals.

Of the soloists, Miss Bell by her sympathetic enterprise the solo in the chorus of "The Angel's Whisper" at once became the orator. Mr. G. A. Carpenter, known leader of St. Patrick's sang the charming ballad "Constant," with much enthusiasm, for which he was encored.

An interesting feature was and chorus in Gaelic, the which we publish below Cowan's pronunciation of the melody was charming piano solo, by Miss Winnie L. was much appreciated. Her interpretation of the work of our great masters was faultless Patrick's choir quartette with fine effect "Annie Laurie" P. Flood gave two rollicking favorites, "The Wearing of the Green" and "Cruikshank's natural manner. For the final selections there appeared favorites to the satisfaction of Patrick's, Mr. J. M. Pomeroy, and Mr. J. M. Pomeroy.