

Interesting Account of Indian Island Reservation.

Missions Held There And At Oldtown, Me., by Father Holland.

The following interesting letter arrived too late for last week's issue: Bangor, Me., October 29, 1908. Rev. Father Holland, of St. Ann's Church, Montreal, has just left for home after having preached a most successful mission to the English-speaking people of Oldtown. Many who had been very neglectful in their religious duties came back to the church, and on Sunday afternoon the ceremony of blessing the little children of the parish took place in the pretty Church of St. Joseph. After the singing of the Gospel "Suffer little children" by the missionary, a procession was formed of the school children, four of the little girls carrying the crib with the Babe of Bethlehem, around the church, while the companions under the direction of the good Sisters of Mercy chanted Christmas hymns. After the blessing, all present came to the communion rail, the babies in their mother's arms, and venerated the wax image of the Holy Child. This demonstration of Irish faith was perhaps the most touching event of the whole mission.

At four o'clock the mission was opened on Indian Island and at seven o'clock the missionary returned to doze that of Oldtown by his parting advice and the papal blessing. A short history of Indian Island may prove interesting to the readers of the True Witness, for the little island is not only a home centuries old for those who dwell upon it, but it is the oldest tribes of Indians now extant in the land, and stands as a symbol of their love for their faith and their liberty. Lying in the middle of the Penobscot river, about twelve miles above the city of Bangor and opposite Oldtown on the river's banks, Indian Island, the cradle of the Penobscot Indians, is today the object of many a pilgrimage, where a noble and loyal people, who have been washed in the saving waters of baptism, keep their gift with its fruits as fresh and green to-day as when they first received it.

An unpretentious ferryboat, manned by Charles Mitchell, the sacristan of the chapel, plies between the land and Oldtown. It takes about fifty strokes of the oar to cover the distance and what a difference in the two landings. What a change from busy little Oldtown to the quiet island with its forty houses and its beautiful little chapel so well looked after by the Sisters of Mercy, four of whom are charged with the education of the good Indians, young and old, and well they do their work, as a visit will show. How different the dusky sons of the forest to the religious garb, and how devout when before the holy tabernacle, but it is no wonder when we know the source whence they derive this reverence, for it was from the Jesuits that their forefathers learned to lip truths of religion from the missionaries in these regions, and an iron cross set in a stone base near the chapel marks the passing of Father Freitag, a Redemptorist missionary, who many years ago stimulated the faith of those good people by his ardent zeal for the salvation of souls.

In the first year of the seventeenth century the Indians of Maine numbered thirty-seven thousand. They were divided into two great nations—the Abenakis to the west and the Etchemens to the east. Of this latter race were the Penobscots from whom are descended the Indians of Oldtown.

War with the Abenakis during the seventeenth century, and famine afterwards greatly reduced this tribe, which once ruled the country from the sources of the Penobscot to the ocean. Yet they cherished the spirit of conquerors, and preserved their own identity as a tribe, falling back across the river, making the last stand on Oldtown Island for life and liberty.

Dating from 1669 the island has been the principal settlement of the race. It then contained forty or fifty wigwams, divided, it is supposed, by the path which is the street to-day, running about fifteen feet wide across the island, east to west. Houses now supplant the wigwams of old; they are one story, and two, sometimes, in height, and in general bear witness to the thrifty character of their possessors. The island is their very own, quite apart from the rest of the state, and no white man is seen there after dark. The constable, who is the sacristan's brother, sees to that, for they have a constable and other officers up to Governor, and a grand man he is, who represents them in the State legislature at Augusta. His whisper is law to his people, and their local government is perfect. Complete autonomy is theirs under the sovereignty of the State.

Besides their native language, mostly all the inhabitants speak English and speak it well. Their mission lasted until Thursday morning, when every adult member of the tribe was present at the grand Mass sung by the missionary for the souls in purgatory, and received Holy

Communion for the second time, for all had received on the day previous to gain the indulgences attached to the spiritual exercises. From this it is easy to see that they are Catholics to the very core, and for proof one needs not go further than the evidence of their pretty chapel with its beautiful stained glass windows, some of which were presented by friends of the tribe. Mgr. Trudel, the zealous pastor of Oldtown, donated one of them while three others were given by other benefactors. There are still four to be paid for, and the good Sisters on the last day of the mission got up a scheme to raise money among their flock to help the little edifice out of its indebtedness. A supper in the town hall was organized. Every woman and girl of the tribe brought something to lay on the trestle table, tickets were sold to members of the tribe at twenty-five and fifteen cents, and at five o'clock yesterday afternoon more than justice was done to the good things, for the organizers had not expected such a gathering. It may be that they had not reckoned with the presence of their genial curate, Father Rice, and the missionary, who were both present to encourage them in their good work, principally by their example. However, the Governor announced, after the supper, that another supper would be given on some other evening to use up the tickets bought, and the governor himself will be one of the guests, for he forgot himself in the excitement. During the supper an orchestra of natives played charmingly, accompanied by a young lady, also of the tribe, who played the piano beautifully. Supper over, Father Holland motioned the platform with one of his photos at five cents a chance. Dice were procured in Oldtown, for there were none on the island, and the picture was won; another was produced and the struggle commenced again: a third was brought out, this time at ten cents for a shake of the dice, and the money made on the three pictures added seven dollars and a half to the proceeds of the supper. The whole amount realized was thirty-seven dollars and a half. This news was being announced to the crowd when the genial quiet governor called a halt and said "forty dollars." The rest came from his pocket. Three cheers were given for him, three for the dear sisters and of course three for the clergy present.

To return to the chapel. It is true, the present day chapel is perhaps only some sixty years in existence. But it had its ancestral forerunner as far back as 1723, when Colonel Westbrook, of the Massachusetts colony, destroyed it, according to the words of his own report. The Tarrentines, or Penobscots, were first brought into the fold by Abbe Thury in 1687, and the priests of the Foreign Missions, of whom he was one, continued to minister to the Indians until 1705, when the Jesuits missionaries took charge, until the death of Father Rasle in 1724. The mission had for its father in the later fifties, good Father John Bapet, S.J., whose memory is cherished among the older Indians to-day. It was Father Bapet who built the present chapel for his flock on the island, and this home of the Blessed Lord on earth is the centre of the island, as it is of their faith and reverent life.

It was this zealous missionary who was taken from the cellar of his own home on a dark night and brought to the woods, where he was bound to a tree, farrago and feathered, and left to die in the cold, until providentially rescued by a passer-by. He said Mass next morning, however, with the tar still sticking to his poor body. He died recently in an insane asylum, with the hallucination haunting him that miscreants were looking for him to torture him anew. This was not done by Indians, but by people who looked upon themselves as fully civilized. Notwithstanding the weakness of the Indians—and they are candid in acknowledging their faults—their Catholic faith and its profession are the bold and marked features of their life. To the priest they are all gentleness and submission, and to the Sisters who teach them as well as their children, they are confiding to a degree. Each must be consulted in regard to every venture, and no word is of light importance that falls from the lips of either. Their chapel is their pride, and the real home of their hearts and is kept neat and scrupulously clean, as becomes the tabernacle or tent of the Lord.

It would be interesting to cite some other proofs of the attachment of the Oldtown Indian for his faith. His loyal spirit is thoroughly appreciated by his spiritual parents, both Mgr. Trudel and Father Rice, and by the Sister Superior of the mission, whom he reveres as a mother indeed. The Right Rev. Louis Walsh, Bishop of the Portland Diocese, has taken a keen and paternal interest in their welfare, visiting and encouraging from time to time. The State

of Maine has kept gentle ward over these children of the forest, and provides in a substantial way also for their teaching at the hands of the Sisters of Mercy. Thus in the twofold protection of their Church and commonwealth they are manifestly the children of Our Father who is in heaven. In point of number they seem to remain always the same, neither growing more numerous, nor yet diminishing. Thoreau's visit in 1857 found them about three hundred, and such is their full count in round figures to-day.

During his short stay in these parts, Father Holland has made many friends, but he seems to have won the hearts of the good Penobscots, judging by the regretful send off they gave him at the ferry landing, and the numerous specimens of their handsome handwork which they presented him on his departure. The gracious Governor and his lieutenant crossed over with several of their subjects and escorted him to the parochial residence, while Father Rice said good-bye at the train in Bangor. May success crown his efforts everywhere as it has done in our good old State of Maine.

O. S.

Concluding Ceremony of Boston Centenary.

A mighty host of over 42,000 members of the Holy Name Society marched along three miles of streets crowded to the utmost with admiring throngs, and passed in review before the highest dignitaries of the Catholic Church in America, in the concluding celebration of the diocesan centenary on Sunday afternoon.

From noon until sundown, these able-bodied men paraded in this monumental demonstration.

All the afternoon the streets of Boston resounded to the sounds of music, and echoed with the tramp of men.

From the start of the procession to the end, every sidewalk was crowded with the members of the families and other friends of the men in the line.

The parade, estimated as the largest ever held in Boston, was remarkable in many ways.

Fully 600,000 people saw the demonstration, thousands coming to the city by special trains and on electric cars. In the streets through which the parade passed people were jammed in an almost impenetrable mass, the mounted police at some points making light impression on them in an effort to clear the way for the marchers.

To all available window sills climbed youngsters, and to the roofs climbed hundreds who, despite the cold wind, derived genuine pleasure watching the parade, even until after the close of day.

The subway and railroad terminal stations have been crowded before, but it is doubtful if their enormous capacity was ever put to a greater test. The special trains that brought visitors from all parts of the State took them home at the close of the observance.

While it was originally intended that all men should march without canes or small flags, it was decided later to change this order, and the numerous features of the different societies broke the monotony of 42,000 paraders.

Every society in the parade tried to outshine all the others in point of efficiency in marching.

Seldom has there been witnessed a more brilliant spectacle on Commonwealth Avenue than was seen at sundown as the last divisions of the parade were marching on their way to the finish.

As far as the eye could reach there were crowds, crowds everywhere. Stretched out from staffs were Stars and Stripes carried by every company, together with their own banners, the red and gold of which illuminated the scene with a blaze of splendor. As the sun sank behind the buildings and the lights were seen in the houses on Boston's wealthiest thoroughfares, the paraders marched on and the bands poured out their martial airs.

The last divisions of the parade were untried. Their appearance was equal to those in the front of the line.

The priests at the head of each society were cheered and applauded by the immense crowds along the route. It was the efforts of these clergymen that made such a large outpouring of men a possibility. Their appeals for full ranks were answered.

Archbishop O'Connell and Mayor Hibbard, who sat on the reviewing stand. Mr. Fitzgerald was loudly cheered and applauded as he passed through the great crowds, but he took no notice of the cheers. Sunday he was a soldier and kept his eyes front.

"As one band turned into Commonwealth Avenue playing "Maryland," closely followed by another playing "Dixie," a gray-haired old man with a G. A. R. button on his coat said to a spectator, "What would happen if such an army of field? It is a wonderful object lesson to Americans as to the possibility of mobilizing a monster army and drilling them in a short time."

This sentiment was echoed several times along the route. An interesting feature was the presence close to the head of the line of the Night Workers' Holy Name Society, headed by the Rev. P. J. Lyons. This is composed of men who work all night in the newspaper offices, postoffice and other places. They presented a very natty marching order.

CARDINAL GIBBONS PLEASED. During the hour that the Cardinal occupied a seat on the reviewing stand so great was his delight that he stood most of the time and frequently waved his hand to the passing columns, and when the companies of cadets came along his countenance was wreathed in smiles.

One of the features of the parade was the appearance of a company of colored Catholics who marched with exceptional precision and who were also given an encouraging recognition by the on-lookers.

Many of the banners were marvels of workmanship and skill, and not a few of them were evidently displayed in public for the first time.

While thousands knelt with bowed heads in the great cathedral filling every pew, the aisles and reaching every corner of the vast interior, the Deum was chanted on Sunday night as the closing service of the centenary of the Catholic diocese of Boston.

Cardinal Gibbons, in the robes of his high office, was present. Archbishop O'Connell presided at the altar with visiting dignitaries as his assistants in the chanting of the Te Deum.

Long after the flickering candles of the altar had been extinguished, the great congregation was still moving out, and the crowd was easily as great as that which attended the pontifical Mass in the morning.

The service opened shortly after 8 o'clock. The cathedral was well filled long before that hour, and hundreds who came were unable to gain in the closing worship of the Catholic week in Boston.

Miss Jackman Now Aged 100 Baptized by Bishop Cheverus

Or the second floor of an apartment house at 57 Delle av., Roxbury, almost within a stone's throw of the Mission church, there lives, quite like a recluse, an aged lady who was baptized and confirmed by Bishop Cheverus. She is Miss Mary Matman, the only living link between the Boston archdiocese of to-day and the diocese of the saintly first bishop. And she enjoyed the personal friendship not only of Bishop Cheverus, but also of Bishops Fenwick, Fitzpatrick and Williams.

This extraordinary little woman, who was born in Newburyport, will be 100 years old on November 9. She came to Boston with her parents in 1817, when she was 9 years old. Her parents were Presbyterians, and the child had never seen and scarcely ever heard of the Catholic Church before coming to Boston. The funeral of Fr. Matignon in 1818 is the earliest of Miss Jackman's recollections of the Catholic Church in Boston.

"Everybody was talking about the funeral," she said to a reporter. "There were great crowds in the streets, for every one loved Father Matignon. My sister and I wanted to follow the funeral procession, but my mother insisted on our going to school. Finally, however, we went to the service in the little church on Franklin street, which was crowded. I shall never forget my first visit to a Catholic church. Everything was so strange, the lights, the pictures, and the chanting of the priests. Bishop Cheverus preached. The funeral procession marched through the principal streets and everywhere the greatest reverence was shown. Those in the procession who belonged to the confraternity of the Holy Cross, dressed in black with white crosses. We went to the cemetery and stayed until the body of the priest was lowered into the grave.

"I remember well when I got home I fixed up my little room with candles and pictures and tried to make my little brother sing as the priest had sung, while I knelt and folded my hands. My father came into the room and scolded us, but the scene of the day had made a deep impression on my mind.

"Some time after this the first four Ursuline nuns came to Boston and made their home in a little house adjoining the cathedral. They taught music, languages and fancy work. I well remember my first visit to them and how frightened I was while awaiting the mother superior. But she came and spoke so kindly that I forgot my fears. When she pulled my hair playfully and asked me if I wanted to become a Catholic right there and then I hesitated and said I thought I would better wait a while. She replied that my answer was the right one and that it pleased her very much.

"After that I often visited the nuns and was taught the catechism. One Good Friday night my mother went with me to church. There was a great crowd and she got into one pew and I into another. Father Taylor preached a beautiful sermon, and when we were going out my mother said to me that she would never again object to my attending the Catholic church.

"On the afternoon of July 31, 1822, when I was 14, I was baptized privately by Bishop Cheverus. Of my relatives only my sister was present in the church, but the nuns whom I knew were looking on from their balcony, which had a lattice front. The bishop, noticing them, suggested moving the baptismal font across the church, where they could see better, but my sister said they could see well enough. After the baptism the bishop said to me, 'I shall always be a father to you,' and I have always regarded him as my godfather. A year after that my mother was received into the church and was baptized by Father Taylor.

"Bishop Cheverus left Boston not long after, and his departure was mourned by Catholics and Protestants alike. He has always seemed to me the most angelic man I ever knew. I remember seeing him with his knee buckles and silver buckles, when I first came to Boston. He would stop and speak to children on the street, and at first I would always run away at his approach, but later I got to know and love him. He often told me stories of his experience with the Indians in Maine. Bishop Fenwick, his successor, used to call me 'yard-and-a-half' because I was just that tall."

Despite her advanced years and her bodily infirmities, Miss Jackman still retains to an unusual degree her mental powers, and her active interest in current events, both religious and secular. Her strength, however, does not permit her to attend church. But she can still read her prayer book, and also the copy of Thomas a Kempis' "Imitation of Christ," which Bishop Cheverus presented to her when he left Boston. Her only living relatives are grand-children of her brother, who live in Salem—Boston Sunday Globe.

Nervous Prostration. Of nervous prostration we hear much nowadays, and it is comforting to know that there are places specially equipped and located for combating this phase of modern life. On the main line of the Grand Trunk Railway System, at St. Catharines, Ontario, are located the curative Saline Springs known as the "St. Catharines Well." Connected with the Springs is "The Welland," where treatments for nervous prostration, rheumatism, etc., are given by skill-

ed attendants in charge of a resident physician. St. Catharines is the mildest point in Canada during the winter months. For further information and all particulars apply to J. Quinlan, D. P., Grand Trunk Railway, Montreal.

The projectors of the big Missionary Congress to be held in Chicago next month have sent out special invitations to all the Catholic editors of the country to be present. They will receive tickets to all functions and will be accorded special courtesies. This is in just recognition of the aid which the Catholic papers of the country have rendered in helping on the project of the Congress.

St. Joseph's Home Fund. The actual date of Father Holland's birthday has passed and we had hoped that a goodly sum would have been realized to present to him on Sept. 19th; but so many have been out of the city during the summer that our appeal failed to reach them and consequently nothing like the necessary amount came in. However, every day is a birthday—somebody's—so if each one contributed, his number of years either in dollars or cents, quite a comfortable sum in a little while would be realized. We thank those who answered our appeal and trust that those who have not already done so will send in their mite to help a worthy cause—To pay off the debt on the St. Joseph's Home for Working Boys. A cent will be as welcome as a dollar and will be acknowledged in issue following receipt.

FILL OUT THIS COUPON.

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Note and Comment

The poor Montreal Anglicans are in a stew over the election of a new bishop, and the best way of getting out of it would be to open the gate and come into the true fold, where the pastors are ordained and consecrated. Why do these poor people keep on postponing?

The Hill of Tara is to be excavated and thoroughly explored under the direction of a joint committee of the Society of Antiquaries, the Irish Academy, the archaeological societies of Louth, Kildare, Cork and Waterford, and the literary societies of Dublin and London.

Catholic priests of the archdiocese of Boston have organized a choir of fifty priests, all trained vocalists, who will hereafter sing the Gregorian Mass at the funeral services of priests. The formation of this choir is the outcome of a suggestion made by Archbishop O'Connell.

At the University of California the Archbishop of San Francisco has installed the "Newman Club" made up of the Catholic students attending that institution in a fine \$415,000 house, with two Paulist Fathers, themselves university trained men, in charge, and through this club house and a beautiful chapel they are exercising a potent influence for good.

Berlin University is the most numerously attended seat of learning in the world. It contains 7774 matriculated and 1390 non-matriculated students. All the cities of Germany and every country in Europe, from Norway to Sicily, from Ireland to Russia, are represented in its classrooms.

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HOUSE AND HOME

CONDUCTED BY HELENE.

True Witness Beauty Patterns



LADIES' TIGHT-FITTING COAT. Paris Pattern No. 2653

Smooth faced black broadcloth has been used for this model, which is particularly serviceable for a separate coat to wear over the dress of cheviot or tweed.

PATTERN COUPON. Please send the above-mentioned patterns as per directions given below.

HOW LACE CAN BE MENDED BY SIMPLE PROCESS.

Lace mending is not such a difficult occupation as many women imagine, for it may be accomplished by any one capable of doing fine needlework who is willing to devote the necessary time.

To mend lace, at least the popular Irish crochet, the amateur should follow these simple processes: Take three thicknesses of newspapers, laying a sheet of blue tissue paper on top, then beating the four together.

As a rule with Irish crochet, it is the background that needs repairing and this is done with a crochet hook and just ordinary sewing cotton, working in accurately the stitches to match.

To mend filet lace another process is necessary, for this work must be done on a frame, and there is nothing better for the purpose than the ten cent slate such as school children use.

STENCILING A WALL.

Very artistic effects can be secured by stenciling a wall. It makes a break in the plain surface, and very harmonious contrasts and dainty color schemes can be worked out by

the use of stencils. To use the stencil successfully start at one corner of the room, press the stencil firmly against the wall, have the material that you are going to stencil mixed up ready for use, dip the ends of your brush in this and simply rub it across the face of the stencil, being careful not to get too much stuff on the brush so that it will run in back of the stencil and blur or blot, says Country Life in America.

An ordinary round paint brush is as good a stencil brush as any. The bristles about half-way down, so that they will not spread, and in using just dip the tips of the bristles into the tinting material.

HOW TO WASH FINE BLANKETS.

Many good housewives do not care to risk the laundering of their fine woollen blankets to their servants, and a word might help at this season from a good housewife, who always takes this task upon herself. She first shaves a half bar of yellow soap and pours it into a pint of boiling water.

CHECKS AND STRIPES LEAD.

For practical street suits of the modified directoire type, such as are developed in beautifully finished silicilenes, serges and worsteds, checks and stripes are far more popular than are plain effects. Many of these fabrics are in two tones of one color, although in some having wide checks and distinctly separated hair-lines are seen rather startling contrasts.

SHORT COATS CUT OUT.

Occasionally one hears prophesies of the return of the short coat, and even sees manifestations of it in velvet or fur. For the moment the eton and pony type are in the background, and long wraps are very much in the fore. Following the directoire mode, though not distinctly of it, are the jackets cut off straight across the waist line.

HOW TO REMOVE IRON RUST.

Iron rust may be removed from clothing by holding the stained spot over a bowl of water to which a little ammonia has been added and applying with a small glass rod or muriatic acid. The instant the stain disappears immerse the spot in water, thereby preventing the acid from changing the texture of the goods.

HOW TO CAN PEACHES.

To can peaches allow one-half pound of sugar to one pound of peaches. Put the sugar on the fire with a little water and let it boil until the syrup is perfectly clear. Pack the jars tightly with the peaches and fill with syrup. Put these jars in a large boiler of water. Stand them on wood and do not let them touch each other.

HOW TO HANG A SKIRT PROPERLY.

It is impossible to be too particular in securing straight seams when making a skirt, those at either side of the front breadth requiring more care than the back seams. Where the material is plaited over the hips the tucks should take a straight line upward into the belt and should on no account be allowed to deviate either toward the side or the front.

FOR THE BEAUTY SEEKER.

To the beauty hunter, "hold your face to the sun" means, do not turtle your neck or let your head settle comfortably in rolls of flesh—hold your head up. This does not mean thrust out your chin like a

belligerent prize fighter; it does mean the chin set up and the head back, so the muscles at the back of the neck contract slightly. Here are a few of the improvements a held up head works:

It decreases the number of your chins. It makes the eyes look bigger and more soulful.

It improves your carriage and prevents round shoulders. It allows the sun to play more becomingly on your face.

It leads a pretty glow to your cheeks instead of to the forehead and the bridge of your nose. The hands begin to age at 30, and there is no greater tell-tale of a woman's age than hands not properly cared for, says the Delineator. The woman whose hands are short and thick, whose nails look as if they had been chopped off with a coupon clipper, has much to contend with. She arouses antagonism the moment anyone looks at her hands. Without well-groomed hands, a woman is unclassified; she cannot possibly impress one as being refined. And, after all, well-groomed hands are merely a question of care; a pretty hand is not fat and pudgy, as so many people think, nor is it necessarily dimpled. Whether the skin be white or tanned to a deep brown by the rays of the sun, it must be smooth and firm and well cared for. Even a bony hand, under these conditions, is attractive to look at, and ten minutes devoted each day to the care of the hands and nails will reap a rich reward.

A physician who makes a study of women's nerves and their quality of endurance, asserts that a little intelligence on their part would help immensely in going through life. The reason, he says, that women get exhausted after any endurance test is that they do not know how to balance work and rest. He lays down the following rules, which are far better than medicine: Sleep in proper proportions come first. It should be taken in immoderate doses when one has just gone through a tedious hour, or expects to face one. The seven-hour rule or custom should be utterly abolished. There should not be one rule for every one concerning sleep. Each individual should be her own judge of how much is needed. If she wants ten hours' sleep, if she can get it and feels refreshed after

Dresden silk, or plain silk, placing a pad of cotton flannel inside the silk. Stitch firmly around the edge and bead each rim with pins of different colors. Next take two spools of silk thread, corresponding in color to the silk covers, and place them between the two hearts. Lace them through the hearts with ribbon, and fasten at the top with a small bow. This not only makes a convenient pin rack, but it is a serviceable thread holder, for the spools cannot escape from the two heart holders.

When the white counterpanes are too much worn for further use as bedspreads cut them in squares as large as you wish or the spread permits, hem them all around and use for bath towels. They are absorbent, soft and easily washed.

PUTTING AWAY SUMMER CLOTHES.

An excellent mixture to prevent moth inroads is cedar, rubarb and cloves pounded in equal quantities and laid between layers of cotton wool in bags. When about to lay away summer finery for the season, have nothing put away in a soiled condition. Not only do dust and dirt attract moths, but they wear away the fabric.

Bags made of cheesecloth, about eight inches square, filled with oatmeal, some powdered borax, pulverized castile soap and a little powdered orris root and used in the bath are delightfully refreshing.

The ancient Romans have a saying to the effect that a long life and a pleasant one depended on the free use of two fluids—olive oil without and wine within. The wise woman of to-day uses olive oil, but she uses it in moderation—both within and without.

A box of powdered borax is indispensable at the toilet table and as a disinfectant, and will prove a valuable aid in procuring cleanliness at the kitchen sink, and if it were more frequently used a great amount of waste might be prevented in the latter.

Olive oil, taken internally, arouses a torpid liver, and the complexion

Blue Ribbon Tea advertisement with coupon and contact information.

it, she should make every effort to have it. The day laborer does not need as much sleep as those who work in an office; those who work in a shop do not need as much brain repair as those who write.

WEAR SATIN THIS WINTER.

"Indeed, it is to be a satin season," says Grace Margaret Gould in October Woman's Home Companion. "Not the satin of our grandmothers, so stiff and heavy, but a light, soft, supple material, with a wonderful lustre of its own, which adapts itself marvelously to the new clinging type of gown."

"Paris is wild with enthusiasm over the satin gilet. A gilet, you know, is a little vest. One of the smartest of these imported small garments, and one which American women are sure to like, is made of black satin bands shaped to the figure and each finished in a point.

This gilet is single breasted and buttons in the front. Combined with satin is a band of Persian embroidery forming the top. This is a peculiarly French touch and is sure to be in vogue. The contrast of the beautiful Persian colors with the shining black satin is most effective and one of those little things which the French make so important. Such a vest as this will prove most serviceable to the woman with a limited wardrobe. It will give a new look to a last year's suit, and an attractive look, too.

"A vest of this sort is generally worn with a cut away coat, but I suggest that it be made so that it can take the place of an overblouse and be worn with a guimpe of filet net."

RAGE FOR RIBBONS.

The ribbon now has a star role in the toilet. Its vogue started in France and has reached us.

It is black, the favorite coiffure ornament. This is of moire or taffeta and sometimes is set off with tassels. Sometimes, too, the cravat is of a bright color to carry out the idea of the costume.

The elegant is devising many ways in which she can introduce ribbons. For instance, she brings down from her hat a broad, black ribbon, and ties around her neck.

Or she slips through wide holes in her collar a band of black velvet, which she ties behind.

Some of the Parisians even twist ribbon in their hair in the daytime.

In buttoning Little girl's dresses sew the buttons on the wrong side of the upper piece and make the buttonholes in the under piece, so as to button wrong side out. In this way the catching and breaking of the fiddle one's hair is avoided and one cause of annoyance and ill temper removed.

AIDS FOR THE SEWING ROOM.

To make a threadholder take two pasteboard hearts and cover with

has no more insidious enemy than a torpid liver. It is said that rheumatism can find no foothold in a system fortified by olive oil. It will sometimes cure nervousness, and has a quieting effect in cases of neuralgia and neuritis.

HOUSEHOLD SUGGESTIONS.

To cover the pan in which fish is cooking will make the flesh soft. Nickel may be kept bright by being rubbed with wool saturated in ammonia.

All lard to fry fritters and doughnuts must be sizzling hot before putting in the batter.

Alcohol and whiting make a good silver polish excellent for polishing plate glass mixed with vinegar will be found to give a specially good polish to the kitchen stove.

A piece of flannel dampened with spirits of camphor will remove stains from mirrors or window glass.

A weak solution of turpentine poured down the water pipes once a week will drive the water bugs away.

Ripe tomatoes can be cooked in butter, and a cupful of spaghetti added will make a tempting dish for luncheon.

Rub over new tinware with lard and thoroughly heat it in the oven before using it, for thus it is protected from rust.

When making gravy add a little parsley to the grease before putting in the flour, remove it after it is thoroughly cooked, add the flour, and see what a delightful change it makes in the ordinary beef gravy.

GOWNS NOT OVER TIGHT.

Very many gowns worn by aristocratic Parisiennes show that the best dressed women, while they have restricted the number of their garments to next to nothing, and while draping the bust, but leaving the entire arm and shoulder absolutely nude and one ankle in coquettish evidence, do not, however, drape their gowns with the tightness that some of the sensational dressmakers' models

COWAN'S Cocoa & Chocolate advertisement.

THE TRUE WITNESS JOB PRINTING DEPARTMENT advertisement.

F. H. Phelan Importer and Dealer in Coal advertisement.

Funny Sayings section.

FIT FOR NEITHER MAN NOR BEAST.

A Yorkshire squire of the good old fashioned sort met one day the vicar of the parish, a young man who had been recently appointed to the living, and, wishing to be as hospitable to him as he had been to his predecessor, he invited him to drop in some night and "have a glass and a bit crack."

"The parson, who practiced the mortifying of the flesh, replied that he did not drink.

"Well, well," said the old man, "maybe ye can tak' a draw at the pipe with me."

"The reply was: 'I am sorry, but I do not smoke.' Such unheard of abstinence completely astounded the squire, and his surprise prevented him from speaking for a few minutes. Then he suddenly said: 'Do ye eat grass?'"

INAPPROPRIATE HYMNS.

Occasionally they do funny things back in Kansas. In Winfield a revivalist gave out the following announcement: "To-night the sermon will be 'How to get to hell,' and the quartet will, by special request, sing 'Tell mother I'll be there.'"—Los Angeles Express.

HARD ON THE MESSENGER.

Tommy had been spanked by Miss Manners, his first grade teacher, but his next teacher had not reached the point where she felt she could do justice to him in spite of his naughtiness.

"Send him to me when you want him spanked," said Miss Manners one morning, after her colleague had related his many misdemeanors.

About 11 o'clock Tommy appeared at Miss Manners' door. She dropped her book, grasped him firmly by the hand, led him to the dressing room, turned him over her knee and administered punishment.

When she had finished she said: "Now, Tommy, what have you to say?"

"Please, Miss, my teacher wants the scissors," was the unexpected reply.—Success Magazine.

WHERE ELSE.

A prominent citizen was on trial charged with harboring a vicious dog.

The attorney for the defense had been consulting a dog expert and had learned that if a dog holds his tail up over his back when he barks he is not angry, while if he holds it straight out behind him he is in a belligerent, bloodthirsty frame of mind.

Anxious to air his newly acquired information, the lawyer began cross-questioning the prosecuting witness thus:

"Now, did you notice the position in which this dog's tail was held when he came at you?"

"I did not," answered the witness, "for that was not the end from which I anticipated injury. I had another end in view. Now, if the dog had been a hornet—"

"No levity, sir!" thundered the attorney. "Answer the question. In what position was the dog's tail when he came at you?"

"I believe, sir," faltered the terrified witness, "that it was behind him."—Chicago news.

Some Books Catholic

The special attention of the Catholic pedagogues in our country is directed to the formation in our libraries of the us ers. Those charged with the duty of selecting suitable books for the Catholic teachers are for want of material the right kind of material. The directors of schools, the superintendents of schools, the directors of educational help, have spoken at national gatherings, of Catholic authorities in text-books on the history and the psychology. There is activity in C and works such as the ed are in preparation ever, the pedagogical to Catholic teachers l authorities is not so available as to meet view of such conditions help one another to ed, by calling attention works which are least prejudice against the t. In any list of books teachers we would include Education" and "Young," by the An Creighton, in both of found a great amount formation and wise s latter volume is co from Dr. Creighton's work too long for mo as a whole, of slight Catholics. Though p ally for the young, equally, or nearly eq

The Dramatic Section

OF

St. Mary's Catholic Young Men's Society.

Will Present the Romantic Irish Drama Entitled

"The Treaty of Limerick"

or "The Traitor's Doom"

IN ST. BRIDGET'S HALL

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J. JARRETT, Secretary.

GOD SAVE IRELAND!

J. P. KAVANAGH, Chairman.

Some Books For Catholic Teachers.

The special attention given to formal pedagogies in our times has led to the formation in Catholic schools of libraries for the use of the teachers. Those charged with collecting suitable books for the training of Catholic teachers are not at a loss for want of material. Superintendents of schools, diocesan school directors, and educationists in general, have spoken at Catholic educational gatherings, of the need of Catholic authorities in the way of text-books on the history of education and the psychology of teaching. There is activity in Catholic circles, and works such as those recommended are in preparation. Thus far however, the pedagogical material offered to Catholic teachers by Catholic authorities is not so abundant nor so available as to meet all wants. In view of such conditions, we should help one another to the best afforded, by calling attention to those works which are least tinged by prejudice against the Faith.

In any list of books for the use of teachers we would include "Thoughts on Education" and "Counsels for the Young," by the Anglican Bishop Creighton, in both of which will be found a great amount of useful information and wise suggestion. The latter volume is compiled largely from Dr. Creighton's biography, a work too long for most readers, and as a whole, of slight interest to Catholics. Though prepared nominally for the young, "Counsels," is equally, or nearly equally, valuable

for their guardians and teachers. The author was a lover of children, a born educator, and his insight into the difficulties of the school life of his day was remarkable. Nothing pleased him more than to direct the studies of his young friends, and he would set them books to read and look over the papers which they wrote at his suggestion. His kindly interest in the spiritual welfare and educational progress of the young wherever he came in contact with them was indeed one of his most striking characteristics. The writings of such a man are a precious heritage.

Of Dr. Creighton's "Thoughts on Education" we have many times spoken. It is a book that should be in the hands of teachers everywhere. They will not, of course—Catholic teachers more particularly—always agree with his conclusions; but he is sure to make them think for themselves and give them new ideas of their influence and responsibility. The Bishop once said, when speaking to teachers: "Every child is really different from every other child. You are constantly dealing with a human life which has its own thoughts and its own interests; which is ready to welcome you, if you speak a language which it can understand." And again: "The object of the teacher is to follow the order of the child's mind. No one with any conception of humility can claim to be able to follow that order completely; for the simple reason, that the more we see above such narrowness. Until we have a larger literature of our own, let us not deprive ourselves of the advantage of what is best in that of our opponents, whose opposition in many cases—in most cases perhaps—arises from ignorance rather than malice.—Ave Maria.

HAD BACHACHE.

Was Unable To Do House-work For Two Years

Many Women Suffer Untold Agony From Kidney Trouble.

Very often they think it is from so-called "female disease." There is less "female trouble" than they think. Women suffer from backache, sleeplessness, nervousness, irritability and a dragging down feeling in the loins. So do men, and they do not have "female trouble." Why, then, blame all your trouble to "female disease?" Most of the so-called "female disorders" are no more or less than "kidney disorders," and can be easily and quickly cured by Doan's Kidney Pills. Mrs. C. Dupuis, Bellevue Village, N.B., writes: "I was unable to do my house-work for two years on account of backache. I could not get up the stairs. Doan's Kidney Pills cured me permanently after doctors failed to even relieve the pain. I can highly recommend them to all sufferers from kidney trouble." Price 50 cts. per box or 3 boxes for \$1.25 at all dealers or mailed direct on receipt of price by The Doan Kidney Pill Co., Toronto, Ont.

make it seem quite new. A "History of Education" which may safely be recommended is by Mr. E. L. Kemp, principal of the East Stroudsburg State (Pa.) Normal School, and forms volume third in the Lippincott Educational Series. This book, considering its scope, is all that could be desired, and is marked by research and a spirit of fairness, as well as by a spirit of reverence for the teachings of Christianity. The wording in a few cases, and an undue emphasis on the importance of Luther's influence along educational lines, are the only points the fair-minded Catholic teacher would wish to see changed in later editions.

To ignore such books as these because they happen to be from non-Catholic pens, and to contain a few slurs on the Church and some historical errors, is the height of folly. A teacher, of all persons, should be above such narrowness. Until we have a larger literature of our own, let us not deprive ourselves of the advantage of what is best in that of our opponents, whose opposition in many cases—in most cases perhaps—arises from ignorance rather than malice.—Ave Maria.

It Rubs Pain Away. There is no liniment so efficacious in overcoming pain as Dr. Thomas' Electric Oil. The hand that rubs it in rubs the pain away and on this account there is no preparation that stands so high in public esteem. There is no surer pain killer procurable, as thousands can attest who have used it successfully in treating many ailments.

Synopsis of Canadian North-West

HOMESTEAD REGULATIONS

ANY even numbered section of Dominion Land in Manitoba, Saskatchewan and Alberta, excepting 8 and 26 not reserved, may be homesteaded by any person who is the sole head of a family, or any male over 18 years of age, to the extent of one-quarter section of 160 acres, more or less. Entry must be made personally at the local land office for the district in which the land is situated. Entry by proxy may, however, be made on certain conditions by the father, mother, son, daughter, brother or sister of an intending homesteader.

The homesteader is required to perform the conditions connected therewith under one of the following plans:

- (1) At least six months' residence upon and cultivation of the land in each year for three years.
- (2) If the father (or mother, if the father is deceased) of the homesteader resides upon a farm in the vicinity of the land entered for, the requirements as to residence may be satisfied by such person residing with the father or mother.
- (3) If the settler has his permanent residence upon farming lands owned by him in the vicinity of his homestead the requirements as to residence may be satisfied by residence upon said land.

Six months' notice in writing should be given the Commissioner of Dominion Lands at Ottawa of intention to apply for patent.

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Dear Reader,—Be patient with me for telling you again how much I need your help. How can I help it? or what else can I do?

For without that help this Mission must cease to exist, and the poor Catholics already here remain without a Church.

I am still obliged to say Mass and give Benediction in a Mean Upper-Room.

Yet such as it is, this is the sole outpost of Catholicism in a division of the county of Norfolk measuring 35 by 20 miles.

And to add to my many anxieties, I have no Diocesan Grant, No Endowment (except Hope)

We must have outside help for the present, or haul down the flag.

The generosity of the Catholic Public has enabled us to secure a valuable site for Church and Presbytery. We have money in hand towards the cost of building, but the Bishop will not allow us to go into debt.

I am most grateful to those who have helped us and trust they will continue their charity.

To those who have not helped I would say:—For the sake of the Cause give something, if only a "little." It is easier and more pleasant to give than to beg. Speed the glad hour when I need no longer plead for a permanent Home for the Blessed Sacrament.

Address—Father Gray, Catholic Mission, Fakenham, Norfolk, England.

P.S.—I will gratefully and promptly acknowledge the smallest donation and send with my acknowledgments a beautiful picture of the Sacred Heart and St. Anthony.

Letter from our New Bishop. Dear Father Gray.—You have duly accounted for the alms which you have received, and you have placed them securely in the names of Diocesan Trustees. Your efforts have gone far towards providing what is necessary for the establishment of a permanent Mission at Fakenham. I authorize you to continue to solicit alms for this object until, in my judgment, it has been fully attained. Yours faithfully in Christ, F. W. KEATING, Bishop of Northampton.

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Episcopal Approbation: If the English Speaking Catholics of Montreal and of this Province consulted their best interests, they would soon make of the TRUE WITNESS one of the most prosperous and powerful Catholic papers in this country.

IN vain will you build churches, give missions, found schools—all your works, all your efforts will be destroyed if you are not able to wield the defensive and offensive weapon of a loyal and sincere Catholic press.

—Pope Pius X.

THE LIQUOR EVIL.

In another column will be found a strong letter touching this important subject of public interest. We know no more threatening evil than the execrable habit of drinking.

THE MASS AND THE ENGLISH RESTORATION.

We continue our digest of Canon Moyes' paper upon the Mass and the Reformation. We come to England's devotion to the Mass in pre-reformation days and to subsequent action and belief.

trap the innocent and confirm the enchained victims. Saloons are not the only gates of the drunkards' abyss, nor the working men who cannot afford other luxuries the only offenders.

Twitching of the Nerves

Became almost unbearable until Dr. A. W. Chase's Nerve Food brought about a cure. Tapping of the fingers, restlessness, sleeplessness, inability to control the nerves.

Correspondence.

THE LIQUOR EVIL.

Editor, True Witness: Sir,—No one will question the fact, apparent to all, that the liquor evil requires a constant attention if we are to hold it in check.

CANCELLED STAMPS FOR AFRICAN MISSIONARIES.

Editor True Witness: Sir,—Encouraged by results accruing from my former letter published in several Catholic newspapers I again come to claim the hospitality of your columns for a renewal appeal in favor of the African Missions.

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This might involve a little trouble, but what a good work it would also be, and what blessings it would ensure from Him Who has said that even a cup of cold water given in His Name shall bring its reward.

REASONS WHY CHILDREN'S TEETH SHOULD BE

First. To prevent the tooth suffering with the tooth thing else. Second. It prevents the teeth from coming in irregularly.

W. G. KENNEDY DENTIST

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Yo Things

Oring to the neck correct idea of our the decay, aches and take a stitch in time losing of the teeth, ple will take this advice as a lesson for the teeth, select and save the teeth.

IMPORTANT OF To those to whom personal appearance little, who never comfort and health, very little value.

Millions of teeth are possibilities of the d mouth is a prime f and one of the mos tures of the human expression of the largely upon the te countenance loses ha the exhibition of t

When a pretty girl and exposes decayed t ed gums, how quickl dispaled.

Many ladies whose tractive in teeth, are charmed when their clean, white teeth, w

When we consider is to preserve the te maintain the symmet tures, it becomes ou the causes which 'on premature destructio the human system is lected as these very gans, and yet there neglect of which enta results.

As a rule, people d the value of their t

WHAT CAUSES DE TEEH Decay of the teeth i formation of an acid through the fermenta This acid attacks a enamel, or outside c ing the softer, sub tooth to the action o acid condition of the follow an acid conditi mach, or be produce of the fermenting p which, by reason o warmth of the moun the acids which caus of tooth structure

Decay usually occu surfaces of the teeth easily reached and, coo easily cleaned, upon which afford lodgmen ticles that eventually produce the acids nec cessary. It is noticeab most teeth decayed by contact with adjoin The periods at whic most likely to decay a

1. During a genera weakness brought on

2. In children betwe eight years because of childhood diseases.

3. From twelve to caused by too rapid g

4. In women during reproduction.

Decay is most usual cause of indoor life an exercise. There is gene decay during any sever the system; as for exa wasting diseases, and women during the phy cess of reproduction.

The importance of ca teeth during this perio too greatly emphasizec visible for a woman teeth attended to at a Under ordinary circum just as safe, and it br lief to the expectant a at the same time it p transmission of irritabi

Teeth decay more du because there is no mo tongue and lips, and th not disturbed in their struction.

Mothers should teach to care for the teeth v life, so that it will be to be continued throu from experience that induce a child to ca teeth is by giving it a filled just the same as

REASONS WHY CHIL DENTISTS SHOULD BE

First. To prevent the tooth suffering with the tooth thing else.

Second. It prevents the teeth from coming in irregularly.

Third. It is as unhea child to have a mouth teeth as it is for a gro Fourth. It is anything for the little ones breath. If the health i formative period of per they cannot be of good I find a great many p because a child's perman use to decay while no use trying to save t grow harder and are not decay after the age of years, so if they are ed for between the 12 years of age they can through life.

If it were not for fear misadventure, I would a appointment of dental in schools for the purpos ing children's teeth.

Childhood is the mos nearly all tooth trou care. The child's teat they were put there by a purpose and should be aware you it is from

Does it not seem more effective to breathe in a remedy to cure disease of the breathing organs than to take the remedy into the stomach?

It cures because the air rendered strongly antiseptic is carried over the diseased surface of the every breath, giving prolonged and constant treatment. It is available to mothers with small children.

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Send postal for booklet. LEWIS & CLARK CO., Limited, Agents, Montreal, Canada.

Your Teeth

Things You Should Know Regarding Them.

Owing to the necessity of having a correct idea of our teeth, what causes the decay, aches and pains; how to take a stitch in time to prevent the loss of the teeth, and that the people will take this little article of advice as a lesson on how to care for the teeth, select a good dentist and save the teeth.

IMPORTANCE OF THE TEETH.
To those to whom the subject of personal appearance counts but little, who never plan for future comfort and health, a tooth is of very little value.

Millions of teeth are sacrificed because the masses do not know the possibilities of the dentist's art. The mouth is a prime factor in beauty, and one of the most expressive features of the human countenance. The expression of the mouth depends largely upon the teeth. The whole countenance loses half its charm by the exhibition of decayed unsightly teeth.

When a pretty girl parts her lips and exposes decayed teeth and inflamed gums, how quickly the charm is dispelled. Many ladies whose faces are unattractive in repose become quite charming when their smiles reveal clean, white teeth, well cared for.

When we consider how necessary it is to preserve the teeth in order to maintain the symmetry of the features, it becomes our duty to avoid the causes which lead toward their premature destruction. No part of the human system is so sadly neglected as these very important organs, and yet there are none the neglect of which entails more serious results.

WHAT CAUSES DECAY OF THE TEETH.

Decay of the teeth is caused by the formation of an acid in the mouth through the fermentation of food. This acid attacks and dissolves the enamel, or outside covering, exposing the softer substances of the tooth to the action of microbes. An acid condition of the mouth may follow an acid condition of the stomach, or be produced by the action of the fermenting particles of food which, by reason of the uniform warmth of the mouth, generate lactic acids which cause the destruction of tooth structure.

Decay usually occurs upon those surfaces of the teeth which are not easily reached and, consequently, not easily cleaned, upon rough surfaces which afford lodgment for food particles that eventually ferment, and produce the acids necessary to decay. It is noticeable, too, that most teeth decay at or near points of contact with adjoining teeth.

The periods at which teeth are most likely to decay are:
1. During a general systematic weakness brought on by severe sickness.
2. In children between five and eight years because of the effects of childhood diseases.
3. From twelve to twenty years, caused by too rapid growth.
4. In women during the process of reproduction.

Decay is most usual in women because of indoor life and lack of exercise. There is generally increased decay during any severe strain on the system; as for example, in acute wasting diseases, and especially in women during the physiological process of reproduction.

The importance of caring for the teeth during this period can not be too greatly emphasized. It is advisable for a woman to have her teeth attended to at such a time? Under ordinary circumstances it is just as safe, and it brings great relief to the expectant mother, while at the same time it prevents the transmission of irritability and nervousness to the unborn child.

Teeth decay more during the night because there is no motion of the tongue and lips, and the acids are not disturbed in their work of destruction. Mothers should teach their children to care for the teeth very early in life, so that it will become a habit to be continued through life. I find, from experience, that the best way to induce a child to care for its teeth is by giving it a reward. When children's teeth decay they should be filled just the same as the permanent teeth.

REASONS WHY CHILDREN'S TEETH SHOULD BE SAVED
First. To prevent the child from suffering with the toothache, if no other else.
Second. It prevents the permanent teeth from coming in irregularly.
Third. It is as unhealthy for a child to have a mouth full of bad teeth as it is for a grown person.
Fourth. It is anything but pleasant for the little ones to have bad breath. If the health is poor at the formative period of permanent teeth they cannot be of good structure. I find a great many people think because a child's permanent teeth begin to decay while young it is of no use trying to save them. Teeth grow harder and are not so apt to decay after the age of 17 or 18 years, so if they are properly cared for between the 12th and 18th years of age they can be retained through life.

motive when I say, I believe every child of school age should be required to have his teeth examined and cared for at least once a year. I believe a child is better off with good health and a poor education than with a good education and poor health. The child can not have good health with a mouth full of bad teeth. It may not tell on the child at first, but undoubtedly will in time. I believe that such a system of inspection would result in incalculable benefit of the health of the country. The present loss of teeth is appalling.

FILLING OF THE TEETH.

When any part of the tooth decays the remedy is to remove the decayed part and fill it with a material that will become solid; that will resist the action of the air and moisture; that will stand the force of mastication and serve as an artificial enamel. The comfort of pure breath and saliva, the agreeable effect produced on others by the exhibition of a clean, healthy mouth; the advantage of teeth in talking and singing; the ability to masticate the food, and the possibility of the preservation of the teeth till advanced life, are sufficient reasons to induce every one to give the teeth proper care.

The poor savage in his native wilds has coarse fare and few comforts, but he is erect and strong and his teeth are sound and regular. But it must be borne in mind that he lives a different life from ourselves; he is in the open air all the time. His habits and food are very simple; no sauce, pastry and confectionery to derange the stomach and impair the general health. He chews his food instead of having the roller process to grind it for him.

Decay from one tooth, if neglected, may be communicated to adjoining teeth. Frequent examinations by the dentist can not be urged too strongly. No one can tell when decay commenced upon his own teeth. It may be quite out of sight and require a strict search to detect it, but it is none the less dangerous on that account. Cavities should be filled as soon as discovered, and the mischief stopped at once.

The first molars on the grinding surface and the central incisors on the sides nearest to each other, are the points most liable to decay. But decay may attack the teeth at any point. The first molars are considered by dentists to be the most valuable teeth in the mouth, yet are often mistaken for temporary teeth and are allowed to be extracted.

When an abscess has formed around the roots of a tooth, if no tube or fistula has been formed, as is sometimes the case, it becomes larger, finally bursting the sack and spreading until the whole side of the face is affected, becoming greatly swollen. This is known as deep seated ulceration. This class of teeth can be treated and saved.

The decayed matter accumulating from decomposition of the teeth and food, and the pus arising from the cavities, and other of the surrounding parts which have become diseased being carried into the stomach and circulated through the system, has a very depressing effect and many diseased systems can be traced to this cause. Food taken into the stomach without being properly masticated can not be properly digested.

RELATION OF THE TEETH TO HEALTH AND LENGTH OF LIFE.

Ill-health is more often due to abuse of the digestive system than to any other cause. Improper food and irregularity of meals are potent factors, but no one thing has more to do with the condition of the stomach and digestive system than the condition of the mouth and teeth.

THROW AWAY ALL YOUR FEARS

Backache, Gravel and Rheumatism Vanish Before Dodd's Kidney Pills.

Proved Once Again in the Case of Mrs. Fred Krieger, Who Suffered From the Worst Forms of Kidney Disease.

Palmer Rapids, Ont., Nov. 2.—(Special).—The thousands of Canadians who live in daily terror of those terrible forms of Kidney Disease known as Backache, Gravel and Rheumatism, will be deeply interested in the story of Mrs. Fred Krieger, of this place.

"I was for years a great sufferer from Kidney Disease, Gravel, Rheumatism and Backache," Mrs. Krieger states. "It is all started through a cold, but I got so my head ached, I was nervous, my limbs were heavy, I had a dragging sensation across my loins, and I was totally unfit to do anything."

"Reading about wonderful cures by Dodd's Kidney Pills led me to buy some. After using a few I found they were doing me good and this encouraged me to continue their use. Eight boxes made me well. "I have been able to do my own work ever since, and to-day I am completely cured. Dodd's Kidney Pills gave me health and I feel like a new woman."

Unless the food is properly masticated and is finely chewed and well mixed with the saliva, it enters the stomach in a condition unfit for digestion. As a consequence, the digestive organs are overworked, and the body is not supplied with proper nourishment. How important it is, therefore, to take proper care of the mouth and teeth. From an ethical standpoint, no face is so beautiful but that bad teeth will mar it, nor is any face so homely that well-preserved teeth will not lend an aspect of refinement.

ARTIFICIAL TEETH.

When the natural teeth become lost the deficiency is supplied by artificial teeth. A good set of artificial teeth is to be preferred to a poor set of natural teeth. Nothing that is worn upon the person is of so much importance as the set of artificial teeth; and they require, for successful results, artistic and mechanical skill, patient labor and experience.

Artificial teeth are often detected by the practiced eye without the patient opening his mouth, simply by the unnatural expression resulting from badly arranged dentures, and when the mouth is opened the effect is heightened by the presence of teeth selected and arranged without regard to the person's individuality. It is a marvel that persons of a discriminating taste in other matters should so often be content to endure such miserable apologies for teeth, involving as they do important relations to the features. In no other matters will they submit to such impositions.

It would seem that a person would have nothing but the best for the mouth; but many individuals appear to want that which is cheap. If it were a matter for outward show—personal adornment—we may be assured that nothing but the very best would be tolerated.

TARTAR.

This is a substance that is found deposited about the necks of the teeth, more frequently the lower front teeth. It is a deposit from the fluids of the mouth, and consists chiefly of phosphates of lime. This deposit once formed has a tendency to increase, and always in the direction of the gums; causing them to appear red and inflamed, bleeding at the slightest touch, and the teeth will become loose and drop out for want of support of healthy gums. This deposit of tartar renders the breath very offensive. Many persons suffer in this way for years with sore tender gums, being ignorant of the cause. To correct this the tartar should be removed and the teeth polished and a mouth wash used to heal the gums, and restore them to their former healthy condition.

IRREGULARITY OF TEETH.

Irregularity of the teeth is a condition frequently seen and greatly to be deplored. Few people have any comprehension of the ability possessed by modern dentists in correcting these abnormal positions of the teeth. This may grow to manhood and to womanhood, whose faces have become deformed or whose expression is unnatural or displeasing, because they have no knowledge of the improvement that could be made by a competent dentist.

The teeth may be defined as irregular where there is any departure from their normal position, such as the malposition of one or more teeth, a tooth or teeth inside or outside the regular line of arch forward or backward of their natural position; or abnormally shaped, twisted, turned, overlapping or supernumerary teeth. The results of irregular teeth are that they mar the appearance of the individual, interfere with clearness of speech, impair the ability to masticate the food thoroughly, and by reason of their crowded or abnormal position, afford favorable lodgment for food particles and thereby induce decay.

Improved appliances employed by modern dentists enable them to move a tooth or teeth into their desired position, either singly or all together. Straightening irregular teeth is done gradually by pushing or pulling the teeth into their natural position.—S. E. Wallace, D.D.S.

Corner Stone of St. Aloysius Church Laid With Important Ceremony.

Notwithstanding the unpleasantness of last Sunday's weather, a very large number of people attended the laying of the corner stone of St. Aloysius Church. The Rt. Rev. Bishop Racicot officiated at the blessing, assisted by Canon O'Meara and the pastor of the new church, Rev. M. L. Shea. The pastors and curates of the city churches were present, also the members of the Catholic Order of Foresters, the Knights of Columbus and Ancient Order of Workmen. The customary document was placed in the corner stone and read as follows:

November 1st, 1908, the feast of All Saints, in the pontificate of His Holiness Pius X., in the reign of Edward VII., King of Great Britain and Ireland and Emperor of India; Most Rev. Paul Bruchesi, Archbishop of Montreal; Sir Wilfrid Laurier, Prime Minister of the Dominion; Louis Payette, Mayor of Montreal; the stone being laid by His Lordship Bishop Racicot, Bishop of Poggia and Vicar-General and administrator of the Archdiocese of Montreal; the sermon being delivered by Rev. John Donnelly, pastor of St. Anthony's; the pastor of the new church being Rev. Mortimer Lewis Shea.

The following were the names of the churchwardens. There was also enclosed copies of the daily papers and current coins. Father Shea then made a few remarks in which he thanked everyone for the kind encouragement they expressed by their presence on a day when the weather was so unfavorable, on account of which the Rev. J. E. Donnelly, who was to have preached, was unable to do so. He simply alluded to the generosity of the English-speaking Catholics of Hochelaga, which had made it possible to erect a temple which, when completed, will be a credit to them. He also eulogized the good work of Father Shea, paying a fine tribute to his well known zeal.



Our FURS

— MAKE —

Cold Weather Delightful

OUR ASSORTMENT UNEQUALLED.

Customers from far and near yearly visit our sumptuous parlors to see the latest

FUR CREATIONS

Entirely made in our own Workrooms from SKINS imported direct and purchased by us for cash.

Consistent with our methods of buying, we are enabled to give at all times Superior Values and Lower Prices quoted elsewhere for ordinary quality.

Your choice of Seal, Kussion, Sable, Fox, Mink, Persian Lamb, etc., etc.

SPECIALTY—Fur-lined Overcoats and Mantles at all prices.

A few dozen of Electric Seal Mantles at this low figure **\$18.00**

Also several new styles, recently finished, exceptional values at \$25, \$30 and \$40, with at least 40 per cent. more. This is a special line, giving you an idea of our

GREAT BARGAINS

CHAS. DESJARDINS & Co.

485 ST. CATHERINE STREET EAST.

The new church will cost about \$40,000, and it is expected that it will be open for worship by next Easter. Its seating capacity will be 1200, and beneath will be a parish hall.

It is earnestly hoped that every encouragement will be given the pastor with the great task which he has before him, so that on Easter next he will see its fitting consummation.



SEALED TENDERS addressed to the undersigned, and endorsed "Tender for Head of Long Sault Dam, Bulkheads and Slide, Ottawa River," will be received at this office until 4.30 p.m. on Thursday, November 19, 1908, for the construction of a Dam, Bulkheads and Slide, at the Head of the Long Sault Rapids, Ottawa River, in the Township of Genereau, Que., according to a plan and specification to be seen at the office of J. G. Sing, Esq., Resident Engineer, Confederation Life Building, Toronto, on application to the Postmaster at North Bay, Ont., and at the Department of Public Works, Ottawa.

Tenders will not be considered unless made on the printed forms supplied, and signed with the actual signatures of tenderers.

An accepted cheque on a chartered bank, payable to the order of the Honorable the Minister of Public Works, for eight thousand dollars (\$8,000), must accompany each tender. The cheque will be forfeited if the party tendering declines the work contracted for, and will be returned in case of non-acceptance of tender.

The Department does not bind itself to accept the lowest or any tender.

By order, N. AP. TESSIER, Secretary, Department of Public Works, Ottawa, Oct. 20, 1908.

Newspapers will not be paid for this advertisement if they insert it without authority from the Department.

SEALED TENDERS addressed to the undersigned and endorsed "Tender for Roadway and Enlargement of Block at Ste. Emilie," will be received at this office until 4.30 p.m., on Monday, November 23, 1908, for the construction of a Roadway and Enlargement of Block at Ste. Emilie (Leclercville), Lotbiniere County, Province of Quebec, according to a plan and specification to be seen at the office of A. Decary, Esq., Resident Engineer, Post Office, Quebec, on application to the Postmaster at Leclercville, Lotbiniere County, Que., and at the Department of Public Works, Ottawa.

Tenders will not be considered unless made on the printed form supplied, and signed with the actual signatures of tenderers.

An accepted cheque on a chartered bank, payable to the order of the Honorable the Minister of Public Works, for three thousand three hundred dollars (\$3,300), must accompany each tender. The cheque will be forfeited if the party tendering declines the contract or fails to complete the work contracted for, and will be returned in case of non-acceptance of tender.

The Department does not bind itself to accept the lowest or any tender.

By order, N. AP. TESSIER, Secretary, Department of Public Works, Ottawa, October 22, 1908.

Newspapers will not be paid for this advertisement if they insert it without authority from the Department.

SEALED TENDERS addressed to the undersigned, and endorsed "Tender for Roadway and Enlargement of Block at Ste. Emilie," will be received at this office until 4.30 p.m., on Monday, November 23, 1908, for the construction of a Roadway and Enlargement of Block at Ste. Emilie (Leclercville), Lotbiniere County, Province of Quebec, according to a plan and specification to be seen at the office of A. Decary, Esq., Resident Engineer, Post Office, Quebec, on application to the Postmaster at Leclercville, Lotbiniere County, Que., and at the Department of Public Works, Ottawa.

Tenders will not be considered unless made on the printed form supplied, and signed with the actual signatures of tenderers.

SEALED TENDERS addressed to the undersigned, and endorsed "Tender for Roadway and Enlargement of Block at Ste. Emilie," will be received at this office until 4.30 p.m., on Monday, November 23, 1908, for the construction of a Roadway and Enlargement of Block at Ste. Emilie (Leclercville), Lotbiniere County, Province of Quebec, according to a plan and specification to be seen at the office of A. Decary, Esq., Resident Engineer, Post Office, Quebec, on application to the Postmaster at Leclercville, Lotbiniere County, Que., and at the Department of Public Works, Ottawa.

Tenders will not be considered unless made on the printed form supplied, and signed with the actual signatures of tenderers.

SEALED TENDERS addressed to the undersigned and endorsed "Tender for Postal Station D., Point St. Charles, Montreal," will be received at this office until 4.30 p.m. on Tuesday, October 27, 1908, for the construction of a building for Postal Station D., Point St. Charles, Montreal.

Plans and specification can be seen and forms of tender obtained at this department, and on application to Mr. Charles Desjardins, Clerk of Works, Post Office, Montreal, Que.

Persons tendering are notified that tenders will not be considered unless made on the printed form supplied, and signed with their actual signatures.

Each tender must be accompanied by an accepted cheque on a chartered bank, made payable to the order of the Honorable the Minister of Public Works, equal to ten per cent. (10 p. c.) of the amount of the tender, which will be forfeited if the person tendering declines to enter into a contract when called upon to do so, or if he fails to complete the work contracted for. If the tender be not accepted the cheque will be returned.

The Department does not bind itself to accept the lowest or any tender.

By order, N. AP. TESSIER, Secretary, Department of Public Works, Ottawa, October 8, 1908.

Newspapers will not be paid for this advertisement if they insert it without authority from the Department.

SEALED TENDERS addressed to the undersigned, and endorsed "Tender for Roadway and Enlargement of Block at Ste. Emilie," will be received at this office until 4.30 p.m., on Monday, November 23, 1908, for the construction of a Roadway and Enlargement of Block at Ste. Emilie (Leclercville), Lotbiniere County, Province of Quebec, according to a plan and specification to be seen at the office of A. Decary, Esq., Resident Engineer, Post Office, Quebec, on application to the Postmaster at Leclercville, Lotbiniere County, Que., and at the Department of Public Works, Ottawa.

Tenders will not be considered unless made on the printed form supplied, and signed with the actual signatures of tenderers.

SEALED TENDERS addressed to the undersigned, and endorsed "Tender for Roadway and Enlargement of Block at Ste. Emilie," will be received at this office until 4.30 p.m., on Monday, November 23, 1908, for the construction of a Roadway and Enlargement of Block at Ste. Emilie (Leclercville), Lotbiniere County, Province of Quebec, according to a plan and specification to be seen at the office of A. Decary, Esq., Resident Engineer, Post Office, Quebec, on application to the Postmaster at Leclercville, Lotbiniere County, Que., and at the Department of Public Works, Ottawa.

Tenders will not be considered unless made on the printed form supplied, and signed with the actual signatures of tenderers.

Volunteer Bounty Act, 1908.

WARNING TO PURCHASERS.

EVERY assignment of the right of a South African Volunteer to a land grant must be by way of appointment of a substitute and must be in the form provided by the Act. Special attention is called to Sub-section 3 of Section 5 of the Volunteer Bounty Act, 1908, which provides that no assignment of the right of a volunteer by the appointment of a substitute shall be accepted or recognized by the Department of the Interior which IS NOT EXECUTED AND DATED AFTER THE DATE OF THE WARRANT FOR THE LAND GRANT issued by the Minister of Militia and Defence in favor of the Volunteer.

J. W. GREENWAY, Commissioner of Dominion Lands, Ottawa, 28th September, 1908.

PATENTS PROMPTLY SECURED

We solicit the business of Manufacturers, Engineers and others who realize the advisability of having their Patent business transacted by Experts. Preliminary advice free. Clarity, promptness, Our Patent Adviser sent you a copy of our Patent Law, New York, N.Y., and a copy of our Patent Law, New York, N.Y., and a copy of our Patent Law, New York, N.Y.

For New and Old Subscribers.

Rates: City, U. S. and Foreign \$1.50. Newfoundland and Canada, \$1.00.

FILL OUT THIS BLANK AND MAIL TO THE TRUE WITNESS, MONTREAL.

Please send me "The True Witness" for..... months from..... 190... for which I enclose \$..... Name of Subscriber..... P. O. Address..... If you are a new subscriber, write "new" here.....

The Amethyst Cross.

(By Charlotte Callahan.)

The sound of the monastery bell ringing through the long corridors brought Pere Antoine suddenly to his feet. The little cell fronted on the street and the jingling of sleigh-bells from below tempted him to the window. It was the Kingsley sleigh and Mr. Kingsley himself was in the rear seat. Pere Antoine hastened down to hear the news which he had expected all day.

He was needed at the Hotel Dieu. Reverend Mother had telephoned that the doctor had grave fears for Esther, and wished her father to see her before night. She had been unconscious at times during the day but had rallied sufficiently to ask that her father bring Father Anthony to the hospital.

The sun was just setting in the late, cool afternoon as the sleigh flew over the deep snow, accumulated during a long Quebec winter. Neither of the men spoke for a while, but at length the priest broke the silence. "There may be hope yet," he said, "Doctors do not always know."

do much for the old grandmother." Tears came into Father Anthony's eyes as he stored away the little box in his deep pocket. The Kingsley sleigh drew up to the entrance of their home on Grand Allee just as the Angelus was ringing clear and sweet over the snow-clad roofs.

A few days later, the same bell tolled at solemn intervals while the funeral procession of Esther Kingsley wound its way down the quiet streets. Next morning a flurry of snowflakes was whirling against the window-pane in one of the poorer dwellings in Lower Town, and whiter even than the snowflakes was the little face that peered out at the storm.

Babette was so small and frail that she seemed to be only a child, though she was nearly twenty. "It is the day of Father Anthony's visit," she told herself, "but he will not come in the storm."

When the last traces of snow had melted from the remotest corners and alleys and the long Quebec winter had yielded at last to spring, the little French maiden found herself restored to her work to do. Her grandmother had been ill for several days, and the doctor told her that unless she could have better nourishment and care she might never be well. So Babette was sadly worried.

The girl would go daily to the furrier who had employed her, but as the busy season was over she could only work a few hours now and then. She began to think how selfish she had been not to sell the cross at any price long ago, rather than have her grandmother want for anything during her illness.

So one evening after she had finished her scanty meal, having seen dismally that her grandmother seemed weaker even since morning, she dressed hastily, and that no one might recognize her, threw a black shawl over her head. With the box containing the cross and chain in her pocket she started up the steep hill towards the great stone fortifications that crowned the summit. It was a long journey through steep and crooked streets, and she had to stop many times to get breath.

It was no wonder that many looked after her for she was indeed an attractive picture. But Babette saw not one; her eyes were straining towards the enclosure from whence she heard the measured footfall of the guard passing up and down.

The Grip of the Law.

John Underwood—late Capt. John Underwood, U.S.A.—rose rather heavily; his wound troubled him on damp days. Soon he dropped out of the Georgetown car at Dupont Circle simply because of the sudden vision of Mrs. Dashwood's bright wood fire and hot cup of tea.

Alice Dashwood was his sister—widow of that gallant General Dashwood, who had met his death through the Chinese trouble. Her three children were still at school; she lived alone; but every body knew that, at the hour of five, there was no pleasanter house in Washington. She appeared seldom in society, yet nearly everybody went to her. She was barely forty years of age, tall, graceful, handsome in her way, which was rather vague; her bright eyes flashed through the shawl and tingled her cheeks with the tint of the rose.

There was a gentleness about them both, which moderated a certain arrogance in him and just a touch of over independence in her. "Well, I must go," he said, having finished his second cup of tea. "A man that has no home hates to leave a place like this. I say, Alice, you know what comfort is; I believe you value comfort more than anything else in this world."

"No," she said slowly. "No." Peace Underwood looked down for a moment. "I really must go. It's too bad that I have to drop into law, just to save father's practice. I was useless in the army with this leg of mine, but one has leisure on a pension—I wonder where that deuced Spaniard is that shot me just where the old sciatica in the world seems to gather on a dark day."

was as sharply leveled at her as if it came from the mouth of a cannon. "If Robert Dashwood were alive anywhere—drunk, insane, imprisoned for hideous crime—I should still believe myself to be his wife. If Blanche Dillon was not a Catholic I might, for you, stretch a point."

"She's like the Duc de Laugan," said Underwood, with a laugh, "when somebody asked him if he were married, he said 'not enough to count'; she's that sort of a Catholic, and I am glad of it."

"I wish with all my soul that this had not—but John," she broke off suddenly and her voice changed. "I will do this for you. I have no fear of the result," his voice was jubilant. "I am not going to the opera; nor is Blanche; I will drive over to Senator Weldon's reception with her, and she will do it. On the way back to the Grosvenor, I will slip in and tell you, Alice," he added, kissing her on the forehead, "I almost forgive you. You are caught!"

Alice Dashwood smiled, somewhat wearily. What a battle life was! She felt like one who had come out of a fight with a broken weapon. Apart from the law—even if it could set aside—how could this sensitive high-minded brother of hers be happy with a woman who, whenever she passed a church, must say, in her heart, "A time will come when I shall have to confess that I am not this man's wife."

M. J. Morrison. J. Matchett. MORRISON & MATCHETT. Advocates, Barristers, Solicitors. 5th Floor, Banque du Peuple Chambers, 97 ST. JAMES STREET. Phone Main 3114.

Hon. Sir Alexandre Lacoste, K. C. KAVANAGH, LAJOIE & LACOSTE. ADVOCATES, SOLICITORS, ETC. 7 PLACE D'ARMES. H. J. KAVANAGH, K. C. PAUL LACOSTE, LL. B. H. GERIN-LAJOIE, K. C. JULES MATHIEU, LL. B. Bell Telephone Main 433.

JOHN P. WHELAN. ADVOCATE AND SOLICITOR. 93 ST. FRANCOIS XAVIER ST. Montreal. Telephone Main 2779.

MULLIN & MATHIEU. ADVOCATES. 100-106, City and District Savings Bank. 150 St. James St., Montreal.

C. A. BARNARD. CASIMIR DESSAULLES. Barnard & Dessaulles. ADVOCATES. Savings Bank Building, 150 St. James. Bell Telephone Main 1679.

Atwater & Duclos. ADVOCATES. Guardian Building, 150 St. James St. A. W. ATWATER, K. C. C. A. DUCLOS, K. C. J. M. COFFIN.

GOUIN, LEMIEUX, MURPHY & BERARD. BARRISTERS, SOLICITORS, ETC. Hon. L. Murphy, K. C., Hon. R. Lemieux, K. C. D. R. Gouin, K. C., L. P. Berard, K. C. J. O. Drouin, K. C., E. Brassard, LL. B., B. C. L. New York Life Building.

T. Drossard, K. C. H. A. Cholette, LL. B. THOMAS M. TANSEY, B. C. L. BROSSARD, CHOLETTE & TANSEY. Advocates, Barristers and Solicitors. 160 ST. JAMES ST. Phone Main 1490. 1201. Guardian Bldg.

CODERRE & CEDRAS. ADVOCATES. 8 Place d'Armes Hill, Railway Bldg. EVENING OFFICE: 3563 Notre Dame Street West. 53 Church Street Verdun.

FRANK E. MCKENNA. NOTARY PUBLIC. Royal Insurance Building. STUART, COX & MCKENNA. Main 8796. Bell Tel. Main 3552, Night and day service.

Conroy Bros. 103 CENTRE STREET. Practical Plumbers, Gas and Steamfitters. Estimates Given. Jobbing Promptly Attended To.

Lawrence Riley. PLASTERER. Successor to John Riley. Established in 1860. Plain and Ornamental Plastering. Repairs of all kinds promptly attended to. 15 Paris Street, Point St. Charles.

SPECIAL OFFER. During the Month of September, 1908, or until our stock is exhausted. FREE: Along with the regular premium we will give One Class Fruit Bowl on Stand to every one returning more than 3 Dozen 5 lb. empty XXX Self-Raising Flour Bags, and for less than 3 Dozen 6 lb. Bags one medallion (picture).

Brodie & Harvie. 14 and 16 Bleury St., Montreal. dinner she went up into her little library and read some of those brilliant memoirs of the old French court. The evil that is gangrening society to-day was there, but not legalized. Madame de la Valliere and Madame Montespan and Madame de Barry were never divorced and they were always expected to fly when death threatened their kings. It was shortly after eleven o'clock when John Underwood entered the cozy little red book room.

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 eight 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."

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 eight 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."

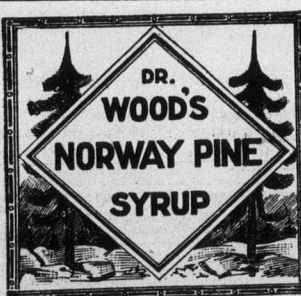
mean Kidney Trouble. Swo. Dept. T. W. If you mention this paper.

DO YOUR WORK. Do well, do thoroughly to you, is the advice of a writer. Give a dignified individuality to your tasks, most ordinary things with new meaning.

mean Kidney Trouble. Swo. Dept. T. W. If you mention this paper.

mean Kidney Trouble. Swo. Dept. T. W. If you mention this paper.

mean Kidney Trouble. Swo. Dept. T. W. If you mention this paper.



Combines the potent healing virtues of the Norway pine tree with other absorbent, expectorant and soothing medicines of recognized worth, and is absolutely harmless, prompt and safe for the cure of COUGHS, COLDS, BRONCHITIS, HOARSENESS, CROUP, SORE THROAT, PAIN or TIGHTNESS in the CHEST, and all throat and lung troubles. It is put up in a yellow wrapper, 3 pine trees the trade mark and the price 25 cents.

A HARD DRY COUGH. Mr. J. L. Purdy, Millvale, N.S., writes: "I have been troubled with a hard, dry cough for a long time, especially at night, but after having used Dr. Wood's Norway Pine Syrup, for a few weeks, I find my cough has left me. For any person, suffering as I did, I can say that this remedy is well worth a trial. I would not be without it in the house."

CURE FOR DYSPEPSIA

As is well known, this troublesome complaint arises from over-eating, the use of too much rich food, neglected 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.

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. J. M. 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.



A WISE DOG THAT BELLS FOR

In France there was a dog whose name was longed to a poor wretch always have enough to himself in mistress loves me, poor that often sit enough food for her then can she afford I am a strong dog too, so I must get out troubling my dog lives there was was the home of a and one day as Fido the bell sun day as Fido the bell of the convent woman came and he soup and meat, with the beggar. Fido trotted up the beggar's face a say: "Can't you see those bones?" But not see things in the did. "Go away, you beggar." So Fido his place in the sun. But he was very not have anything whole day. The way as soon as he food put the bowl in door and then walk. "Those must be give food to beggars." "I wonder if they a bowl of soup. like trying." So Fido trotted a and putting up his bell. "Ding, ding, noise he made. "There's another food," thought the self, and out she ca of boiled meat, and "There's nobody here said, and shut the door. "She calls me no poor Fido." I must be jumped up and ran more. "Ding, ding, made a much louder fore. But nobody came, stood at a back with to see who was Fido waited a while up again and gave pull.

Then the woman learned to find that, ringing the bell. "Want?" she asked. "Bow-wow-wow." "I know what that the woman. "You wner." So she gave the dog and every day after that come at a certain hour bell and the woman w food. One day she put sc basket, and said to good dog, take that mistress?" Fido took it home dress had a good dinner well as Fido himself. Folks came from a Fido ring the convent dinner—Philadelphia.

"THE SHEEP" At evening in his clo And with his crook, way. Across the meadows o Where little stars bid To watch and guard the night. And keep their little From underneath the He comes, the shepherd And sometimes as I li A little star falls thr Falls down and down the way A star-lamb often goes

A PUPPY'S OP I'm a frisky frolicsome Full of fun as I can Up to every sort of m Eating everything I N nice kid gloves or bow Handkerchiefs or mas Nothing comes amiss f I eat everything I ch

I've a friend a grown- And I load him such Scamper round him, p out. Nip him when I get Oh, it's fun to be a p Wish I never nee gr I don't want to be a I'd much rather be a

DO YOUR WORK Do well, do thoroughl to you, is the advice of a writer. Give a dignify individuality to your task most ordinary things w new meaning.

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BOYS and GIRLS

A WISE DOG THAT RANG A BELL FOR HIS DINNER.

In France there was once a little dog whose name was Fido. He belonged to a poor woman who did not always have enough food to give him. Fido must have thought it over to himself in this way: "My mistress loves me, but she is so poor that often she does not have enough food for her own dinner. How then can she afford to give me mine? I am a strong dog and a wise dog too, so I must get my dinner without troubling my good mistress."

JOHN'S SISTER.

"Didn't Clara remind you what you were to do?" "Yes'm. She reminded me, an' kept a-remindin' me till I just made up my mind that I wouldn't."

the dresses that they wore; And their faces look familiar, but those have a brighter glow. That have come from that good country where the heavenly flowers grow.

There is grandma in a gingham that I loved to see her wear. As she sat serenely knitting in her big, old-fashioned chair; Aunt Maria comes a-singing and her dress is cherry red; Is no brighter than the sunshine that her hopeful spirit shed.

Now I see some little children dancing up and down the quilt— This was one of Lucy's dresses, the Highland plaid was Bertie's kilt; And those tiny dots and figures were my little Annie's frocks— Oh, the blessed thoughts and feelings sowed together with these blocks.

There are other things we treasure that can speak of days gone by: Other things that set us thinking, make us laugh and make us cry. But of all the dear reminders ever shaped or ever built, There's nothing beats the story of a good old patchwork quilt.

Selected. "WOULDN'T SAY 'PLEASE.'" There was once a small child who would never say "please" if I believe, if you even went down on your knees. But, her arms on the table, would sit at her ease, And call out to her mother in words such as these: "I want some potatoes!" "Give me some peas!"

"Hand me the butter!" "Cut me some cheese!" So the fairies, this very rude daughter to tease, Once blew her way in a powerful breeze, Over the mountains and over the seas, To the valley, where never a dinner she sees. But down with the ants, the wasps and the bees, In the woods she must live till she learns to say "please."

WE PRINT The True Witness Printing Co. Letterheads, Billheads and General Commercial Work at the Right Prices. IF PRINTED BY US IT'S DONE RIGHT. 316 Lagachetiere Street W., Montreal.

GILLETTS PERFUMED LYE CAUTION. Put a strong glass on the label and examine it closely every time. Always look for the name "Gillett's." Like all good articles, which are extensively advertised, Gillett's Lye is frequently and very closely imitated. Insist On Getting Gillett's Lye and decline to accept anything that looks to be an imitation or that is represented to be "just as good" or "better," or "the same thing."

The Two Artists. A True Story.

Frank E. Donovan REAL ESTATE BROKER Office: Alliance Building 107 St. James St., Room 42. Montreal. Telephone Main 2991-3836.

A SONG OF THE ROAD.

Whatever the path may be, my dear, Let us follow it far away from here, Let us follow it back to yester-year, Whatever the path may be; Again let us dream where the land lies sunny, And live, like the bees, on our heart's old honey, Away from the world that slaves for money— Come, journey the way with me.

THE PATCHWORK QUILT.

I ain't given much to idols, and I like the Lord's own way Of turning our eyes upward when we go so far astray. As to dote and keep a-doting on the things that fade and wilt, But somehow, spite of conscience, I love a patchwork quilt.

THE SHEPHERD.

At evening in his cloak of gray, And with his crook, he goes his way, Across the meadows of the blue, Where little stars bide two by two, To watch and guard them through the night, And keep their little lamps alight.

THE PATCHWORK QUILT.

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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.

A PUPPY'S OPINION.

I'm a frisky frolicsome puppy, Full of fun I can be, Up to every sort of mischief, Eating everything I see— Nice kid gloves or bows of ribbon, Handkerchiefs or master's shoes— Nothing comes amiss for luncheon; I eat everything I choose.

THE PATCHWORK QUILT.

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So it does, but that does not alter the fact that the life, the inspiration, is wanting. The person who is meant for our Blessed Savior is represented as knocking for admittance on the door of a weed-grown garden of the soul, yet His gaze leisurely rests upon the spectator; and the expression of His face would indicate that He did not care whether the door opened or not. The other artist pondered a while, then said: "Very well, I will try." The picture was finished. Indistinct outlines of the portion of the house, sunk into deep shadow, formed the background. The accessories were hardly noticeable until looked for. All the force, breadth, power and inspiration of the picture lay in the figure. It represented our Blessed Lady as seated upon a stool, with the Divine Infant asleep on her lap. Her attitude was one of willing resignation. The soft mold of her features was as yet unsharpened by sorrow. Her face was composed, but the expression of those liquid eyes, whose vision had passed beyond the limits of time into eternity, was a marvelous combination of supernatural wisdom and tenderest love. "The Mother of God" was the inscription on it. Madame Fenier studied it carefully, critically, in every detail before she expressed an opinion on it. "Who was your model?" "I had none." "The painting in places is defective," Madame Fenier announced. "That shadow to the right of the stool is anything but transparent, and you have been trying to remedy a defect in that lower fold of the robe by messing it about with the brush." She paused, rested her chin upon her hand, and said thoughtfully: "It is strange, very strange, that indescribable something, I was well versed in art before you left school. I could paint it more artistically than that, but I would give all I have ever done, and years of my life as well, to paint, as realistically true as that. Do you know what I have been thinking?" she said with a pause, and with a pathetic little smile. "I have tried so often to produce a picture of her, and have always failed; so I've been thinking that to succeed I should become a child of the Church which honors her so well. Then, when I know and love her, I will put into my picture that indefinable something that in mine is always lacking. So for the present I will give over the study of art and take up that of the life of Our Lady. Then, when that is finished, I will paint a picture of her, and it will be my life's work." She carried out both resolutions, but none of the galleries of the world ever held the picture. It hangs in the convent chapel in South Kensington, where she is a religious, a humble teacher of painting.—The Poor Souls' Friend.

DO YOUR WORK WELL.

Do well, do thoroughly what comes to you, is the advice of a thoughtful writer. Give a dignity and an individuality to your tasks, and the most ordinary things will take on a new meaning.

THE PATCHWORK QUILT.

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Swollen Hands and Feet mean Kidney Trouble. Liniments and blood purifiers are useless. What you must do is to cure the kidneys. Take GIN PILLS. Gin Pills act directly on these vital organs—correct disease—neutralize uric acid—purify the blood—relieve the pain and reduce swelling in hands and feet. 50c a box; 6 for \$2.50. At all dealers or sent on receipt of price. DEPT. T.W.—NATIONAL DRUG & CHEM. CO. LIMITED TORONTO

Parish News of the Week

Subscriptions to the Father Holland Birthday Fund.

Table listing names and amounts for the Father Holland Birthday Fund, including P. McDermott, Rev. Archer, James Dugan, etc.

CONCERT IN AID OF ST. JOSEPH'S HOME POSTPONED.

We are requested by the Rev. D. J. Holland, C. S. S. R., to announce that the concert in aid of St. Joseph's Home for Homeless Boys...

Important features of this concert will be a dramatic contest open to all Irish Catholic Dramatic Clubs of Montreal...

CATHOLIC SAILORS' CONCERT. The Catholic Sailors' Club was very well crowded last evening for the concert under the management of Professor Shea...

At the conclusion of the concert a vote of thanks was proposed by the managing director of the Club, Dr. William H. Atherton...

ment the chairman, in a brief but felicitous speech, in which he expressed his pleasure at the concert just given...

The next concert will be held under the direction of the Young Irishmen's Literary and Benefit Society.

Appointed Suffragan Bishop.

The choice of suffragan Bishop for Ottawa has fallen upon Rev. Father Latulippe, parish priest of Haileybury.

Rev. Father E. A. Latulippe was born in Saint Amice, Quebec, on August 3, 1859. He was the son of Antoine Latulippe and Lucie Bonnevillie.

CONSUMPTION'S STARTING POINT

Lies in Weak, Watery Blood. Dr. Williams' Pink Pills Make the Blood Rich and Red.

Bloodlessness is the starting point of consumption. When your blood is thin and watery your whole health declines. Your face grows pale, your appetite fails and your heart jumps and flutters at the least exertion or excitement.

The Vatican is preoccupied with the question of the Catholics in Serbia, where they have no official recognition and where they are under the special protection of the Austrian minister...

Advertisement for DODD'S KIDNEY PILLS, featuring an image of the product box and text describing its benefits for kidney ailments.

MONTHLY CALENDAR

Monthly calendar for November 1908, listing feast days such as All Saints' Day, St. Martin, St. Andrew, etc.

Nearly all children are subject to worms, and many are born with them. Spasms suffering by using Mother Graves' Worm Expeller...

Sample Copy Free

Would you like to have a sample copy of The Farmer's Advocate and Home Magazine?

THE BEST AGRICULTURAL AND HOME PAPER

on the American Continent. No progressive farmer can afford to be without it. Published weekly. Only \$1.50 per year.

"THE FARMER'S ADVOCATE."

Sales Agents Wanted. \$86.00 per week, or 400 per cent. profit. All samples, stationery and art catalogue free.

IN AID OF The Catholic Sailors' Club (Corner of St. Peter and Common Sts.)

The Catholic Sailors' Club

The following concluding Concerts of the season 1908 will be given every Wednesday at 8.15 p.m.

- Nov. 11. Under the auspices of The Young Irishmen's Literary and Benefit Society.
Nov. 18. Hibernian Knights, Division No. 7, A. O. H.
Nov. 25. Miss Agnes Lynch.
Dec. 1. James McCready & Co.

All well-wishers, supporters of the above well deserving charity who have not yet visited us this season are heartily invited to do so, at the above concluding entertainments.

BABY'S WELFARE MOTHER'S CHIEF CARE.

Every mother is naturally anxious that her little ones shall be healthy, good natured and bright. Every mother can keep her little ones in this condition if she will give them an occasional dose of Baby's Own Tablets.

Recently, in New Orleans seven novices made their profession as members of the Congregation of the Holy Family. This is a colored community whose members work among the people of their own race in the south.

GRAND TRUNK RAILWAY SYSTEM

Thanksgiving Day November 9th, 1908

Table of fares for Thanksgiving Day, listing routes like Quebec to Toronto, Montreal to Toronto, etc.

CANADIAN PACIFIC

Thanksgiving Day November 9th, 1908

Table of fares for Canadian Pacific, listing routes like Toronto to Quebec, Montreal to Quebec, etc.

INTERCOLONIAL RAILWAY

THANKSGIVING DAY

NOVEMBER 9th 1908. Round Trip Tickets will be sold at SINGLE FARE Good going 6th, 7th, 8th, 9th and returning until 10th November.

MARITIME EXPRESS.

12 NOON. St. Hyacinthe, Levis, Quebec River du Loup, Campbellton, Moncton, St. John, Halifax, Sydney. This train has direct connection to Newfoundland, Saturday to St. Flavia only.

CITY TICKET OFFICE.

TRULY A STRUGGLING MISSION

In The Diocese of Northampton. FAKENHAM, NORFOLK, ENGLAND.

This Mission of St. Anthony of Padua was started by me nearly three years ago by command of the late Bishop of Northampton.

I had then, and I have now, NO Church, NO Presbytery, no Diocesan Grant, no Endowment (except Hope).

The weekly offerings of the congregation are necessarily small. We must have outside help for the present, or haul down the Flag.

The generosity of the Catholic has enabled us to secure a valuable site for Church and Presbytery. We have money in hand towards the cost of building, but the Bishop will not allow us to go into debt.

FATHER H. W. GRAY, Catholic Mission, Fakenham, Norfolk, Eng'd.

P. S.—I will gratefully and promptly acknowledge the smallest donation, and send with my acknowledgments a beautiful picture of the Sacred Heart and St. Anthony.

Dear Father Grey, You have duly accounted for the aims which you have received, and you have placed them securely in the names of the Diocesan Trustees.

CREOSOLENE ANTISEPTIC TABLETS. A simple and effective remedy for SORE THROATS AND COUGHS.

THE S. CARSLY Co. LIMITED. 1765 to 1783 Notre Dame St., 184 to 194 St. James St., Montreal. THURSDAY, NOVEMBER 5, 1908. STORE CLOSSES AT 6 P.M.

Friday's "Challenge Sale" Bargains. Shown for the First Time Friday \$12.00 to \$15.00 Ladies' Winter Coats for \$5.95

Ladies' \$18.00 Costumes for \$10.95. We have just bought another lot of LADIES' FALL AND WINTER COSTUMES, 45 only. They are made of All-Wool Fancy Tweed and Vicuna, Cloth, in Grey, Green, Navy, Brown and Black.

St. Jacobs Oil to cure Lumbago and Sciatica. There is no such word as fail. Price, 25c and 50c.

THE EDISON PHONOGRAPH. The Edison Phonograph is just what the average home needs for good entertainment. It entertains all who hear it and is unlimited both as to variety and amount of music and other forms of vocal and instrumental entertainment.

When Children Cough give them that old reliable remedy that never fails to cure BOLE'S PREPARATION OF Friar's Cough Balsam.

CREOSOLENE ANTISEPTIC TABLETS. A simple and effective remedy for SORE THROATS AND COUGHS.

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Vol. LVIII, No. Note and The Interdenominational Institute held on Tuesday Evening several speakers on "City Missions." It is Italian carry themselves. They are most needed want to hold up a w most ill-naturedly ree pal Brown, Protest lege, Pointe aux Tre in the four Protestan in the province ab received instruction months, and of these Roman Catholic hom winter threatens one, the Reverend have a longer report of the provender and out. Rev. A. L. The on "Evangelistic Wo French-Canadians," gewirtz on "Wor Jews," and Rev. "Work Among the Rev. Mr. Castellinni the Italians." Not ing to this, will be d Protestants. How sad! La Presse, in a le praises the Societe d cais. There are 678 this Society, "the aim speak the French. and throw out all a Presse ought to pu tion for membership. The Herald says th pathy will be with t of France in the situ recently developed, a admiration will go t mencau, the infidel tude he showed in cir some difficulty. He titude; no doubt, by Frenchmen and wor and stealing their pro is that France is con her deserts. Nation for their crimes in th there will be no disti in the next; then it individual's turn. The ting soft-hearted wif miscreants. May we claim a little com Pirate's victims? According to the F shops of France have ular from Cardinal M the Papal Secretary o lutely forbidding the to attend the lectures facilities. The centenary of erent in Irish ecclesi took place recently. 1, 1808, the Irish Bi Dublin to discuss the "Veto." Twenty-six wed, and it was decl was inexpedient to inter in the Cana Mthero observed in t of Irish Catholic I mode long experie made unexceptionally ary." This resolution Twenty-three Bishops, senting. Thus the pr "Veto" collapsed. "The Roman Catholi thousand years ahead tant Church in taking child. They bring the the Church." So spak vena Jackson, pastor (N.J., Methodist Ch dressing the Woman's of that place at a rec A Blue Book has beo the statistics of p der the Workmen's Acts, 1897 and 190 and the Employers' I 1880, during the year turns from Ireland sh ing 1906 232 cases w Court under the act of 1900; 80 under the A while memoranda rep the different Acts were respectively. There took place reo bration at the Orotor London, of the Golden the oldest Oratorian f of Rev. K. D. Best. F