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The Trappists at Dinner.

to the Monastery for a trifling fare. Parties may leave Montreal in the morning, reach Oka at 10.30 o'clock, and return same day, by the same steamer, "Sovereign," at 3.25 p.m., thus having ample time to spend at the Monastery and as well to drive to the top of Mount Calvaire, visiting *en route* the seven stations of the cross, and enjoy the most magnificent panorama of the lake and surrounding country from the summit.

The Lake of Two Mountains now widens out, below Oka, to its greatest width, about fifteen miles, and far



The Trappists in Meditation.