Read 2

the

Label

CONTAINS NO ALUM

The only Baking Powder

made in Canada that has

all its ingredients plainly

For economy we recom-

mend the one pound cans.

TEMPERANCE

The Two Streets

By Nixon Watern

A sad one and a fair ;

Bread,

In one a dark deepair, In one the light of love is shed,

I wo streets there are in many towns,

one good cheer and peace abound,

In one grief's bitter tear; The name of one of these streets

The name of the other is Beer.

And happy homes and wives; In Beer street the degraded den,

And sad and broken lives In Bread street Plenty sings her song,

Wrong And idleness and crime.

All in your power to make

And Labor chants her rhyme :

Oh, men and mothers, strive to do

The children shun the ones who brew

One street there is their feet should

And one their feet should fear; The name of one of the streets is Bread The name of the other is Beer.

DRUNKENNESS AND WHAT IT

Commenting on St. Paul's words to the

LEADS TO

n Bread street there are busy men,

in Beer street Want is joined with

The state of the s

printed on the label.

EW.GILLETT

PUL BISCUIT, CAKE

DIRECTIONS.

CONTAINS

Costs

no more

Alum

CHATS WITH YOUNG MEN

HIS DISORDERLY DESK

The disorderly man has a disorderly desk. He lacks system, neatness, and regularity; so do his papers and books. His character can be discerned from his

The desk is covered with letters and The desk is covered with letters and papers which have been over-turned now and then, but waiting files have long yawned for them in vain. Dust and odds and ends are plentifully present, although this desk is daily used and its owner sits long hours be-

sits before such a one?
longs to no particular profession or business, just to the seedy class. Does he have a large correspondence? No. If such were desirable, and he ever had it, it has dwindled, for this manager, no, this owner of the business, is a back number. No manager could hold his job long in this day and generation if he was forever behind with his work, unless he was accomplishing such a volume that leniency would naturally likely an life.

SMILES A SOURCE OF POWER

No person ever gained popularity who did not understand how and when to smile. Not that one can take a course of study in smiling. It is purely a master of tact and intelligence. But the man who smiles his way through life always has a nuch better time than he who cultivates a sober face at all times. We do not know a person until we see wan wan that leniency would naturally likely an life.

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Very likely an hour would more than suffice for putting this deak in order, and perhaps the waiting business could be dispatched in a half day. And yet the owner does not take that sixty minutes to find out just where he is standing, that half day to clear the decks and start out afreeh. Month in and month out there lies some little and month out there lies some little piece of business that ought to be got out of the way, some matter that ought to be cleared up. And in the meantime the accumulation of real debris has not grown less. The man is always behind. He cannot pull himself together or he does not bring himself together, or he does not bring himself up to time. The desk is only the open tative of conditions, in his mi and throughout all his affairs. His mind is littered up and slovenly; his

CHARACTER

Character is, after all, the chief ac-complishment. Character, according to Emerson, is reserved force or latent power by whose impulses a man is guided, but whose counsels he cannot impart; a talent which acts by presence directly and without means; something in a man finer than what he does and says; some strong element that gives him superiority and ascendency everyssion of attributes and where; a possession of attributes and qualities in a degree that creates a magnetism, and compels acknowledg-ment and homage always, and by every-

Character is not a mere gift of nature or a result of prayer. It is not bought with gold or silver, or acquired by bonds and jewels. Social intercourse cannot weave it into us, and position cannot engraft it on us. No man can give it to us; we must hammer and forge it into ourselves. The precious ore lies within our own bosoms; the fires of our heart must hear it and our own wills must pound it; every sacred own wills must pound it; every sacred deposit which experience may gain from the flow and ebb of time and tide, from personal and general happenings, must be added to it, and the whole composite, by your own exertions, be molded into beautiful and attractive

HOW MANY?

Charles M. Schwab tells a story about a type of man he often meets, the sort he calls the "other-people's-business-

man."
"I overheard a conversation between
one of these men and a large, prosperous-looking gentleman. It was in a
smoking car. They were sitting to

gether.

"After a few puffs of his cigar the inquisitive man inquired of his neighbor, 'How many people work in your

"The prosperous - looking gentleman owly bit the end off a fresh cigar and showly but the end on a fresh eight and buried himself in his paper as he re-plied: 'At & rough estimate I should say about two-thirds of them.'"

LACK OF UP-KEEP COSTS JOB When a man "goes stale" on his job he loses out. More than likely he is filled with anger at those who have put him out instead of with himself for los-ing out. Yet if he has any real sanity, ing out. Yet if he has any rest samily, any power at all of seeing himself as others see him, deep down in his heart he knows that it was his own fault. He had not been keeping up, and after events often show that he has so deteriorated that he can't keep up.—Cathalla Columbian.

who cultivates a sober face at all times.

We do not know a person until we see him smile. There is no greater character sign than the smile.

Nine persons out of ten rise in the morning not inclined toward good nature. They may not realize the fact, but it is so. If one happens to be in a large hotel, it is worth his while, if he cares to study human nature, to look at the guests as they come in to breakfast —that is, if he is breakfasting at the ordinary busice a hour. Watch the expressions as the orders are given to the pressions as the orders are given to the waiters, and note the small percentage of waiters, and note the small percentage of smiles. The reason is, that human nature is not at its most pleasant stage when the day begins. One might think that rest ought to make us all pleasant, but the contrary seems to be true.

Here is one reason why smiles are powerful. The individual who greets his family and friends cheerfully in the morning is certain to impress pleasantly.

is certain to impress ple Even if we do not happen to feel particularly pleasant ourselves, we are usually in a receptive mood in the morning, and the smile falls on good soil. It bear fruit. "I like my assistant," said on ile falls on good soil. It bears fruit. "I hee my assistant, and one business man to the writer, "because he always looks as if life had some pleasant things left in it when he comes to the office in the morning." This is a practical example, and the man meant what

There is a wide variety of smiles. The perfunctory sort is best unnoticed. No one likes it, because it lacks sincerity. The smile we most appreciate is that which at times lights up the face whose expression is inclined toward sternness. It seems a veritable rainbow of promise, telling of the good nature that behind the smile, although it does not always see fit to be on dress parade. Then there is the sympathetic smile. There are two varieties of this, the oily and inslucers, and the kindly and truthful sort. It is not difficult to distin-

Then there is the rollicking smile. Then there is the rollicking smile. It comes upon you like a breath of fresh air on a close day. It is infectious. One feels immediately as if he must smile, too, and he is certain to feel pleasantly, inclined toward the person bestowing the smile. The shy smile indicates that there is any amount of kindness in the heart of the owner, but that it is doubtful about intruding. Then there is the surly smile, which Then there is the surly smile, which comes grudgingly.

The person who calls on business and

smiles when he greets you, pleasantly but not effusively, stirs your own kindli-You cannot tell why, but you feel much more inclined to friendliness than much more inclined to friendliness than if he had greeted your curtly, although you might have thought him extremely business-like. He will succeed, the man who smiles if only with his eyes, where the man who drops into the offered chair without a pleasant word will come taxillonaly near failure. will come perilously near failure.

All the world loves a sincere smile. The possessor of an infectious smile has one of the best weapons that exist for use in the fight for the common goal of success.—Intermountain Catholic.

OUR BOYS AND GIRLS

THE MONTH OF THE ROSARY

Dear little children; You all know that every month of the year is dedicated in a special manner to some certain devotion. October is called the "Month of the Rossry." It is the month that belongs to the Blessed Virgin. It is through Mary that Our Lord gives us so many blessings. He is pleased when we intercede with Him through His Mother. He loves her and wants us to Mother. He loves her and wants us to

A little boy once said to his little sister that he had been praying for a certain thing he wanted for a long time and that he never got it, and remarked that God loved his little sister better than He did him because she got every-

thing she wanted.

The little girl felt sorry for her brother and after a few minutes said : and after a new minutes said; "Brother, if I tell you my secret you will get what you want just like I do—I always pray to Our Blessed Mother for everything I want and ask her to ask God; you see God is so busy with the big people that he hasn't time for us."

(The little how prayed to His Blessed

Make s special devotion to Mary during this month. Offer her a little prayer every day. Promise her that you will, and ask for something in return. She will see that you get it. Every one of you should say the Rosary every day of this month. If you are too young, or do not know it, learn a little prayer and say it every day, and pray with fervor. You must have faith to have your prayers heard. Like the little girl above—she had faith. The little boy your prayers heard. Like the little girl above—she had faith. The little boy despaired and had to begin all over again. Begin praying right and the sooner you will get what you want. Pray for what you want yourself and don't forget to pray for others. The cold winter weather will soon be here, and think of all the poor little children all over the world that will suffer from the cold—pray for them and askGod.through old-pray for them and ask God, through Mary to make it as pleasant as possible for them. Your prayers rising from your pure hearts, and sent to God through the medium of the Mother of Jesus will be heard. Be not dismayed if the answer is not immediate; persevere in your prayer—you will be heard.

"THE YOUGH" In his "Conferences for Boys" printed in the "Homiletic Monthly," the Rev. R. Kuehnel gives some excellent advice. The subject of the conference in the July number is "The Tough" a most dangerous element of society. Father Kuehnel points him out "leaning against the walls of the saleon at the corner." waiting for a chance to get a free drink If the chance does not offer, the loafer becomes a thief. He must have liquor and will do anything to get it—except and will do anything to get it—except work. He was not always like that. There was a time when he was probably just like some of the boys Father Kuehnel is talking to—fond of a good time, ready for turbulent, fun, but none too inclined for study or work. The leisure hours and days, the street corner teachings, and the gang gradually lowered the ideals that devoted teachers set before him.

After all, what do old fogey teachers and over-careful parents know about life for boys? They preach work, work, and they practice it themselves, but too many parents do not insist that their boys too shall work. They have hopes and dreams of a wonderful future for the indulged son, but the nopes are not realized, the dreams never come true. realized, the dreams never come true.

And the love that was never wise turns to hatred and bitter shame. "I wish he was dead!" is the cry of agony wrung from the lips of many a parent who has toiled and sacrificed only to be disgraced. What will be the end? is the question that the trues father and mother night. What will be the entry is the tright and that tortures father and mother night and day as they watch the downward course of their pampered boy. The answer comes from the reform school, the prison, the almshouse, hospital or the

Father Kuehnel advises his boys to eep the devil at a distance by keeping

"The evil suggestion which the devil deposits in an idle mind finds a fine breeding place. It will thrive and spread. Evil thoughts will create evil desires, the desires will lead to actions. The devil, indeed, loves nothing more than idleness, though he himself is anything but idle."

No boy, no matter what may be his state in life, is immune from the effects of idleness. He can't be idle and advance in standing and reputation. He may not have a bright mind, but if he does not fill it with wholesome thoughts and ambittons, it will not save him from the doom of the tough.

Drumeeness robs man of that which distinguishes him from the beast—his distinguishes him from the beast—his reach. Look at the miserable wretch, scarcely able to keep his feet, stagger-ing and finally going down. He utters incoherent words that no one under-incoherent words that which distinguishes him from the beast—his reach. Look at the miserable wretch, scarcely able to keep his feet, stagger-ing and finally going down. He utters incoherent words that no one under-incoherent words that will obtain a distinguishes him from the beast—his carcely able to keep his feet, stagger-ing and finally going down. He utters that whe had a development words that no one under-incoherent words that

doom of the tough.

doom of the tough.

"Never give way to idleness," is Father Kuehnel's parting word to his boys. "Your ambitions may not be realized as quickly as you may desire; disappointment and failure may make your work seem useless and bitter; but others have overcome these difficulties and they earned a well-merited reward. If others could persevere, why not you? Keep up your coursge and your faith in yourselves and you are bound to win in the end."—Sacred Heart Review. yourselves and you are bound to the end."—Sacred Heart Review.

HAPPY AT HIS WORK

"A boy at the woodpile is worth two on the street," laughed Uncle Dick over the fence with an approving nod at his industrious nephew. "There is a new proverb for you—er, Billy?" as the boy look dup with an appreciative grin.

"I like this job. It's green wood, and cuts easy. I'm making the chips fly so as to have it all cut up and put away before it gets dry and hard."

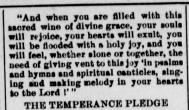
"You don't look so very unhappy over your hard lot," Unele Dick went on, the pretended sympathy in his voice belied by the twinkle in his eyes.

Billy threw back his head and laughed, "Unhappy? Why, Uncle Dick, I'm just as happy cutting this wood as I am when I'm helping to win a game on Sure Nine. It isn't any harder work; and just think of the cookies and good things it will bake when I carry it in and mother uses it."

Junce Dick chuckled over his enthu-

uses it."

Uncle Dick chuckled over his enthusiasm. "I see there is no stopping you in your reckless career. I might as well move on," he said. "But, Billy, you re-



THE TEMPERANCE PLEDGE

The twenty-first birthday is the wrong time for the expiration of a total abstinence pledge, for the very good rerson that just at that particular time, more than any other, there is supposed to be a certain indefinite restraint lifted from the new man that is all too likely to be taken advantage of by the tempter and represented as being a license to indulge in anything and everything that the appetite and passions may dictate, and the lifting of the total abstinence pledge at this particular time is like tempting fate, and should, by all means, be avoided.

The twenty-second birthday, when the young, man has had a whole year to become accustomed to the sensation of being a man and has begun to realize what it means, would be less dangerous. Still better, the twenty-fifth birthday, when he has grown wise enough to see the folly of drink, and curiosity no longer impels him to take his first glass.

But, if it is a good thing to take a

the folly of drink, and curiosity no longer impels him to take his first glass.

But, if it is a good thing to take a pledge of total abstinence for a limited time, how much better to take it for life, which few would hesitate to do if they had kept a pledge until the age of twenty-five; for it is difficult to conceive of a man who has experienced the blessof a man who has experienced the blessing of a total abstinence pledge until
his twenty-fifth birthday who could be
persuaded to throw aside such a valuable safeguard, but, on the contrary,
would gladly renew his pledge for life.—
Sacred Heart Review.

THE ARGUMENT TO THE POCKET

It is a novel idea suggested by Governor West, of Oregon, but one worthy of careful study, that the care of all the wrecks made by liquor should be as-sessed against the saloons and the dismind me of the man they tell about who sked whether he was happy at his There is scarcely a community, no

was asked whether he was happy at his work: 'Happy?' he said. 'Of course, I'm happy! Don't stand around here in my way and ask foolish questions when I'm busy. Happy! I haven't time to be anything else.'' And Uncle Dick went matter how small, but has its human wrecks, the product of the saloons. Society owes it to itself to protect itself against this constant production of

off whistling, with the laugh of the youthful busy one in his ears. Then Billy turned once more to his task, and Desotted victims.

There should be a list made in every went on cheerfully fulfilling the contains the same and: "Ye shall rejoice in all that ye put your hand unto."—True Voice.

community of the men and women to whom drink should not be sold, and the saloons notified accordingly.

Those saloons disregarding this notifi-cation should be observed and noted.

When the confirmed drunkards become a burden upon the community, the ex-pense should be charged up to these saloons and collected from them.

It is a species of paternalism that would decrease the public cost for poor houses, jails and lunatic asylums.
- Saloon keepers without cons Saloon keepers without conscience should be loosened from their immora

The argument to the pocket is a great missionary argument.—Monitor (Newark

CATHOLICS AND PROHIBITION

Very properly the wise and prudent men who guide the affairs of the Catho-lic Total Abstinence Union are seeing to it that this purely Church society shall not affiliate with any political party, good or bad. Such action is per-fectly intelligible. The Catholic Pronist, we presume, will be the first

to admit its propriety. We, personally as a matter of political opinion, do not believe in Prohibition, but we accord to our Catholic neighbor entire liberty to hold an opposite opin-ion on this subject without prejudice to his Catholicity. The Prohibitionists distinctly disavow any intention of makdistinctly disavow any intention of making their policy apply to wine for sacramental purposes; their law would, to that extent, be unconstitutional; and futile, even if not unconstitutional.— Catholic Citizen.

To maintain order, harmony, and excellence in the territory under one's own hat will keep one well employed.

It is just as impossible for a person to reach the normal state of harmony, when he is practicing selfish, grasping methods, as it is to produce harmony in an orchestra with instruments that are an orenewers with instruments that are all jangled and out of tune. To be happy, we must be in tane with the in-finite within us; in harmony with our better self; there is no way to get around it.—O. S. Marden.

Every one of us, no matter where our field of work may lie, has influence. If we are at the head of a big concern with the weight of a whole business on our shoulders, we have no more right to

feel ourselves exempt from the duty of is about the biggest business it is given

As long as the vital bond of your friendship with God remains unbroken, the world, the flesh, and the devil will seek in vain to sway you from your moral steadfastness. It is only when you forget to converse with the Heart of Jesus that you run the risk of falling away from the first standing ground of your integrity.



The Gurney-Oxford Enthusiast

The housewife who owns a Gurney-Oxford—who has daily experience with it-who knows the way it works-the economy and efficiency of it-is a Gurney-Oxford Enthusiast.

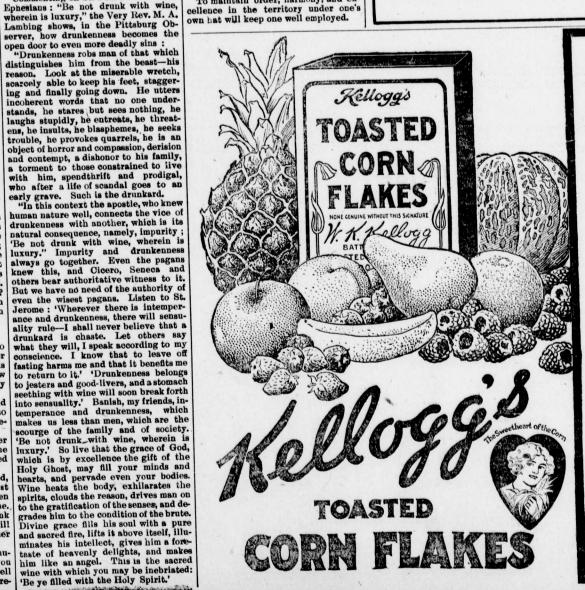
The Gurney-Oxford Range is the sum total of 70 years experience in stove construction. It is a big, up-standing, handsome stove, that works constantly and unfailingly for its owner's satisfaction. It stands guard over her interests, conserving her time and energy, effecting a daily saving in coal, adding to the household economy and increasing the pleasure which comes from a smooth-running and well-ordered household.

That's why she enthusiastically recommends the Gurney-Oxford whenever the question comes up.

She wants her friends to learn, what she knows to be a fact, that a Gurney-Oxford Range is a good housewife's most valuable and cherished possession.

The Gurney Foundry Co. Limited TORONTO - CANADA

MONTREAL HAMILTON WINNIPEG CALGARY VANCOUVER



From time to time delicious new ways of serving Kellogg's Corn Flakes are discovered. Here are a few:

Kellogg's with strawberries, raspberries, blackberries, blueberries.

Kellogg's with sliced peaches, pears, or apples.

Kellogg's with sliced oranges, bananas, or pineapple.

Kellogg's in the centreof half a canteloupe.

Kellogg's with ice cream, fruit jellies, custards.

Try Kellogg's with fresh fruits, stewed fruits, or preserves.

Your palate will welcome variety.

Both Cream and Skim Milk Are Delivered Pure and Clean

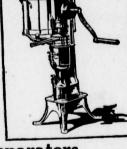
To submit to a headache is to waste energy, time and comfort.

To stop it at once simply take

NA-DRU-CO Headache Waiers

Your Druggist will confirm our statement that they do not contain anything that can harm heart or nervous system. 26c. a box. MATIONAL DRUG AND CHEMICAL CO. OF CANADA, LIMITED. 124

GOOD reasons are the basis of all buying. It follows then, that the best
buyer is the man who has the best
reason, or the most good reasons for buying.
When this rule is applied to the purchase of
a cream separator and each separator on the
market is carefully studied for reasons why
it should be chosen, the most careful buyers
invest their money in invest their money in



IHC Cream Separators Dairymaid or Bluebell

Assuming for the sake of argument that the best separators are equal in skimming capacity, simplicity, and durability, there is still one best reason why your choice should fall on an I H C separator. The reason is—the dirt arrester chamber which is found only on I H C separators. More or less foreign matter is very likely to find its way into the milk before it reaches the separator. The I H C dirt arrester chamber removes every particle of this matter before separation begins and holds it imprisoned until the last drop of milk has passed through the bowl. Both your cream and skim milk are delivered pure and clean. There are points in the construction of I H C separators, such as the heavy phosphor bronze bushings, trouble proof neck bearing, cut-away wings, dirt and milk proof spiral gears, etc., which taken in connection with the dirt arrester chamber, make I H C separators beyond any doubt the best of all to buy. There are four convenient sizes of each style. Ask the I H C local agent for demonstration. Get catalogues and full information from him or write nearest branch house.

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