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Kerr, who is so distinguished a Catholic that he was chosen unanimously to succeed the late Duke of Norfolk as head of one of the most effective Catholic bodies amongst English speaking Catholics, "The Catholic Union."—T. in The Guardian.

A. O. H. PROVINCIAL BOARD IN SESSION

The annual meeting of the Provincial Board of the A. O. H., for New Brunswick and Nova Scotia covering about fifty Divisions, met in Chatham on Monday and by means of a night session disposed of an ordinary two days' work in one day.

The Board found the finances of the order in good condition and among the resolutions passed was the following:
Chatham, N. B., April 11.
To the Right Honorable Robert Laird Borden, London, England:

The Provincial Officers of the Ancient Order of Hibernians for the Provinces of Nova Scotia and New Brunswick request you to place the following resolution before the British Prime Minister and his colleagues at the forthcoming Imperial Conference.

That we resolved—
Be it, we the Provincial Officers of the Ancient Order of Hibernians for the Provinces of Nova Scotia and New Brunswick, in convention assembled, and speaking for tens of thousands of the Irish race and loyal subjects of the British Empire, view with alarm the recent action of the British Cabinet in its failure to put into immediate operation the Irish Home Rule Bill; and that we are moved thereunto more urgently since the entrance of the great United States of America, where the hearty cooperation of the Irish will be a source of great strength, into the struggle for the rights of small nations and the inviolability of pledged faith.

D. J. SHEA, Prov. Sec.

ST. JOHN'S, NFLD.

RESOLUTION OF CITY COUNCIL
Whereas the question of granting to Ireland institutions which will safeguard her local autonomy and conform to the desire of the Irish people to exercise the same degree of self government as at present enjoyed by the Colonial Possessions of Great Britain is of world wide and pressing importance,
And whereas a great portion of the people of the City of St. John's are of Irish birth or extraction and are sincerely desirous of securing for Ireland such institutions as are in accordance with the wishes of her people, and will conduce to Ireland's hearty support and co-operation in the Great Imperial Partnership to be formed upon the conclusion of Peace,
And whereas the great underlying principle of the present struggle of the free nations of the world against German tyranny is to safeguard Liberty and Justice, to preserve the rights of nations great and small, to assure to all peoples their right everywhere to chose their own customs and methods of government and to secure to all men such free and equitable institutions as will enable them to work out their own destiny freely and contentedly without let or hindrance,
And whereas the Premiers of the Self-Governing Dominions are at present in Conference assembled at London for the consideration of affairs that are of momentous consequence to the Empire,
Be it therefore resolved that the Municipal Council of the City of St. John's, the Capital of Britain's Oldest Colony, place on record their profound conviction that the granting of self government to Ireland at the earliest opportunity is essential to the unity and well being of the Empire and is in accordance with the glorious principles of Freedom and Liberty for which the Empire and its Allies are fighting,
And be it further resolved that this Resolution be cabled to the Right Hon. Sir E. P. Morris and that his co-operation and assistance be requested in bringing it before the members of the Imperial Government and of the Colonial Conference.

A TOUCHING PICTURE OF CARDINAL MERCIER

I slipped in and found room to stand just behind the altar-screen, where all through the celebration I could watch the face of the Cardinal, a face at once keen and tender—strong, fearless, and devout; one could read it all there. He was tall, thin, dominating—a heroic figure in his gorgeous scarlet vestments, officiating at the altar of this beautiful Gothic cathedral of Santo Gudule. . . . Then the Cardinal mounted the pulpit at the farther end of the nave, to deliver his message—the same message that he has been preaching for two years. His people must hold themselves courageous, unconquered, with steadfast faith in God and in their final liberation.

From the pulpit he came back to the catafalque erected in the middle of the nave for the Belgian soldiers who died in battle, a great towering coffin, simply and beautifully draped with Belgian flags, veiled in crepe. Tall, flaming candles surrounded it. As the Cardinal approached, the dignitaries of the city, who had been occupying seats of honor below the altar, marched solemnly down and

formed a circle about the catafalque. Then the Cardinal read the service for the dead. The dim light of the cathedral, the sea of silent people; the great cenotaph with its flags, its stately, flickering candles; the circle of dignitaries chosen to represent the city; the sad-faced Cardinal saying the prayers for those who had died in defense of the standard that now covered them—was it strange that, as his voice ceased and he moved slowly toward the sacristy door by which he was to depart, the overwhelming tide of emotion swept aside all barriers, and the ancient cathedral echoed with cries of "Vive le Roi!"—"Vive Monseigneur!"

EATING DIME MEALS

"DIET SQUADS" ARE EXPERIMENTING IN FOOD VALUES IN MANY CITIES
TEN CENTS WILL BUY A GOOD MEAL UNDER PRESENT HIGH PRICES
The investigation of food values in many cities in Canada and the United States has taken the form of "diet squads." First there was the Chicago experiment, and it demonstrated that a good, husky policeman can get along very nicely and maintain top-notch strength on food that costs twenty-five cents a day. Then came the attack on the high cost of living in Fresno, California. The net result of the Fresno experiment, which was conducted under the direction of Mrs. Blanche Taft of the Household Arts Department of the State Normal School, is this: that one hundred and five wholesome meals, or three meals a day for seven days and for five persons can be served for the sum of \$10.60. This represents an average of approximately ten cents a meal for each person.

It should not have required the formation of "diet squads" to acquaint the housewife with the fact that most of the expensive foods have the least nutritive value. All one needs to do is to look at a table of food values, which he will find in almost any modern work on Dietetics. When it comes to calories, which is the chemist's name for the unit by which heat and energy are measured, it is found that a thousand calories in the shape of whole wheat or dried beans cost at present prices from two to three cents, while the same number of calories in sirloin beef would cost twenty-four cents. When bought in the shape of turkey a thousand calories would cost forty cents.

All of which shows that even at present prices of foods in Canada it is possible to get a good, nourishing meal for a few cents if one only knows something about food values. The greatest amount of protein (tissue builder) for the least money can be purchased in a whole wheat food. When you buy a whole wheat food, however, it is important to have it prepared in the most digestible form. In shredded wheat biscuit you have all the body-building elements in the whole wheat grain steam-cooked, shredded and baked, which is without doubt the best process ever devised for preparing the whole wheat train for the human stomach. These little loaves of baked wheat lend themselves to all sorts of delicious combinations with fruits or creamed vegetables. Two or three of these biscuits with milk make a nourishing, strengthening meal on which to start the day's work at a cost of only a few cents. They are a better balanced ration than meat, eggs, or potatoes, and being ready-cooked and ready-to-eat, are so easy to serve without any kitchen worry or bother.

A GOLDEN GOSPELLER

The Billy Sunday revival meetings have now successfully won their way from small western towns to the most populous eastern city. "To those," says Hamilton Schuyler in the American Church Monthly, "who are impressed by the ability of Sunday to command a cash return for his evangelistic efforts that far exceeds the salary paid to an operator star of the first magnitude, to say nothing of that enjoyed by the President of the United States, the revivalist is doubtless regarded as the biggest success of the age." The so-called "free-will offering" he describes as obtained by districting a city and bringing pressure to bear upon the various individuals visited by the Sunday solicitors. "In some instances it is not too much to say that arguments are used which approximate the nature of a polite blackmail." The result of these methods may be judged by the following list of Billy Sunday offerings compiled by the Alarm: Colorado Springs, Cal., \$6,111.68; Portsmouth, O., \$7,100; Lima, O., \$8,050; Beaver Falls, Pa., \$10,000; Denver, Colo., \$10,000; Wichita, Kan., \$10,111; South Bend, Ind., \$11,200; Erie, Pa., \$11,765; Springfield, O., \$12,000; Canton, O., \$12,500; Des Moines, Ia., \$13,000; McKeesport, Pa., \$13,438; Johnstown, Pa., \$14,000; Toledo, O., \$15,428; Wheeling, W. Va., \$17,450; Columbus, O., \$20,939.58; Wilkes-Barre, \$22,288.90; Scranton, \$22,398; Pittsburg, \$46,000; Kansas City, Mo., \$32,000; Baltimore, Md., \$40,000; Trenton, N. J., \$35,000; Syracuse, N. Y., \$25,000; Omaha, Neb., \$20,000; Paterson, N. J., \$25,000; Philadelphia, \$61,190; Boston, \$55,000, a grand

evangelical total of \$566,114.91. This does not include presents and royalties on books, post cards, sermons, etc. While it is asserted in some quarters that the entire campaign is a syndicated proposition, the writer already quoted would not be responsible for this statement, but holds that "certainly a few persons in an inner circle receive an immoderately large return for their services."—America.

CATHOLIC TRUTH SOCIETY

REMAILING DEPARTMENT
The Catholic Truth Society of Canada again appeals for volunteers in the work of remailing Catholic newspapers and magazines. Every person who receives one or more Catholic publications in his home is asked to send his name to the Society and he will be promptly furnished with the name and address of some person or family who stands in need of this class of reading, and to whom he can remail his papers when read. The names furnished by the Society are those of persons who either through indifference or financial disability, would not otherwise receive Catholic reading matter. Persons having an accumulation of old Catholic magazines, such as Sacred Heart Messengers, Ave Maria, Truth, Benzigers, etc., are asked to send them, post paid, to the office of the Society. One hundred and three, five pound parcels of such literature have been shipped to missionaries in outlying parts of the country in the past month, for distribution among their people. Old prayer books are also welcome. Address communications to the Office of the Society, 67 Bond St., Toronto.

FRANCE BECOMING MORE RELIGIOUS

It is always a source of much pleasure to hear of the revival of religion in any country, but it is especially consoling to learn that France, the eldest daughter of the Church, is once more returning to her former religious fervor. In a recent number of the London Daily Chronicle, Major William Redmond, M. P., writing about the religious revival of the French people, said: "The spectacle of thousands of priests marching and fighting for the country and the flag has touched deeply the heart of France and many a man who was, perhaps, ready enough to proclaim himself an anti cleric will never so describe himself any more. The bravery displayed by the French priests in battle (2,000 have been killed) has been only equalled by their devotion to their holy office. It is hard, of course, to judge of the real depth or intensity of religious feeling, but all one can say is that if this can be done by noticing the attendance at church, then the religion of France is today very true and very sincere."

ARCHBISHOP OF CHICAGO PLEDGES SUPPORT

Chicago, April 10.—Every drop of Catholic blood in Chicago, every penny of the great wealth of the Catholic Church was pledged to support the United States to-night against her enemies by Archbishop George M. Mundelein of the diocese of Chicago.
Prelates, priests and laymen, five hundred in number, jumped to their feet and greeted this statement with cheers and applause lasting ten minutes.
The meeting was held for the purpose of consolidating the charities of the Catholic Church under a central bureau. The Archbishop said: "Now that war has begun, none of us can tell how long it will last, what the cost in human life may be, and what sacrifices all of us must bring."
"In this hour of crisis I pledge the loyalty of our Catholic people to our flag, from the little drummer boy in the orphan's asylum to the aged veteran in the old folks' home of every priest, sister, adult and schoolchild, to our country's flag."
"Our priests will take to the battlefield and the battleships. Already I have arranged with the naval authorities to place chaplains aboard various vessels. Our Sisters of Charity will be ready, as of old, and every Catholic hospital and institution in the country will place its buildings, equipment and resources at the Government's disposal. And this, remember, we do gladly, at our own expense."

DENOUNCES BIGOTRY

Dr. Washington Gladden, the famous Congregationalist minister in his Washington Day's address on "Patriotism" before the Knights of Columbus in Pennsylvania, condemned the intolerance of the anti-Catholic element and told how all good citizens should live and work together in Christian charity. He said: "In the first place it is necessary for us to recognize that there are differences between us, serious differences, of belief. Every good Catholic believes a lot of things which to me are incredible, and he would find much in my creed that was not only inadequate, but impossible. But I can pray with Thomas a Kempis, and I can sing with Newman and Faber and Adelaide Procter. In all the deepest experiences of the religious life I know that I am one with them, and that is a fact of which I, for one, am going to make the most."
"In the second place, I think that it is safe for us all on both sides, to make up our minds not only that we will tell no lies about each other but that we will discourage the circulation of all discreditable stories about each other. It is simply amazing, the amount of infamous fabrication about their neighbors that is invented and kept in circulation by persons who call themselves patriots and Christians. 'You can't believe everything you hear,' said one man to his neighbor. 'No,' said the other, 'but you can repeat it.'"
"That is the natural history of slander in tabloid form. We can put that sort of thing under our feet."
"In the third place, we can all determine to see the best side of those who differ from us; to put the best construction on their words and their lives; to believe all things good of them, and when things are less good than we could wish, to hope for better things; to be glad when they do well and sorry when they go wrong. If the words of Jesus Christ have any meaning for us, this is how we ought to feel even towards our enemies, if we have enemies, and it surely ought not to be hard

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for us to think and feel like this toward our Christian brethren whose opinions differ from our own. And if all of us, Catholics and Protestants will try to learn these simple lessons of charity for one another, we shall soon rejoice in the disappearance from our lives and from the land, of those religious rancors that mar our Christian characters and disgrace and cripple the Church of Christ, and destroy the peace and imperil the life of the nation."—The Monitor.

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Alias Kitty Casey, by Marie Gertrude Williams. Kitty Casey is really Catherine Casey, a girl threatened with marriage, who in an endeavor to secure herself, and at the same time enjoy the advantages of the country in summer time, accepts a menial position in a hotel, taking the position of waitress refused by her own mother. The story is well written, and a romance cleverly told.
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Borrowed From The Night, by Anna C. Minogue. Miss Minogue has a way of showing her readers the delightful Southern character in all its charm and gentility. Her stories are told in "Borrowed From The Night," without being fascinated with Miss Martinez, whose early life is surrounded with so much interest.
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