SEVENTH MONTH 31 DAYS

PRECIOUS BLOOD

* 1903 * W. T. Octave of S. John Baptist. w. w. Visitation of B. V. Mary. F. S. Paul I. S. r. S. Ireneus. Fifth Sunday after Pentecost Su. Most Precious Blood of Jesus At the Principal Mass and at Vespers. Solemnity of SS. Peter and Paul. Ves-per Hymn. "Decora Lux." r. M. T. W. F. S. Octave of SS. Peter and Paul. r. Blessed Benedict XI. Blessed Eugene III. Marvels of the B.V. Mary. r. Seven Brothers, Martyrs. S. Pius I. Sixth Sunday after Pentecost S. John Gualbert. Vesper Hymn "Deus tuorum mili-Su w. tum" (In the diocese of Toronto Dedication of the Cathedral. Vesper Hymn, "Coelestis Urbs.") M. T. W. T. S. naclete. S. Heury, Our Lady of Mount Carmel. w. w. w. S. Leo IV. S. Camillus of Lellis. w. Seventh Sunday after Pentecest S. Symmachus. Vesper Hymn, "Iste Confesssor"
S. Jerome Aemilianus. Su. M. T. W. T. S. S. Alexis. S. Mary Magdalene. 23 24 S. Appollinaris.
S. Vincent de Paul. w. 25 Eighth Sunday after Pentecost S. Anne. Vesper Hymn, "Fortem virili pectore." S. Veronica Juliana. Su. M. T. W. SS. Victor and Companions. 9. Felix II. S. Martha. S. Ignatius Loyola. 30

Business Men

Who Walk Much

DUNLOP RUBBER HEELS For That Tired Feeling

HOME CIRCLE *****

TELL HIM SO.

If you have a word of cheer That may light the pathway drear Of a brother pilgrim here, Let him know.

Show him you appreciate What he does; and do not wait Till the heavy hand of Fate Lays him low.

If your heart contains a thought That will brighter make his lot, Then in mercy, hide it not; Tell him so.

Wait not till your friend is dead Ere your compliments are said; For the spirit that has fled,

If it know, Does not need to speed it on Our poor praise; where it has gone

Love's eternal, golden dawn

Is aglow.

But unto our brother here That poor praise is very dear; If you've any word of cheer Tell him so.

-Good Health.

WHY HE CLIPPED. I saw him take the paper and Turn to the household page, Then scan the columns up and down

As one who all would gauge.

"Aba!" he muttered to himself, "Here's 'How to Make Rice Frit-

And 'How to Utilize Cold Beef. And 'Homemade Stomach Bitters.' Then from his pocket forth he took

A pair of scissors small, And severed from the printed page The helpful hints and all,

He clipped "The Way to Scramble And "How to Make Peach Butter," As well as half a dozen more,

"That's all-again his mutter. "Do you," I asked, "preserve those

So that your wife may eye them?" "Not much," he growled, "I cut

them out So she won't try to get them." -Chicago Inter-Ocean.

AS A LITTLE CHILD.

The cost of enjoyment in age is in abstemiousness in youth. John Ruskin said that it was the paucity of toys which made him enjoy pleasures in life. His palate was unimpaired because, as a child, he never had more than a taste of sweets.

stitition feeds cheerfulness,

illusions, of beliefs and of confidence. There ought to be a society for the preventin of deceiving and disillusion-

ng children. When we are told in the gospel of put a tining where it belongs in the state, perhaps here."

St. Matthew that "except we become less and the chapter are that if you "Who were they, and how as little children, we shall not enter into the Kingdom of Heaven," I am disposed to say:

"Except we become as little children, confident, believing and unconscious of matice, easily amused and full of illusions, we shall not be hap-py in this world." When I read: "Happy are the poor in spirit, because they shall enter into the Kingdom of Heaven," I say again:

"Happy are those who cannot who are determined not to know all the truths of life, because they shall be happy in this world." The world is getting too learned, but what do men learn? Practically nothing but and trained for the race after money. No doubt money may help to make people happy. It should be a means

to an end, but not an end. Make never aim at making too much, fear it should possess you. Money cannot buy everything.

cannot buy health, life, or love. you are, you could not multiply your wants and pleasures by one hundred. Avoid perfect people, and angels of

all his imperfections. in old age from turning into yellow, tion was a guide. dried-up parchment

Come home with your pockets full put their hands to the bottom of those pockets. You will be repaid, amply repaid, by holding out their little round faces to thank you in anticipation of what they know you have got for them.

mother's, is cupboard love. mind that. If you will make up your dian stride, with his toes a little over the seams. mind not to expect too much from man you will be satisfied with get-

ting what you can from children. Life is not worth living unless you can, when the winter of life approaches still thoroughly enjoy a game of mar-O'Rell.

HOME GARDENING.

There is no use in collecting plants and endeavoring to rear them unless you are prepared for the attacks of write his name. But he had a fund of he met the other problems that beset Cheerfulness depends upon illusions, you are prepared for the attacks of write his name. But he had a fund of he met the other problems that best pared to fight them. Aphides, little the emergencies of his half-savage life, never failed. "He never had his so acute in some subjects that they are utterly prostrated. The stomach should not be shunned like fanaticism, rose lover's existence. The aphis, or plainscraft was unerring. Other fron- they talk of the days of the overland refuses food, and there is a constant which kills it. Cheerfulness depends plant louse, multiplies its species tiersmen counted him a much better trail. apon having beliefs, beliefs in friend- with astonishing rapidity. A few to- guide than Kit Carson, grandson of

gation with tobacco has been relied ground they must reach. sufficient for the rout of the enemy. Wound about in a rapid current. Syringe the plants with the solution, or dip them in it, just as you chose. This extract, of course, possesses the limself on new ground, and modestly came a monk, and in the cloister his this in the same manner as with the been over it." plants begin to turn yellow and they the landscape. tery with the syringe. You can drive day's march clearly planned.

prevent his return. "JUST FOR NOW."

Many young people form habits, which cripple and handicap them for life by doing thins "just for now." They let things drop wherever they happen to be, "just for now," thinking that they will put the book, the tool, the letter or the article of clothing later where it belongs'. .

When these young people grow to manhood and womanhood they find that the habit of putting things down anywhere, "just for now," has become a tyrant that fills their lives with confusion and disorder.

It takes no more time or effort to When we are told in the gospel of put a thing where it belongs in the Once he said, "Party has passed less, and the chances are that if you do not do so at the proper time you never will.

Even if its costs you a little inconvenience at the moment to put everything in its proper place, to do everything at the proper time, the orderly and methodical habits which you cultivate in this way will increase your power and usefulness a hundredfold and may save you much trouble and mortification in the future.-Success.

An Old Time Scout

"A white man with the same training can beat the Indian at his own what leads them to be well equipped game," is the recorded belief of Col. Cody, known far and wide as "Buffalo which some of their horses and mulea Bill," and there was proof of this in the career of Jim Bridger, the fammoney that you may possess it; but ous frontiersman. Bridger was born for in Virginia, but he early forsook civi- shall we do?" lization, married an Indian woman, and lived an Indian's life-so unrelent-prompt reply. ingly, indeed, that for seventeen years you were a hundred times richer than at one time he did not taste bread. In 1850 the late Gen. William F. to work at once." Raynolds, then captain, was given There were plenty of hatchets and command of an expedition to explore axes in the party, but not a nail. all sorts—this side of the grave. Man and map the region round the head This did not trouble Bridger, for will never be perfect; love him with waters of the Yellowstone and the bears and deer were plenty, and their Missouri Rivers. At that day the skins would meet his need. Never resist impulses of generosity, country now comprised in North and He cut down a sapling some 12 or they will make you cheerful and healthy. They will give color to your cheeks and prevent your flesh ness and the first need of the wilderness, and the first need of the expedi- for the keel. Then he selected crook-

consent to accompany the Government same way, made the gunwales. expedition, and in May they set out Next he took tanned buffalo hides, year and a half.

turned in, and always carried in his The "bull-boat" was able to carry hand—not on his shoulder—a remark-four men and a good deal of baggage able gun.

which, through his St. Louis friend, their shoulders. With this the outfit he had had made to order in England of the expedition was conveyed across bles with little boys and telling long at a cost of four hundred and ten to fairy stories to little girls. — Max dollars. I have never seen one like at a cost of four hundred and ten the stream.

nolds, in after years. Bridger was illiterate. The book-knowledge he might once have persuaded to risk the current,

things, eternal vigilance is the price what the coming day's march must of freedom. You must not consider be, when they must cross the streams that by once eradicating the pest you -sometimes three or four of them have forever won the victory. Fumi- and would describe the camping- duced many varieties of "ever-bloom-

some women, and, indeed, to a great lay between them and the plcae they many plant lovers. Its use is being sought. In dashed Bridger, perfectly superseded by an extract of nicotine, confident, although the water was up which is so strong that a spoonful or to his saddle-bow, and although the writing in The Ave Maria," recounts two added to a pail of water is all ford did not run straight across, but

soon develop general sickliness. Turn over one of the leaves some day when you are sorrowfully regarding your favorite, and you will find a little web. Look closer, and there, moving about, you will see tiny cayenne pepper. Oh, he is very tiny, the red per. Oh, he is very tiny, spider, but he moves in battalions, peculiarities, grasped all its possibili- inally Christian worshipers may have and is a crafty enemy. You can van- ties and dangers, and before he left quish him, however, by opening a bat- his coign of vantage had the next any rate, it is certain that for a long

him of with showerings repeated daily and several times a day. Throw the side—they so rode for thousands of water up underneath the leaves, so miles-he would interpret all the signs that it penetrated every crevice and of the way, generally invisible to leaves the enemy no lurking place. white men's eyes, as well as any In-You must not only be thorough an dian could have read them.

this if you wish to conquer, but you "Indians been moving here," must suatain your efforts if you would would say, his sentences short as an Indian's. "How do you know?" the captain

would ask. "Lodge-poles made that mark"-a mark which, even when pointed out, Captain Raynolds could scarcely see, and would never have noticed. many men in the band; women, too."

large as a boy's, anyhow." "Different shape. Child with them carried." "Well, I should like to know how you know that if the child did not walk?"

"Stick dropped. Grown Indians never drop anything."

the captain asked. "Tell you by-and-by. Haven't studied tracks yet."

After a while he came in and report horseback.

Among the hoof-prints he had counted those of thirteen animals, and it absolutely correct.

The expedition wintered on the old Platte road, east of the Rockies, and the next spring pushed westward across the mountains. Early in June the Snake River halted them. snow on the mountains was melting, and the river was a swollen and rapid torrent of ice-cold water into

refused to venture. Time was pressing. The river must be crossed; but how? "Bridger," said the captain, "what

"Build a bull-boat," was "A bull-boat? What is that ?

ed branches for the ribs and tied them Bidger was living on his farm near into place with thongs of bearskin. the present site of Kansas City. An Two curved saplings, shaped a little of presents for the children. Let them old friend in St. Louis gained his by the hatchet and tied on in the

upon the journey that lasted nearly a and, sewing them together, stretched them over the frame, bringing them Bridger was at this time about 60; well over the gunwales and tying this he was six feet tall or over, large-covering down with his bearskin That may be cupboard love — of boned, sinewy, and although no long-things. The last thing to be done course it is; every love, except a er in his prime, still straight and was to go to the pines for pitch and powerful. He walked with a true In- daub the boat thoroughly, especially

> besides, and it was so light that two "It was a double-barreled rifle men could easily walk off with it on

Then a daring fellow stripped it, before or since," said Gen. Ray- his spurs," and rode his horse across, and the rest of the live stock, seeing little that the passage was possible, had was so completely forgotten that it was not forgotten that Bridger had he could not read, and could barely solved the original difficulty; and so green things, are the plague of the while his skill in woodcraft and equal," say the old frontiersmen when are utterly prostrated. The stomach

Legends of the Rose

Although floriculturists have proing" "roses, it is only in June that upon as the best means of destroying on one such occasion they had to every rose is in bloom, when the wild the aphis, but this is objectionable to ford a dangerous-looking river that gardens luxuriate in the wealth of the queen of flowers. Julie Harries Bull, some pretty legands of the rose. A certain youth was accustomed to

tobacco odor, and so if open to ob- suggested the employment of another occupations no longer permitted him jection. A more innocent and agree- guide. But when that was mentioned to continue the pious practice. Being able remedy for the housewife to use to some of the trading posts, the frontiersman said, "Why, you have water, made by shaving up a pound of soap, melting and adding a bucket of soap, melting and adding a bucket want? He is better than any other would be accepted by Our Lady in of water. Treat the plants with man in the country, even if he hasn't lieu of the garland. This advice the nicotine extract. It rarely fails to In these unknown regions the party one day, while on a journey, he had kill all pests, is surely fatal to the usually camped early in the afternoon, to pass through a lonely wood, where aphis, and postively will not injure to rest and feed the animals as well robbers were lying in wait. Quite the plants. A bath is preferable as as the men. Dinner over, Bridger unaware of their presence, he remembeing more thorough than syringing. Would take his rifle and leave the bered that his Aves were not yet said, Red spider is another insect pest very camp. Some straggler would come and forthwith stopped to say them. hard to exterminate. He flourishes esin after a while and report, "Jim is
pecially where the air is hot and dry,
over on you hill." He had climbed to
great surprise, a beauteous Lady indoors or out. You do not suspect the most commanding eminence and stand before him and take one after his presence. The leaves of your seated himself, chin in hand, to scan another from the lips of the kneeling soon develop general sickliness. Turn So he would sit for hours, slowly wove into a garland and placed upon

> counted their prayers with roses. At time the larger beads were called roses. Garlands of these beautiful flowers are often seen in pictures and tablets of the fifteenth century. At that period it was not unusual men and women to wear wreaths of flowers, and also to place them as a mark of respect or reverence upon the heads of persons and statues. In Germany the Madonna is frequently called Marienroschen; and if a rosebush ceases to bloom, it is said

that the Blessed Virgin has dried her veil upon it. The white rose is associated particularly with the Madonna, being chiefly chosen for her fete days. According to a German adage, a rose-"How can you tell? A woman's foot bush pruned on St. John's day will may be as large as a man's, or as bloom again in the autumn. In the lines,

Men saw the thorns on Jesus' brow, But angels saw the roses,

one of our well-known American poetesses alludes to the legend which relates that the thorn-crown of Christ was made from the rose-brier, and that the drops of blood drawn forth by its thorns from the sacred brow fell to the ground and blossomed into

In ancient times the rose was used as a symbol of silence, secrecy, and ed, "War party of Crows. Thirteen on stratagem. An Arabian legend relates that a garden of mystical roses once planted by King Shaddad is now lost and buried in their desert. The was afterward proved that he was Persians believe that on a certain day of the year the rose has a heart

The Rose of Jericho, from its ability to revive after being blown about like a dry leaf by the winds of the desert, became the natural emblem of the Resurrection. When it happens to be blown into the water, the withered branches expand again and the pods open and let out the seeds. The flower thus called is small and white and does not belong to the rose family, although it has been called the Rose Marie, or the Rose of the Virgin, probably because the pilgrims to the Holy Sepulchre reported that it marked every spot where Mary and Joseph rested on their flight into know nothing about it. If you do, go Egypt. This plant certainly has a remarkable power of resuscitation, one brought from the Templars from the East having bloomed again after seven hundred years.

Thus we see that the symbolism of the rose has a curiously wide range. The same flower which signified silence and secrecy to the ancients is for us a favorite poetic image of innocence and purity, and more than any other flower emblematic of divine love and beauty.

Tess-She's traveling under an assumed name now. Jesse-You don't say! What is it?

Tess-Her husband's. She was married yesterday.

He only is brave who has affections to fight for, whether in the daily battle of life of in physical contests.

The only way to make sure of leaving nothing undone at last is to do each day's work in its day. Let us never postpone or defer any duty that comes to our hand, for we shall not pass this way again. Let us know before we sleep any night that nothing has been omitted that day, no little task, no service of love. Life is too sacred to be marred by blanks and breaks. One of the darkest shadows that can fall upon any soul in its last days is the shadow of the things left undone.

A SURE CURE FOR HEADACHE -Bilious headache, to which women and distressing effort to free the stomach from bile which has become with astonishing rapidity. A few toship, belief in all that helps to make
living beautiful, and the saddest experience in life is to be deceived and
thereby lose a belief or an illusion.

Children are happy and cheerful beChildren are happy and cheerful beause and as long as they are full of The Rheumatic Wonder of the Age

This Salve Cures Rheumatism, Felons or Blood Poisoning It is a Sure Remedy for Any of These Diseases.

A FEW TES TIM NIALS

193 King street East, Toronto, Nov. 21, 1902, John O'Connor, Esq., Toronto: DEAR SIR-I am dee ly grateful to the friend that suggested to me, when I was a cripple from Rheumatism, Benedictine Salve. I have at intervals during the last ten 'ears been afflicted with muscular rheumatiens. I have experimented with every available remedy and have consulted might say, every physician of repute, without perceivable not. When I was advised to use your Benedictine Salve, I was a helpless cripple. In less than 48 hours I was in a position to resume my work,

that of a tinsmith. A work that requires a certain amount of bodily ac-

tivity. I am thankful to my friend who advised me and I am more than

gratified to be able to furnish you with this testimonial as to the

cacy of Benedictine Salve. Yours truly, GEO. FOGG. Tremont House, Yonge street, Nov. 1, 1901,

John O'Connor, Esq., Toronto: DEAR SIR-It is with pleasure that I write this unsolicited testimenial, and in doing so I can say that your Benedictine Salve has done mere for me in one week than anything I have done for the last five years. My ailment was muscular rheumatism. I applied the salve as directed, and I got speedy relief. I can assure you that at the present time I am free of pain. I can recommend any person afflicted with Rheumatism to give is Yours truly, (Signed) S. JOHNSON, a trial. 'I am,

288 Victoria Street, Toronto, Oct, 81, 1991,

John O'Connor, Esq., Nealon House, City: DEAR SIR-I cannot speak too highly of your Benedictine Salva. If has done for me in three days what doctors and medicines have been trying to do for years. When I first used it I had been confined to my bed with a spell of rheumatism and sciatica for nine weeks; a friend recemmended your salve. I tried it and it completely knocked rheumatics right out of my system. I can cheerfully recommend it as the best medicine on the market for rheumatics. I believe it has no equal.

Yours sincerely, JOHN McGROGGAN, 475 Gerrard Street East Toronto, Ont., Sept. 18, 1967.

John O'Connor, Esq., Nealon House, Toronto Ont.: DEAR SIR-I have great pleasure in recommending the Benedictine Salve as a sure cure for lumbago. When I was taken down with it I called in my doctor, and he told me it would be a long time before I would be around again. My husband bought a box of the Benedictine S and applied it according to directions. In three hours I got relief, and in four days was able to do my work. I would be pleased to recom I am, your truly, (MRS.) JAS. COSGROVE, it to any one suffering from Lumbago.

7 Laurier Avenue, Toronto, December 13, 1907,

John O'Connor, Esq., Toronto, Ont.: DEAR SIR-After suffering for over ten years with both forms Piles, I was asked to try Benedictine Salve. From the first application I got instant relief, and before using one box was thoroughly cured. I can strongly recommend Benedictine Salve to any one suffering with Yours sincerely, JOS. WESTMAN.

12 Bright Street, Toronto, Jan. 15, 1902.

John O'Connor, Esq., Toronto: DEAR SIR-It is with pleasure I write this word of testimony to the marvellous merits of Benedictine Salve as a certain cure for Rheumatism.
There is such a multitude of alleged Rheumatic cures advertised that one is inclined to be skeptical of the merits of any new preparation, I was induced to give Benedictine Salve a trial and must say that after suffering for eight years from Rheumatism it has, I believe, effected an absolute and permanent cure. It is perhaps needless to say that in the last eight years I have consulted a number of doctors and have tried a large number of other medicines advertised, without receiving any benefit, Yours respectfully, MRS. SIMPSON.

65 Carlton Street, Toronto, Feb. 1, 1802.

John O'Cenner, Esq., 199 King Street East: I was a sufferer for four months from acute rheumatism in my left arm; my physician called regularly and prescribed for it, but gave me no relief. My brother, who appeared to have faith in your Benedictine Saive, gave enough of it to apply twice to my arm. I used it first on aThursday night, and applied it again on Friday night. This was in the latter part of November. Since then (over two months) I have not had a trace of rheumatism. I feel that you are entitled to this testimonial as to the efficacy of Benedictine Salve in removing rheumatic pains. Yours sincerely, M. A. COWAN.

Toronto, Dec. 80th, 1901,

John O'Connor, Esq., Toronto: DEAR SIR-It is with pleasure I write this unsolicited testimonial. and in doing so I can say to the world that your Benedictine Salve thoroughly cured me of Bleeding Piles. I suffered for nine months. I consulted a physician, one of the best, and he gave me a box of salve and said that if that did not cure me Iwould have to go under an operation. It failed, but a friend of mine learned by chance that I was suffered ing from Bleeding Piles. He told me he could get me a cure and he was true to his word. He got me a box of Benedictine Salve and it gave me relief at once and cured me in a few days. I am now completely cured. It is worth its weight in gold. I cannot but feel proud after sulfering so long. It has given me athorough cure and I am sure it will never return. I can strongly recommend it to anyone afflicted as I was, It will cure without fail. I can be called on for living proof. I am.

Yours, etc.,
ALLAN J. ARTINGDALE, with the Boston Laundry,

2561 King Street East, Toronto, December 16, 1001. John O'Connor, Esq., Toronto: DEAR SIR-After trying several doctors and spending forty-five days a the General Hospital, without any benefit, I was induced to try your Benedictine Salve, and sincerely believe that this is the greatest ren in the world for rheunatism. When I left the hospital I was just able to stand for a few seconds, but after using your Benedictine Salve for three days, I went out on the street again and now, after using it just ever a

week, I am able to go to work again. If anyone should doubt these facts, send him to me and I will prove it to him. PETER AUSTEN Yours forever thankful, Toronte, April 10, 1902,

Mr. John O'Connor: BEAR SIR-I do heartily recommend your Benedictine Salve as sure cure for rheumatism, as I was sorely afflicted with that sad dis in my arm, and it was so bad that I could not dress myself. When I heard about your salve, I got a boxof it, and to my surprise I found great relief, and I used what I got and now can attend to met day household duties, and I heartily recommend it to anyone that is troubled with the same disease. You have this from me with hearty thanks and de with it as you please for the benefit of the afflicted.

> Yours truly, MRS. JAMES FLEMING. 18 Spruce street, Toronte. Toxonte, April 18th, 1902.

J. O'Connor, Esq., City: DEAR SIR-It gives me the greatest pleasure to be able to testain the curative powers of your Benedictine Salve. For a month back my hand was so badly swollen that I was uned a

to work, and the pain was so intense as to be almost unbearable. Three days after using your Salv as directed, I am able to go work, and I cannot thank you enough. Respectfully yours, 72 Wolseley street, City. J. J. CLARKEL

114 George street, Toronto, June 17th, 1965, John O'Connor, Esq.: DEAR SIR-Your Benedictine Salve cured me of rheumatism in arm, which entirely disabled me from work, in three days, and I am now completely cured. I suffered greatly from piles for many months and was completely cured by one box of Benedictine Salve. Yours sincerely,

T. WALKER, Blacksmitts.

Address C. R. JOHN O'CONNOR, ST. E.

FOR SALE BY WM. J. NICHOL, Druggist, 17 King St. E.

J. A. JOHNSON & CO., 171 King St. E.

Price, \$1 per box,