THE PILGRIM'S PRAYER

Lord, make me gentle. Since the Ways
Of earth are filled with needless

strife, Let me be gentle all the days Of this my life?

Let me go softly, so my fact, Noiseless, their mission may fulfil-A tranquil farer in the street And on the hill.

Let me speak low, that they who May listen, glad of tender tone,

And they who answer, drawing near, May claim their own.

Make me touch light, so what l touch May take my mark and bear my sign,

Yet be not branded over much With name of mine.

With temperate joy when blessings flower, With quiet grief when sorrow falls With wordless conflict, when the

Of battle calls-Lord, though a tumult of distress And noise and clamoring be rife, Let me move down with gentleness My path of life.

BE THOUGHTFUL

She spent a long hot hour getting it. And you thought it was a fine meal. But did you take a second to

Maybe she was so pleased watchwomen who do the cooking in hot quick to see when you needed a second helping.

Maybe when you had finished you lighted your cigar and picked up the evening paper and went out to the bearable; you can always manage complacent in the assurance that of you.

you had completed a good day's A good, useful, satisfactory life

But her work was not done. She had to go out into the stuffy kitchen day's work on it today. If there are and spend another hour over the

And she didn't get even a tip for her trouble. Not that she wanted it. What

she wanted was something like this : Gee, Mary, that was a dandy ner. Bet nobody in this street diuner. had a better!" What will your little word of

appreciation mean to her? smiles over that measly dishpan; the In an honest, wholesome smile;

sob hidden by the scouring of the kettles. Such a little thing for you to say,

so much for her to hear.

Women are like that. Do you ever stop to think, man, that unless you take a listle pains to put some joy into the life of the woman who is your wife she isn't going to have any too much of it?—Catholic

GRACIOUS MANNERS

Good breeding is simply courtesy and kindness founded upon good nature. There are well bred people in all classes of society, although such variants, elegance and polish, Just send a ray of sunshine may usually be confined to those to | To smooth its brow a while, the manner born.

he manner born.

Considering how greatly courtesy By the giving of a smile. and kindness add to ones' influence and effectiveness, no sensible man should fail to cultivate them. One of the greatest and bast liked of American public men, Henry Clay, once said that courtesies of a small and trivial nature are just the kind which stir the deepest gratitude and appreciation; and following this rule, the "mill boy of the slashes' though without the training of the drawing room or the court, had the most winning manners of his day in the high circles of the American

capital. Fundamentally, it is "the good beart" which calls into play that stamps?" assembly of traits which makes one agreeable, and possessed as if hy nature of that tolerance and deference, always so engaging, and that sweetness of temper, always so persuasive. Manners, as Paley says, I didn't get a chance to eat may be "minor morals," but they luncheon till after 2 o'cleck. "tremendous trifles" in our intercourse with our fellowmen. is 2" Even if they are merely assumed, yet they are at least "surface Christian-And as charity covers a multitude of sins before God, so does politeness among men.

On the other hand, there is food for thought in this remark of an of any consequence." I don't behumorist: lieve in the goodness of disagreeable

WANT BIG JOB?

yet he is dissatisfied He spends a lot of time and energy fussing because he isn't in some other job where he could "manage

He just knows he'd blossom out into a glorious success if he had I'll wait till I can stamp them another place, a larger opportunity. We can understand him all right, because we've often felt that way

Yet it all reminds me of the farmer who starved to death trying to raise wheat on what proved to be experiences, when he suddenly one of the richest diamond mines in the world.

experiences, when he suddenly checked himself.

"Miss Violet," he cried, "I fully

CHATS WITH YOUNG MEN his time for him, train him, and keep him headed in the right direc-

given others to manage.

Let him undertake the task of

making "John Jones, human" to the part that "John Jones, idealist," has laid out for him.

Let him make John Jones do his work better than anyone else. When he has learned to get a day's she had no courtesy to spare.

work done every day, has got the habit of doing everything a little hatter than better than seems necessary, and has learned to keep a chearful face turned over toward the goal, he needn't worry about being recog-

He will then stand head and shoul-ders above his fellows. Moreover, what applies to John

Jones applies to you and me also .-Roger W. Babson.

ONE DAY AT A TIME

The future is divided into days. Each day the sun sets. The lamps are lighted as it grows dark; and at 10 o'clock the day is finished. It is so absolutely finished that the unconsciousness of sleep comes to seal our senses and suspend our thought and action for six or eight hours before the beginning of a new day. No other periods of time, nor the centuries are separated by such a wall of division as that which separates

day from day.
Sufficient unto the day! We are to live our lives as life is given us—by days. Yesterday is done with and tomorrow is not yet here. We are presently responsible only for today. Let not remorse for the past burden you -- forget the things that are ing you enjoy her cooking that she behind. The disappointments, the burdens, the sufferings of yesterday are gone. Dismiss them from your mind and face the future with courweather and you'll see that they mind and face the future with courhaven't much appetite.) But she was of the years to come discourage you -you have troubles enough at hand without borrowing those put on next front porch. And you felt perfectly today; and that is all that is expected

a matter of one day at a time. If the task before you is big, do one besetting temptations, resolve to avoid them for the day. You ought

OUR BOYS AND GIRLS

THE POWER OF A SMILE

The difference between tears and There's a wondrous lot of power difference between a song mixed with the rattling of the dishes and a That will travel for a mil That will travel for a mile Why, when hearts are sad and heavy And the days are dark the while. You can notice that things brighten

From the moment that you smile. What the rose is to the bower, What the jawel is to the ring, What the song is to the robin In the gladsome days of spring : What the gold is to the sunsets That off our souls beguite. All this, and more, to people,

Is the bisssing of a smile. When you see a face that's saddened By the cruelty of strite, Into which have come the wrinkles From the toils and cares of life,

VIOLET AND HER BROTHER A young girl came to the door one morning as her brother and a visitor were leaving the house, the former to go to his business, the latter to do some sight seeing in the

'I want half a dollar's worth of postage stamps," she called after them. "Please don't forget."

That afternoon the brother reached home before the guest, and his sister at once asked :

The boy started and his face changed.

"I declare, Vi," he exclaimed, "I forgot all about your errand. were very busy at the office today. maybe there'll be some left for the dossn't make any difference, does for.'

The girl's face flushed resentfully. "Indeed it does make a differ-ence," she exclaimed. "But that's tant and the things I want are never

The brother colored at the violence of the attack, but his voice was kind If you want some letters mailed.

I'll take them in town with me John Jones has a pretty good job, in the morning and stamp them The girl laughed unpleasantly.

Stamp them there? You would probably forget all about them, and I'd find them in your pocket in six weeks or so. No. thank you. myself."

Ten minutes after this conversation the visitor, who had been a college chum of Violet's brother, made his appearance. He was in the midst of recounting his

John Jenes clamors for a bigger job when he already has the biggest job in the world.

He would "menage men." Let the water front, I forgot all about is known as the Monroe Doctrine had him take John Jones in hand, lay out | it, and I'm awfully sorry."

"It's of no consequence at all," Violet said, and leoking across the coom she saw her brother's attenover his face was eloquent. How different an answer his sister had that her politeness was reserved for outsiders, but for her only brother

The lesson was one that Violet never forgot. Before she went to bed that night she begged her brother's pardon, and from that time on, she gave the members of her own family the benefit of precisely the same courtesy she extended to strangers.—Catholic

THE GIRL WITH THE ORANGE

" Do open the window !" Julia spoke languidly, but with the undertone of petulance, which always seemed to imply that what-ever she objected to was the fault

of the person addressed.
"While the frain is standing still, I suppose there won't be any cinders. But why in the world, if we have to stand on the track an

did they choose a place like this ?" Julia's father opened the window with an air strongly apologetic. His manner seemed to say that if the railway company had been suffi-ciently mindful of its obligations, the long halt, due to some obstruction on the track, would have taken place on a mose picturesque spet. The railway at this point ran through a mining section, the rather dreary effect of the landscape emphasized by the wratched miners' dwellings squatting at the base of the hills. and looking not unlike tramps, who expected at any moment the command to move on.

As the window in the parlor car was raised, Julia took a survey of her surroundings, and shrugged her shoulders. Then she laughed.
"Ob, look!" she cried to her father. What a perfectly dreadful

little object !" The object designated as "perfectly dreadful" moved and came quote Mr. Dennett:

"Our ideal church would have nearer. undersized little creature, with a soiled and ragged dress falling to to live a better life; but just live a the fact that her face needed wash-better day today.—The Echo. ing, but she brushed it out of her eyes with a lean little hand, and approached the motionless train. struck the orange which stood upon the window sill and which immediately rolled out, dropping at the bare feet of the girl outside.

In an instant she had pounced upon it, and, then holding it tight against her breast, she looked up. She had not seen the involuntary motion which had dislodged orange from its seat on the window sill, but Julia's window was the only one open and she had no difficulty in locating the donor.

Thank you," she said in a queer, fill voice. "And keep on thanking shrill voice. you all day till tomorrow morning. Maybe you think I don't know what

'tis, but I do." What is it, then?" Julia inquired, "What is it, then? Julia inquired, languidly amused. It would never sectional are national or racial and have occurred to her that anywhere churches which have been transitants. who did not know what an orange was, but the little girl's boastful tone seemed to imply that her knowledge was both unusual and highly to her credit.

'It's a 'norange," the girl declared triumphantly. We had one for Christmas once, and the teacher, she showed us how to take its clothes off and the way it all divides up inside. Say, do you know why I like 'noranges better'n apples ?"

Why?" Julia asked. She was finding the "object" unexpectedly interesting.

'Cause an appla's selfish. Some folks they take big bites, and when it gets 'round to the last ones, they hain't hardly nothing left. But 'noranges is all fixed a-purpose to

divide them up."
"Are you going to divide yours? "Well, I guess!" The girl straight-ened herself. "Pa and ma's got to have some, and I've got four brothers. And there's Pets-he was We burted in a mine-and teacher. And didn't get a chance to eat my old folks. I can tell when I get it's It clothes off, how many 'twas meant

A little tremer ran through the train, as if it were waking up. conductor shouted "All aboard!" The men who had been walking up always the way. Auything that and down, stretching the muscles you're interested in is so very imporcramped after long hours on the train, sprang up the steps. The obstruction was moved at last, and

they were free to go their way. Shall I put your window down, dear? You might get cold," said Julia's father.

But as he came forward to lower it, Julia turned her head for a last look at the girl with the yellow orange clasped to her breast. wondered it possibly some other girls might not find that their blessings were made to be divided .- Catholic Tribune.

THE MONROE DOCTRINE

A Chilean journalist proposes Pan-American Congress convoked by leading jeuxnalists of North, South and Central America, whese duty is would be to define the Monroe Doctrine. Net only Latin journalists few of them know anything. What is known as the Monros Doctrine had its origin and name in a recommen-

dation by one the greatest of our Presidents, James Monroe, in one of his messages to Congress, at a time When he has done that he will be tive face. Although he did not when Spain was making arrangeiven others to manage.

tive face. Although he did not when Spain was making arrangespeak, the expression which swept ments to reconquer and subdue her various colonies in America which had revolted and established their returned to his apology? In that independence in 1819, 1820 and 1821. fleeting look, Violet read his though?, It was feared by the American Government that the Powers of Europe following the downfall of Napoleon and the re-establishment of the despotic sway of kings, would lend aid to conquer and subdue the Spanish Colonies which had become independent States; and that while a portion of them would, in this event, be restored to Spain, the others might be divided among the several European Powers. In view of this probable result, President Monroe in his message to Corgress declared, with a view of serving notice on Europe, that no portion of the American continent was hereafter to be deemed open to European colonization, and that the United States would consider any such attempt as imposing upon them the obliga tion of taking such steps as should be necessary to prevent it. This declaration assumed the name of the Monroe Doctrine, and it has frequently been appealed to by American statesmen as a rule to be inflexibly adhered to whenever any European Power has threatened the American continent-the United States, Mexico, South or Central America. This Doctrine did not contemplate any interference on the part of the United States with the existing rights or colonial possessions of any European Power, but was a protest against the extension of their power and policy in the future. - Catholic Columbian.

THE IDEAL CHURCH

A recent issue of the Christian Herald contains an article by Tyler Dennett which gives a beautiful de scription of the ideal church. He points out that the Protestant denominations of the tallen far short of that ideal. We

to have a world wide point of view which, of course, would include something more than a nation-wide her ankies. Her tangled hair was apparently doing its best to conceal purpose. As a matter of fact, we do not have a single Protestant denomination, to say nothing of the Protestant Church as a whole, which can and approached the motionless train, be accurately described as even nationwide in its sympathies, purunder Julia's window, Julia's elbow poses and operations. The Ameristruck the orange which stood upon can Protestant churches are sectional, the only exceptions being that some denominations include wider sections than others. The Congregational church is as little a church of the South as the Presbyterian Church is an institution of New England. We have even been compalled to name some denominations after points of the compass, and when the family moves from one part of the country through several states to another place, it often has to learn an entirely new set of denominations which were hardly known even by name in the region

from which the family came. Even less do we have a worldwide church. Those denominations which in the United States are least planted from Europe have carried over a linguistic or racial sympathy British Isles, Eastern or Southern Europe. racial sympathies are not accented sufficiently to give the denomination something less than a world-

These facts stand out in strong contrast to the ideal in which we see the church as a world-wide spiritual, commonwealth which over-

of the Risen Lord." We do not question for one moment the good will or sincerity of Mr. Dennsts. As an act of genuine kindness to him we would point out that his ideal church is a fact in the world today. There is a denomination which in every particular carries out all the proper requirements of Mr. Dennets. Church is not "sectional" nor does it of the compass."

and in reality "a world-wide charac-ter." When a family belonging to this Church "moves from one part business, a of the country through several ject the family to a strain that states to another place," he does becomes more severe as civilization not have "to learn an entirely new ect of denominations which were hardly known even by their name in their obligations will exert them the region from which the family selves to meet external pressure by came." can go to a service in this Church in any part of the world and feel preached there the very same Gospel, find the same Sacraments administered, the members recognizing the one authority, all united in a com- the words of God and of the Church mon faith and practice. This Church and to the admonition of the Hieris truly what Mr. Dennett wants, a archy. They will not fail to conworld wide spiritual commonwealth which over-leaps sectional, national, have been in the past the chief bulracial and even color boundaries and binds mankind together in the fellowship of the Risen Lord." It to them in the prime requisite of is composed of some three hundred producing the best ideals of citizenmillion Christian people belonging to ship by those outside the fold. It is every race and clime. It does not time for every right thinking man

TRUT WEDGINE

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dedicated to Christ, or it may be to the Mother of Christ or to one of Christ's faithful friends who are now enjoying Him in the eternal Beautitude. He will find that rich and poor, prince and peasant. leavned all kneel together at the same railing in that Church. It carries out just what Mr. Dennett would ask of the ideal Christian out Church.

We respectfully suggest to Mr Dennett that he get acquainted with this Church. It he would only learn to know it we are confident say to him that this church is stil known by the name that it has orne for nearly twenty centuries he Roman Catholic Church.-Catho lic Sun.

A SOLEMN WARNING

The Pastoral Letter of the Arch bishops and Bishops recently issued to the faithful clergy and laity of the country stressed a solemn warning that the preservation of national life depended upon the purity of the home. "As the family is the first social group, it is also th center whose influence parmeates the whole social body. And since family life takes its rise from the union of husband and wife, sanctity of marriage and marital relations is of prime importance for

the purity of social relations." Lately a report was issued in Washington by an organization supporting a bill to make uniform divorce laws for all the States According to this report the United States now exceeds Japan in the frequency of divorce. For every one hundred thousand people in Japan there are now annually 109 divorces, while in the United States there are at present 112 divorces annually for every one hundred thousand people. The State of Nevada has the unenviable distinction of having 300 divorces annually for every one hundred thousand of its inhab

The esteem in which marriage is held in a nation is an index of the with the countries of their origin — nation's morality as the Pastoral Holland, Scandinavia, Germany, the Letter points out. We may well fear then in the light of the above There is no denomination figures that national morality is teclining and the purity of nati and prejudices do not somewhere life is gravely imperilled. The survive, or in which national or founders of this nation, the pioneers who blazed the trails, and the signer of what Gladstone called " the mos immortal document ever struck of by the brain and hand of man " bad an abiding faith in the sacredness of the marriage tie. The inspiring and almost incredible growth of the young republic to the puissant nation leaps sectional, national, racial and of today is due to its faith in the even color boundaries and binds sanctity of the marriage tie, holding mankind together in the fellowship and binding together the growing

units of nationhood, the families of We may well view with alarm the present departure from pristine ideals that shows forth in the prevaence of divorce and in the ease with which it is accomplished in many States of the Union. If that sacred bond is to be so easily cast aside, if We call his the laws of God as w attention to this fact because we are to be so disregarded, then moral believe that Mr. Dennett is sincere decadence will follow that will and wants to know the truth. This result in national dispater. If the decadence will follow that will barriers are to be broken down by name its churches "after the points | easy divorce laws, then our career of promise as a nation in the material This Church is in every sense as well as the spiritual sense will be

The demands of industry, of business, and social intercourse sub advances," says the Pastoral, "there fore parents who are sensible of The members of the family making the home more attractive. Greater vigilance is needed at the present time to protect the family at home. He will find from the growing spirit of license that is threatening to mundate the

American home. Catholics have their teaching in tinue to be in the future as they wark of the American home. But it is time that more support was given name its churches after the points of and woman in the country, irrethe compass." Its churches are spective of religious affiliations, to

\$50,000.00 REWARD

The following rewards have been offered in connection with the disappearance of Ambrose J. Small from Toronto, on December 2nd, 1919.

\$50,000.00 for information leading to the return to Toronto of Mr. Small, if alive.

\$15,000.00 for information leading to the discovery of the present whereabouts of the body if dead. \$5,000.00 for information leading to the return

to Toronto of John Doughty, the former Secretary of Mr. Small, who is missing since December 28th, 1919. The above rewards are subject to the conditions recorded at Police Headquarters, Toronto.

Address all communications to -"Chief Constable, Toronto."

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stand firm against the evil that divorce nations of the world.—The threatens national life in the form of Pilot. easy divorce laws. This nation should be a model Christian nation instead of holding with pagan Japan heavenly kingdom, but to the unenviable record of the leading willing to bear His Cross.

Jesus has many lovers of His heavenly kingdom, but few that are

SALESMAN

Of ability and good local connections—preferably a tailor or clothing man

Can Earn Big Money selling Men's Made-to-Measure Clothes in his

locality. Style, quality and value of garments known from Ocean to Ocean. Address-in first instance -with full information to P.O. Box 105, Montreal.

Eastern Canada Extends Hearty Welcome to Visiting Members of United States National Editorial Association.

Toronto, June 21st, 1920 .- With the resources which cannot help but imannual convention concluded in Boston this year, some 130 members of the National Editorial Association commenced at Yarmouth, N.S., a tour of Eastern Canada via the Canadian National The party, which represents some 34 cert Canada via the Canadian National of her progressive spirit and hospitable people."

The party, which represents some 34

ern Canada via the Canadian National-Grand Trunk Railways.

They have visited the Land of Evangeline, Halifax, the mines and steel works at the Sydneys, the Bras d'Or Lakes in Cape Breton, the industrial centres of New Glasgow and Stellarton, Truro, Amherst, Sackville, Prince Edward Island (the million-acre farm), historic Quebee, and Ste. Anne de Beaupréthe big power plants and industries at Grand Mere and Shawinigan, and are to-day in Montreal.

This week they will conclude their 1920 tour by visiting Ottawa, the Silver Camps at Cobalt and Gold Mines at Porvaing the raily and pare industries.

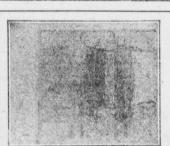
This week they will conclude their 1920 tour by visiting Ottawa, the Silver Camps at Cobalt and Gold Mines at Porcupine, the pulp and paper industries at Iroquois Falls, the Lake of Bays District in the Highlands of Ontario, Toronto, Niagara Falls, Hamilton, winding up the trip at Windsor. Altogether, some 3,690 miles will have been travelled in what has been termed "The Million Dollar Special," one of the finest all-steel car trains that has ever been assembled on this continent, consisting of six standard sleeping cars, two dining cars, tourist and baggage car. The new steel sleepers are of the very latest type and construction, with all modern devices that make for pleasure and comfort in travel. The dining cars are manned by a specially-selected staff, and the excellence of the cuisine has been frequently commented upon by the American newspaper writers. Every possible arrangement for the safety and comfort of the editors while en route is being carried out by an efficient staff of the Canadian National Railways which has been specially assigned to the various discussion of the country and of us. Last year the same party of people toured the Canadian Northwest, and the articles they afterwards contributed to their papers proved a great commercial advantage to the section of the country which they covered, and perhaps what is still more important, they expressed impressions of the Canadian character which were all to our advantage." That Mr. Hayes was sincerely convinced of what he said is demonstrated by the fact that he, in company with Mr. H. H. Melanson, Passenger Traffic Manager, made the "preparations" tour of the provinces himself.

Altogether, the tothe American Province of the Canadian National Railways which has been specially assigned to the very large province has been specially assigned to the same province has been frequently of the Canadian National Railways which has been specially assigned to the country which they covered, and perhaps what is still more important, they expressed impressions has been specially assigned to the various

a country of marvelous scenic beauty, a land of fertility blest with a wealth of the last hundred years.

has been specially assigned to the various duties.

As one of the party has expressed it, "We are travelling in a palace, through of amity between the two adjoining countries where peace has reigned for



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