

METHOD OF HEARING MASS.

Devout Practises with Which all Catholics Should be Familiar.

On your way to the church, consider that you are going to Calvary, there to witness the most sublime and affecting spectacle that can be imagined, that of a God made man, who immolates Himself on a cross, suspended between heaven and earth, in order to reconcile earth with heaven, and man with God.

By adopting the habit of thus offering your petitions in a certain order, corresponding with the five wounds of Our Divine Lord, you will always be able in a few moments and without effort to offer an universal prayer, pleasing to God, and most beneficial to your neighbor and yourself.

3rd. The Communion. On those days when you have not the happiness of approaching the holy table, you should not neglect to make a spiritual communion, which, according to St. Teresa, "is sometimes as advantageous as actual communion."

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the souls in purgatory, particularly those who have most claims on your charity. At the wound of the heart of Jesus: Pray for yourself; place in that heart, burning with love, all your cares, troubles, fears, hopes and desires.

By adopting the habit of thus offering your petitions in a certain order, corresponding with the five wounds of Our Divine Lord, you will always be able in a few moments and without effort to offer an universal prayer, pleasing to God, and most beneficial to your neighbor and yourself.

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space, light, joy, and immortality, which can only come from one Fountain of Being, and one Plenitude of Existence, Who is at Once our Maker, our Father, and our Last End.—Bishop Hedley.

A MINISTER'S VISIT TO ST. BERNARD'S PASS.

Enjoyed the Monk's Hospitality—An Encounter With the Dogs.

This remarkable pass in the chain of the Alps known as the Great St. Bernard owes its name to the celebrated hospice for the succor of travellers, which is supposed to have been founded by St. Bernard in 862. The hospice is situated on the summit of the pass at 8,150 feet above the sea level and is the highest habitation in the Alps.

Rev. John S. Heisler, of the Union Methodist Episcopal Church, of Camden, in a recent address to his congregation made reference to a Sunday which he spent at the famous convent of the monks of St. Bernard. A representative of The Catholic Standard and Times called upon the pastor and interviewed him regarding his visit.

During their stay the travelers paid a visit to what is known as the dead house, where the bodies of travelers who perish in the storms are placed. They are wrapped in cloths and either laid on the floor or stood up around the walls. The atmosphere of the region preserves the corpses, so that they dry up thoroughly and there is no corruption.

Of the comparative youth and vigor of all the monks, Rev. Mr. Heisler said he believed that after some years in that duty they are relieved and called to other houses of the order, thus keeping at the hospice a force that is thoroughly able to assist travelers at all times.

A stereoscopic view in Rev. Mr. Heisler's possession shows in the foreground a group of the monks in black robes, relieved by what appears like Roman collars and a cord of white hanging from the neck like a socialist's ribbon, but tucked in the belt. In the background is the hospice, apparently several stories high, with a steep gable roof, while the dead house appears near by.

Our Conception of God. Therefore if the spiritual heart of man was to have religion, not only must that religion be definitely given to it by a message from outside, but what is more, that message from above must reveal the very highest conception of a Creator and a Last End—the most perfect ideal of a God and Father; or else the heart would languish and restlessly seek for something more.

Having expressed these sentiments, unite with Jesus in the prayer which He offered to His heavenly Father on behalf of all mankind, contemplate in succession the five wounds which are, as St. Bonaventure says: "so many places of refuge, so many voices raised in supplication, to intercede for us," and at each one ask some particular grace or favor.

At the wound of the right hand: Pray for the Sovereign Pontiff, and for those Bishops, priests and missionaries who labor under his direction for the salvation of souls, that their zealous exertions may be crowned with the fullest success. At the wound of the left hand: Pray for the conversion of heathens, Jews, heretics and schismatics, and for the return to God of all bad Christians who are in league with hell against Jesus Christ and His Holy Church.

THE POOR SOULS' APPEAL.

Catholic Columbian.

Some lines of Cardinal Newman's voice the soul of the Church at this season, when Nature herself puts on a funeral garb, and the "falling leaves are preaching of decay," and "the year, its life resigning, its lot fore-shadows ours."

What a tender and yet strong devotion is that of our remembrance of the souls in Purgatory! Reason would dictate our obligation to help those gone before, did not Revelation explicitly point it out.

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dine at 1245, and a mighty good dinner you'll get." "O, Pat," said the grateful pastor, "the blessings of a hungry man be upon you."

IN THE SHADOW OF DEATH.

The Condition of many Young Girls in Canada—Pale Faces and Bloodless Lips—Given to Headaches—Extreme Weakness, Heart Palpitation and Other Distressing Symptoms—The Means of Cure Readily at Hand.

Learn from the Post.

The attention of the Post has lately been frequently called to a remarkable cure in the case of a young girl living within a few miles of this town, whose life was despaired of, but who was completely cured in a short space of time by the most wonderful of all remedies Dr. Williams' Pink Pills.



from those affecting thousands of young girls about her age. She was suffering from extreme weakness, caused by an impoverished condition of the blood, and her chances of life seemed to grow less every day.

In the quiet little hamlet of Strangfield, in Essex county, just such a case was presented to the sorrowing eyes of loving friends a few months ago in the person of Miss Ella Beaton, who frequently said she did not care how soon she died, as life had no charms for her.

The facts above related are important to parents, as there are many young girls just budding into womanhood whose condition is, to say the least, more critical than their parents imagine. Their complexion is pale and waxy in appearance, troubled with heart palpitation, headaches, shortness of breath on the slightest exercise, faintness and other distressing symptoms which invariably lead to a premature grave unless prompt steps are taken to bring about a natural condition of health.

Pat to the Rescue. A clergyman was standing at the corner of a square in the city on Thanksgiving Day about the hour of dinner, when one of his countrymen, observing the worthy Father in perplexity, thus addressed him: "O, Father O'Leary, how is your reverence?"

"Mighty put out, Pat," was the reply. "Put out! Who'd put out your reverence?"

"Ab, you don't understand, that is just it. I am invited to dine at one of the houses in the square, and I have forgotten the name, and I never looked at the number, and now it is nearly go'clock."

"Och, is that all?" was the reply. "Just now be aisy your reverence; I'll settle that for you."

So saying, away went the good-natured Irishman around the square, glancing at the houses, and when he discovered lights that denoted hospitality, he rang the door-bell and inquired: "Is Father O'Leary here?"

As might be expected, again and again he was repulsed. At length an angry footman exclaimed: "No, bother on Father O'Leary, he is not here, but he was to dine here to-day, and the cook is in rage and says the dinner will be spoiled. All is waiting for Father O'Leary."

Paddy leaped from the door as if the steps were on fire, rushed up to the astonished priest, saying: "All is right, your reverence; you

If?

If you want to preserve apples, don't cause a break in the skin. The germs of decay thrive rapidly there. So the germs of consumption find good soil for work when the lining of the throat and lungs is bruised, made raw, or injured by colds and coughs. Scott's Emulsion, with hypophosphites, will heal inflamed mucus membranes. The time to take it is before serious damage has been done. A 50-cent bottle is enough for an ordinary course.

50 cents and \$1.00 Scott & Bowers, Chemists, Belleville, Ont.

THE WILL & BAUMER CO.

Bleachers and Refiners of Beeswax, and Manufacturers of

CHURCH CANDLES.

The Celebrated Parisian and Altar Brand and Baumer's Patent Finish Beeswax Candles

Acknowledged by all to be the best, and in use upon the altars of the Catholic churches throughout the United States.

Samples and prices will be cheerfully sent upon application.

The Will & Baumer Co.

943 13 ST. CATHERINE, N. Y.



The O'Keefe Brewery Co. of Toronto, Ltd.

High-class English and Bavarian Hopped Ales XXX Porter and Stout.

Fine Lager of world-wide reputation. Sole Importers, W. H. HAWKES & CO., 100, Queen St. W., Toronto, Ont.

CHURCH BELLS & PEALS

PLAIN FACTS FOR FAIR MINDS.

This has a larger sale than any book of the kind now in the market. It is not a controversial work, but simply a statement of Catholic doctrine. The author is Rev. Geo. M. Searle. The price is exceedingly low, only fifteen cents. Free by mail to any address. The book contains 300 pages, and is published by the Catholic Record Office, London, Ont.

High-Class Church Windows

Hobbs Mfg. Co. London, Ont.

ASK FOR DESIGNS.

New York Catholic Agency

The object of this Agency is to supply, at the regular dealers' prices, any kind of goods imported or manufactured in the United States.

The advantages and conveniences of this Agency are many, a few of which are:

1st. It is situated in the heart of the wholesale trade of the metropolis, and has complete facilities for the purchase of goods at the lowest wholesale rates, and the prompt shipment of same.

2nd. No extra commissions are charged its patrons on purchases made for them, and giving them the benefit of my experience and facilities in the actual prices charged.

3rd. Should a patron want several different articles, embracing as many separate trades or lines of goods, the writing of only one letter to this Agency will insure the prompt and correct filling of such orders. Besides, there will be only one express or freight charge.

4th. Persons outside of New York, who may wish to know the address of houses selling a particular line of goods, can get such goods all the same by sending to this Agency.

5th. Clergymen and Religious Institutions and the trade buying from this Agency are allowed the regular or usual discount.

Any business matters, outside of buying and selling goods, entrusted to the attention or management of this Agency, will be strictly and conscientiously attended to by your giving me authority to act as your agent. Whenever you want to buy anything send your orders to:

THOMAS D. EGAN, Catholic Agency, 43 Barclay St. New York.

REID'S HARDWARE

For Grand Rapids Carpet Sweepers Superior Carpet Sweepers Sincere, the Best Wringers, Mangles, Cutlery, etc.

118 DUNDAS STREET, North 8 de. LONDON, Ont.

FIVE-MINUTE'S SERMON

First Sunday of Advent

LOOKING TO THE FUTURE. And he spoke to them a simile, saying: Behold, I tell you a parable. Behold, the fig tree and all the trees: when they forth their fruit you know autumn is nigh."

"That seems a strange thing for our Lord to make use of to his brethren? Yet what forcibly teach the lesson we learn? Every one, an old child, when he sees a fig tree to put forth their fruit, that summer is nigh, and he wishes us to see that the end of the world is clear. And not only is that great last day which shall be changed and the angel shall be heard to judgment; it is equally clear when the world shall be forced to see the signs of the world. There are signs telling that we are fast approaching the appointed lot of all too often we live as if it still far off, as if we had years to live; and when it comes, how many do we prepared?"

"What could be a clearer of the approach of death than this first Sunday of Advent? It is the beginning of a new year. It is the day when the Church begins over again of penance and prayer, and how have we spent the year of our lives? Have we done? How do we live in God's sight? Are we a year of waste?"

to us a year of waste, and neighbors have fallen of life during this past year! How many have come to you! They were short and was rapidly close. Did you ever that? Did you ever why it was your friend was taken away and you Ah! It was that you missed the words of warning of our Lord Himself. He says, your hearts be overhauling, feeling drunkenness at life, and that day come suddenly. These words you. You have often fore, but what effect it? Have you given of drunkenness and gluttony rid yourselves of and sinful cares of life, delude yourselves? Did you from the church and am young yet; I see in me; there will be think of those things which Thou fool! Have you words of the Gospel of man who thought he had for enjoyment? And heart was filled with awful voice of God was

"Thou fool, these things shall be taken, thy soul cast into hell, ask yourselves now, your fate if the voice to call you. Do not order when you think of it is then, as reason we ought to do? Is it awful state? Ah! I has permitted us to be warned perhaps for the sad indeed will be no heed them. And now prepare; now, at the of this new year, is the works of darkness, from the sins by which so long enslaved, for tion nearer than wh

A Mother's L

I do not think that realize what the ear influences of a mother when he reaches ye. The time which a mother's knee is be the man. Our most there. We are most when we are in a state penance upon the Many a man has stood the road in his life and perplexed, on mother's words, unto child, come before him the way. It is alizes that the best to a man is to have h watchful, tender and a mother can be w concerned. In those the lesson taught—not by a stranger, I garten, but at the becomes a precious benediction. It me salvation. And in a man thinks of a never thinks of a A look of tenderness eyes, a feeling of so his heart, and the lest infancy comes sciously, he looks up to himself the most words, "Mother."

mothers of to-day much that word will of to-morrow.—Ely Ladies' Home Journ

Many a You by an inherited weal and rest or medical sorted to, then no medi with the same benefi Emulsion.



Purest and Best for Table and Dairy No adulteration. Never cakes.