This night. Ah, then could love for-

O weary heart, go bravely on thy

There thou shalt find thy happiness complete.

suff'ring heart, fall not beneath thy cross.

Canst thou not see
How tenderly His Eyes are watching

thee, And how He urges thee to follow.

Him
Into the darkness of Gethsemane—
Then falter not, although the path
grows dim—
Go prove thy love and watch one
hour with Him.

O lonelyheart, weep not thy desolate

mane?
He knows no comfort, knows no sym-

pathy.
What is thy loneliness compared to

Then waver not and be not so de-

pressed,
For He is waiting there to give thee

form in dark Gethse

State; Canst thou not so

That lonely

His

HOUSE NO HON

— Conducted by Helene. —

School is a capited "polishing place." The little corners that make for augularity of character get rubbed off in school. The girls have got to give and take, and as games are now part of the curriculum of a girl's education as well as how a program most schools—the education. a boy's—in most schools—the educa-tive value of this give and take in a good humored fashion is to be found

good humored fashion is to be come in school as nowhere else.

The home-reared girl is very apt to develop whims, and to become fanciful about her food; and, inless she has young companions, the is fleely to grow, into lazy, sedentary habits, more suited to an elderly wonder the second and selections.

mean than to a young girl.

It is probably from this reason that she so often grows delicate, and that the prescription of "going to school" which the family doctor often gives, is frequently followed by the best results.

STAND AND SIT ERECT.

A woman can stand longer, walk a greater distance, with lest fatigue, and perform more labor if she habitually preserves the erect attitude. When a woman sits or stands in an erect position, the weight of the intestines comes upon the bony plevis, which is placed obliquely in relation to the trunk of the body, and intendefor a support for them, while, if ed for a support for them, while, if weight of the abdomen comes directly upon the generative organs and appendages, pushing them out of their position, and stretching their ligaments. Added to this bad position is the rocking-chair habit to which many women are addicted. After a woman has done a hard mornital weight processing two controls are the probably standing two ter a woman has done a hard morning's work, probably standing two-thirds of the time with the abdomen thrown outward, resting first on one foot and then on another, she takes to a rocking-chair in the afternoon, and rocks too and fro, to and fro, so that in addition to astrained position of the abdominal organs, she keeps them swaying in constant motion for hours.—Health Culture.

FIRST WOMAN BARRISTER.

In the supreme court last week
Miss Mabel French, the first lady
ever admitted to the Bar of
Brunswick, was sworn in before the full bench, with the exception of the chief justice, who was at his home in St. John, owing to ill health.

NEW UMBRELLA HANDLES.

The latest Parisian fad is thus described by a fashion correspondent:
Just as a postscript, I must speak
of the newest umbrella handles—animals' heads which, at a touch of a
secret spring, move their eyes and
tongue in a most amusing way. I
first saw these handles in a shop in
Madrid, but they have quickly becom
the rage in Paris and some of them
are amazingly chic. For example,
an en tout eas in dark green silk
with a handle of carved wood, stained dull brown. The handle represented the head of a most mischievous monkey, with a jaunty cap, a la
Mephistopheles, painted green on the The latest Barisian fad is thus de Mephistopheles, painted green on the side of his head. At a touch of the side of his head. At a touch of the secret spring he rolled his eyes upwards in the most diverting manner, and at the same time extended his rod tangue! A second umbrella, of the same order, was covered with a dark blue silk, and had a handle shaped fife a cat's head in ebony! The creature was wearing a white Panama hat—very much on the side of its head—and at the given signal it half closed its eyes and pushed out its under lip. These new umbrellas make most acceptable presents for those who appreciate sents for those who appreciate velties, and they are certain to quite a rage when the winter

THELY HINTS.

Do not weak hard, olded or make dearwood-work with soon and the state of the work. The Zeaske Lifty, a newspaper printed in the Bohemian tongue, recently made its first bow to the publisher of the work. The Zeaske Lifty, a newspaper printed in the Bohemian tongue, recently made its first bow to the publisher. The state of the work of the work. The state of the work, typesetting, printing and substitute of the work, typesetting, printing and substitute of the work. The state of the work of th

ence the special danger of drink woman.
disastrous results of tippling

The The disastrous results of tippling among women are already too well known to physicians, and experience shows that, while men who drink often reform, women who become victims to drink seldom do. Physicians who have this problem to fight in the care of the sick have written many letters to me. The director of one of the leading institutions for nervous and mental diseases wrote:

ome of the leading institutions for nervous and mental diseases wrote:

"The medical profession know only too well the increasing tendency to tippling among society women and its disastrous results. Fully 70 per cent. of the drug cases among women come of first using alcoholic stimulants. Overindulgence at fashionable dinners or other social functions creates the necessifyth for a quick recreates the necessity for a quick re-covery, from the induced debauch Morphine or something of a like na-ture is taken; the inevitable conse-quences are an increased necessity for quences are an increased necess stimulants and a repetition of drug. Increased nervousness mental degeneration follow. mental degeneration follow. Once a woman acquires a taste for sti-mulants she is to a large degree undone and a hopeless wreck. Es undone and a hopeless wreck. Especially is this true in the higher circles where sentiment leads and so ciety sanctions."—From an Address by Rev. Madison C. Peters, New York.

INGENIOUS.

"Do you know how to take a tight

"Do you know how to take a tight cork out of a bottle without a cork-screw?" was asked by a woman the other day at a gossip party. "It's a mighty good thing to know in an emergency.
"My sister and I were coming back from the mountains last week, and she got faint on the cars. I had a bottle of aromatic spirits of ammonia in my bag, but when I tried to get the cork out I simply couldn't make it budge.

get the cork out I simply couldn't make it budge.

"'Let me take it out for you,' suggested a man across the aisle.
"Then he borrowed my pocket knife and using his own with it he and using his own with it he re-moved the cork in a jiffy. He in-serted the blades on opposite sides between the bottle and the cork, each one turned in a different di-rection. Then when the blades were firmly pushed in he simply pressed the two together, gave them a wrench sideways and the cork came out withthe two together, give then a weath sideways and the cork came out with-out any trouble. I have since tried it on larger bottles with success. It is a trick worth knowing."—New York Sun.

A BUFF DINING ROOM.

A BUFF DINING ROOM.

Many women are having their dining-rooms done in buff color instead of the blue which has been so much in vogue since the rage for Dutch furniture, placques, mugs and chinam ware of all sorts. The walls done in this tone are light enough to permit of half-drawn blinds of the same shade, and in many instances there are diminutive silken curtains of a lighter shade of yellow. Any yoke furniture blends nicely with this decoration om walls and windows, and especially effective is brassware—samover, teakettle, coffee urn, or finger bowls—in a dining room thus tarranged.

ALLIGATORS WERE DIFFERENT.

A colored preacher took some candidates for immersion down to a river in Louisiana. Seeing some alligators in the stream, one of them objected.

"Why, brother," urged the pastor. "Cean't you trust the Lord? He took care of Jonah, didn't he?"

"Y-a-a-s," admitted the darkey, "but a whale's different. A whale's got a mem'ry, but if one o' dem 'gators wus ter swaller dis nigger, he'd jes' go to sleep dar in de sun, an' foegit all about me."—Jumor Toilettes.

A SHAKESPERIAN DIALOGUE.

Arthur Grenville, the English actor, was once in a company of pastoral players, who, when the weather To Those of Sedentary Occupation

Men who follow sedentary occupations which deprive them of freely air and exercise, are more prone disorders of the liver and kidne disorders of the liver and kidneys than those who lead active outdoor lives. The former will find in Parmelee's Vegetable Pills'a restorative without question the most efficacious on the market. They are easily procurable, easily taken, act expeditiously, and they are surprisingly cheap considering their excellence.

The 100 Year Old Cough Cure

Bole's Preparation of **% Friar's Cough Balsam**

an ounce of water with a raw egg Massage thoroughly into the scalp and wash the hair without scap.

A Sure Cure for Headacho.—Bilious headache, to which women are more subject than men, become so acute in some subjects that they are utterly prostrated. The stomach refuses food, and there is a constant and distressing effort to free the stomach from bile which has become unduly secreted there. Parmelee's Vegetable Pills are a speedy alterative, and in neutralizing the effects of the intruding bile relieves the pressure on the merves which causes the headache. Try them.

FUNNY SAYINGS.

AN EDITOR'S APPEAL.

An editor recently appealed to subscribers in this unique way:
"If you have frequent headaches, dizziness and fainting spells, accompanied by chills, cramps, chilblains, epilopsy and jaundice, it is a sign that you are not well, but are liable to die any minute. Pay your An editor recently appealed to his ble to die any minute. Pay your subscription a year in advance, and thus make yourself solid for a good obituary notice.

BRAW LADDIES.

A short while ago there was started a movement to have the kilts of a certain one of the British "Highland" regiments discarded in favor of ordinary trousers. It was objected that the men would be discontented that the men would be discontented at this change, and the colonel gave orders that a census of the regiment be taken, in order to ascertain the wishes of the men themselves. The colonel is a descendant of a long line of Scotch lairds and strives earnestly to uphold the old tradi-

The sergeant who took the or of the regiment finally appeared

of three, are in favor of the change, ' he said "Indeed!" the colonel said. "Tell

To MRS.

ST.

This coupon cut out and mailed in to us, entitles the sender to a free package of our 40c. Blue Ribbon Tea. Fill in blank space whether you wish Black, Mixed or Green Tea ().

ALLIGATORS WERE DIFFERENT. Robert Dwyer Joyce be

NOT WHAT HE EXPECTED.

In a certain school district one of the trustees was a crank on the subject of fire, and when he visited a school with the examining inspectors he always confined his remarks to a question addressed to the pupils as to what they would do in case the building caught fire. Knowing this little peculiarity the master had concred his pupils as to the answer which they should give. When the visitor called, however, he simply said to them: "You boys and girls have listened so attentively to your master's remarks that I wonder what you would do if I were to make you a Hitle speech?"

To the construction of the master hundred voices shouted in unison.

TOWN.

ONLY A Common Cold

BUT IT BECOMES A SERIOUS MATTER IF NEGLECTED. PNEUMONIA. BRONCHITIS, ASTHMA, CATARRH or CON-SUMPTION IS THE RESULT.

Get rid of it at once by taking

Dr. Wood's Norway Pine Syrup

Obstinate coughs yield to its grateful soothing action, and in the racking, persistent cough, often present in Consumptive cases, it gives prompt and sure relief. In Asthma and Bronchitis it is a successful remedy, rendering breathing casy and natural, enabling the sufferer to enjoy refreshing sleep, and often effecting a permanent cure.

manent cure.

We do not elsim that it will cure Consumption in the advanced stages, but if taken in time it will prevent it reaching that stage, and will give the greatest relief to the poor sufferer from this terrible walled.

Be careful when purchasing to see that you get the genuine Dr. Wood's Norway Pine Syrup. Put up in a yellow wrapper, three pine trees the trade mark.

Mr. Wm. O. Jenkins, Spring Lake, Alta., writes: "I had a very bad cold settled on my lungs. I bought two bottles of Dr. Wood's Norway Pine Syrup but it only required one to cure me. I have never met with any other medicine as good." Price 25 cts., at all dealers.

Wexford and the Remond Family

The presentation of the freedom of The presentation of the freedom of Wexford to Mr. John Redmond was full of political significance, but it had a personal significance also, for the chairman of the Irish Party is a Wexfordman, and belongs to a Wexford family that has always been identified with the county. Mr. Redmond's father, was member for it. mond's father was member for it, and both John Redmond and Wilme the mames of the three true clansmen. They shall be promoted."

The sergeant read from his list.
"They are, sir," he said, "Patrick Doolan, Hans Steinbrenner, and early days of the Parnell split, that Moses Ikenstein."—Harper's Weekly. the "Boys of Wexford" ballad by

Sometimes when in the sunshine I walk the city street,
Down by the road of faces and the thunder of swift feet,
I think I hear the sunshine, as well as see, its rays
The sunshine is God's laughter, and it rings along my way!

get
The little griefs we cherish yet?
Let us be done with pain—
We shall not pass this way again.
—Selected.

O weary heart, go bravely on thy
way;
Canst thou not see
That Figure in the distance beck'ning
thee?
His arms outstretched to press thee
to His heart;
Dost thou not see the look upon His
Fece—
Then linger not, but hasten to His
Feet.

heavenly love made audible Of

NEVER AGAIN.

We shall not pass this way again. If there be aught of secret pain "Tween you and me,
In the great sea.
Of all men's pain let it be cast
This night, that only love may last

Us in this piteous space to live?

Haply to-morrow comes
If we shall part
With heavy heart

Good Blood for Bad.

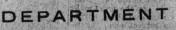
That is What Dr. William's Pink Pills for Pale People Always Give—They Never Fail.

rest. --Mary B. Marr. boxes and they completely cured me, and I am now in excellent health I gladly recommend them to all sufferers, for they cured me when doctors had failed and my friends were expecting death to end my suffering."
Unless the full name, "Dr. Williams' Pink Pills for Pale People," is printed on the wrapper around each box don't take them—any other

Meeting Dwight L. Moody some

When we have converted the mil-

THE TRUE WITNESS



is second to none in the City. We have the most ample and modern equipment for firstclass, artistic printing. We offer to those requiring such work, quick and correct service. We respectfully solicit the patronage of our readers.

The True Witness Print & Pub. Co.

& WITH THE POETS >

GOD'S LAUGHTER.

Sometimes when in the glory of the bright beams of the morn
I find some little corner where the wayside blooms age born.
Around me and above me, in the trees and in the air.
I hear the ringing laughter of God's sunshine gleaning there!

Sometimes when in the sweetness of the lane that leads me home I look across the verges of the crim-son sunset dome.

I'm sure I hear a whisper winging o'er the meadow-mile

Of heavenly love made audible in

God's sweet evening smile!

—The Benztown Bard.

We shall not pass this way again,
My heart, in pain shall we refrain
From tenderness,
And ease to bless
Each added hour that love may give

We shall not pass this way again

Good blood is the one thing necessary for perfect health. If the blood is good disease cannot exist—if it is bad disease is bound to apif it is bad disease is bound to appear. There are dozens of maladies caused by bad blood. Among them are anaemia, rheumatism, heart palpitation, headache and backache, indigestion and the special ailments of women and growing girls. If you suffer from any of these troubles, Dr. Williams' Pink Pills will cure you—because thay make naw red health. Williams' Pink Pills will cure you—because they make new, red, health-giving blood. They succeed where doctors sometimes fail. In proof of this Mrs. Sarah Jane Duce, Deseronto, Ott., says: "In 1905 I became weak and sickly. I was all run down; I found housework a burden—sometimes I could not do it at all; the least effort made me tired. I consulted a doctor who told me he —sometimes I could not do it at all; church in your bown to buy an orthe least effort made me tired. I consulted a doctor who told me he might help me some but could not cure me permanently on account of any age. I am over fifty. His treatment did not help me and I gradually grew worse; even my friends began to despair. Four different doctors told me my case was hopeless. My suffering was intense. Sores broke out around my mouth and I was unable to eat. I consulted a specialist who told me my trouble where we have converted the milgan to despair. Four different doc-tors told me my case was hopeless. My suffering was intense. Sores broke out around my mouth and I was unable to eat. I consulted a specialist who told me my trouble was anaemia and that he had little hopes for my recovery. I was in despair and decided it was useless to spend any more money on doc-tors. One day my husband urged specialist who told me my trouble was anaemia and that he had little hopes for my recovery. I was in despair and decided it was useless to spend any more money on doctors. One day my husband urged me to try Dr. Williams' Pink Pils. After a few weeks' use of the Pills. I was convinced that I had found the right medicine. I took twelve

each box don't take them—any other so-called pink pill is a fraud intended to deceive you and may do you harm. If your medicine dealer has not got the genuine Dr. Williams' Pink Pills for Pale People they will be sent to you direct at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockwille Out The Dr. Willie Brockville, Ont.

Conversion Should Begin at Home.

years ago, we said to him: "We see that Rev. Mr.— has been finding a good deal of fault with you for helping the little Roman Catholic Church in your town to buy an organ."

JOB



The Mission of Our Lady of the Rosary for the Protection of Irish Immigrant Cirls, at 7 State street, New York, of which Rev. M. J. Henry is diffector, will celebrate its silver jubiles next year. Established twenty-four years ago to shield the Irish immigrant girl, the mission has nobly served its purpose. Not a day dewred since in which it did not accomplish much good. Its influence, combined; with the ever-increasing protection afforded by the United States immigration laws, makes it now virtually impossible for evil to





I have not time, so I seeing some girls' letters a treat to sagain. I an go to school My teacher's like her very the stories it Marriage of ing; also the and Girls' pe My sister I firmed this s first Commur I will be gas I leve to to mas wift soo

BO1

mas wifi soo
always have
have eight si
I have a bro
United States
Pugwash is
is pretty, esp
There are qui
a post office,
two tailor sh
custom house. custom house, country and I This is only have written, to see this in Your

Pugwash, Cu MY M

were given upon my m When fairy tal night" she And kissed am sleep within And holy word —methinks

In the sickness perils of my

Her angel eyes

Wild

"Certainly, m be miserable if i child; "but it w take such care and be quite "And how, pr manage?" to mamage?"
"I shall feed it dener's wife, fed was obliged to "Well, my dea not seem afraid will allow you of the little crea "Oh, thank yo dear, kind aunt girl.

"I am very he tle Renée; "if she I will take care I will take care lamb between us "II I like!" crit think so, inde always call you milk. To comme be its godmother quickly, so that name when we co "Well," answer call it Lubin? I think."

"Yes, yes!" ccr
"we shall call it
that the darling
intend to have any
cut off." That is quite

"That is quite her aunt.
"Oh! how glad know, Renée," or is a little black fa a red ribbon rour "Yes," said Rer wool has grown a will really look chan muff."
This observation he children leavely

This observation the children laugh the children laugh the constitution of the lit sometimes "the lit sometimes "the little creature off held him in her arishawl, the whole they reached the jously enquired of

St. Geo

Baking 1