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Household Notes.

To prevent a cold in the head or to cure one after it has established itself, try the following: Stop one nostril and breathe in all the air that is possible through the other nostril. Open the closed nostril, stop the other one and expell all of the breath through the open one. Try this a number of times, reversing the movement. The forced circulation of the air through these passages will afford considerable relief.

For incipient deafness, fill the lungs with air through the nostrils. Close the mouth and nose, contract the abdomen sharply and feel the impact of the held-in breath upon the tympanum. In this catarrhal climate, these practices surely will be beneficial.

A celebrated physician recommends for rheumatism of the joints and for gouty tendencies a teaspoonful of cream of tartar dissolved in a quart of water, to be taken every morning. Drink the water in the course of the forenoon. He says that if one has the will to persevere in this, not once in a while, not for a week or a month, a cure can be effected, although it may require a year or more of constant drinking of the acidulated water.

A cold comes usually from breathing impure air and from an over-heated room. Use yourself to cooler rooms, to cooler sleeping rooms especially and toughen yourselves against cold. Because a room is cold does not make it certain that the air is pure. The air is more likely to be impure in a cold room than in an over-heated one. If you wish to heat a room quickly, open the door and an opposite window to purify the air. Close them and the heat will soon be felt. If it is necessary to change the air in a room quickly, open the door and swing it back and forth a number of times.

So much of our health depends upon our breathing good air, that we should feel it a crime to submit to enforced breathing of bad air. No dramatic entertainment, no lecture, no class is of sufficient consequence to warrant our remaining in a vitiated atmosphere. Let conductors and janitors call us cranks, but let us insist upon our rightful heritage—pure air with which to purify our arteries and veins. If we breathe in foul air, our blood is tainted by it, and a condition ensues when we are fit subjects for contagion and for germs of all sorts to make themselves at home with us.

The woman who sighs ten times should be put to bed and be taken care of. Habitual sighers are sick, or, if they are not, they ought to be. Sighing is a lowering, depressing habit. It exhausts nervous energy and makes the body subject to all sorts of attacks. The remedy? Breathe way down to the sides, way down to the diaphragm. Then find some interesting occupation. Keep too busy to sigh. Why, I know women who keep on a keen jump day after day. Time to sigh! They have hardly time to catch short breaths. And after all, perhaps they have as much to sigh about as the depressed and depressing woman whose chest sinks in, whose shoulders draw together in front and who enjoys a gloomy outlook.

So many times I have cautioned my readers against drinking water which has remained uncovered in a room, that I hesitate to mention it. Women, who know better, take a glass of water to the sleeping room and leave it uncovered within reach of the bed. If the temperature is below fifty, the window is closed and the door as well. The poor weakling might take cold. Then one, two or three pairs of lungs go to breathing the air in that room. In a very few minutes there is nothing but foulness in the atmosphere. The closeness of the room makes the sleepers restless, parches the throat and tongue, and the glass of poisoned water is brought into requisition. It looks clear and clean. Yes, but it is not. It is no more fit for drinking than is a foul puddle.

Notes for Farmers

Synopsis of an address given by T. G. Raynor, Rose Hall, Ont., before the St. John, N.B., Farmers' Institute.

Wherever a farmer is building new barns or changing his stables, the question of the use of concrete for floors and walls is a live one.

In a country where lumber is comparatively cheap, concrete is not likely to come into general use for making walls of barns, but for flooring is without question the best and cheapest substance that can be employed. Its first great quality is its durability. Properly put down it is practically indestructible. Then it is water tight, and will help in saving all the liquid voidings of the animals, and this in farm practice today is a most important matter. Fully 50 per cent. of the fertilizing value of the manure is in the liquid portion. By having concrete floors and using plenty of absorbents this can all be saved and put on the land where it will do the most good.

Concrete is a mixture of clean gravel or pure sand and cement. There are several kinds of cement. In Ontario they have natural rock cement, which is manufactured at Queenston and Thorold, and this while not as strong as the Portland cement, is cheaper and does very well. In some sections the Portland cement will be the best to use.

Laying concrete floors, does not require skill which an intelligent farmer cannot supply. First make a solid smooth floor 12 feet square, two inch lumber preferred. Then a box without a bottom should be made in which to mix the gravel and cement. This can be made of such a size as to accurately measure the gravel or sand. The gravel and cement are then put into this box in the proportion required, the box taken off, and the mixing of cement and gravel or sand thoroughly done with a shovel. It should be shovelled over twice at any rate, while it is dry, and shovelled up into a cone; then before applying the water the cone should be pulled down making the mixture in the form of a ring, leaving a hollow in the centre bare to the floor. Into this water should be poured, and dry gravel and cement turned from the outside of the ring to the centre. This will be pulled out again from the centre and more water added until the mixture becomes of the consistency of thick porridge, so it will run down but not be soft. The proportions in which gravel can be used depends somewhat on the strength of the cement. With good Portland cement one part of cement to six or seven of gravel could be used for the lower part of the floor, but this should be covered with a veneer of one part of cement to two of clean sand. If an extra fine hard finish is required use equal of cement and sand.

Before laying the stable floor a good foundation should be prepared. It should be made firm and solid by the addition of gravel or small stones thoroughly pounded down and the floor shaped as is required for the stable. It is best to have a slight slope from the manger to the gutter. The plan of cow stable which is generally preferred has a square gutter two feet wide and eight inches below the level of the stall floor.

This gutter is first made and the cement laid in it. Then a board mold is put up and the cement put in behind the boards and the boards left there until the cement gets firm.

In laying concrete only as much as can be conveniently reached, say a piece four feet square should be laid at one time. All the studding necessary in the construction of stalls should be set on flat stones and the cement put round them. Great care should be taken when laying cement to thoroughly pound it down. After the floor is finished it should be sprinkled with water especially if the weather is dry. This should be done every day for a month. It will probably take from a month to six weeks for a floor to harden properly, and sufficiently to use, and it will not become thoroughly hard for six or seven months after having been put in. Large stones can and should be used in the construction of a concrete wall, if pains are taken to see that they are covered with at least two inches of cement on either side. A concrete wall one foot thick is sufficiently strong to carry any barn. This makes a thoroughly warm and dry stable wall. First stone from a stone crusher is an excellent material from which to make concrete. A barrel of rock cement will lay 55 square feet of 4 inch floor. Good quality of Portland cement should do more than that.

By the use of corrugated sleepers made like railway rails it is quite practicable to make a good floor which would form the ceiling of the story below. The sleepers should preferably be made of iron and laid sufficiently close to make the structure solid. Such a floor prevents any leakage through the space beneath.

WITH THE SCIENTISTS

DISEASE IN APPLES.—The United States Department of Agriculture will soon publish the investigations of Herman Von Schrenk and Percy Spaulding of the Mississippi valley laboratory into the bitter-rot disease of apples, which is likely to be valuable to fruit growers. The investigation was begun in July, when R. A. Simpson, their agent at Parkersburg, Ill., reported that the bitter-rot spores which infected the apples in his orchard seemed to come from canker-like formations on the limbs of the apple trees, and the results of experiments on the subject are given in part in Science. An examination of the trees not only in Mr. Simpson's orchard, but elsewhere in Illinois and Missouri, at that time showed that a causal relation existed between the cankers and the bitter-rot disease of the apples, but it was not thought sufficiently proven to warrant publication then. Examination of the cankers showed the presence of the characteristic pale bitter-rot spores, and in all the cultures made by G. G. Hedgcock, assistant in pathology, from the numerous cankers the spores appeared in every instance. Inoculations were made into the bark of healthy apple trees about the middle of July with spores from pure cultures made from the cankers, and at the same time apples were inoculated with the spores. In the course of a week the infected apples showed every sign of the bitter-rot disease, as found out of doors. Inoculations were also made with spores taken from apples recently attacked in the orchard, both into healthy apples and into growing apple branches at the Missouri Botanical Garden. Inoculations into the branches were made by making shallow cuts through the bark, and inserting a needle point covered with spores into the cut. Control cuts were made for every inoculation, distant but two to three inches from the infected cut. At first little difference was noticeable between infected cuts and the control cuts. After a week or more the bark around the infected cuts turned brown and black; it gradually dried and became more or less depressed. The branches inoculated with spores from apples showed unmistakable signs of canker formation about four or five weeks after the inoculation. Inoculations were thereupon made with spores from these cankers into apples, and these showed the characteristic bitter-rot disease a week later. The branches inoculated with spores from pure cultures (made from cankers taken from orchards) showed the formation of exceedingly striking cankers had numerous pycnidia with mature spores, which when inoculated into apples produced the characteristic bitter-rot disease with pycnidia. One must add that, with the very large number of inoculations made, not a single control cut or puncture showed any signs of disease.

The cycle of infections made were in brief as follows: Spores from apples affected with the bitter-rot disease inoculated into living apple branches produced an apple canker with the same kind of spores, which when inoculated into healthy apples produced the bitter-rot disease. The spores from pure cultures obtained from apple cankers in the orchard,

when inoculated into living apple branches gave rise to apple cankers, the spores of which inoculated into apples produced the bitter-rot disease. The observers conclude from these investigations that there is a causal relation between apple cankers found in numerous orchards and the bitter-rot disease, and that it is very probable that this fungus is capable of living both in the bark and in the fruit of the apple. This fact will be an important one in assisting apple growers to combat the disease.

JUDGE AND LAWYER.

"Do you give me credit for wisdom?" asked the judge.

"Certainly," replied the lawyer who had just started on a long-winded and wearying argument.

"Well just remember," said the judge, "that a word to the wise is sufficient."

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A.O.H. 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, 1866, incorporated 1868, revised 1884. 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 C. J. Doherty; 1st Vice, F. E. Devlin, M.D.; 2nd Vice, F. J. Curran, B.C.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 their 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.

C.M.B.A. OF CANADA, BRANCH 26.—Organized, 19th 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 Mondays 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. Costigan; Financial Secretary, Robt. Warren; Treasurer, J. H. Feeley, Jr.; Medical Advisors, Drs. H. J. Harrison, E. J. O'Connell and G. H. Merrill.



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NOTES

DR. JORDAN'S SU fessor Jordan, of C sity, Kingston, has in one of our city churches and has given a sketch of the movements that have his notice. After telling experience from materialism, he expresses people were passing nicism to gnosticism. ably, in his mind the Catholicity of such eminent Protestants, few years, the learned "Some had lost faith for refuge to church;" that is, in a to a low form of faith. This is an individual which Dr. Jordan right. If he considers form of faith a low o help it, nor are we go his privilege to hold certainly does not con fallible, and we would to think that, he has an agnosticism that the form of faith pres at a low value. He himself of the following sion:—"Christianity is mo lief or a movement; presence. A church thinking for its people on high and hang pic on its walls, but the church for men; but it inspires men to think that breathes of the v God, that is the church. "The man who g Jesus finds himself."

If Dr. Jordan would ble to study the teach "infallible Church," cover that it constitutes, for it is not only movement, but also sence—and one that ltered during twenty would find more; that not alone a living pre it contains the Living Catholic Church does thinking for its people than Dr. Jordan does for his hearers when or for his students w As to the placing of high, it appears to u more in the nature of than the putting of the foot. There is not race, or tribe, in wor uncivilized—that does standard "on high;" being the standard we can recognize as p no church that does that symbol.

What Church is it men to think for themselves what church "breathes sense of God?" If Dr just brush aside his prejudices, open his e history and dogma e he will be surprised to he has exactly describ lic Church as the one ple." There is a deal application in such "The man who gives sus finds himself." S actly what the Catho when he resigns the v upon his sacerdotal o what the members of gious communities—m —do when they turn fments and advantages take up the cross and in lives of sacrifice with the Sacred Heart each individual Catho he approaches the Sa

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