

Owen's
Milk Chocolate
Chocolate confection
Rich milk chocolate
Fresh shelled
nuts. Simply ex-
quisite. In $\frac{1}{4}$ and $\frac{1}{2}$
d cakes.

Cowan Co. Limited,
Toronto.

Winnipeg Sayings.

Member of the Nebraska Legislature...
"You told me 'e couldn't
talk."

"Your husband
is right now," said an Eng-
lander to a woman whose hus-
band was dangerously ill.

"You mean?" demanded
the woman.

"I am going to cure him, as
the doctor said." "Surely
glad,"

"I am going to cure him, as
the doctor said." "Surely
glad,"

"I am going to cure him, as
the doctor said." "Surely
glad,"

"I am going to cure him, as
the doctor said." "Surely
glad,"

"I am going to cure him, as
the doctor said." "Surely
glad,"

"I am going to cure him, as
the doctor said." "Surely
glad,"

"I am going to cure him, as
the doctor said." "Surely
glad,"

"I am going to cure him, as
the doctor said." "Surely
glad,"

"I am going to cure him, as
the doctor said." "Surely
glad,"

"I am going to cure him, as
the doctor said." "Surely
glad,"

"I am going to cure him, as
the doctor said." "Surely
glad,"

"I am going to cure him, as
the doctor said." "Surely
glad,"

"I am going to cure him, as
the doctor said." "Surely
glad,"

HEALTH TALKS.

Don't Work too Hard.

Rest Often is Sage Advice of London
Professor.

"One of the most important facts
in life is this: It is the pace that
kills." This was the text of a lec-
ture given to juveniles at the Royal
Institution, London, by Prof. Wil-
liam Stirling.

Child to be Guarded.

New Acts in Force Which Have Far
Reaching Effects.

The children act of 1908, which
has been described as the children's
charter, came into force in England
recently. So wide are the provisions
of this act that twenty-one others
dealing with children are entirely re-
pealed by it, while seventeen are
more or less overriden.

A HORRIBLE CUSTOM.

Go where you will in Great Britain
and you will find the drinking bars
of the ordinary public houses fre-
quented by women. They stand at
the bar drinking beer or spirits just
as the men do. In many cases they
bring their children, boys or girls,
with them. The baby in arms is
taken perhaps more frequently than
any other child, for it cannot be left
alone in the house or at play in the
street. The custom of giving the
child, not excepting the baby in
arms, occasional sips of whatever
liquor the parent is drinking is al-
most universal. To combat this evil
the act provides that no child under
14 shall be allowed in the bar.

The fault now found with the
clause is in the definition it gives
of the word bar, namely, "any open
drinking bar or any part of the pre-
mises exclusively or mainly used for
the sale and consumption of intoxi-
cating liquor." "Sale and consump-
tion" obviously opens the way to a
legal judgment that the exclusion of
children does not apply to a place
where intoxicating liquor is consum-
ed but not sold.

Irish Emigration.

Last Year Was Second in Low Water
Mark of Exodus.

Causes of the Decrease.
It would not be hard to draw too
rosy conclusions from the fact
that last year—1908—was a record
year in that it reached the low-
water mark of Irish emigration, says
the Dublin Weekly Freeman. Never
before since the great Exodus began
in the fatal 'forties was the number
of emigrants so small. Hitherto the
years 1876 and 1898 were the low-
est years since the records of the Ex-
odus were first kept. Last year there
were almost nine thousand emigrants
less than in 1898. The rate per
thousand emigrants was only 5.3, as
compared with 7.1 in that year. As
has been said, it would be easy to
be too exultant over this fact. We
are glad, intensely glad, to find that
the stay-at-home policy is beginning
to be acted upon; it is very gratify-
ing to find that our people are
going in lesser and lesser numbers
abroad. It is all the more gratify-
ing when we remember that those
who have been going away from the
shores of Ireland have been the finest
specimens of our race—the healthy
and young and strong, bringing
their bright young intellects, their
pliant young sinews to the work
of another land. The loss to Ire-
land has been pitifully excessive,
however it is looked at. In mere
numbers the drain upon the popula-
tion has been ruinous to the coun-
try. But, if we were to attempt to
estimate the aggregate loss to Ire-
land, the element of numbers be-
comes—we had almost written in-
significant—certainly comparatively
small, when placed side by side
with the loss of the best and young-
est, and healthiest of the popula-
tion.

Plan Big Fund.

Knights of Columbus Will Raise \$500,-
000 For Catholic University.

Members of the Knights of Colum-
bus in the United States and Canada
contributed \$50,000 to found a
chair of history in the Catholic Uni-
versity of America. This benefice-
nce is now to be supplemented and a
committee has been appointed to
raise \$500,000 for the University.
Conferences have been held with
His Eminence, Cardinal Gibbons, and
the managers of the University, and
the committee has secured an agree-
ment from them to allow a perpetual
scholarship for each \$10,000 of the
fund subscribed, thus ensuring by
the raising of the endowment fund
fifty perpetual scholarships, says
The Columbian.

THE LOSS TO IRELAND.

The measure of their benefit to
America is, in a sense, a true mea-
sure of their loss to Ireland. But
there is no need to dwell upon this
loss. Now it shows signs of dwindling
to vanishing point, and the
question is, can we find in that fact
reason for unmixed rejoicing? The
drain could not go on for ever—if
there was to be any Irish nation at
all left in Ireland—and surely it was
nearly time to have a cessation. But
it is impossible to ignore the fact
that there have been many special
and temporary causes contributing
to keep Irish folk from venturing
across the water for a considerable
time past. The warnings from Amer-
ica have been urgent and persistent.
Interdicting emigrants were told plain-
ly that they risked an instant de-
portation for the United States.
During the period of widespread de-
pression from which that country
was suffering. And then, again, it

is safe to conclude that less "pas-
sage money" found its way from the
exiles to the kith and kin at home.
So that we had better not exult
too soon or too boisterously over
this extensive falling off. Still, we
are entitled to draw some comfort
from the figures. There have been
tangible signs of progress here in Ire-
land, and there are signs of a bet-
ter future; and perhaps we are not
far wrong in assuming that a goodly
number of those who in other years
would have booked for the West
have decided to cling to the old coun-
try and to give her a hand in the
work of regeneration and rejuven-
tion which, as we have said, we see
in progress all round us. The work
will be desperately hard. We can ill
afford just now to lose a single mus-
cular or intellectual son or daugh-
ter. But if hard, the probable, the
possible results are great and splen-
did, and worth striving for, and
well worth staying for, too.

Beliefs of Sailors.

Ministers Considered Unlucky But
Priests Are Not, Says Sage.

"Sailors are the most superstitious
people in the world," said an old
man who was discoursing from his
seat upon a rusty anchor, at Bangor,
reports a writer in the New
York Sun.
"Anything they can't understand,"
went on the speaker, "they explain
by magic or something supernatural.
The life too makes men superstitious.
Let a young fellow who would pool-
pooh the idea of putting off anything
until Saturday or next week because
Friday is an unlucky day ship before
the mast, and inside of six months
he'll be like all the rest, full of signs
and superstitions about this and
that."
"I think that one of the beliefs
most common among seamen of all
classes," went on the speaker, "is
the idea that a cat on board ship
will cause her to meet with gales.
The old saying is that 'a cat carries
a gale in her tail,' and the sailors
believe that when a cat frisks about
the deck she is raising a storm. The
belief that you can whistle up a
wind is also pretty generally found
among seamen, although those of the
younger sort do not believe these
things so firmly as do most of the
older tars. In my younger days I
remember boys having their ears
boxed by the captain or the mate
who caught them whistling about
their duties."
"It is curious how sailors dislike
a cat and how the name is associ-
ated with so many things that are
unpleasant to the sailor. The cat-o-
nine-tails is well known enough, and
no sailor has any love for the gear
used in raising the anchor such as
the cathead, the catfall, the cathook
and the catback. The pig seems to
be only second to the cat in the bad
reputation it has on board ship,
and there are some things which all
unlucky to have on the water. All
luck is supposed to desert a vessel
that carries a dead body.

**CURE FOR
DYSPEPSIA**

As is well known, this troublesome com-
plaint arises from over-eating, the use
of too much rich food, neglect of constipation,
lack of exercise, bad air, etc.
The food should be thoroughly chewed,
and never bolted or swallowed in haste,
stimulants must be avoided and exercise
taken if possible.
A remedy which has rarely failed to give
prompt relief and effect permanent cures,
even in the most obstinate cases, is
**BURDOCK
BLOOD
BITTERS**

WAS WEAK AND THIN

ONLY WEIGHED 73 POUNDS.
NOW WEIGHS 113 POUNDS.
Had Heart Trouble and Shortness
of Breath for Six Years.
MILBURN'S HEART AND NERVE PILLS
cured Mrs. K. E. Bright, Burnley, Ont.
She writes: "I was greatly troubled, for
six years, with my heart and shortness of
breath. I could not walk eighty rods with-
out resting four or five times in that short
distance. I got so weak and thin I only
weighed seventy-three pounds. I decided
at last to take some of Milburn's Heart and
Nerve Pills, and after taking eight boxes
I gained in strength and weight, and now
weigh one hundred and thirteen pounds,
the most I ever weighed in my life. I feel
well and can work as well as ever I did,
and can heartily thank Milburn's Heart and
Nerve Pills for it all."
Price 50 cents per box or 3 boxes for
\$1.25 at all dealers, or mailed direct on
receipt of price by The T. Milburn Co.,
Limited, Toronto, Ont.

work of her Church among the In-
dians and negroes, a combined Cath-
olic church and parochial school
for negro Catholics of Cincinnati
will be erected, Mrs. Drexel pur-
chased the site and will erect the
building which will cost about \$25,-
000. There are 500 negro Catholics
in Cincinnati who will benefit by
Mrs. Drexel's munificence.

Fighting Tuberculosis.

The Catholic Church Leading an Active
Campaign Against Dread Disease.
The interest taken by the Church
in the well-being of Her children is
now being manifested by an active
propaganda against tuberculosis.
The work is being conducted in the
large cities of America, and the
movement is under way in Canada.
In the Literary Digest we read:
"Foremost in the fight against
consumption is the Roman-Catholic
Church, in which under the direction
of Archbishop Ryan, of Philadelphia,
an educational crusade against tu-
berculosis is being carried into all of
the parochial and other schools in
its control. As a result, over 1,250,-
000 school-children in 13,000 parish-
es are being reached. The clergy
have been asked also to instruct
their congregations on the dangers
and methods of preventing tubercu-
losis, for the purposes of bringing
the simple doctrines of the cure and
prevention of this disease to every
one of the 17,000,000 Roman Catho-
lics in the United States."

CAMPAIN BUY A WIND.


"Some of the older sailors believe
that it is possible to 'buy a wind,'
as they call it, and by this is meant
getting the favor of certain persons
who have control over the elements.
There are not many sailors now
alive who put much faith in this, al-
though I have heard of a Commode
in the British navy who not
over twenty years ago said that he
knew where he could buy a wind if
he needed it. This belief is fast dy-
ing out among younger men."
"Sunday has always been thought
a fortunate day to commence a voy-
age, and Friday an unlucky day.
This is a belief that is firmly fixed
in the mind of the average sailor,
and there are captains who would
hesitate to leave port on Friday on
account of the objections the men
would be sure to make. On the other
hand the changes from sails to
steam are altering this rapidly, and
these days there are many vessels
that cannot afford to lose a day on
account of a superstition."
"There are some creatures met
with at sea toward which sailors
have a fixed dislike. They detest
sharks, which follow a ship for
days, and it is thought that some-
one on board is doomed to die short-
ly when one or more of these crea-
tures dog a vessel. The little Mother-
Carey's chickens which fly so far
from land that they sometimes perch
on the rigging in order to rest them-
selves are believed to be the messen-
gers of a storm, and for this reason
they are often called tempest
birds. Dolphins or porpoises are un-
favorable if seen during a calm.
"I have known sailors to hang the
end of a rope over the side of a ship
upon leaving port. The belief is
that absent friends or wives draw
upon this rope, causing the vessel to
come safely back to home port. I
have known men who believed that
a ship has a voice, and many who
think that a ship 'makes human
her moan,' just as does a human
being, before she is about to 'break
up.' Tales of 'speaking' ships are
common, and I have known one old
captain who used to talk to the
mizzenmast of his vessel."

Surprise
to a pure hard soap.
Always use
Surprise
if you wish to retain the natural
colors in your clothes.
Surprise
has peculiar qualities of washing
clothes, without injury and
with perfect cleanliness.
Remember
the name **Surprise**
means a
pure hard soap.

PILLS
as good
for Bladder
as in retaining urine—If
during thought—if the
ly relieves the trouble.
Bladder. 50c. a box;
price.
LTD
Formerly
Sole Drug Co.,
Winnipeg.

Time Proves All Things
One roof may look much the same as another
when put on, but a few years' wear will
show up the weak spots.
"Our Work Survives" the test of time.
GEO. W. REED & CO., Ltd. MONTREAL.

WHEN YOU BUY FLOUR
it is just as easy to get
the BEST as to get the
next best.
The most skillful baking
can't make good bread
out of poor flour, but any
housewife by using
PURITY FLOUR
can bake bread that will
come from the oven
JUST RIGHT.
If you want "more bread
and better bread," bake
with Purity Flour. Try
it to-day. At all grocers.

THIS IS THE LABEL

See that it is on each bag or barrel you buy
WESTERN CANADA FLOUR MILLS CO. LIMITED
MILLS AT WINNIPEG, GODERICH AND BRANDON

CURE FOR DYSPEPSIA
As is well known, this troublesome complaint arises from over-eating, the use of too much rich food, neglect of constipation, lack of exercise, bad air, etc. The food should be thoroughly chewed, and never bolted or swallowed in haste, stimulants must be avoided and exercise taken if possible. A remedy which has rarely failed to give prompt relief and effect permanent cures, even in the most obstinate cases, is **BURDOCK BLOOD BITTERS**. It acts by regulating and toning the digestive organs, removing costiveness and increasing the appetite and restoring health and vigor to the system. Mr. Amos Sawler, Gold River, N.S., writes: "I was greatly troubled with dyspepsia, and after trying several doctors to no effect I commenced taking Burdock Blood Bitters and I think it is the best medicine there is for that complaint." For Sale at all Druggists and Dealers.

WAS WEAK AND THIN
ONLY WEIGHED 73 POUNDS.
NOW WEIGHS 113 POUNDS.
Had Heart Trouble and Shortness of Breath for Six Years.
MILBURN'S HEART AND NERVE PILLS cured Mrs. K. E. Bright, Burnley, Ont. She writes: "I was greatly troubled, for six years, with my heart and shortness of breath. I could not walk eighty rods without resting four or five times in that short distance. I got so weak and thin I only weighed seventy-three pounds. I decided at last to take some of Milburn's Heart and Nerve Pills, and after taking eight boxes I gained in strength and weight, and now weigh one hundred and thirteen pounds, the most I ever weighed in my life. I feel well and can work as well as ever I did, and can heartily thank Milburn's Heart and Nerve Pills for it all." Price 50 cents per box or 3 boxes for \$1.25 at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

Fighting Tuberculosis.
The Catholic Church Leading an Active Campaign Against Dread Disease.
The interest taken by the Church in the well-being of Her children is now being manifested by an active propaganda against tuberculosis. The work is being conducted in the large cities of America, and the movement is under way in Canada. In the Literary Digest we read: "Foremost in the fight against consumption is the Roman-Catholic Church, in which under the direction of Archbishop Ryan, of Philadelphia, an educational crusade against tuberculosis is being carried into all of the parochial and other schools in its control. As a result, over 1,250,000 school-children in 13,000 parishes are being reached. The clergy have been asked also to instruct their congregations on the dangers and methods of preventing tuberculosis, for the purposes of bringing the simple doctrines of the cure and prevention of this disease to every one of the 17,000,000 Roman Catholics in the United States."

CAMPAIN BUY A WIND.
"Some of the older sailors believe that it is possible to 'buy a wind,' as they call it, and by this is meant getting the favor of certain persons who have control over the elements. There are not many sailors now alive who put much faith in this, although I have heard of a Commode in the British navy who not over twenty years ago said that he knew where he could buy a wind if he needed it. This belief is fast dying out among younger men."
"Sunday has always been thought a fortunate day to commence a voyage, and Friday an unlucky day. This is a belief that is firmly fixed in the mind of the average sailor, and there are captains who would hesitate to leave port on Friday on account of the objections the men would be sure to make. On the other hand the changes from sails to steam are altering this rapidly, and these days there are many vessels that cannot afford to lose a day on account of a superstition."
"There are some creatures met with at sea toward which sailors have a fixed dislike. They detest sharks, which follow a ship for days, and it is thought that someone on board is doomed to die shortly when one or more of these creatures dog a vessel. The little Mother-Carey's chickens which fly so far from land that they sometimes perch on the rigging in order to rest themselves are believed to be the messengers of a storm, and for this reason they are often called tempest birds. Dolphins or porpoises are unfavorable if seen during a calm.
"I have known sailors to hang the end of a rope over the side of a ship upon leaving port. The belief is that absent friends or wives draw upon this rope, causing the vessel to come safely back to home port. I have known men who believed that a ship has a voice, and many who think that a ship 'makes human her moan,' just as does a human being, before she is about to 'break up.' Tales of 'speaking' ships are common, and I have known one old captain who used to talk to the mizzenmast of his vessel."

For Cincinnati Negro Catholics.
Through the generosity of Mrs. Franklin Drexel of Philadelphia, who has taken a great interest in the