OCTOBER 10, 1914

CHATS WITH YOUNG MEN

ONE MAN'S WAY

This is not a pious exeggeration, nor the fruit of fancy-it is a sober

tale of fact. Let me tell it to you from the beginning. I had just got into the Pullman ear and was settling myself in the seat, when a strapping fellow with a pleasant, rosy face, leaned over from

cried.

"Have half of my paper, Father ?"

said he. I thanked him and pointed smil-ingly at my breviary. But after the effice had been duly said, we fell to chatting together. In the course of eur conversation we came somehow er other to talking of daily Communion, and the difficulty most people and in delaying their breakfast day after day until they have heard Mass and received the Blessed Sacra-

Yes," said he, " I found it so inconvenient that, about eighteen months ago, I gave it up altogether." "Well, now," quoth I, "that isn's

quite right. It may be hard to go every day. But you should try to manage it sometimes. Do you live so far from the church ?" He turned and looked at me won-

deringly. "Oh," said he, "you misunder-stand me It wasn't the daily Com-munion that I gave up—it was the

breakfast." What," said I, " a hearty young fellow like you, hasn't eaten his breakfast for eighteen months past?" He nodded his head very vigor-

ously. children of Ham, he began to play s Upon my word," said he, " and catchy coon song. As the strains floated out upon the I'll tell you how it happened. I went to work out in C-, and when I left home the folks kept reminding me, that C- was a godless town and that if I didn't look out I'd take that if I didn't look out I d take some harm there. So I began to go to Communion every day from the time I struck the place. I'd been used to eating a regular whopper of a breakfast, I tell you. My mother believed that the more you ate, the stronger you grew-and I stowed away so much sometimes that it was a wonder I held it. So I would start to Communion and then hurry back for breakfast, and then dash down t my work. And, I tell you, it made me sick.

Then I got the notion of cutting out the breakfast altogether, and believe me, it worked like a charm. After a while I went back home and took a job in an ice plant, and I used to leave home every morning break tless and walk to church for Communion, then down to work without ever thinking of breakfast again."

Well, but didn't it pull you down?" said I, taking a glance at his rosy cheeks-which, to tell the truth, were as plump and solid as anyone could wish.

Look at me, Father," said he "I've been doing the thing for eighteen months. When I started in, I weighed one hundred and fortyeight pounds, I now weigh one hur dred and sixty or so, and I've walked my good five miles a day, to and from

Haven's you ever been sick ?"

Sick," eried he, " not a minute !" I have set down our conversation very plainly, as you see, from the notes which I made instanter on the edge, of my time table. This young low was telling the plain truth as I knew from other sources, as well as

the others, and he lifted it to his where we are brought face to face the others, and he lifted it to his shoulder for a trial. It seemed to fit at once. The weight was right, the size was right. Although heavy, it was perfectly balanced, and al-though large, he could adjust it to his stride. There was no doubt about it; he knew immediately that it was the one of all those crosses that was the one of all those crosses with the momentous question "Which road shall I take ?" and over temptations come to us; over and over we must choose the path we will go. But there comes a time, in the life of every man and every woman, when this question is brought home with a greater and more vital persistence, and when it must be answered, once for all. that was exactly suited to his strength. "This is the cross for me," he cried. "I can bear this one without a murmur, for I feel it is made for

And the man looked again, an

LEAD KINDLY LIGHT

The boy begins life with high ideals. He wants to "do the right thing," to be cleau and manly and honest. He clings to these ideals as he grows older: he refuses to be led away from them. He will not be drawn me ; there is even a sort of bucyancy in the substance of it that seems to bear me up, and after all those others that I made trial of, this one seems nto shady paths; he keeps his hands almost as a dear companion, so easily latride along beneath its weight." "Even so," replied the angel, "for it is thine own, the cross that thou clean, his honor bright. But he finds is uphill work. His labor is hard, his profits few. He comes to be regarded as over-conscientious and slightly peculiar. "Fine fellow, you know, hast borne these many years, that was fashioned specially for thes, and that just now thou didst petulantly cast aside. Take it now and bear it peculiar. "Fine fellow, you know, but a little-well, a little squeamish. He'll get over it," and the laugh goes round patiently, for only in company with it shalt thou reach the journey's Still he struggles on. Right is

right, no matter what! But some dark day, when he is out of work or his wife is sick or the baby needs shoes-he sits down and

schold it was even as the angel said. baby needs shoes—ne are down and looks the thing squarely in the face and asks himself plainly, " Does it pay?" So and so isn't so part cular. He is respected and considered a fine **OUR BOYS AND GIRLS**

man, bus he does these things. And others; everybody, in fact, that he The Italian drew his hurdy-gurdy knows. up to the sidewalk, close to where a score of workingmen of different nationalities were seated, eating their Perhaps, after all, he is over particular. "You can't be, if you are going to succeed You are in the world and you've got to be like the rest or noonday meal. He was a diplomat, that swarthy son of Italy, for before you'll not keep up with the proces-sion." And he has a family to suphe began his penny concert he care-fully scrutinized the little gathering, port-by heaven, he can't see them suffer ! and having decided in favor of the

And he's tired ! And discouraged ! And so he stands, questioning, at the turn of the road; which way shall

air, a little girl who had evidently brought her father's dinner, sallied forth from among the motley group, and poising herself for a moment, The girl, too. Perhaps she also stands at the parting of the ways. Love came and took her by the hand like some graceful wild animal, be and led her on. And she has come to a path which is fair and alluring— and nothing really wrong, you know! gan to dance to the music, at the same time trilling the words in a sweet childish treble. Up and down, around and around she went, her Only a little doubtful; not quite raven curls flying, her dark eyes what her better self tells her it should sparkling, her glowing cheeks dim-pling, her tiny, twinkling feet scarce ly touching the ground. When the music had ceased, a bandbe. A companion she knows but little about; a slightly questionable amuse

ment an hour not quite seemly. But all the other girls do these some, cadaverous looking young things, and they are nice girls and everybody likes them. It's the way man, who, I supposed, like myseli was waiting for a car, approached the of the times - no one does now as our grandmothers did Everybody goes little girl, and dropping some shin-ing pieces of silver into her hand, to these dances, these theatres ; she said wistfully: "Little one, can you sing 'Lead will be called prudish if she refuses

to do as the rest do. And there's really not a bit of harm in it. Kindly Light?' If you can; ask the She, too. is asking, "Which road shall I take?" man to play it, please." For a moment the child stared at him with great, wondering eyes, then And everything, for time and for regaining her self possession, she eternity depends, in both cases, upon

smiled charmingly and murmured a few words in the affirmative. Turn the answer. It is usually some little thing that decides the question. A father's voice—echoing from the long ago— manly and true; a mother's prayer at ing lightly to the organgrinder she gave him the money, whispering a few words into his ear, at the same twilight ; the odor of incense ; the Greatly elated by the hearty ap plause, to say nothing of the gener breath of flowers on a May time altar; the memory of a first Communion ous contributions, the Italian grinned day-these things come back to the comprehensively, and began to grind boy and to the girl and turn the balance, like a snowy feather laid upon the scale when the beam just tips i a few lines of the hymn in pre-

As if by way of explanation, the man who had spoken to the little Alas ! For the boy or the girl who has no such memories to come to hem, like angel messengers, at such

girl, turned to me and said: "I trust it has been given to the author of those beautiful words to know the good they have done me; moment! God pity them! Oh. let those of us who have any one to influence-and who has not truly, they are a 'rod and staff, a rock in a weary land.' As you can plainly see, I am standing on the borderland of the 'Valley of the -let us not neglect to speak the the right word, to do the kind deed, to weave the sweet and tender charm If is head all the enthusiastic things he said of the spiritual bene-it he felt from daily Communion I should take up as much space again as thould take up as much space again as

THE CATHOLIC RECORD

WES THE WHITEST, LIGHT

FASTCAKE

WGILLETT COMPANY UM

.....

MOST PERFECT MADE

THE INCREASED NUTRITI

OUS VALUE OF BREAD MADE

N THE HOME WITH BOYAL

YEAST CAKES SHOULD BE

SUFFICIENT INCENTIVE TO

THE CAREFUL HOUSEWIFE

TO GIVE THIS IMPORTANT

FOOD ITEM THE ATTENTION

TO WHICH IT IS JUSTLY EN-

HOME BREAD BAKING RE-

DUCES THE HIGH COST OF.

LIVING BY LESSENING THE

MOUNT OF EXPENSIVE

MEATS REQUIRED TO SUP-

PLY THE NECESSARY NOUR-

E. W. GILLETT CO. LTD.

TORONTO, ONT.

MONTREAL

ISHMENT TO THE BODY.

TITLED.

WINNIPEG

PURE

ROYAI

CUICE WARA

death itself, and for the lives of our children and our wives, gave up their

own. "Look at the fourth name on that roll of angels. I do not know her name, but she was a beautiful girl, and her voice had the mellow "brogue" of the south of Ireland. She was stricken down ; the terrible death mark of the plague set its seal on her lovely brow. I, too, was ill. In my anguish I cried to God for help. There was a rustle at my door. That girl robed in black, hold-ing the crucifix in her hand, knelt beside my daughter's bed. Man! do you think she could die while an angel was caring for her? No, my daughter lived, but her ministering angel died. This is enough. Now to you : Do you think that you can pollute the air of our beautiful city by your foul slander of the priestd and those Sisters ? Why, man, the very stones of our pavement should fly in your face. If the men

of our city should prove so dastardly recreant to the memory of those noble men and women who gave up their lives for us, the women of our city should rise and stone you to h. Get your foul presence from our city."

our city." It is needless to say that he wept, and the press were hard put to ex-plain why Slattery did not speak at Memphis.—St Paul Bulletin.

OUR HOLY FATHER BENEDICT XV.

PERSONALITY AND POLICY OF THE SUCCESSOR TO PIUS X.

Rome Correspondence of The Catholic Standard and Times Rome, September 3.

Were you present, reader in St. Peter's, Rome, at the funeral obse-quies of Cardinal Rampolla some months ago, you should have seen sitting near the huge coffin an carriage and make him his personal guest. The press heralded abroad that the Catholics were snubbed; that the "Reverend" Slattery had sitting near the huge coffin an ascetic looking prelate, with a sad to be saved from death by the per-sonal interference of the Mayor look about his brilliant countenance. The Mayor in his carriage, met Slat His lips moved in silent prayer for his dead brother and chief. And somebody remarked: "If Cartery at the depot. There were no policemen in evidence. The Mayor somebody remarked: "If Car-dinal Rampolla had become Leo XIV. in the conclave of 1903, that briefly explained the situation, prom ising him complete protection and ordered his coachman to drive to pale faced man would have become Cardinal Secretary of State." Howdifferent points of interest in the city, which he wished his guest to see. They first visited the educaever, Divine Providence disposed otherwise. And to day Christendom reveres him as Pope Benedict XV. tional institutions, public and par-ochial, then the churches, libraries Bologna loses an Archbishop whom she found to be zealous, kind and and magnificent hospital erected by the city for the Sisters. Though the good, and the Catholic Church gains Mayor treated his visitor with the in Cardinal della Chiesa a Pontiff in utmost kindness, the latter seemed whom are combined the diplomatic qualities of Leo XIII. with the pasbe bored, and could not be to be bored, and could not be led into conversation. Evidently toral yearnings of Pius X. the Mayor was not just the kind of man he relished, and the absence of

GENTLE AND COURAGEOUS In person the newly elected Pontiff

violence on the part of the Catholics is ascetic in features, bright and was monotonous and mortifying. The Mayor inquired of his guest if vivacious. In manner, Benedict XV. s particularly charming and grache was weary, and politely asked him if he wished to see any more ious, and well, in truth, might it be of the city. Slattery bluntly told him that he bad seen quite enough. so. To the innate charm and re-finement of the educated Italian has been added a life long training in the world of diplomats in Rome and The Mayor told him that there was one more place of interest which he wished to show him. They were soon at the gate of a cemetery. They Madrid, which fact weighed heavily with the Sacred College during its entered and walked toward a marble leliberations of the last three days. shaft that towered as high as the But gentle and charming as is the sautiful southern trees, that draped character of the new Pope it has another side, viz., that which brings into play courage, tenacity and per-severance. His success as Arch-bishop of Bologna evidences this. "Mr. Slattery," said the Meyor, I have a purpose in bringing you here." His voice was husky with emotion, and his eyes gleamed more For there are sees and sees. In the history of four centuries the Arch ' Let me diocese of Bologna has not been regarded as a see that a weak char Mayor read aloud the inscription which stated that the monument cter could rule. The turbulent element there accounted for the broken heart of more than one Arch.

HIS TRIBUTE TO HIS PREDECESSOR eighteenth century numerous pilgrim. In his address to the faithful of Bologna relative to the late Pope's leath, Cardinal della Chiesa said : "The memory of the special ties which bound me to the Sovereign Pontiff who, after keeping me with himself for years, was good enough to confer on me episcopal consecra tion with his own hauds, renders his death parsicularly sorrowful to me. Along with me the faithful will weep over the sudden loss of the Pontiff who will live in Church history for the grand constancy with which he propounded true doctrine, for the zeal with which he promoted the de-votion of the Blessed Eucharist, and for the charity with which he em-braced all Christians, as well as for the fatherly manner in which he came to the assistance of all his

sons.' GENTLE HEART AND MASTER MIND In Benedict XV. the Catholic world

can with strong conviction welcome a firm hand, a kind, gentle heart, a master-mind filled with charity and zeal, enlightened in the sch labor. We stand on the threshold of what augurs to be a glorious pon tificate that will be full of triumphe for the Catholic Church both in the Pastoral and diplomatic fields.

VERITAS

THE MENACE BARRED

The Board of Directors of the Oregon City Pablic Library recently voted to remove the Menace from the tables of the library on the grounds that it was unfit for children o read. This action was not taken According to the Catholic Sentinel of Portland, Ore., the Board decided

several weeks ago to remove the Menace and the Masses. W. S. U'Ren, candidate for Governor on the Progressive ticket, was not present at the meeting, but when he heard of the decision of the Board be wrote to every member quoting an article in the State Constitution in which the right of free speech and of free press is established McBain, President of the Board, threatened to resign if the two papers were placed back in the lib-rary. At the recent meeting at rary. At the recent meeting at which definite action was taken, Mr. U Ren introduced a resolution to keep these papers in the library and every member of the Board, except his wife, voted against him and as a result the offensive publications have been removed from the library. Evidently U'Ren is very progressive. -St. Paul Bulletin.

AN ANCIENT SHRINE

STORY OF A MIRACULOUS STATUE OF OUR LADY IN FRENCH CHURCH

In the Catholic Church at Verde-Bordeaux, there is a statue of the Blessed Virgin carved in wood. It represents Our Lady with the Divine Infant in her arms holding a dove in His sacred hands. This statue is of very ancient origin. As far back as the twelfth century there is mention of it in documents still existing. In 1105 it occupied a position in the monastery chapal at Ver-delais, and we read that many pilgrimages were made to the shrine owing to numerous miracles having been worked there. In 1295 the church and monastery were pillaged and burned during the war between France and England. During the first years of the fourteenth century, when peace had been concluded, the bishop, and in the general strike that monks returned and built a small paralyzed Italy three or four months monastery and chapel, but in 1327 the war broke out again and the

honor of the Blessed Virgin

distance in the clay, until it rested

on a large stone. The Countess was

naturally impressed by the fact, and

she dismounted and ordered her at

tendants to raise the stone. Her

ages were made to the Shrine, and many miracles and cures of sick persons of whose recovery the doc-tors had abandoned hope were worked through the intercession of Our Lady of Verdelais. However, the revolution raged at Verdelais, as in other places in France, and the sanctuary was pillaged. Fortunately the statue was again saved by the Sacristan, Jean Michel. It is a remarkable fact that members of the Michel family have held the position of Sacristan for one hundred and fifty years, and a descendant occupies it at the pres-ent day. The church was rebuilt in 1887 and given to the care of the Marist Fathers, who, however, have been banished by the Government of to-day.—St. Paul Bulletin.

SIR WILLIAM RAMSAY'S CONCLUSION

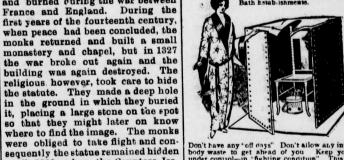
The distinguished authority in the scientific world, Sir William Ramsay, said on one occasion : "When I was a young man just entering the university, I began with the firm deter-mination that I would not accept anything which I did not understand If you follow this course, you will soon discover one important factand that is what a big fool you are. We are surrounded with things which we cannot understand, and our chief difficulty is to find any-thing which we do understand. The miraculous is not the non-intelligible; it is merely the unfamiliar. Who will say that a thing is impossible simply because he is unfamilian The more we study, the with it? better we see that there is one principle on which everything else is based. It is the principle that God

Make Your Own Bax Legal Will Will for 35c. you to make your own will as you. Insures privacy and saves costly law fees Each Bax torm has full and plain instructions:

Specimen will, properly made out, also included for your guidance. Sold by druggists and stationers 25c., or by mail (3 for \$1) to BAX W LL FORM CO., Room 2' 6 280 College Street, Toronto.



2 Cents **Gives You Luxurious** Turkish Bath at Home Every b t as reflecting a d a great deal more can-venient and sairsy og than the hand you pay \$2 and \$3 for in Turkish Bath Establishments.



SEVEN

Over

5

this How true it is that where there is a will, there is a way-though the way may not be always the one which this pink-faced young business man has discovered for himself of solving the problem of the Euchar-istic Fast.-T. R. K., in the Queen's Work.

CHOOSING HIS CROSS

Once, according to an old Bavarian legend, there was a man who com plained to his guardian angel that the cross he was given to bear along life's highway was beyond his world; and that I shall find again all life's highway was beyond his strength. "I am well aware," he that in this world of sorrow is beautiful and . . . He broke off suddenly, for the orsaid, every man must bear a cross, and at that I do not murmur. But the gan was playing softly and the child mecial cross that has been assigned was singing : o me is, without doubt, utterly unmited to my carabilities : the shape. the weight, the balance, all are wrong. Could I but choose my own eross, though perchance it might prove a heavy one, I would carry it The night is dark and I am far from uncomplainingly, and even cheer-fully; but saddled as I am with so unwieldy a burden, how can I be expected to persevere and wend my painful way on to the journey's end ?'

So hearing this his guardian angel took the man to the place where all the crosses destined for mankind were stacked, waiting for their 'Choose," quoth the angel, bearers. and take whichever cross thou willest in exchange for thine."

Thereupon the man quickly cast his own cross aside and set to work to find one more suited to his strength. But it was no easy task, for one was too heavy, one too long, this one too rough and jagged to the touch, that one was badly adjusted, the weight of the cross beam too heavy for the perpendicular beam, and therefore impossible to balance and Country.

on his shoulder. In fact, after try-ing some hundreds of the crosses and finding fresh difficulties and finding fresh difficulties and pains connected with each the man was fain to pray his angel to assist him in the choice.

Just then, however, his eyes fell Just then, however, his eyes fell ways "hard going," and, furthermore, on a cross lying a little apart from it is full of turns and branches; places

death, seeking in other climes that which I knew I could never find. It splendor of the crown at the summit of the road !-San Francisco Monitor. was while I was abroad that I heard that hymn sung, and the words awak ened me. So I came home, and am living in the present, like the author, SILENCING A BIGOT John Henry Newman, 'I do not ask to see the distant scene, one step enough for me.' Now I am going to meet death; not gladly, oh, no; but nevertheless, with an unfaltering trust and confidence that the 'Kindly

Lead, kindly Light, amid the en-

Lead Thou me on.

Keep Thou my feet, I do not ask to

circling gloom, Lead Thou me on!

home.

for me."

time gesticulating elequently.

out

lude.

Some years ago, when the A. P. A. was rampant, the notorious "Father was rampant, the hotorious "Father Slattery" was engaged by that un American society to "lecture" in the Southern cities. It was arranged that this campaign of slander should begin in Memphis. Tepp. that has been lost to me here. Life

The coming of Slattery was told on insulting posters. His press agent was ingenious and industrious.

As the night of the lecture drew near; the excitement grew intense, and at last even many Catholics believed that there would be trouble. Then the deputation began to invade the Mayor's office. The Chief of Police was a Catholic. He knew that apprehensions of violence were groundless. The other side pretend ed to be suspicious of him. The morning Slattery was billed

The distant scene, one step enough The morning Stattery was billed to arrive a deputation of ministers waited upon the Mayor. They were dreadfully in earnest. They insisted that a body of "trusted" special police should be appointed to guard the lecturer. The Mayor at last be

The strains of the hymn rose and fell on the peaceful air, and slowly sobbed themselves into silence. A solemn hush had failen on that little group of workingmen, and they es-sayed no applause, for when the lieved that the situation was alarm ing. He assured the ministerial deheart speaks the lips are silent. The putation that he would give the mat young man, who had spoken so calmter his personal attention, and re quested them to return in one hour ly of going out into the "Great Un The Mayor was a man of superb cul-ture and liberality, one of the lead known," turned quickly and walked away ; I was glad, for the tears were in my eyes even as they would have ing citizens of Memphis and deserva-ing of the confidence which a classes reposed in him. He at or sought the Catholic pastors re-some of the leading Catholic layor whom the ministers returned a been in my voice, but as I boarded my car, a song bubbled up in my heart, and I went on my way rejoicing.-Virginia C. Bayley, in Home When the ministers returned plans were made. He told then course he intended to follow.

WHICH ROAD?

Life is not the straight, level road intended to take charge of "Finance Slattery" himself. All received committees and guards were that some imagine it. There is only one perfectly smooth road, and that is the one slightly on the incline-downward. The upward path is aldispensed with.

He would meet the "lecture" the railroad station with his c.

Catholic priests and nuns who laid down their lives on the altar of Christian charity in the dark days of the terrible plague. The Mayor's eyes were filled with tears.

it with their luxurious frendage.

in sorrow than in anger. "L read what is written there."

"Read the names upon the shaft," he continued. "The pastor heads the list He was one of that race to which you are a disgrace. He was Nature's nobleman-benevolent,

pure. faithful to every trust and a lover of liberty. The other men whose names are on there were like unto him. They had neither kith nor

kin in our city. Read that long death roll of these devoted women whose arthly names even were given up for charity. Where can you find a parallell of heroism and Christian devotion? No earthly motive move them. Until the dark days of our sorrow came, they were unknown to us. Then, when dread and sorrow filled every heart, when the most sacred ties and obligations failed to save our sick from desertion, when there were no bands to smooth the throbbing brow, or give drink to the parched lips. angelic women entered

our homes, dared the horrors of the plague, smiled at the spectral face of



ago the city and surroundings of Bologna took first place in riots, church-looting and bloodshed. One who proved able to ride the whirlwind and stem the blast as Arch bishop of Bologna with special success will know how to guide Peter's Park amid the shoals and troubles that now surround it.

A PASTORAL-DIPLOMATIC POPE

until 1390, when the Countess Isa It may be early in the day for a forecast of the policy of Benedict XV.; but nevertheless one can come to a fair conclusion from his past

history. Benedict XV. will, I believe, be Benedict XV. will, I believe, be a pastoral diplomatic Pope—one who will embody the characteristics of the last two Pontiffs. He will be to the last two Pontiffs. He will be to erected, when one day she was out the pontificate of Pius X. what Leo XIII. assumed the tiarra he found mule upon which she was mounted nearly every power in Europe at variance with the Holy See, and he spent years in remedying the other thanks and he animal move on the the spent search of the second stopped, and no effort would make spent years in remedying the situation. And now Pope Benedict, on taking his seat on Peter's throne, finds that France and Portugal no longer officially recognize the Church, that Spain has been restive, and that the European war will bring for the

Holy See an entirely new era.

latter will pursue.

wishes were obeyed, and when the stone was lifted the statue of Our Will he follow the line of conduct Bleesed Lady was found in the cav which his old friend Cardinal Ram ity beneath, where it had rested for seventy years. Isabelle de Foix saw polla would have observed had he become Leo XIV.? I feel inclined to in this remarkable fact an evidence think Benedict XV. will do so, but in of the Divine Will. She therefore modified form. Remember, when rebuilt the church and monastery Cardinal Rampolla filled the Pontifiwhich became a great centre of pilgrimage until the sixteenth century, cal Nunciature of Madrid he had as lieutenant the newly elected Pope, and when Cardinal Rampolla stood but alas ! in 1562, during the religious wars, the Huguenots pillaged and burned the monastery and church. They massacred he monks and threw behind Leo XIII's throne as Secre tary of State, the present Pontiff the statue into the fire. As soon as filled a post of confidence in the Carthe Huguenots had gone away, the dinal's office. Up to the very last he remained Cardinal Rampolla's close few people surviving in the district made their way to the ruins, and These facts lead one to there, amongst the ashes, the statue think the Pontificate which has just opened will closely resemble that of was again found intact, but blackened by the smoke. The statue was then by the smoke. The statue was then concealed in a hole in a tree. In 1609 the church and monastery existed between Pius X. and the Cardinal Archbishop of Bologna will were restored by Cardinal de Lourdis surely leave its impress upon the line of action which, as Benedict XV, the

Don't have any "off days" Don't allow any inti body waste to get ahead of you Keep you under comuch-in "fahining condition" This a derful cab net bath right in your own home will you an invigo sting sweat very few days and all the dirt, poison and accumation ef a sate out of your pores and make you and keep you in nally and exte nall: clean and vierrous menth month, year after was. Cat and a van i he belle de Foix, the owner of that portion of the country, made a vow to have a church and sanctuary built in menth, year after year Get rid of your La Fever, Hard Colds and Rheumatim in th It's the ideal way that builds you up all over

> You Can Add Years to Your Life just by this 'itt's systematic careful artention to the needs of your body. You can make yourself super-in health, strength and the good looks that go with

Robinson Cabinet Mfg. Co. Ltd.

517 Robinson Bldg. Walkerville, Ont.





From that time until the end of the

and confided to the care of monks.