



DIOCESE OF LONDON.


THE OATHOLIO RECORD TEIE OATHOOBIO RECORD


## How to be Healthy In Winter.

Winter is a trying time for most peoplo-especially so for delieate ones. colds, la grippe and pneumonia find them easy victims.

Do you catch cold easily? It shows
that your system is not in a condition
to resist disease. You will be fortunate if you escape pneumonia. Ne is the kind that helps Nature by toning up the system and enabling it to resist disease. Such a tonic is only found in Dr. Williams
Pink Pills for Pale People. By building up the blood and strengthening the nerves these pills reach the roo.
make people bright, active and strong.

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souvenir of the holy year. The Catholic Almanac of Ontario and Clergy List. Splendidly Im
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GATE AND THE ARCHBISHOPS








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 WELLAND CANAL notice to contractors.









VOLUME XXII.
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