GUARANTEED TO BE MADE FROM INGREDIENTS

AND NONE OTHER

MAGIC

BAKING

POWDER

CONTAINS

MADE IN CANADA

E.W.GILLETT CO.LTD.

knows that even the labors and tears

To "Make America Catholic," from

our standpoint, means no more than to teach the truth, as we know it—to

preach the truth when and where we may be heard; and to live the truth

in our every day lives, thereby mak-ing our teaching and preaching effec-

You know, and would readily ad-

mit that truth in any order, natural

or supernatural, moral or religious.

just like light, should not be hidden

away. Is it not the command of the God of Truth, the Giver of light, to

let the light be known, to have the

world-all the world-know the

truth, the truth that will make them

And it is the imparting of religious

work, that we claim as our propa-ganda. To "Make America Catho-

ic " means that we would teach re-

ligious truth, that we would teach and preach Him Who is for Ameri-

cans, as for the rest, "the Way and the Truth and the Life.—(Archbishop

PECCAVI

and wind, storm-tossed heart recalls the

-MABEL BOURQUIN, Fostoria, O.

Of dear days gone ; and from my lips

the cry
Of Love's deep loss is breaking, "I

OUR SCHOOL SYSTEM

A NON-CATHOLIC'S OPINION

its sacrifices, its enemies and—not

withstanding all this - its achieve

ments and its success, the greatest

Now, as always, standing for the conjoint education of head and

heart-secular and moral training-

now, as always, it is misunderstood,

recognition and praises of men outside the Church.

The Church Progress has repeatedly quoted such persons in this con-nection, hoping thereby to create a better and a wider understanding of

of the Catholic Church in this

When one soberly weighs its trials.

MADE

CANADA

MAGIL

BAKING

POWDER

ONTAINS NO ALU

free ?

CHATS WITH YOUNG MEN

BE A GENTLEMAN Come wealth or want, come good or Let young and old accept their part And bow before the Awful Will, And bear it with an honest heart,

Who misses or who wins the prize, Go lose or conquer as you can; But if you fail or if you rise, Be each, pray God, a gentleman.

LOOKING BACKWARD

The constant looking backward to what might have been, instead of forward to what may be, is a great weakener of self-confidence. This worry for the eld past, this wasted energy, for that which no power on earth can restore, ever lessens as man's faith in himself, weakens his future to the perfection of his possibilities. Nature in her beautiful love and tenderness, says to the weakened and worn and weary with

the struggle:
"Do in the best way you can the trific that is under your hand at the moment; do it with a good intention; do it with the best preparation your thought suggests; bring all the light

of knowledge to aid you."

Do this and you have done you best. The past is forever closed. No worry, no struggle, no suffering, nor agony of despair can change it. It is as much beyond your power as if it were a million years behind you. Turn all that past, with its sad hours, its weakness and sin, its wasted op-portunities and grace, as so many portunities and grace, as so many lights in hope and confidence upon the future. The present and the future are yours; the past has gone back, with all its messages, its history, its records, to the God who lent you the golden moments to use in obedience to His law.—Pittsburg

BE OF SOME ACCOUNT

If any young man will make up his mind to be of some account in the world, he can do it. Let him cease dawdling with no clear cut aim! Let him forsake the habit of trying to get through each day as easily as possible, working with one eye on his job and the other on the clock! Let him cease spending five evenings a week at vaudeville or moving picture shows! Let him cut off all useless waste of time and energy, putting into his work the best of himself, not the second best! Before the gray hair begins to show above his ears he is likely to find himself among the picked men in his line, enrelled with Gideon's three

Hear Emerson, post, philosopher, transcendentalist though he was, holding fast that cast of mind char-acteristic of New England! "Let any man learn to do some one thing better than the average man is doing it and though be build his but in the heart of a forest the people of the world will make a pathway to his door."-The Casket.

FORM GOOD HABITS

Habits are formed like masonry, Every thought seems small, as every brick seems small. And yet, I notice in the building that is going up behind my dwelling, that, small as bricks are, one by one being set in mortar day by day, by skilful hands the wall thickens and rises and solidifies, and the huge structure is piled up at last. Taken singly these bits of burnt clay are of no great signifi-cance, but all of them together are of tremendous signficance. Now, a man's life is made up of little thoughts, any one of which is not much, but the multitude of which builder. The walls of your character are going up day by day, and you are building, not alone for time, but for eternity.-St. Paul Bulletin.

Then compare your lot with of others, and if you don't quit plaining and go in for rejoicing there's something radically wrong with your mental balance. When an obstacle gets in your way don't waste time and energy in complain. ing about it. If you can't push it out of your path, get over it, under it, or around it, any way you can— and leave the obstacle behind you. The second obstacle will not appear half as big if you get past the first.—

OUR BOYS AND GIRLS

THE THINGS THAT COUNT

True, considerate and unselfish valuation of people and things around us, is among the very first of the things that count. Young girls with love and hate with unnecessary em phasis, and with correspondingly rapid change of opinion. It is not uncommon to hear a girl praising some one extravagantly one day, and depending the same person a day of denouncing the same person a day or two later as "horrid," and "awful

Men, women, children, beoks, cats dogs, scenery, confectionery, dresses jewelry, and even so many more, etc. ounced by this class of young girls "too sweet for anything," any one from among the above named collection pleases their fancy. When collection pleases that randy. When this same field fancy is displeased the person or object incurring this calamity is "just too horrid for anything—so there!"

Now this may be endured when the exaggerator is young, good-natured on the whole, and possessed of an on the whole, and possessed of an undercurrent of common sense to use when occasion calls for it. But the first mentioned quality—youth—is a vanishing one; and the second last named appears to be very scarce among the class of young girls I have

It may seem, at first thought, that this phase of girlhood is not to be considered seriously; that it is amusing, and will pase, leaving no trace in the years to come. Does it leave no trace, though? We see that such nanner of speech grows into a habit of trite flippancy not at all admirable in a woman. It influences the mind too. "What youth sows, age must resp." and that holds true of both mind and body.

Judge truly, then girls, and speak traly, not foolishly and with exagger. ation. Time flies quickly when childhood is past. When you were out a child your parents taught you, in a measure were responsible your words and thoughts, but that time is past. Girlhood is the selfforming time, and it has none of the long, seemingly unending days exrienced in childhood. Life runs so wiftly into the broad stream of re sponsibilities that one is in danger of missing much that counts, not only in this world, but in eternity as well,

It is natural to cling to youth : to put off being "grown up," but that is exactly what we cannot do, "really and truly," as the children say Each one of us has a special place in the world. Each one is a bit of the world's history, no matter how humble our place and part may seem. If every individual did their best, and fulfilled every duty perfectly the world would seen be Eden again. How many have had good inspirations, neble longings, even plain calls to certain work, and have delayed day after day saying, "Oh I am young yet." And then suddenly it omes to them that their time of youthful enthusiasm is past; and their early strength is failing.

The morning of life gone forever and the work of a lifetime to be done in the closing of the day, in the com-

ing of night!

And now for the other necessary DON'T BE A CONSTANT GROWLER
Whenever you are tempted to growl against fate or complain of your lot, just look round and find out what others are bearing. You will find many with more brains and better education worse off than you

never do it by considering ourselves only. We cannot tear ourselves apart from the general life of the world. We are, each one, a compon-ent part of the whole; and to do our best, to be the most we can be, we must not consider self alone.

Many girls show by their actions that they consider their parents in the light only of their own selfish interests. If the girl belongs to the great middle-class, the class that nations depend on, be it noted, the drudgery is often left to her mother; mother must mend and manage that young Miss may be fair and sweet to see, and father can pay the bills. What further consideration can they

Young Miss has been educate above them, perhaps, that is their mistake. Father and mother do not understand music, art and style. So the girl seeks her interests and pleasures more and more apart from them, and feels impatient with their old fashioned ways. She refuses to heed their restrictions that held sway when they were young. They must not think she is going to bother over such worn-out notions. She means to pay attention to the things that

Dear girl, you are missing the real happiness and sweetness of life. Study and read if you will, ge in for culture and advancement. Knowl-edge of such things counts when we use it as it should be used, in lifting our minds to high ideals.

Music (which every one now-a-days understands a little ") does not con sist in knowing how to read notes and drum out on the plane a number of meaningless melodies. It is a divine art, and exacts of its true disciples the highest and best in them. But even a limited knowledge, with the common sense to know that it is limited, can be put to good use, in giving pleasure to ourselves and others. Let no vain conceit lead us to think we could do great things in it, were we so minded. If the gift is in any girl she will know it, and it will lead her humbly along in the shadow of the great musicians.

And painting, well, there are really very few artists among young girls. If the majority who "take up" If the majority who "take up" painting would be content to paint flowers, birds, and simple pretty trifles it would not be so bad. But when they attempt to copy famous pictures of the old masters, and complacently regard the result they are lowering the ideals of art, instead of ennobling their own minds. They acquire false ideas of their own ability. Raphael painted great pictures, they admit, but they can copy them; and they exhibit their work with as much satisfaction as if the conception had been originally their As much, did I say ?-nay, more, for genius and inspiration is never satisfied with the cutward expression of the thought that impelled

These young "artists" know absolutely nothing of inspiration, the compelling power of greatness. They glory in their ignorance, and will tell you in calm, sweet tones that "I can do anything I put my mind to, but its too much trouble," or "it is not

Oh! the vanity of it! The foolish. ness and shallowness of such a character! No true, noble, sensible girl would choose such a one for her own Now is the time to guard against such an evil fate, dear girls. Suspect every indication of it in yourselves You are making your future now. Be earnest, be true, unselfish and just—these are the things that count.

"MAKE AMERICA CATHOLIC!"

What, then, is the meaning of this | country to-day is the Catholic school. phrase, "Make America Catholic?"
Our shemies, the people who live by
slandering the Catholic Church,
make much of the now famous

They claim to have discovered it.

It originated, they say, with the old
Pontiff on the banks of the Tiber.

Looking from his watch toward here. Pontiff on the banks of the Tiber. its way to a conspicuous position. Looking from his watch tower by the Vatican, he saw how the races of Southern Europe one by one, were builded is constantly winning the Southern Europe one by one, were giving up allegiance to the Holy See. With their diminishing faith—so also diminishing his power. Some thing must be done to prop up his tottering throne. New nations and people must be mustered in to take the place of those who had left, thing in this great progressive world of ours. So America became the land of promise—the country of all others wherein to retrieve a lost cause. America had youth and wealth, and promise. It is a world.

end and because of the stronger exprayers as soon as they are able to talk.

To be careful that children never see nor hear anything that could the professor George Wharton Pepper of Philadelphia. cause. America had youth and wealth, and promise. It is a world-power. Would it not be a glorious thing to see the Church, which is falling elsewhere, wax strong and system of teaching possible, and I am system of the system o

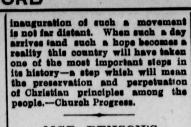
great over there?

So the watchword was created, and the message sent: "Make America Catholic." Priests and bishops were to cation of the children of their creed, Catholic." Priests and bishops were to receive the secret password—and loyally work for its fulfillment—politicians were to be approached—new Cardinals were to be created: so that imposing dignity on the one side, and servile expediency on the other might be made to hasten the result.

cation of the children of their creed, just as the Roman Catholics are doing at the present time. I believe that these various religions will receive a small compensation from the State for the education of each pupil. In this way the children of their creed, just as the Roman Catholics are doing at the present time. I believe that these various religions will receive a small compensation from the State for the education of the children of their creed, just as the Roman Catholics are doing at the present time. I believe that these various religions will receive a small compensation from the State for the education of each pupil. In this way the children of their creed, just as the Roman Catholics are doing at the present time. I believe that these various religions will receive a small compensation from the State for the education of each pupil. In this way the children of their creed, just as the Roman Catholics are doing at the present time. I believe that these various religions will receive a small compensation from the State for the education of the children of their creed, just as the Roman Catholics are doing at the present time. I believe that these various religions will receive a small compensation from the State for the education of each pupil. In this way the children of their creed, just as the Roman Catholics are doing at the present time.

result.

Make America Catholic," as a case, savors somewhat in form of litical methods. It is crude and in the control of the greatest of all the ways the children of each creed take of the amusements of children, be obedient as children, think as children, learn as children, be innomiated the greatest of all the ways. phrase, savors somewhat in form of political methods. It is crude and the human mind. And when this materialistic. A Catholic may pray that America will become Catholic, but he knows that neither he personally nor in collusion with others—how great their dignity or intelligence may be—can make America Catholic. He knows full well that unless "The Lord should build the house in vain do they labor who try to build it." He hope that his promised day for the total maxim about the twig and the tree. To celebrate both the birthdays and the feasts of the patron saints of the several members of the family, as well as all other family feasts, aince it tends to foster a love of family and of home.—"Correct Thing for Catholics." materialistic. A Catholic may pray move is started you may be sure that



MGR. BENSON'S MEMORIAL

One of the events of Easter week

in London was the opening of the completed portion of Buntingford Memorial Church, which was one of the last works of Mgr. Benson's life. Cardinal Bourne was present, and the sermon was preached by Father Bernard Vaughan, while the choir of St. Edmund's College, Ware, rendered the music. The grave of the late priest was visited and his private chapel thrown open to his admirers. It is a curious and pathetic coinci dence that Mgr. Benson's last book which will shortly appear, is entitled "Loneliness." No fewer than three books upon the late priest are now either on the library table or in course of completion. "Hugh, Reminiscences of a Brother," comes from the pen of Mr. A. C. Benson, and Miss Clive Katherine Parr, a Cathella late has written an empreciation.

olic lady, has written an appreciation of the man and the priest. The third

work is, of course, the biography, which is in course of preparation. It has been decided by Cardinal Boarne to give his many admirers an opportunity of perpetuating his memory by a public memorial, which shall take the form of the completion and endowment of the Buntingford mission. The church, which owed its inception to Mgr. Benson entirely, is still minus its Lady chapel and its tower, and requires an endowment, and all of this it is hoped to achieve from the offerings of the faithful who found delight in the sermons, personality, or books of the late gifted priest.—Church Progress.

WARNING TO PARENTS

Professor Gurtbitt of Berlin, some years ago, gave parents some good counsel concerning the literature that hould be kept from their children.

The professor said :
"To the question at what age children should be allowed to read the daily press, I answer at no age. Our daily press is designed essentially for elders, as are also the theatres. It is rather annoying that even a conscientious writer should always have due regard for the eyes and souls of children, even in matters which do not at all concern the latter. Just as children should not be permitted in public dance halls, in court rooms, in public lecture halls, so they should not be allowed to read reports con-cerning the evils of the world."—The

IN THE HOME CIRCLE Like autumn leaf hard-blown by rain

IT IS THE CORRECT THING To know that open handed hos-pitality is generally rewarded by the appiness afforded, even in this

To know that great men and noble women are generally reared in happy

To remember that courtesy, patience, consideration, affability, self-sacrifice, sympathy, are some of the virtues to be practiced in the home

To have family prayers in common where possible. For every member of a house hold

to consider morning prayer as much of a duty as prayers at night. To be punctilious about saying grace before meals, and returning

thanks afterwards. To let no unpleasant subject ever be broached at table. To be ever ready and glad to give a place at ene's board to a friend.

To be temperate in eating as well as in drinking.

For a Christian "to eat to live, not

to live to eat." For a Catholic to serve Friday fare on Friday, no matter who is expected

To have a crucifix in every bed-To have Catholic pictures in the parlors as well as in bedrooms.

For children to love, honor, and

the Catholic attitude toward the question of education. To the same end and because of the stronger exprayers as soon as they are able to

frightened by stories of ghosts and To punish them when they need To be kind but firm always with

children. To watch over their associations. To answer their questions accurately.

To understand their faults as well

as their perfections.

To let them dress as children, par-

not talent.

To remember the old maxim about the twig and the tree.

To celebrate both the birthdays and the feasts of the patron saints of

HOW TO READ

I. Plan your reading. Select the books to be read far in advance. Pre-fer books that are old enough to be

2. Vary your reading. Follow ro graphy, travel, art, science, philes-ophy, religion. Variety gives breadth and keeps up interest. 8. Limit your reading. Know a

few books well rather than many books indifferently. Intensive is better than extensive reading. Big fish swim in deep water.

4. Fix your reading. To this end carefully weigh your thoughts, talk them over to yourself and with others, nakes what we read ours." try to remember them. 5. Time your readings. Have a

book hour each day, if possible. Especially, however, utilize fragments of time for a few pages of reading. Little and often masters the larges 6. Enrich your reading. This do by looking up all allusion to history,

poetry, art, mythology, persons, places, etc. 7. Preserve your reading. Own if possible every book youread; mark choice passages in them; make com-parisons with them; often commune with them.—St. Mary's (Paulist) Cal-

THE HOLY FATHER PRAISES WORKERS

The Holy Father is an ardent promoter of devotion to the Blessed acrament. On a recent occasion he addressed the Association of Ador ers of the Blessed Sacrament, (canon ically erected in the Church of the Holy Cross, Rome) and expressed his joy in the work they were accom-plishing. His Holiness spoke with special interest and deep tender. ness of the preparation of poor children for first Communion. You know the greatness of the gift of God contained in the Blessed Sacrament," he said, "and those among you who make it easy for children to approach Holy Communion are contributing to spread the knowledge of this greatness."

The Pope also commended the zeal of the pious women who make the sacred vestments, thereby showing themselves solicitous for the fitness and beauty of what is connected with the Blessed Sacrament. He exhorted all to often visit Jesus in the Tabernacle, and in every possible way to make atonement for the insults, many and grievous, that are offered ation of the blessings that such work as theirs must bring upon them, the Holy Father bade them "renew the resolution to increase ever more in love for Jesus in the Sacrament, in order to be enabled to enjoy in abundance the fruits of grace which the Eucharistic Sacrament brings to those who duly honor It, and, above all, to those who receive It, frequent-

ly and fervently. — Sacred Heart Review.

Swollen, Aching Veins A Common Cause of Discomfort

The army of people troubled with swollen veins is a large one and was steadily on the increase until the discovery a few years ago that a germicide-liniment of marked value for other ailments gave prompt relief from this aggravating trouble.

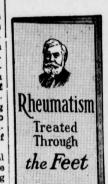
prompt relief frem this aggravating trouble.

Since this accidental discovery hundreds of sufferers have proven its efficienty—it has made good even in cases of long standing.

Mr. R. C. Kellog, Becket, Mass. before using this remedy, suffered intensely with painful and inflamed veins; they were swellen, knotted, and hard. He writes: "After using one and one-half bottles of Absorbine, Jr., the veins were reduced, inflammation and pain gone, and I have had no recurrence of the trouble during the past six years."

This germicide-liniment—Absorbine, Jr. is made of herbs and safe and harmless to use, which in itself makes it distinctive. Most druggists have it or send \$1.00 to the manufacturer, W. F. Young. P. D. F. 299 Lymans Bldg., Montreal, Canada, and a bottle will be mailed to you promptly. Safe delivery guaranteed.



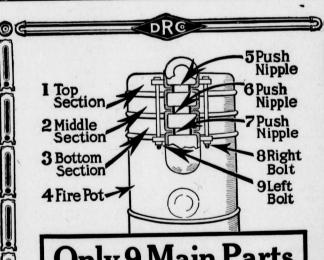


THIS FREE BOOK

Describes a method of treating rheumatism which has been more talked and written about than any other in modern times If you have Rheumatism in any form, by all means get this book and learn all about our druglessmethod of getting rid through the feet.

of pain-causing poisons through the assist ng nature to do her work in her own way. These simple but powerful Drafts have already won their way into every civ lized country in the world. They are so sure to bring quick relief

to try free together with the Free Frederick Dyer Dept. Px21, Jackson 5 Push Nipple Push



Only 9 Main Parts Above the Base

DON'T buy a boiler with a lot of parts. The more parts, the more chances of it getting out of order; the more repairs to pay for.

The Safford boiler has NINE (count them in the sketch) main parts above the base. Ordinary boilers have nineteen main parts. Ordinary boilers thus have 111% more parts, and are that much more likely to get out of order. On the Safford there is not even a rubber gasket to wear out. If it had rubber gaskets, they would have to be replaced every year or two. And if the rubber gaskets were not replaced accurately (and this is most difficult to do) the circulation of the water would be impeded, and more coal consumed to propel the same amount of heat to the rooms. But the absence of rubber gaskets and the few parts in the Safford boiler ensure a wonderfully rapid circulation of water through it. And this rapid circulation of water is one of the causes of the Safford's economy of fuel, fully one-third less coal being required. to get out of order. On the Safford there is not even

Safford Boilers and Radiators

are in every way superior to ordinary heating systems. The Safford, you see, is a *specialized* hot water system—the product of an organization with 30 years' experience. Our booklet, "Home Heating," gives facts you should know. It will only take you a minute or two to write a post-card-request for it.



