| kindeses |  |
| :---: | :---: |
| hen we look :t a root and ka | IMPROVED machinery duce good flour. <br> You may be an excellent cook, but you camnot produce light, wholesome baking unless the flour you use be the kind that permits such results. <br> So in the milling; machinery alone cannot produce |
| kind we easily know what should hic |  |
| developnent, since it follows as a |  |
| en we go to the root of a word, there |  |
| a logieal development in the applici- |  |
| -n in the word which describes or de- |  |
| es the virtue which we termm kindne we are all children of (iod the Crial |  |
|  |  |
|  |  |

his kinship among acknowledgment of pression of the goodness and the bell ignity which it suggests. When it includes all men, then only is kindnes complete and perfect. It is this virtue said we are to love our neighbors a fied when he said he became all thing consideration and kinducs to one another, during our sojourning in life and our way to eternity.
But how different is the practice
rom the rule! Some are faithful to their duty in this respect, many not, and these last are by far the larger number. Why is this? It is because men lose sight of their common origin ness which it suggests. We see men ery inconsiderate and unkind towards make life bitter and sorrowful for their fellow men, so that we hear the poet's make countless thousands mourn." Against this evil we have the command of God as given us through the says, "Brethren, put ye on, as the bowels of mercy, benignity, humility, modesty, patience, bearing with another and forgiving one another, which is all comprised under the generic term, kindness. The source of
kindness is the heart, the centre of feeling, the organ of affection; and so it is to the heart that God appeals
when He asks us to receive His words in a good and perfect heart and bear fruit in patience, and the burden of His words are summed up in the law of neighbor
one has poetically said, for they add a royal dignity to those who possess them. In such a heart there is no guile, all is simplicity and candor, be-
cause it is united cause it is united with the perfect Heart of Christ His Son, and draws it inspiration and life from His grace Psalmist, of whom Holy writ says: "He was a man after God's own heart," and such were the hearts of all His saints, because one in heart and mind with their Lord and Master.
Kind words are the outcome of kind hearts, for "Out of the fullness of the heart the mouth speaketh." If any man offend not in word the same is a perfect man, says Holy Writ; and St. it become a universe of evils. Kind words are like ministering angels quietly doing their work of love and ful, guiding the doubting, recalling the erring, restraining the violent, pacifying the quarrelsome and re-uniting ly, "for the good that it may do, eternity ly, "for the goo,
alone will tell."



## 

[^0]

## Royal Household Flour

out of the wrong kind of wheat any more than you can make the right kind of bread or pastry out of wrong kind of flour

Ogilvie's Royal Household Flour is made from hard spring wheat-a wheat that is rich in nutriment that grinds fine and white, and produces bread and pastry that are wholesome and nourishing as well as light and crisp-it's a flour that begins to be good in the wheat fields, not in the mills.

sell you Ogilvie's Royal Household Flour because he knows the value of a Ogilvie Flour Mills Co., Ltd.
"Ogilvie's Book for a Cook," con-
tains 13 pages of excllent recipes,
some never pubished befre
grour
groce can tell you how to getit FREE.

Kind deeds are the fruit of kind ind words as far as the sincerity of
act out his words in deeds. One often

hears professions of sympathy for the incerity and hollowness of these in fessions are seen in the neglecting to powe the same when it is in one's ho have and should be done by those scheme, accompanying it with detailed \begin{tabular}{|l|l|}
\hline hem. There are many opportunities \& or cartoons are made the exact

 

hem. There are many opportunities \& or cartoons are made, the exact size of <br>
given every one for performing deeds <br>
the desired window. One cartoon shows
\end{tabular} kindness, and these should be em- where the leads will be placed, the thi braced and profited by to the good of It will be easy to be kind if one renembers and strives to live up to the ness of every kind. Our interests are interdependent. No man can say he

is self sufficient and that he can stand by himself alone, and in this view we see how the practice of the virtue of kind-
ness is necessary to the happiness and wess is necessary
It is the poorer and humbler classe that most need kindness, and yet th It is a human need and man alone can supply it, outside of the goodness and exercise of kindness helps to make th rich and poor contented. It equaliz and makes tolerable all stations. The latter are only temporary and
transitory. If they are trying there remains the hope and the possibility that through the mercy of God and the a way. Let the virtue of kindness, then golden lin Christian heart. It is the and hold them in can bind men together one another. It is the mighty chain down upon him to his God and brings blessings. Let us cultivate the virtue of kindness and practise it to all, for ing to go to the one Father of all in heaven, since as brothers we love His
faithful children on earth. - Bishop ton in "Catholic Union and Times."

A "Wheezy" Chest
Means your trouble is deep seated flammation will be drawn out in on day by applying Nerviline. It pen etrates through the pores of the skin
relieves inflammation and thus prevent weak consequences. For sore throa no prescription is better than Polson' Nerviline. For nearly fifty years
has been Canada's great household remedy. Twenty-five cents buys

Little Tommy was very quiet during he was there. As the dessert was being served, however, the host told a funny
story. When he had finished and the laugh ter had died away, his little son ex
claimed delightedy, "Now, papa, tell
ords.," "Deeds speak londer than to show the general design and colo

STAINED GLASS WORK The 20th century American staine lass maker follows without importan
yariation the simple methods of rench monk of eight centuries he first requisite is the design. The show the general design and colo
cheme, accompanying it with detaile trips of lead, hollowed on both side and looking in a transverse section li
the letter $H$, which form the framewo to bind the pieces of glass together Another drawing gives the size and
shape of each piece of glass. This carAhape of each piece of glass. This cartoon is cut into its component pieces
by a pair (or triplet) of three bladed scissors, which leave between the parallel blades a space sufficient for
the leads. These cut out patterns put together again on a large glass eas o which they are attached by wa and the spaces between are blocked in
o give the effect of the leads. Th easel is then placed against a windo where the light can stream through it The artist or his substitute replace ach paper pattern on the easel by piece of glass of exactly the same size cut from a sheet of glass of the color call not followed exactly; experimen with the actual glass will suggest in rovements. To a greater or less ex
ent this stained glass is supplemente are fired as in china painting. When all the pieces have been cut they ar transferred to the "leading" drawing, the flexible leads are twisted into shape
and soldered at the joints and a special water tight. The window is now com is ete, ready to be put in position wher fastened to the transverse bars of iron -Home Journal and News.

## Every Hour Delayed in Curing a cold is dangerous.




WONDERFUL
WASHINGTON
and the
PACIFIC C0AST
REACHED BY
NORTHERN PACIFIC RAILWAY

LOW OCEAN RATES<br>H. SWINFORD,<br>Apply<br>General Agent - Winnipeg - Ticket Agent PHONE 1446 - 341 MAIN STREET

Cburch, Convent and fltar Construction a Specialty
I. DE JURKOWSKI

Office, 420 Manitoba Ave., Winnipeg

## Boyd's

Chocolates and Confections
They gell best wherever the
best is sold.
The purity and de-
 opuar cono THE W. J. BOYD CANDY 00.
WINNIPEG.

Improved Farm and eity Property for Sale

Estates economically and judiciously he sale of property listed exclusivel

## DALTON \& GRASSIE

hone 1557
507 Main Street

## Stained Glass

-FOR-
Churches and Public Build
ings. Designs furnished on application

## Allward \& McCormick

 259 SMITH ST, - WINNIPECWINDING YOUR WATCH

The old superstitious belief that you will change your luck if you stop winding your watch at night and wind it in
the morning may have some slight basis in fact, according to a jeweller who says that the morning is the proper time to do the winding. This
not only because the hour of rising is for the average man much more regu-
lar than that for retiring, but even the soberest and most orderly of men are pt to relax and prone to carelessness at bedtime, when more or less worn
by the wear and tear of the day. In this condition the winding is apt to be done in a jerky, irregular sort of way,
or too far or not enough. "Nine people out of ten wind their watches on going to bed," said the jeweller, "hut if they regular point in the process of making their toilet, they would do it much
better."-Exchange.

## IT SATISFIES

You can't look at a loaf of our
bread without being tempted to bread without being tempted to
eat a slice. Jt's light-sweet
well-browned, just as palatable as

20 Loaves $\$ 1.00$
MILTON'S


James Richardson \& Sons winnipeg, man.
 Merchants



BRITISH BEER BREWERIES
Genuine English Ales and Stouts
Guaranteed pure and made of the Ginest English malt and hops.
These Ales and Stouts are sold at local prices. Ask your dealer for Address, WINNIPEG, MAN.

WOOD \& COAL
 on hand. Sawing machine sent anys Teaming Done

Give us a call when you want anyStationery, Fancy Goods, Church Orab ments, Religious Articles,Toys, Pictures ful assortment ${ }^{\text {of }}$ up to $\$ 17.00$. M. E. KEROACK,

Cor. Main aiso water stes. Winnipes

[^1] the "Northwest Review," Office,
Princess St. and Cumberiand Ave


[^0]:    Kóenig Med. Co., chicago, ill.

[^1]:    Get your 'RUBBER STAMPS from

