

How to Look Well and Feel Well.

THE PLAN ADOPTED BY SENSIBLE PEOPLE.

*They Use Paine's Celery Compound
and Keep Up Their Strength and
Vitality in the Hot Weather.*

"How to look well and feel well" during the oppressively hot summer months, is a subject that should command the attention of every busy man and woman. There are thousands of business men, clerks, toiling, bustling housewives and girls employed in offices, stores and workshops, who lose all strength and vitality in the months of July and August.

As a rule, these daily workers feel well in ordinary weather; but, when the sun pours down his scorching rays day after day, and when the air is heated and heavy, then all life and heart seem to depart from every-day toilers. They look pale, listless and nervous; they are irritable, languid and broken-down. It is no exaggeration to say that, "they feel worse than they look."

To those who find life a burden in summer time, we would strongly recommend the wise and unfailing plan adopted by more fortunate men and women, who, even in the hottest weather, look well, and always escape the debilitating effects produced by a heated and impure atmosphere.

The wise, prudent and vigorous in summer use Paine's Celery Compound as a tonic and strength-giver. This remarkable medicine, it must be remembered, is not intended exclusively for the rooting out of disease, and for the cleansing of the blood; its toning qualities and its virtues for keeping well people regular, strong and active, are favorably known to those who have used it in summer time.

At this time a few extracts from letters may prove useful and helpful.

A busy wholesale grocer, doing business in one of our largest cities, says: "During the hot summer weather of 1893, I used Paine's Celery Compound, which was recommended to me by a banker. It kept me in perfect condition during the whole summer, and gave me strength and regular appetite. I did not find it necessary to go to the seaside with my family. It will be my friend every succeeding summer."

A young lady in a large Montreal dry goods house, says: "Two summers ago, one of my lady friends advised me to try Paine's Celery Compound during the hot weather, as a tonic and health builder. I used the medicine morning, noon and night, and was always vigorous and active, while many girls around me in the store, of stronger constitutions, were complaining of lassitude and debility."

A well-known lady and mother of six children says: "I seriously and confidently recommend Paine's Celery Compound to all mothers who wish to keep up their health and strength during the very hot weather of summer time. I use the medicine every day, and feel hearty and strong, and have no difficulty in getting through with my household work and care, which are never very light. Since I have used the compound I do not find it necessary to go off to the country for two or three months to gain health. In every dose of Paine's Celery Compound I find a supply of strength."

MORAL.—You save time and health, and banish all discomforts by using Paine's Celery Compound during the summer months.

The bonds of matrimony would be more popular if they paid a cash dividend.

Young Mr. Gatling has gone on the stage. He might be appropriately billed as a son of a gun.

Board School Teacher: "What is conscience?" Bright Boy: "It's wot makes you sorry when you get found out."

CONJUGAL LOVE.

GOOD ADVICE BY A CATHOLIC BISHOP.

God has not ordained and created the wonderful union of marriage without giving to men helps of every kind, abundantly sufficient to enable them therein to produce those fruits of peace, happiness and holiness which He intended. We will consider these both in the order of nature and in the order of grace. First, then, God so created men and women, and endowed them with such dispositions, as that from union, which is naturally the object of their desire, there should also arise a most intimate, strong and tender friendship which draws them together more closely and affectionately than any kind of friendship.

The mutual love of which we speak is a great gift of God. It elevates, ennobles, and spiritualizes the desire of union to which nature tends. It unites the wedded pair by a spiritual bond far more precious and excellent than any carnal bond can be. It makes them become one spirit, as they are one flesh. It makes them companions in intelligence and in affection of soul, as they are companions in the care of their households and of their children.

This conjugal love, which by the gift of God rises so naturally and so happily in the hearts of married persons, disposes them to fulfil with joy and good-will all the duties imposed upon them by God; and by a special disposition of God's kind providence, it so far differs in each partner as to urge them to delight each in the special duty which attaches to them. In both it leads to an unselfish devotion, which is often strong as that he or she who feels it would gladly suffer or die for the one who is loved; but in each it has a special tendency and outlet, according to the part which nature destines for each.

The love of a man finds its delight in defending his wife from all evils, and in laboring for her welfare, in guiding and instructing her, and in cherishing her with a tender, protecting affection. The woman, on the other hand, delights in being dependent on her husband, in being subject to him, in watching for and supplying his every want and wish, and in soothing his cares by her loving endearments. Thus nature itself, or rather God, the Author of nature, fits and provides His creatures for the parts which He destines them to play.

But as marriage is not for this world only, but is intended by God to lead to the kingdom of Heaven; and as grace does not destroy, but completes and perfects nature, so God is pleased that husbands and wives should love one another, not with a natural love only, beautiful as that is, but also with the very love of charity, by which we love God Himself. Nay, they must love each other more than any other being upon earth, next to God.

Next to God, and to his own salvation, charity inclines each one to love the partner to whom God has joined him. And, lastly, it is the very end and object of the special grace of the Sacrament of Matrimony to inspire its recipients all through their married life with innumerable lights and helps, making it easy for them to love and to be faithful to each other.

Lastly, husband and wife are helped by God to love and be united to each other, by the children whom He gives them. These children belong to them in common, and they have from God in common the duty, and the privilege of maintaining, educating and guiding their common offspring. This duty and authority belong to both in common; for, though the wife's authority is subordinate to the husband's, it is not delegated to her by him, but is an independent paternal right, given to her by nature and by God. Now, where there is good-will and ordinary prudence, the common management of a task so interesting and so affectionate ought to have a powerful influence in drawing them together.—*The Catholic Herald.*

THE CHILDREN'S ENEMY.

Scrofula often shows itself in early life and is characterized by swellings, abscesses, hip disease, etc. Consumption is scrofula of the lungs. In this class of disease Scott's Emulsion is unquestionably the most reliable medicine.

Teacher: "Define quartz." Milkman's Son (who is rather absent-minded): "Pint and a half."

A SHORT STORY.

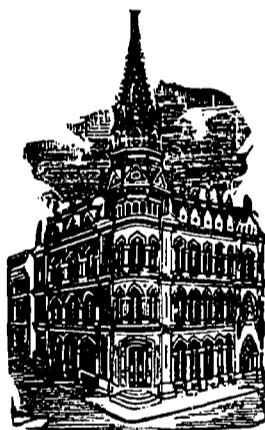
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FLOUR, GRAIN, Etc.

Flour.—We quote:

Patent Spring.....	\$3.50 @ 3.60
Ontario Patent.....	3.25 @ 3.40
Straight Roller.....	2.90 @ 3.10
Extra.....	2.40 @ 2.60
Superfine.....	2.20 @ 2.40
Fine.....	0.00 @ 0.00
City Strong Bakers.....	3.35 @ 3.50
Manitoba Bakers.....	3.25 @ 3.40
Ontario bags—extra.....	1.30 @ 1.35
Straight Rollers.....	1.40 @ 1.50

Outmeal.—Rolled and granulated \$1.25 to \$1.35. Standard \$3.90 to \$4.10. In bags, granulated and rolled are quoted at \$2.10 to \$2.20, and standard at \$1.90 to \$2. Fancy brands of both granulated and rolled are selling at higher prices.

Bran, etc.—Sales of car lots of bran are reported at \$17 on track; but at this figure buyers do not appear to satisfy their wants, and holders ask \$17 50, which is a pretty steep figure at this time of year. Shorts are scarce and hard to get at \$18.50 to \$19. Mouille \$20 to \$21.50 as to grade.

Wheat.—The sale was reported of a lot of No. 1 Manitoba at 64c aboard Port William, but holders now ask more money, and we quote 64c to 65c. Sales have been made of car lots No. 1 hard to Western millers at 72c to 73c. Here the market is quiet, and prices are nominal in the absence of spot business. No. 2 Upper Canada wheat is held here at 62c to 63c in store; but 56 to 57c is about all that can be got for export. No. 1 Manitoba wheat is nominally quoted at 75c to 76c, although those prices are away above the export price.

Oats.—Sales of car lots at 41c in store for No. 2, some holders asking 42c per 34 lbs. No. 3, however, has sold in car lots at 37c.

Corn.—American corn is quoted at 56c duty paid, and 47c to 48c in cargo lots in bond.

Peas.—The sale was reported of 2 cars in store at 60c to 61c, respectively, and sales abroad are said to have taken place at 70c to 74c.

Barley.—No. 1 have been made at 42c to 46c for shipment to the States, one large lot being taken for Philadelphia. Here there has been some business in No. 1, but prices did not transpire. Feed barley has been sold at equal to 40c here; but at 45c it is said some can be had here. We quote milling grades 50c to 55c.

Rye.—At 52c to 53c. Sales at 52c.

Buckwheat.—At 46c to 48c.

Malt.—At 72c to 75c.

Seeds.—We quote Canadian timothy \$2.25 to \$2.50, and Western timothy \$1.90 to \$2.10. Alsike \$7.00 to \$7.50 for good to fancy. Red clover quiet at \$6 to \$7 as to quality.

PROVISIONS.

Pork, Lard, &c.—We quote as follows:

Canada short cut pork per bbl.....	\$18.00 @ 20.00
Canada clear mess, per bbl.....	17.50 @ 18.00
Chicago short cut mess, per bbl.....	18.00 @ 19.25
Mess pork, American, new, per bbl.....	17.00 @ 18.00
Extra mess beef, per bbl.....	12.25 @ 12.50
Plate beef, per bbl.....	16.25 @ 16.50
Hams, per lb.....	10 @ 11c
Lard, pure in pails, per lb.....	9 @ 10c
Lard, com. in pails, per lb.....	07 @ 7c
Bacon, per lb.....	11 @ 12c
Shoulders, per lb.....	8 @ 9c

DAIRY PRODUCE.

Butter.—We quote prices as follows:—

Creamery, fresh.....	18c to 19c
Eastern Townships dairy.....	16c to 17c
Western.....	14c to 16c

Add 1c to above for single packages of selected.

Cheese.—We quote:

Finest Western, colored.....	9c to 9c
" white.....	9c to 9c
" Quebec, colored.....	9c to 9c
" white.....	9c to 9c
Under grades.....	8c to 9c
Cable.....	40s 0d

COUNTRY PRODUCE.

Eggs.—Sales have been made during the week at 8c to 9c for round lots of fresh, and at 9c to 9c for smaller lots.

Baled Hay.—Quite a number of sales of No. 2 shipping hay have been made at \$7 to \$7.50, at country points, \$8 on track here and \$8.50 alongside vessel. No. 1 has been sold in car lots on track for local account at \$9, one lot of 2 cars fancy for special at more money.

FRUITS, Etc

Oranges.—We quote prices as follows:—Valencia, 420s, \$5.50. California, 90s, 112s, 120s, \$1.75 to \$2; 170s to 210s, \$2 to \$2.75. Messina, \$3.50 to \$4. Messina Bloods, \$1 to \$1.5.

Lemons.—Prices, \$1.50 to \$3.50 per box according to size and quality.

Onions.—Egyptian onions are very scarce at \$2.50 per bag. Bermuda are also very scarce, the limited supply all having been disposed of.

Potatoes.—Are booming, receipts being very light, which has been the cause of rapidly advancing the price, which is now \$1 per bag on track, which is an advance of 30c to 35c per bag.

FISH OILS.

Oils.—Steam refined seal oil has been sold to arrive at 35c. Newfoundland cod oil is quiet at 30c to 37c, and Halifax at 35c. Cod liver oil is steady at 70c to 75c.

A lady had just lost her husband. A gentleman, living next door, on calling to see her, found her, to his great surprise, playing on the harp, and said: "Dear me! I expected to find you in deep distress." "Ah," the lady pathetically replied, "you should have seen me yesterday."

Executed.—Attendant: "Dis, my lord, is a mastare-piece by Fernandez Vecchinos—executed in Carrara, 1612! Mr. Parvenoo: "Hawful, ain't it, Maria! An' did he leave a confession behind 'im, mounseer?"