### MAY 22, 1909.

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ore readily assimilated. bsorbed into the circufluid than any other ation of iron. great value in all forms mia and Ceneral DebilCHATS WITH YOUNG MEN.

MAY 22, 1909.

STATE OF OHIO, CITY OF TOLEDO, SS, LUCAS COUNTY. Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarith hat can not be cured by the use of Hall's Catarith Cure, FRANK J. CHFNEY Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1886. (Stal) A. W. GLEASON, NOTARY PUBLIC Hull's Catarith Cure is taken internally, and act Catholic Columbian. In the spring the young man's fancy turns to love. And there is no reason why it should not, in a reasonable, dis-creet, Christian way. For love is the of life. Let his fancy have for matrimony the respect that is due to that holy sacra-ment, and it may turn to love, as much Hall's Catarrh Cure is taken internally, and lirectly on the blood and mucous surfaces of as it pleases. For indeed marriage is worthy of reverence. It is God's way for the per-petuation of the human race. It is the union of two lives. It is a mystery of union of two lives. It is a the effer-

F. J. CHENEY & CO., Toledo, O Sold by all Druggists, 750 Take Hall's Family Pills for constipation.

nature, with consequences that are eter-nal. The Creator pursues with ven-geance those who abuse the life-giving tory nature; that is, not a thing that seeks people. In fact one of its chief characteristics consists in its inclination to stick somewhere, generally more or less far off, in which it is like gold in its raw shape, which lies buried in the generic the the transformed of the second se earth at a great distance, where we must go and dig for it and dig hard if we want to get dig hard if we want to get it. Measles and various other afflictions come to us, but not so, as a rule, with something, meaning prosperity which we must go out and seek. "So I tell William that I hope he wen't ion the great army of those who drives happiness away from them, trouble choly overshadows them, and despair tempts them to self-destruction.

won't join the great army of those who sit down and wait for something to turn up. He might be struck by lightning, but the chances are so much against it that it would be a terrible waste of time to forme ican cut could those mouldn't be to figure 'em out and there wouldn't be

tempts them to self-destruction. Poverty, drunkenness, craziness, misery and final impenitence are often traceable to impurity. Strength, health, long life, peace, prosperity, opportunities to do good, friends and happiness are usually his who faithfully observes the Sixth Com-mandment. anything coming to him there would t be anything coming to him then. "What I hope is thet William will get out and look and dig for what he wants and not sit down and wait and here work and the commention as know mandment. It is all right for a young man to want a wife. Let him think of her honorably and pray for her daily. Let him beseech the Almighty to keep her safe from evil and to make her known he won't find the competition as keen as perhaps he thinks, for really there is not such an everlasting lot of steady, stick-to-it diggers. There's a chance to him in due season. Then let him endeavor to make himself worthy of her for every man that means business. "And when I tell Willie that if he

and strive to earn enough to be able to doesn't get the biggest prize in the whole world he'll get something, and something worth having, if he'll only support a family. The sooner a man marries after he is twenty-five, the better, provided that he is fit and free to wed, has found the get out and get to work around among men in the places where the diggings right mate, and is in a position to take proper care of her. Some men should are found.

"That's what I'm hoping William, jr., will do-go out and work like a man for what he wants; the thing of all others that I hope he won't do is to sit down get married at twenty-one, and others may wait until they are over thirty. But as a rule, at twenty-five a young man has sense enough to know his own mind, to understand what this existence and wait for something to turn up."

is for and to appreciate the really awful responsibility of joining another person's life to his, until death does In the Matter of Digging. A gentleman came across an old

person's life to his, until death does them part. But until he does get married, he is but until he does get married, he is bound to the law of continence. If he wants to be true to himself, he appeared, was a matter of free will. The old man straightened himself will take the means to preserve his physical integrity. 1. He will avoid the occasions of I. He will avoid the occasions of sin—the persons, the places, the amuse-ments, the drinks, the thoughts, the practices, etc., etc., that tend to make there was "a deal more to digging ditches than jest throwing mud out of a tion-by shortening his hours of sleep,

whole," "When I lie on my bed at night it seems like I can see the water running through the tiles I've laid," he said, " and if I'd left any place so the water would get clogged, sure I couldn't sleep. A humble enough employment it tion—by shortening his hours of sleep, by getting up as soon as he awakens in the morning, by taking plenty of fatiguing exercise, by using a cold bath for three or four days every month, by eating light suppers, and by inflict-ing on himself pain, if necessary, to subdue irregular inclinations. A humble enough employment it seemed, but for him it was quite lifted

out of the realm of commonplace drudgery by the thought and skill he was bestowing upon it, and by his in-terest in results. There were hundreds will fill his mind with thoughts of which he would not be as-hamed if the whole world knew them. terest in results. There were induceds of other men digging ditches, and for the majority of them, perhaps it was nothing whatever but throwing heavy shovelfuls of earth out of a hole—so He will not listen to dirty stories, much less tell them. He will not read evil books. He will not go to indecent plays. He will not look at immodest much distasteful toil necessary to earn-4. He will have his heart clean and

ing a day's wage. The point of view makes all the difference. Whatever one's employment may be he will get out of it according to what he puts into it. Thought, skill and intelligent in-5. He will strengthen his soul for 5. He will strengthen his soul for the conflict with his flesh, the world and the devil. He will pray often every day. He will invoke the aid of the Blessed Virgin. In honor of her spotless purity he will say three "Hail Mary's" every morning. He will go to Holy Communion at least once a month. It would be better for him to a cover work. He will for from temp. terest pay a fair dividend to whoever will invest in them. There is more to will invest in them. There is note to most things than mere digging if one wills to have it so, and in great measure the people who have congenial employ ment and the people who are only hire-lings and drudges have classified themselves.

#### The Follow-up System.

month. It would be better for him to go every week. He will fly from temp-tations against the angelic virtue. The best safety lies in absence from the occasions of sin. In time of trial Business men know what it means. It is one thing to gain the attention of a possible buyer, and another to hold it till a sale is made. So, when a pro-position has been given a customer, the modern skillful salesman makes calls upon him and sends latters to him till he will divert his thoughts as quickly as possible-to the weather, to the man across the street, to the friend be saw last night, to the joke he heard yester-day; he will remind himself of the pre-sence of God-that the Lord is looking upon him and sends letters to him till at last the merchant yields to the force at him at that very moment; and he will use short ejaculatory prayers like these: "My Jesus, mercy," "Lord, I of steady, systematic inducement. Conthese: "My Jesus, mercy," "Lord, I am Thine; keep me from sin;" "O sweetest Heart of Jesus, I implore that tinual dropping wears away the stone. Arguments presented continually and with cumulative force, at last over-come the man's objections or his indif-I may ever love Thee more and more." 6. He will read good books and visit erence and he becomes a buyer. o, he will text governments of the probability of t "A good beginning is a small thing less we persevere." If success be our anless we persevere." If success be our aim, and not a mere salving of consci-ence by a little perfunctory effort, we



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Little John laughed. He knew his mother was poking fun at him because he so often tried to help dear Grandpa Bros

OUR BOYS AND GIRLS WHEN LITTLE JOHN HELPED.

Every time the neighbors drove by Grandpa Brown's melon patch they shook their heads and said, "Too bad." There was nothing wrong with the melons. No one in the country ever raised a better crop; round watermelons

acres. "The trouble is," Grandpa Brown ex-plained to little John, "there's no market. You can't give them away. Seems as if every farmer in the country planted melons this year. The grocery stores won't take them. Last season it different. Melons scarce and was

echoing the sentiments of the community.

He was a good man, a kind neighbor, al-ways did what was right so far as he knew, and he made it his business to

This is what little John heard his mother say between pauses: "Oh, good." "Oh, if my husband were only home instead of way out West." "To be sure." "A fair price?" "Well, well, well!" "Yes?" "No, oh, no." "Pos-sibly." "Yes, I will send John right over." "Indeed you did!" "He will be en glad " ote

"Is it something about watermelons?"

he inquired. "Yes, dear. If he can get his melons to the freight house before 6 o'clock this afternoon he can sell his entire crop. Mr. Evans, the commission agent down town, has an order for all the melons he can get, if they are at the



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STATIONS OF THE CROSS.

done. Good-bye, mother."
"Good-bye, my son."
An hour later little John returned.
"What luck?" asked his mother.
"No luck at all," grumbled the child.
"Worst neighbors I ever saw. Every one of 'em too busy to help Grandpa Brown, every one 'cept Mr. William White and Mr. Green, and honestly, mamma, they were the really busiest of Sold by Grocers and Storekeepers The Stations of the Cross, or as it is ery often called, the Way of the Cross

is a devotional service which dates back in its origin to the earliest days of the Church, when it became a general cus-tom of the Christians to observe it in old gentleman. So three loads of melons are on their way to town, and I came home for my little wagon!" tom of the Christians to observe it in Jerusalem. At that time the service consisted in persons taking part in it going from the court of Herod in Jeru-salem to the spot on Mount Calvary, where the crucifixion of Christ took place. The custom continued through the ages, and is still in vogue with the peridents of the old Lowich city, and in

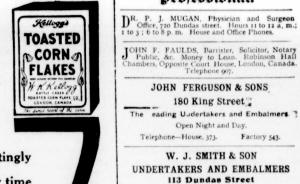
many loads to town as I can. I'll be worth about one cat power, but I'll residents of the old Jewish city, and is often participated in by visitors of the

world Straight, atthough she managed her to smile in the face of such earnestness. Truth is, she didn't feel like smiling when her small boy went trudging by in the hot sun with six melons in the

"Poor little fellow," said she, he'll be so tired!'

field near the town road, tried to be

"Hey there; where you going?" in-quired Mr. Underhill of the small boy. "Taking a load of melons to market for Grandpa Brown," was the reply.



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THE ROMAN INDEX

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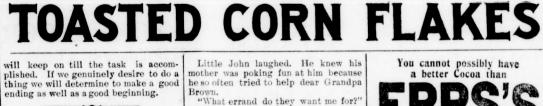


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a monastery in Jerusalem and undertook the custody of the sacred places of the Holy Land. Thus the several stations





and long watermelons, covering five

prices high." "Too bad," sympathized little John

Every one respected Grandpa Brown

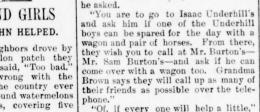
knew, and he made it his business to know what was right. "I can't believe," said Grandpa Brown to Grandma Brown, "that crop of fine melens is going to waste." "But it is," commented little John as he trudged toward home, "it is, because iny father says so. Too bad." Three days later Grandma Brown asked little John over the telephone if he would do an errand for Grandpa Brown.

Brown. "Yes, a big yes," answered the child. "Then let me speak to your mother, please," continued Grandma Brown. This is what little John heard his

so glad," etc. Little John was relieved when his

mother hung up the receiver and stopped nodding and smiling at the tele-

he inquired.



he asked.

"Of, if every one will help a little," exclaimed the boy, "the thing can be done. Good-bye, mother."

mamma, they were the really busiest of any. Both those men said they'd let their work go and turn in and help the

"Your little wagon, child?" "Yes, sir, ma'am—yes mamma! Every melon counts, and I'm going to haul as

help!" Mother could hardly keep her face straight, although she managed not to

Ezra Mason, who was working in a

field near the town road, tried to be funny when the boy passed his farm. "You're a-goin' to help save the nation, hey, Bub?" he inquired. After-ward Ezra wished he had kept still; it made him feel uncomfortable to think

made him feel uncomfortable to think that he hadn't given Grandpa Brown help for at least half a day. "The little feller is right." he commented. "If we'd all turn in and help much as possible, we'd make that melon patch look sick. I ain't goin' to be beat by no such little chap! I'm a'goin' to hitch up my team and join the proces-

Those who travelled the ancient roadway made historic by the funeral proces-sion nineteen hundred years ago, say that the stones at the fourteen different places where the march to the mountains was interrupted, have been worn hollow by the kneeling in prayer of countless hosts of divine worshippers. The story of this most pathetic part of the life of

Christ, with all its external devotion and sorrowful reminders, was carried to distant parts of the world by strangers who had seen it in Jerusalem, and for all the centuries Christians have made pilgrimages to the Holy City that they might participate in the said ceremony. About eight hundred years ago the Franciscan Order of priests established

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s passion in check. He will not consort with the vicious He will not consort with the vicious and he would rather die than corrupt the innocent. He will call on no young woman who will allow any one to take liberties with her, in the way of kisses or caresses. Hands off! must be his motto as well as hers. By keeping body, mind and soul in a state of defense against evil, the devil of impurity can be driven off. God takes delight in a young man who perseveres in the state of grace and

who perseveres in the state of grace and who fights with his lower self in order to be pure.

To such a man Heaven will surely send a wife who will be as visible guardian angel during the st of his life-his best friend, his defest companion, his faithful love. is The Waiting Ha

"I suppose it's a fac said Mr. MacWhackt, "that abc uphe worst habit one could contract up hat of sit-ting down and waiting for tomething to turn up.

turn up. "I've known a lot of a that have had this habit, but I hav never known one of them to have any ning come to him yet. Of course there's a chance of a man's being struck by lightning, but if you take the total population of the world and divide it by the number struck you would find that the chances of one's being struck are very small. of one's being struck are very small, and the chances of anything coming to a man who is waiting for something to turn up are a great deal smaller still.

"You see, as I tell my son, William MacWhakt, jr., something—that is to say, that the something that we are always looking for to turn up, is really not, as you might say thing of migra-

station in time to be delivered in the city to-morrow morning. There is a sudden demand for melons."

"Why, mamma, Grandpa Brown can't take more than seven loads to town in one day, if he started yesterday and works all to-morrow. The thing can't be

done. "Possibly it may if you help him."



1 A First-Class Penknife and by the well-known H. Boker & Co. Handles of white Iveroid; will not shrink, warp or crack; brass lingd, two blades; made of the very best English Crucible Cast Steel. Each knife has probased on the handle the emblem of THE CATHOLIC MUTUAL BENEFIT ASSOCIATION. Drive for Port Poid



"Why! Can't he get help enough to market them?" inquired the man. "No, every one said, 'Too bad!' but

they're all too busy." "Well, there now that's a shame! Look here Johnnie, you tell Grandpa

that I believe I can spare one of my boys and a team for a day after all. I'll send him right over." And he did. By the time little John reached town FORM A LARGE AND IMPORTANT PART OF his dusty face was streaked with wet rivers of perspiration, but his swile was

He realized with triumph in his joy. teart, that example is a powerful thing. He rode home on Mr. Lane's milk English converts to the faith.

"The City of God to-day in England," she writes, "is the work of the relieving party, of the great convert legion which first came in from the Tractarian upland, and has ever since been pressing in at every gate, brightly and steadily, though never with quite the same unique brawne. It has complied along the "'Pears to me my lad," remarked Grandpa Brown some time later, "it 'pears to me that you don't need to make another trip to town, considering that the neighbors have kept the tele-phone busy since they saw you with your little red wagon. Result is so your little red wagon. Result is so many teams have come to our assistance you better stay right here to superin-tend the loading!" "What a joke!" exclaimed the boy who tried to help.

Grandma Brown invited little John and his mother to tea that night, and she would give the child two pieces of custard pie; hers were the deep kind. "I'd like to hire neighbor John by the year," remarked Grandpa Brown. "Best man on the farm to day."

"Couldn't spare him," was mother's laughing response. "He always tries to help; and you know such a boy counts in a family."

"If I don't know it, my melon patch does," acknowledged Grandpa. "Not a ripe melon under the stars to-night, thanks to our little man and his small express wagon."-Sacred Heart Review.

Were happiness a purchasable comwere nappiness a purchasable com-modity, the very ease of attainment, such as human perversity, would only tend to lesson the likelihood of its at-tainment.—Rev. W. T. Hayes.

Holy Land. Thus the several stations or spots where the journey up Calvary's heights was interrupted, passed into their hands. It was then that the service was undertaken and spread abroad as a general devotion, and from In a thousand places, with undathed zeso the most lofty, reverent and scrupulous ideals. As the newest element of all, it has aroused jealousy and been defraud-ed of its praise. But no open-eyed out-sider can possibly fail to see what it has done and what it is doing, fc. the that day until now it has been cherished by devout Catholics in every part of the globe as one of their dearest prayers.— Intermountain Catholic. country.

CONVERTS IN ENGLAND.

"Numerically, too, it is fa- 'ronger than is generally, supposed. dinal Manning once said that there ... s not a single church in hls vast arc. liocese which has not upon its working staff at least one convert elergyman. in the provincial congregation which tc-day I THE WORKING FORCE OF THE CHURCH. In her chapters on Catholicism in England in the Ave Maria, Miss Louise Imogen Guiney gives credit for much that she admires in the noble army of happen to know best (an entirely incon-spicuous one in England, so far as its make-up is concerned) there are cer-tainly ten converts to every 'born' Cath-olic, albeit not a few of these same 'born' Catholics be themselves the offspring of converts. Time after time, some little sudden Israel in Egypt springs up in country districts, which is mainly, or even exclusively, composed of ex-Anglinever with quite the same unique bravura. It has supplied, since 1845, cans."

#### Testimony From A High Authority As to the Value of Orange Meat

In an address to the Canadian Association of the Master Bakers at their In an address to the chandlan Association of the Master Bykers at their Convention held in London, Ont., August 14th and 15th, 1906, Professor Harcourt, of the Guelph Agticulture College, said among either things as follows: Various types of breakfast foods may be roughly divided into the following classes: 1st, The uncooked, such as granulated onts. etc., which re-nuized new conking to make them maketable and ald directions. The Matther puring coasts. Is, then them palatable and aid digestion, 2nd, Partially cocked such as, rolled and finked grains. In this process the cell walls are rup-tured by the crushing, consequently they require less time in their preparation for the table; 3rd, Cocked foods; 4th, Foods termed pro-digested, such as Orange Meat, etc.

A large number of focds have been analyzed and some of the results are A large number of lowing table. In nearly every case the figures are the average of a number of analysis:

Calo	rice per gra
Orange Meat	3,968
White Bread	
Entire Wheat Bread	2 486
Graham Bread	
	and the second second

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