

IRISH LOVE-WORDS!

(By Catherine Higgins.)

Long years have passed since, when
a child, I heard it,
The Irish tongue, so full of melody;
Yet memory oft, like strains of
sweetest music,
Recalls my mother's fond "Agra-
machree."

When pain or grief oppressed me,
how caressing,
Her soft "Alanna," as she stroked
my hair;
What other tongue hath term of
fond endearment,
That can with these in tenderness
compare?

Acushla! sure the hurt were past all
healing,
That was not soothed when that
fond term was heard;
Ashore! the pulses of my heart, re-
ceding,
Would thrill responsive to that lov-
ing word.

Mavourneel time and place and
distance vanish;
A child once more beside my mo-
ther's knee,
I hear her gently calling me, "Ma-
vourneel!"
And in her eyes the tender love-
light see.

What matter whether dark my hair,
or golden,
She greeted me her "colleen bawn"
most fair,
To other eyes I might be all un-
lovely;
I was her "colleen dhas" beyond
compare.

Long years have passed, alas, since
last I heard it.
That sweetest music to my listening
ear,
My mother's voice, perchance, when
life is ended,
"Cead mille failthe!" once again
I'll hear.

—New World.

SADLIER'S
...FOR...
bound Prayer Books.
...Metal, Pearl, Ivory, etc.
...tures, small and large,
...ld and Silver.

SADLIER & CO.,
...1669.....
...DAME STREET.

NOTICE.

...will be made to the
...of Canada at its pre-
...by the Lake Champlain
...ance Ship Canal Com-
...ce declaring the cor-
...of the Company to
...force and extending the
...competition of the con-
...the Canal and amend-
...pany's Act in such re-
...y be necessary for its

NOTICE.

...al & Southern Counties
...pany will apply to the
...of Canada at its pre-
... for an act extending
...or the construction of
...enabling the Company
...otive power; to make
...with other railways on
...of Montreal and else-
...ake agreements with
...; to construct, main-
...rate vessels, vehicles,
...warehouses, docks,
...other buildings, and to
...same, and amending
...s Act in such respects
...cessary for its pur-

... & LACOSTE,
...neys for the Company.
...b. 8th, 1902.

FOR COURT.

...OF QUEBEC, District
...o. 855.—Dame Emma
...e parish of St. Mar-
...of Montreal, has this
...an action in separa-
...erty against her hus-
...re Marchildon, of the

... & CORDEAU,
...orneys of Plaintiff.
...th Feb., 1902.

...OUR EMPTY BAGS.
...ers of BRODIE'S "XXX"
...IF Raising Flour who pre-
...ve the empty bags and re-
...m them to us will receive the
...ure in splendid gift frame,
...s. For 24 six pound bags a
...e gift frame 18 inches x 24
...ound bags may be sent in
...ound bag. BRODIE &
...12 Henry St., Montreal.

TO DEATH.

...ar old son of Mrs.
...living three miles
...esthoro, Mo., was
...death, the other day.
...set fire to the barn,
...to remove the live
...the lad was caught
...bris of the burning
...despite the efforts of
...rescue him lost his

SNAP SHOTS AT THE BUSY WORLD!

CANADIAN FISH.—The Canadian fisheries department has recently sent a consignment of salmon to be placed in some of the Tasmanian streams. It is hoped that the same signal success will follow this experiment as was experienced with the eggs of Canadian trout which have been sent to Tasmania, and from which fish scaling over ten pounds have frequently been caught.

RAILWAY TRAVEL.—Some street railway experts have drawn up an interesting table setting forth the number of passengers using per year some of the most important termini in the world. Here it is: Grand Central, New York, 14,000,000; South Union, Boston, 23,100,000; North Union, Boston, 23,108,000; Broad street, London, 27,000,000; Park street, subway, Boston, 27,400,000; Waterloo, London, 28,695,000; St. Lazare, Paris, 42,062,000; Liverpool street, Liverpool, 44,377,000.

NEGRO LAND OWNERS.—Seven thousand negroes in the Creek Nation own 1,120,000 acres of land. Under any form of government which would permit of improvements being made this land would sell in the open market for an average of \$20 an acre. The wealth of these 7,000 negroes can, therefore, be safely estimated at \$22,000,000.

HITTING BACK.—Germany's new tariff on sewing machines, which varies from \$6 to \$9, will reduce the value of American exports of machines to that country about \$1,000,000 a year.

THE ARTIFICIAL SILE.—Thirty millions of artificial teeth are used each year.

OUR COFFEE.—Havre, France, is the world's largest coffee market. The amount of that commodity in its warehouses seldom falls below 2,000,000 bags.

CANADA HUSTLING.—Canada has offered 38 square miles of land to the Welsh colony in Patagonia, which has been unable to eke out existence there.

TO HELP THE POOR.—Glasgow has decided to seek Parliamentary powers to borrow \$3,750,000 to build houses for the poor. This sum will build 400 tenements of three stories, accommodating 3,600 families.

COCOA NOW.—Owing to the tax on cocoa being but a penny a pound while that on tea is six pence, the former beverage is rapidly gaining in popularity in England. A further tax on cocoa is now suggested.

INSOLENT BURGLARS.—Burglars at Indianapolis, before leaving a store they had broken into, called the police by telephone and reported the break. Then they escaped.

CONSOLING TO SULTANS.—Of the 38 Sultans who have ruled the Ottoman empire since the conquest of Constantinople by the Turks, 34 have died violent deaths.

SMALLPOX EPIDEMIC.—A patient statistician estimates that the smallpox epidemic has cost London \$5,000,000. Not one word about the cost in human life.

A LESSON.—Out of every 100 pounds of paper manufactured in the world only six pounds are made into books.

SOME OF THE BOOKS.—Berlin's black book, the criminal record kept by the police, now consists of 37 volumes containing 21,000 photographs of criminals of all classes.

TELLING TIME.—The natives of Liberia, in Africa, have no clocks. They take the kernels from the nuts of the candle tree and wash and string them on the rib of a palm leaf. The first or top kernel is then lighted. All of the kernels are of the same size and substance, and each will burn a certain number of minutes and then set fire to the one next below. The natives tie pieces of cloth at regular intervals along the string to mark the divisions of time.

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SEE PAGE ONE FOR RATES

Household Notes.

SEASONING OF FOOD.—In the dining room of a down-town hotel on a recent evening, two men sat at table with their wives. They have sat for months every evening at that same table and gossiped while they ate. On this evening the men, rebelling, had forbidden gossip, and conversation lagged. At last, in despair, one of the women exclaimed: "Well, if you can't talk anything else, talk shop!"

"With pleasure, my dear!" replied her husband, and added to the other man: "Doctor, why do we put salt in our meat? Is it merely a matter of taste?"

The physician's reply, which was voted better than gossip even by the women, developed into something of a lecture or an answer-to-queries talk, reports the "Chicago Tribune." This is some of it:

"Why do we take salt with meat, and more with mutton than with beef, with pheasant than with partridge, with rabbit than with hare, with whiting than with mackerel?"

"Well, there are two chief salts in our flesh and blood and the supply has to be kept up. These are potassium salts and sodium salts. There is sufficient of the former in food we eat, but not of the latter. We therefore have to add the sodium salts in the form of common salt, which is sodium chloride.

"Another reason why we eat common salt is that a certain quantity of hydrochloric acid is needed by the stomach for the purposes of digestion, and also to kill the microbes we swallow. This acid is manufactured in the stomach from hydrogen and the chlorine of the salt. We take more salt with some kinds of meat than with others because some naturally contain less than others."

"Why do we take vinegar with salad and sometimes with cabbage?"

"Raw vegetables are easily enough digested by cows and horses, but with great difficulty by the human stomach, because they contain the hard, fibrous substances—cellulose. Cabbage contains such a quantity of this stuff that, even when boiled, it is almost quite indigestible. You will probably never meet a cabbage eater who does not complain of dyspepsia. But acids dissolve cellulose, and vinegar is an acid. That is why we take it with salad and cabbage; and doubtless that is why it tastes so well, for the palate is an excellent judge of what is good for the stomach. Oil or cream is added for the good reason that it protects the stomach from the biting acid.

"Some people take butter with porridge, some take sugar, some take milk, and some take butter-milk. The two latter classes alone are gastronomically wise.

"Our bodies need a certain quantity of nitrogenous and a certain quantity of carbonaceous foods. The porridge does not contain sufficient of the former, and the deficiency is admirably supplied by skimmed milk or buttermilk. Sugar and butter are useless for the purpose. But the butter is wanted, too, to a small extent, for neither the porridge nor the skimmed milk has enough fat. The best of all ways to take porridge, and by far the nicest when you get used to it, is to boil the oatmeal in buttermilk and eat it with cream."

"Why do we take pepper, mustard, and other spices?"

"They tickle the glands of the stomach and make them work. Consequently they produce an abundant supply of digestive juices. They also stir up the liver—a necessary function in the case of people who live sedentary lives. The less craving you have for spices the stronger are your digestive organs. But as you advance in years you will do well to call in the aid of the spices whether you desire them or not.

CARE OF THE FEET.—If women would bestow half the care upon their feet that they do upon their faces and hands, there would be little work for the chiropodists and a great deal of comfort for the women. Because their feet are out of sight a great many women think their care can be neglected, and then wonder why a walk of a mile tires and exhausts them. Of course, the feet are not always to blame, but they are very often. Many complaints that women suffer from for years are due to tight shoes and high heels. Proper circulation of the blood is prevented, while headaches, dizziness, shortness of breath and lameness are often caused through neglecting to care for the feet. Few things cause more torture than the wearing of shoes that are too small. A shoe that will allow every toe to have a place without lying on the top of the next one is the first es-

sential to comfort and the proper care of the feet. Then, at least three times a week, or oftener, when possible, the feet should be bathed and rubbed. About once a week the nails should be looked to, and every night before retiring the toes should be stretched out and the feet rubbed for about five minutes. Especially is this to be advocated if the feet are at all cold. When the feet are tired, a salt water foot-bath is excellent for resting them. For feet that perspire unpleasantly, water containing a little borax will be found excellent, and after a thorough drying and an alcohol rub the feet should be well powdered with boracic acid talcum powder. A little of this powder should also be sprinkled about the soles of both shoes and stockings. Corns are, fortunately, infirmities which can be removed. If the corn is a new formation, pumice-stone rubbed on it, or on any other callous flesh, will remove it. If, however, it is of long standing and tender, make a poultice of soft bread and vinegar (let the bread soak in the vinegar for about an hour) and apply it at night to the corn; in the morning soak the foot in warm water for about ten minutes, and the corn will be easy to remove. Change the stockings daily, and, when possible, the shoes as well. Both stockings and shoes will last longer by this change and the feet will be incessantly benefited.

Notes From Scotland.

A GOOD SPIRIT.—From the London "Universe" we take the following items:—A great deal of independent research is being carried on here now-a-days by our Protestant brethren into the condition of the people in Catholic times, and when they go about their task in no narrow sectarian spirit the Catholic Church is placed in a light which can be nothing but pleasing to her sons. At a meeting of the Archaeological Society held on Thursday last, Mr. John Edwards, F.S.A., Scotland, read a paper on the Greyfriars and their first house in Scotland. The paper dealt with the arrival of the Franciscans in 1224, and described the means and method of the missionaries of the middle ages, and their success in bringing religion to the doors of the poor in towns. They made their first settlement in Scotland in 1231 under John de Kethene, and monasteries were founded in Berwick-on-Tweed (then a Scottish town), Dumfries, Roxboro, Dundee, Lanark, Inverleithen, and Kirkcudbright. The paper was very interesting, and the learned body gave Mr. Edwards a vote of thanks at its conclusion.

ARCHBISHOP EYRE, whose recovery we chronicled some weeks ago, has had a serious relapse — so serious indeed that his medical attendant advised the administration of the Last Sacraments. Happily, however, the latest advices are that His Grace has somewhat recovered, though those in attendance still regard his condition as somewhat critical. Meanwhile silent prayers are going up throughout the diocese that His Grace will make a happy recovery.

ILLNESS AMONGST CLERGY.—Father Muller, of Langloan, who has been working rather hard of late, with the result that he has run down, and has been ordered to Shandon Hydropathic, to recuperate. We are also very sorry to hear that Father Clay's strength has also given way, and that he is seriously indisposed. This is the more to be regretted as Father Houlihan, the respected pastor of Lambhill, whose illness was recorded in this column some short time ago, is not as yet completely convalescent.

Widespread sorrow was created in Coatbridge on Monday last, when it became known that the Very Rev. Canon McCay, M.R., of St. Patrick's, had a relapse in Rothesay the previous day. Later news is none too bright, and the congregation are in a state of sorrowful expectancy.

If you do not send the light of good deeds before you in life, you will find yourselves in darkness at death.

Let prayer never leave your hearts, and the grace and mercy of God will never leave your souls.

ABOUT FRUIT.—Germany has imported as much as \$10,000,000 worth of apples in one year and \$2,500,000 worth of pears.