A Man of Principle. The total abstainer preaches a temperance sermon by saying very little. In our day, temperance principles are very generally understood, and the one

who declines an invitation to drink suggests by his simple refusal the whole

line of temperance argument. Those who keep themselves out of the reach

What the Plodders Accomplish.

is not composed of those who were bril-

who have had grit, persistence, common

sense, and honesty.

It is the steady exercise of these or-

dinary, homely virtues, united with average ability, rather than a decep-

cessful men of the future, we should not

Great Men Who Have Been Silent

A tendency towards extreme taciturn

ity would appear to be a distinguishing feature of the majority of the world's

greatest men. Since the period of Julius Cæsar, who was reputed to be the most silent man of his time, genius

has nearly always been accompanied by briefness of speech, as witness the fol-

lowing notable examples of taciturn

Count Von Moltke, the famous Ger-

state of affairs would seem to prevail.

discovery we find that Sir Isaac New-

rarely that his servants would chron-

Making the Most of Life.

his lecture Bishop Spalding said

that the great minds of the world had turned from materialism as impossible.

The men who had the best philosophic

The men who had the best philosophic thought had been unable to construct the theory of the origin of the world on materialistic lines. There were two classes of people in the world, one con-

trolled by the idea of pleasure, the other by virtue. To make the most of life it was necessary to have an inde-

moral causes. Incompetence, inexperience, lack of capital, are all forms of rashness under this head.

"If failure is due so often to immorality."

ality then morality is the essential thing, in the very beginning, to making the most of life. Even in the case of laborers, sweatshop workers, miners and men of that class,

a large percentage owe the failure to make life valuable to moral causes.

anything, otherwise you remain one of

the multitude. One great reason why

so many die in interior places is be-cause they never were in earnest. The mere gaining of a livelihood does not entitle a man to say that he has made much of life. That is for the animal

side. It is the quality of the things a man yearns for that determines his suc-cess in making the most of life."

Bishop Spalding said that by cultivating the intellectual, by indulging in pure thoughts and by holding to God was the fullness of life to be gained.

Temperance, industry, and applica-tion we have spoken of, to say nothing of the "proper attitude" of a young

gained.

so many die in inferior places is b

One must be in earnest to attain

'What causes us to fail?" asked the

"Statistics show that 71 per Bishop. "Statistics show that 71 per cent. of the business failures were for the business failures were inexperi-

pendence but not great wealth.

icle the fact when it occurred.

ow

ake his family Guaranteed In

can Life

either 15 or 20 ng man with an of 7 per cent. on

death occurred, bond would be ary. , as well as pro-

akes a wise prod rate, at your

onto. Canada

LIFE M. McCABE.

LE ILLS

CAUSE THE GREAT-

SUFFERING. that distress most you suddenly and patient and faultthese troubles lies es, and you cannot the blood has been and the nerves oothed. Dr. Wildo this, and will nd with more lastther medicine. In James Patterson, ys: "My daughh, and her system e was pale, suffered es, and very nerv give her Dr. Wil-ad after using six

ng, healthy girl. Ine pills in similar ll blood and nerve naemia, neuralgia ouble, rheumatism, tial paralysis, kidweaknesses which sure you get the he full name "Dr for Pale People per around the box. ect to the Dr. Wil-, Brockville, Ont., mailed, post paid, x boxes for \$2.50.

dy for Cramps mps pretty often others
But when you do have
uick relief you wantsure as death to relieve
-it's instantaneous just
d water and the pain is
Nerviline to-day, and
ne is a common housecosts 25 cents. NDRAKE PILLS CURE

NNDRAKE PILLS CURE ATION.

ATION.

ENTARY OCCUPATION.

ATY occupations which had no dexercise, are lers of the liver and o lead active, outdoor all find in Parmelee's rative without question the market. They are ytaken, act expeditiousingly cheap considering

HEADACHE. — Bilious omen are more subjects acuted in some subjects ostrated. The stomach the stomach from bills are a speedy alerting the effects of the inche pressure on the headache. Try them, while you have corns, it removes all kinds of Fallure with it is un-

dustry is an art—an art which is the foundation—and the walls of every successful career; temperance almost more than anything is an absolute requirement, without which no one can advance; but courtesy, often the solution of the most difficult problems, is CHATS WITH YOUNG MEN. Make your common daily work an instructor in divine things. Fill up the measure of your daily life with all that is pure and good and true, and these lowly, temporal things shall be as the first rounds of a ladder reaching from above them all in many respects; it is something without which a life of acfirst rounds of a ladder reaching from earth to heaven. This is the appointed chievement is sadly incomplete; it is the very capstone which finishes off the order of development.

man. One must admit that there have been one must admit that there have been men who went through life in a fairly satisfactory manner, according to certain indifferent standards, who yet lacked courtesy; it was not a part of their temperament; yet this lack did not hinder their acquiring a certain amount of money, more perhaps than the average man. That was the measure of their success; the acquirement of a certain amount of money. It is strange that for one to grow merely rich it is not always necessary that he be a model of courtesy; wealth indeed is sometimes obtained one might say by a lack of courtesy. But after all, what is such wealth? How do we feel to a man who though he be rich as it is legally possible to be, and yet so entirely lacking in the small courtesies of life that his very presence jars? men who went through life in a fairly of temperance agitation and temperance literature can not escape the "No, thank you" of the boy or man who has principles and is not afraid to show them. If we were to examine a list of the men who have left their mark on the world, we should find that, as a rule, it liant in youth, or who gave great prom-ise at the outset of their careers, but ise at the outset of their carrey, but rather of the plodding young men who, if they have not dazzled by their bril-liancy, have had the power of a day's work in them, who could stay by a task until it was done, and well done;

very presence jars?
Wealth may generate a certain amount of power that will push a man forward, but if he lacks the art of all tracting except by the length of his purse his life will be very incomplete. He will never quite be satisfied with himself or his friends, and never be content. To be courteous to others a man must first be courteous to himself, tive display of more showy qualities in youth, that enables a man to achieve for in his heart there is bred that scrupulous regard for the feelings of greatly and honorably. So, if we were to attempt to make a forecast of the sucothers; an ease and contentment which is continually evincing itself and making him at peace with the world and himcessful men of the luture, we should not look for them among the ranks of the "smart" boys, those who think they "know it all" and are anxious to win by a short route.—O. S. Marden, in

self.

The hurry and rush of his daily life and the short, business-like transactions that he has with most of the men he meets, and his acquaintance perhaps which other young men who lack the advantages of a good home training, all tend to make him careless, perhaps, in small things. This should not be so: small things. This should not be so; should never forget that he is a ntleman. He should not wait in car for some other man to give his seat to a woman who is standing; he should not rush ahead into a door or elevator, oushing aside some one less active than nself either from age or sex; he should be as courteous to a woman on the street who asks her way as he man commander, was hardly known to open his lips save when absolute neces-sity demanded the effort. The Duke ould to his mother's guest; he should conduct himself always in another man's office as he would in his homeof Wellington was similarly silent. Napoleon rarely spoke when he could avoid the process, nor did Blucher, his great opponent, gain a reputation for and talk standing, and with his hat off.

Few young men are as careful as they night be in the use of the hat, or appreciate how much it stands for in manners and the lack of them. There are some loquacity, he also being an unusually quiet soldier. In the arena of statecraft a similar young men who can not seem to rid themselves of this article of apparel. In their own houses, and in other people's offices, and in the hallways of state of affairs would seem to previous Lord Palmerston, the famous Premier, was silent as the proverbial fish. "Dizzy" was only talkative when thundering forth his eloquence in the their friends' homes, when they calling, it is always present on their heads. Coming to the world of science and

heads.

To be a strictly gentlemanly young man you must learn to take off your hat. In no surer way can you show your respect and courtesy. Not only in bowing to ladies you know on the street, but whenever you are addressed has a rough no matter for what reason: discovery we find that Sir Isaac New-ton rarely spoke save to answer a ques-tion; that Liebnitz was equally retic-ent; that Galvani was known to pass many days without uttering more than a few syllables; and that Ampere, the famous French electrician, spoke so by a woman, no matter for what reason; and above all things, never stand pay-ing final farewells in the hallway of any one's house with your hat on. The any one's house with your hat on. The rack can carry it for a few minutes longer, if your hand is unable to do so. The Rev. John Lancaster Spalding, Bishop of Peoria, who has been serving as a member of the Strike Commission, lectured recently on "How to Make the Most of Life" before an audience which filled Carnegie Hall, New York. Archbishop Farley introduced Bishop Spalding after a short concert. In doing so he called attention to the Be respectful and courteous to those who are older than you, and always let your actions toward your friends and your inferiors in life be such as will make even your enemies, if you have any, admire you .- Republic.

AN IMPROVEMENT.

of twelve hundred laymen who in the last year have made five thousand visits to the poor and have distributed \$68,000, helping more than forty thousand persons. All this was done at an expense of \$200, showing, the Archbishop said, the self-sacrifice of the members.

In his lecture, Division of the same and the self-sacrifice of the members. mentators—we may pause to admire the advance that has been made on important branches of the Catholic teaching and rule. Here is, for instance, a reviewer in the Literary Digest taking exception to an New England novel by Mr. F. J. Stimson in these terms:

"Mr. Stimson does one thing which law him count to artitizing. He makes

lays him open to criticism. He makes Jethro Bacon become a Catholic, and Barbara, too. Their relation for years had been illicit, no matter how Love extenuated and redeemed their close union. Mrs. Jethro was a woman whom not to desert meant courage and virtue. But no priest would have administered baptism to the recreant pair unless they had abandoned their improper relations. Apparently they hd not."

The Digest is to be congratulated on its possession of the power to learn. Evidently if the Rev. Dr. Burt had a "corrupt priest" to sell him extreme unction and so try to smuggle him into heaven, the attempt would not have been unattended with due correction.

—Catholic Standard and Times.

Lenten Practices.

Lenten Practices.

Lent has begun, and it behooves League members to be faithful in attendance at all devotions during this holy season. Of course all who can will attend Mass every day, and also the evening devotions twice a week. It may cost a little effort, but some of you who do not or cannot fast, must make some attempt at penance and mortification. Besides your piety will give to others the benefit of a good mortification. Besides you can give to others the benefit of a good example. See how much you can do this Lent, not how much you can es-

not yet touched especially upon the most ordinary and the most powerful attribute that a man should possess. We refer to courtesy.

Application is praiseworthy; it shows a determination, a oneness of purpose that almost always wins; in-

OUR BOYS AND GIRLS.

Do the Next Thing.

When Napoleon heard his soldiers talking about taking Vienna, he gave them this memorable advice "The way to take Vienna is to take Vienna."

Have you anything to do?
Go and do it.
Time will never wait for you
Though you sue it.
Suirks, like drones, will never thrive.
Get there, man, and look alive!

'Tis a good and helpful plan, Only try it. Then, like a courageous man, Equare life by it. On the nexe thing now, nor say: 'To morrow is another day.'' There's that letter long delayed, Go and write it.

Go and write it.
That bad temper you've displayed,
Try to fight it.
Take back that unkind remark,
Stao no enemy in the dark. You'll not pass this way again

To undo it; Cut your swath of ripened grain Ere you rue it. To the Master's granary bring Sheaves, not leaves, for harvesting! The girl of a sunny presence is much more likely to be popular than she of many accomplishments, sans sunshine.

many accomplishments, sans sunshine.

Poverty no Barrier to Success.

Moses Leonard Frazier, the only negro who was ever graduated from the School of Political Science in Columbia University, New York City, is a shining light. He has been graduated from three colleges, conducts a real estate business and finds time to manage a barber shop. He is a Master of Philos. He is a Master of Philosbarber shop. He is a Master of Philos-ophy, a Bachelor of Philosophy, a Master of Arts and an inventor. Mr. Frezier was born in 1860, and he was thirty-five years old before he had earned sufficient money to enable him to enter college.-Success.

A Wonderful Choir.

In the choir at St. Peter's, at Rome, there is not a female voice, and yet the most difficult oratories and sacred music written are rendered in such a manner as to make one think Adelina
Patti is leading. The choir is composed of sixty boys. They are trained
for the work from the time they get control of their vocal chords, and some of the best singers are not over nine years eld. At the age of seventeen they are dropped from the choir. To say that in that famous edifice one hears the grandest Church music the world has ever known sounds common-place, so far short does it fall of apt description.

Advice to Boys. Boys have an idea sometimes that it is babyish to be afraid of taking cold. On the contrary, to value your health and take all reasonable means to protect it, is a piece of wisdom that shows not only manliness but admirable intellionly manliness but admirable intelligence. One way boys, and girls, too, take cold these days is sitting on the stone steps of their homes and leaning against the cold iron of posts and pillars that support fences and piazzas perhaps. Another caution it to put your coats on after sharp exercise. Do not stand still, either, after you have run and got yourself heated, even with your coat on. Watch the trained football and baseball players and see how quickly they clasp their sweaters

football and baseball players and see how quickly they clasp their sweaters on the moment they are not exercising. They would not get a chill for anything, and they know that one of the easiest ways to do so is to cool off suddenly when very warm. It is not at all beneath a boy's dignity to take care of himself in the matter of health. An Old Legend.

There is an old legend of a man who sold his soul to the devil. The consoid his soul to the devil. The conditions were: For a certain number of years this man was to have all his desires gratified, at the expiration of which his soul was to be forfeited.

When the time agreed upon had expired, the man was unwilling to fulfill his part of the contract, and asked the

his part of the contract, and asked the devil upon what terms he could be re-

The reply was: "If you curse your God, I will release you."
"No," said the man, "I cannot curse the Being whose nature is love.
Give me something less fearfully wicked."

"Then kill your father," replied the devil, "and you go free."
"No," answered the man, "that is too horrible to think of. I will not

commit so great a crime. Are there no other conditions?" "One more; you must get drunk."
"That's a very easy thing to do,"
the man answered, "and I accept your
proposition. I cannot kill my father.

I will not curse my God; but I can get drunk, and when I get sober, all will be well." Accordingly, he got drunk, and when in this condition, he chanced to meet his father, who upbraided him, which so excited the ire of the drunken and half-crazed man that he slew his father, cursed his God, then fell down dead, and the devil had him without fail.

Only a legend, this particular case; but how true to the facts regarding the liquor case!-T. E. Richey in Kentucky Star. A Quality Most Desired.

Among the qualities most to be desired in a young girl's character is a high sense of honor. I wish I could impress on every reader the need of

mean or underhand thing, to speak unkindly of a friend, or to repeat a conversation which was confidential. It may happen to you, for instance, to be visiting in the home of a relative or friend, where there may be a little friction at the table, or where some anxiety arises about the course of a stable. member of the family. No matter what you see or hear, in such circumstances you are bound, if you are an honorable person, to be silent about it, neither making comments nor looking as if you

first place, and honor is demanded in

for it is an honor to be a guest, in the

could tell something if you chose, nor in any way alluding to what is unpleas-

an instant, or in an emergency, lend these funds to other people, or borrow them for her own use. I knew a girl—Mary was her name, by-the-way—who was induced, being treasurer of a certain guild, to lend her brother, for one day, the money she had in her care. The brother was older than Mary, and a very persuasive person. He said, "Why should you hesitate? I'll bring it back to you to-night, and it will oblige me very much if I can take that \$50 and pay a bill I owe before noon to-day." Foolish Mary permitted her scrupples to be overruled. The money was not brought back, and but for her father's brought back, and but for her lather's kindness in making it good she would have been disgraced as a dishonest treasurer. She told me long afterwards that the lesson had been burned in on her mind never to take liberties with money she held in trust.

Too Well Trained. Dick is a faded, iron-gray steed, from whom the fires of youth have long since departed, yet he succeeded recently in arousing his driver to great activity, and in causing an absolute change in that gentleman's beliefs regarding the benefits of thorough train-

Dick is the property of Uncle Sam, and it is his duty to draw the little two-wheeled cart of the mail collector of our district from one street corner to another. In order that these trips might be made the more rapidly, the ollector easily trained his steed to start off at a trot for the next box the moment that the click of the padlock told that the mail had been taken out of one and the opening again secured. By running a step or so the mail-man easily jumped in the little door in the rear of the closed cart-that is, he did it easily until lately. Now he does it

On this occasion the collector had On this occasion the collector had taken out his mail and snapped his padlock in place, when suddenly the large package of letters slipped from his hand and fluttered over the sidewalk. At the same instant Dick, having heard the usual signal, started

having heard the usual signal, started off for the next corner.

The postman, frantically scraping up the letters that seemed to have scattered in every direction just out of reach of his hands, yelled to him to stop, but Dick was not used to being called to a halt in such a manner, and kept steadily on up the street. If anything, he went a little faster than usual—his load being lightened of full two hundred pounds of mailman.

Puffing and yelling, the postman hurried after, his hands full of letters and papers, while passers-by looked

hurried after, his hands full of letters and papers, while passers-by looked on in amazement, not understanding the matter, since the shut-in cart pre-vented their seeing that it had no

Dick reached the next corner well in advance of his master; waited what he evidently considered a sufficient ime for collecting the mail, then looking around and seeing no one, con-cluded the collector was inside and started off once more just as the poor mail-man came running up, red in the face, and so out of breath that he could

Panting and choking, the poor fellow Parting and clocking, the per-formance repeated at the next corner. Certain it is that if a carriage had not come up opportunely and helped the carrier along, Dick would have led him a chase back to the city post-office. As it was he was headed off after going four squares. The collector was late that trip, and

Dick was no doubt surprised at being forced to retrace his stu s at once. Perhaps he did not thank his master for the self-centrol the latter showed. for the self-centrol the latter snowed.
The best part of the affair to those who
saw its ending was that the driver did
not give even a harsh word to his steed.
But the next time he collected mail

on our corner he stopped Dick close up to the post and kept hold of the reins.

SAINT JOSEPH

MODEL OF PATIENCE AND MORTIFIC TION.

The whole life of Jesus Christ was a cross and a martyrdom, says the author of the "Imitation of Christ." We may say that the life of a Christian must be the same. This conclusion is drawa from the Gospel. It resumes the teaching of the apostles, and proves that suffering is the chief characteristic in the lives of the saints. On this principle, and following these models, we must reflect on the necessity of sufferings. Coming from God, we must make them meritorious by a voluntary acceptation and loving offering, and sometimes even imposs them on ourselves by generous acts of mortification selves by generous acts of mortification and sacrifice. We have learned that the Christian must be a confessor by confessing Jesus Christ and Him crueified. These acts of mortification, directly opposed to nature, and painful to it, bear testimony of our love for Jesus. Thus the name of Christian may be presented as synonymous with may be regarded as synonymous with may be regarded as synonymous with that of martyr. This is a severe but important lesson, one which, if under-stood and practised, would be an abridgement of all others, and which we seek, in the resolutions taken each day of this month, to implant in our souls, being always above everything petty or small, so that one would not for a single moment ever be tempted to do a can apply to him in a true sense the beautiful and noble appellation of mar-

tyr.
St. Joseph suffered in his senses, his mind, and his soul. First in his senses. He was a poor workman, and this occupation must have been painful to him, since he could number kings and chiefs of nations among his ancestors. The journey to Bethlehem, and the flight and sojourn in Egypt, were the cause of inexpressible suffering to him. Second, in his mind he endured painful apprehensions and motives of fear, less for himself than on account of those two precious Beings who were placed in his precious beings who were placed in his charge, and whom he had to support and protect. Without imagining un-known perils, he knew enough of the Incarnation and Redemption to be conant, at any future time. A guest in a home cannot be too careful to guard the good name of those under its roof, vinced that the Saviour of the world Again, a nice sense of honor in matters connected with money. Mary is treasurer of a society, and has the care of the funds. She must never for

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mysteries in which he was an intimate participator. Thirdly, in his soul. There was no martyrdom more painful than the sufferings to which Almighty God was pleased to subject St. Joseph during the first periods of the Incarnation. God concealed the mystery from him, and made him witness of the condition of the Holy Virgin, his chaste spouse—a condition which seemed to accuse her of infidelity towards him and towards God. Mary, our holy and accuse her of infidelity towards accuse her of infidelity towards God. Mary, our holy and sweet Mother; Mary, the Virgin Immaculate, must herself have suffered in the mental anguish of St. Joseph. Their reciprocal anxiety must have in-creased in one the suffering of the AMERICA STORES S creased in one the suffering of the other. Add to this suffering that which was caused by the three days' loss of yesus, and again the repulses met at Bethlehem, probably in Egypt, and at Nazareth. Moreover, in this detail of the sufferings of St. Joseph, we have mentioned only those coming directly from the hands of Providence; other voluntary sacrifices and self-imposed mortifications are the secrets of heaven.

We have explained the doctrine of self-denial, and given a great and touching example. Let us now compare our own conduct with this lesson and model. How far advanced are we in Christian mortification? Do we understand and practise its maxims, and do we comprehend its importance its advantages, and its indispensable necessity, whether for the expiation of our sins, to prevent new relapses, or to advance in virtue—each act of which is advance in virtue—each act of which is naturally an effort or sacrifice—or to detach us from earth, and make the hope of heaven dearer and more precious to us—whether, in fine, to resemble Jesus Christ, Who suffered so much for us, and thereby give Him the strongest proof of our tender affection? The thought of testifying our love for God, and manifesting our gratitude for His henefits to us, and our happiness in His benefits to us, and our happiness in being allowed to endure pains and sacrifices for Him in commemoration of the sufferings, sacrifices, and affronts which he endured for us, should incessantly incite and animate us to bear patiently all the sufferings, pains, and sacrifices in life. But, alas! our most es ential duties seem insupportable, for the manner in which we fulfil them indicates the repugnance we have for them. Let us be humbled at our weakness, and pray for more generosity.—Right Rev. M. De Langanerie in "The Month of St. Joseph."

Love Ineffable.

We do not think sufficiently of our divine Lord's personal love for each individual soul that He came to save. A mother's love is only a type It stands by itself, alone, unparalleled, the love of God for the men whom He made out of nothing, and redeemed by His own precious blood, and sanctified by His own Spirit of ineffable holi-

" Let Thy Words Be Few."

The Holy Spirit says: "God is in Heaven, and thou art on earth, therefore let thy words be few." Never, in fact, will anyone, who is thoroughly penetrated with the thought of the n fact, will anyone, who is thoroughly penetrated with the thought of the presence of God, exceed in words. He feels too strongly, when he thinks who God is, how foolhardy must be the creature who dares to speak in presence of the Creator. Such a one is, consequently, voluntarily silent; and consequently, voluntarily silent; and what a saving is there here, in the account to be given of sins!

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ments of the kidneys.

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