AY, MARCH 22, 1902.

he State, aiming only at ment of civil society, it any shadow of provoce without questions of debit which solves, . Time, which solves, d conciliates everything, e rest." These practical Time, s, coming from so respon-clesiastic as Cardinal Fer-ly on the ground that witness to the existence lesire on the part of a the Italian Episcopate to n end a situation which so much inconvenience to

concerned, are notewor-

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### OTICE.

n will be made to the of Canada at its preby the Lake Champlain rence Ship Canal Comact declaring the corrs of the Company to orce and extending the competion of the conthe Canal and amendpany's Act in such rebe necessary for its

E & LACOSTE. rneys for the Company. Feb. 8th, 1902.

#### TICE.

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

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

### IOR COURT.

OF QUEBEC, District lo. 855.—Dame Emma ne parish of St. Marof Montreal, has this an action in separaerty against her husre Marchildon, of the

& CORDEAU, torneys of Pfaintiff. th Feb., 1902.

DUR EMPTY BAGS, ers of BRODIE'S 'XXX's fif-Raising Flour who prove the empty has and rent than the state of t

TO DEATH.

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

# IRISH LOVE-WORDS!

monom

(By Catherine Higgins.)

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 tendernes compare?

Acushla! sure the hurt were past all healing,

That was not soothed when that fond term was heard; Asthore! the pulses of my heart, re-

Would thrill responsive to that lov-

ing word

Long years have passed since, when Mayourneen! time and place and

A child once more beside my mother's knee, I hear her gently calling me, "Ma

vourneen! 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

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

-New World.

## OUR BOYS AND GIRLS.

WHEN GRANDMOTHERS WERE LITTLE GIRLS.

"When Grandmothers were little

girls O, how they used to sew! We see their patient stitches still In many a weary row; The sampler and the tapestry, The long and patient hem-Grandmothers were little When

girls

We do not envy them! "O, was there ever time to nod? Or ever time to play? Or time for living out of doors The whole bright summer day? 0, was there time for tennis, To row or skate a mile? These stitches must have taken such,

A long and weary while!" When Grandmothers were little girls,

No doubt their industry Brought them much strength and patience, whose Good fruits we still may see;

No doubt the skill with which to-

day, You serve your tennis ball, Is owing to your Grandmothers Not having played at all!

WHAT BOYS SHOULD BE. -First : Be true, be genuine. No education is worth anything that does not include this; a man had better not learn a letter of the alphabet, and be true to intention and action rather than being learned in all the sciences and in all the languages: to be at the same time false

in heart and counterfeit in life. Second: Be self-reliant and self hopeful; even from early childhood; be industrious always, and self-supporting at the earliest possible All honest work is honorable and an idle useless life of independence on others is disgraceful.

When a boy has learned these things, however young he may be, however poor, however rich, he has learned some of the things he ought to know when he becomes a man.

BRAVERY REWARDED .- On the fax, the following very interesting

"A young boy saved the St. John press, which was due here at 7.15 last night, from a terrible accident. As he was walking about a mile north of the Grand Lake station he noticed that at a curve of the track one of the rails was broken. At this point the track is bounded on each side by a lake. The boy did not know what to do, but finally be thought himself of a newspaper he had in his pocket, and went along the track to meet the train. Fortun ately it was late and when he heard it come he set the newspaper on fire and waved it at the train. The engineer fortunately saw the burning signal and stopped in time. There were 150 passengers on the train, and if the boy had not acted as he

The name of the boy is Gerald Osborne; and it is with no small de gree of pleasure that every person, who has read of this heroic action learn that the Intercolonial Railway authorities have decided to present the lad with with a cheque for a good sum of money and to accord him a life pass over the road.

A good, a noble, a generuus deed is always sure to have its reward.

May and her mamma got in, and This action on the part of the they all went on to grandpa's.

young boy may be the opening for him of an avenue of prosperity and usefulness for hereafter, and while he deserves all praise and a fitting reward for his timely deed, the railway authorities likewise merit appreciative thanks of the public for their practical way of honoring the

DEATH OF OLD CHARLIE. Grandpa Brown had invited little May and her papa and mamma to visit him New Year's day. Little May was so delighted when papa and mamma said they would She looked longingly forward to the day, and not the least of her enjoyment was the thought that she would have such a jolly, jolly ride Grandpa Brown lived some twenty miles away, and as there were no cars they would have to go with a horse and sleigh.

May's papa had a large, bay horse, which was called Old Charlie. was kind and gentle and May He and her mamma could drive him anywhere. As there was plenty of snow on the ground, and the roads were well broken, papa said they would drive over the day before New Year.

The day came, bright and sunny May was so excited she could hardly eat her breakfast. When her papa came in from the barn, he said Old Charlie did not seem well, and if he had another horse he would let Old Charlie rest, as he did not think him fit to drive. May's face grew cloudy, and she said: "Oh, papa, do go!" So her papa conciuded that they would start. After break fast the horse was brought round, and May and her parents climbed into the sleigh, the robes were drawn snugly around them and they started off. On the road to grandpa's they must cross quite a river, but as the ice was frozen hard and teams were crossing, there was no danger there. Old Charlie went along rather slowly, but he bid fair to get them to grandpa's before When they reached the river they plainly saw that the horse was very tired. He seemed scarcely 12th instant, there came from Hali- able to walk, but as it was only a few miles further, they urged him on, when he slipped on the ice and fell. They all got out. May and he mamma stood looking at him, while papa cut the harness and tried get him up, but it was no use. Poor Old Charlie could never draw another sleigh.

What to do papa did not 'know There was no house in sight. The day had grown cold and he could not leave May and her mamma there, so they left poor Old Charlie and sleigh and started off on foot After walking nearly a mile came to a house. May's papa went in and told the good old farmer who lived there that his horse had been taken sick and had died the ice, and that he was anxious to get to Mr. Brown's as early as and if the boy had not acted as he did, they might possibly have been 'Well, well, this is too bad. But you can take one of my horses and send it back to-morrow." papa and the farmer went back to the sleigh, where they found everything safe. They took the harness off poor Old Charlie, then cut a large hole in the ice, dragged him there, and buried him in the water.

# SNAP SHOTS AT THE **BUSY WORLD!**

CANADIAN FISH. - The Cana dian 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, 21,000,000 North Union, Boston, 23,108,000; Broad street, London, 27,000,000 Park street, subway, Boston, 27,-400,000; Waterloo, London, 695,000; St. Lazare, Paris, 42,062, 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 chines to that country about \$1,-000,000 a year.

THE ARTIFICIAL SIDE.—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 famil-

COCOA NOW .- Owing to the tax on cocoa being but a penny a pound while that on tea is six pence, 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 Constantinople by the Turks, 34 have died violent deaths

SMALLPOX EPIDEMIC. - A Pa tient 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 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

### **\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*** Household Notes.

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*** 

EVERY

READER

OF THE

True Witness

SHOULD

MAKE IT

HIS OR HER

**AMBITION** 

TO SEND

US A NEW

Subscriber Now!

SEE

PAGE

ONE

FOR

RATES

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-toqueries 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 part-ridge, 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 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, 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 doubtiess 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 buttermilk. 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 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 com-plaints 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 | God will never leave your souls. things cause more torture than the wearing of shoes that are too small. A shoe that will alow 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 re-move 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 inestimably 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, Inver-leithen, 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 Father Claye'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 M'Cay, M.R., of St. rick's, had a relapse in Rothesay the previous day. Later news is none too bright, and the congregation are in a state of sorrowful ex-

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 you hearts, and the grace and mercy of,

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