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How to get Your Salary Raised. How to get Your Salar? Raised.

How to get Your Salar? Raised.

An employe has something at stake besides his salary, says a writer in success. He has character. There is manhood involved compared with which salary is nothing. The way one does his work enters into the very fiber of his character. It is matter of couscience, and no one can aford to sell himself because his salary is meager. Besides, if one puts his very best self into every little thing he does—puts his heart and conscience. puts his heart and conscience it and tries to see how much, and LIFE nto it and tries to see now much, and not how little, he can give his employer —he will not be likely to be underpaid very long, for he will be advanced.

The Compelling Power.

A short time ago a young man, who had been an invalid for years, came into my office on crutches. He told me that he was not only paying his way at the academy, where he was preparing for college, but he was also actually helping several other poor boys and girls to get an education. You will say, "He must be a genius." He is nothing of the kind. He is simply dead in earnest, bound to do something and be somebody in the world. This is the only secret of the compelling power The Compelling Power. the only secret of the compellir g power of a great aim. Any handicap which is greater than your purpose, or stronger than your resolve, will keep you back. It is a question whether or not you are larger than the things which keep you down. You certainly are not while they seem so formidable, and while you are always complaining about them and acknowledging their power over you; but when you rise to your dominion, when you realize that you were made larger than any obstacle that stands in your way; you will stop whining "no the only secret of the compelling power

larger than any obstacle that stands in your way; you will stop whining "no chance," and go to work with a will that knows no defeat.

No chance! Why, at this very moment you are treading on the lids of great secrets without knowing it—powers and forces which, it developed, would give civilization a tremendous lift and areliorate the hard conditions of mankind. The very soil beneath your feet—the old farm which you think is worn out—may hold a splendid opportunity if you only know how to mix portunity if you only know how to mix brains with it and extract its secret. But there is no opportunity for the man who has planted corn or potatoes on the same piece of land for twenty years. He some no cheese is twenty years. He sees no chance in resting the soil by the alternating of crops.

Many a man has been right in touch with his great opportunity when he was dreaming of a far-away chance for wealth or distinction. He did not recognize is simply because he was ooking somewhere else for it.-O. S. M. in Success.

Cultivate Effort and Energy. Nature arms each man with some faculty which enables him to do easily something impossible to any other.

Find out what your faculty is, then

pit your whole mind on it and you will succeed. Concentration on one thing will bring success, where divided attention will mean failure.

Benjamin Constant, one of the most

stited Frenchmen of his time, resolved upon doing so many things, which he never did or never finished, that he was spoken of as "Constant, the In-

His life was an absolute failure, notwithstanding his great intellectual en-downments, because he had no strength

You meet people every day who are desirous of doing something—to succeed in life-but when it comes to any

effort or if any difficulty arises, then they sing another tune.

Do you think you are going to accomplish an end if you sit still and merely desire to be or do?

It is not ease but affort, not faculty. It is not ease, but effort; not faculty,

but difficulty, that makes men.

No matter what position you may hold, you will have difficulties to overcome before you succeed. Learn, then, to look upon them as your best instructors, for it is through them that you

A well known opinion tells us that there is more to be hoped from a man who failed, and yet went on in spite of his failure, than from the buoyant tareer of the successful.

The same authority says: "It is all very well to tell me that a young man has distinguished himself by a brilliant arst speech.

"He may go on, or he may be satis-fied with his first triumph, but show me a young man who has not succeeded at first, and nevertheless has gone on, and I will back that young man to do better than most of those who succeeded at the first trial."

We can so much if we only try. You do not know what you can do until you have tried, and then few really try their best until they have been forced to do so.

Cultivate effort and strength of purpose and be thankful for all the difficulties that come to you, giving you the

opportunity to prove your strength and force. Beethoven said of Rossini that he beethoven said of kossilit class and a good musician if he had only, when a boy, been well flogged, but that he had been spoiled by the facility which he produced.

Amety-nine per cent of the sun power or energy stored up in a ton of coal is lost on its way to the electric-light bulb. Thus we get only a hundredth part of the possible light contained in a ton of coal. The other ninety-nine parts are dissipated in heat, are used trie appears.

To discover some way to prevent this fearful waste of energy is one of the great problems confronting scientists to day.

Try to be something in this world and you will be something. Aim at excellence and excellence will be attained. This is the greatest secret of success and en nence. I can not do it," never accomplished anything. "I will try," has wrought wonders. Just as fearful a waste of energy goes on in man's use of his own powers. Instead of 100 per cent. of his energy appearing in results that are worth white, often not more than 1 per cent. try," has wrought wonders.

A Reason for this Man's Millions.

Clement Studebaker started at the lorge of a village smithy in Indiana more than three decades ago, says a more than three decades ago, says a writer in Success. To day he is one of the greatest manufacturers of America. What was the secret of Mr. Studebaker's encess? Every nail that he drays of it gets into his real work, the rest being thrown away, dissipated in scores of ways

A young man starts out in life with a large amount of force and vitality stored up in his brain, nerves and muscles. He feels an almost limitless supply of energy welling up within him, a fullness and buoyancy which knows no repres-sion. He believes he will do wonders with this energy, and that he will transmute practically all of it into light—achievement. In the pride of his youth achievement. In the pride of his youth and strength, he seems to think that there is practically no end to his power to throw off energy, and so he often flings it out on every side with reckless prodigality. He burns it up here in a cigarette or a pipe, there in whisky or wine; here he drains it off in heavy suppers and late hours, there in vicious living, idleness, shiftlessness, and living, idleness, shiftlessness, and botched work, until he finally comes to himself with a shock and asks, "Where is the electric light I meant to produce with all my energy? Is this flickering candle flame all that I can generate?' He is appalled to find that, with all his superabundant vitality, he has scarcely produced light enough to illumine his own way, and has nothing left for the world. He who had boasted of his strength and felt confident of shedding a light that would dazzle the world stumbles along himself in semi-dark been transmuted into achievement has been lost on the way.—O. S. Marden

OUR BOYS AND GIRLS.

STORIES ON THE ROSARY BY LOUISA EMILY DOBREE.

A FOOL'S PARADISE.

Giles shrugged his shoulders. "Who wouldn't be? You see, I am not very much drawn to my father's country, and I prefer the life of a rover. Ever been to Ireland?"

"No. I should like to go, I think."

"So you shall, one of these fine days," said Giles. "It's a fine old place, I must say, and the scenery on the estate isn't half bad, particularly when you get to the point where you see the sea and remember that you have nothing

between you and America. Did I show you the photographs?"
"Yes; it seemed to be a lovely place, far and away finer than my little house in Hampshire."

"It's depressing to see the state of things," said Giles, "among the tenantry I mean," and for a moment he thought of the miserable cottages and insanitary conditions of the homes of his tenants. However, it was best, so he decided, to put aside the thought.

he decided, to put aside the thought.

"When are you coming to the study,
Cora?" asked Giles presently.

"When you invite me," said Cora
shyly, for as yet she had not been to
Mr. Vandeleur's new London house.

"Well, things were not ship shape before, so I could not ask you, but now it's all right, far they have done more while I was away than I anticipated. When can Lady Charrington bring

you?" I think to morro\* morning. Would "Capitally. Morning is the best

"I do so want to see all the pretty things you are doing, and the magnum opus most of all," said Cora. "You have never even told me the subject of

have never even told me the subject of that, by the way."

Giles frowned. "Oh, I suppose I am peculiar, but I hate talking about a picture until it is done. I finished this one the day before I left for Ireland."

"Well, I must bottle up my curiosity until to-morrow," said Cora. "I have seen so little of your work."

"My studio was so small in the old

"My studio was so small in the old house," said Giles. "I have more room here in this new place. Now, here comes some one in search of you,' and Cora was soon borne off by her partner for the present dance.

Cora was a great deal too busy in the pursuit of pleasure to be able to flind time for going to church more than she was absolutely obliged, and indeed the the word "obligation" as applying to the laws of the Church was losing its force to her. Latterly, if she felt tired on Sunday morning from having danced into the small hours, or if she had a lazy fit on, she stayed in bed with a conscience that now seldom gave her trouble by unwelcome whispers.

gave her trouble by unwelcome whispers. Spiritual reading, visits to the Blessed Sacrament and the pious practices in such familiar use by Catholics who wish to keep their faith alive, never now came into her life at all.

One amusement succeeded another, and, as she had no intellectual tastes, her reading was all more or less superficial, and she was becoming wonderfully accustomed to reading books, seeing plays and listening to conversation ing plays and listening to conversation which had jarred upon her when she first left the convent, but now no longer did so.

Mr. Vandeleur's new house was more like a museum than anything else. He had travelled a great deal, collected works of art and curios in many lands, and arranged everything with great care and taste, for London was his care and taste, for London was his home, and he took no interest in the big Irish castle. As a matter of personal taste he did not care very much for what is called "gay society," for he was devoted to art, and had very few interests beyond it. As has been truly said: "A world is an all in all, some purposit, calling or state, which some pursuit, calling or state, which becomes to us the universe, and Giles had his world in that of art. His life

before climbing up the many stairs to where the studio was; so the two went up, and Cora soon was making a tour of

I have kept on my working clothes," said Giles, alluding to his velvet

with beauty. "Where's the mag

"Over there, behind that screen," said Giles, nodding in the direction of a large Japanese-leather screen.

" Let me see it, please. TO BE CONTINUED.

HOLY THURSDAY. Antigonish Casket. Panem de coelo prestitists eis, omne electamentum in se habentem are words familiar to the ears of all Catholics who are in the habit of assisting at the Benediction of the Blessed Sacrament. They were not originally used in reference to the Holy Eucharist, for they are found in the Book of Wisdom in the Old Test-ament. Non Catholics call Wisdom apports and Scripture because it is not found in the Canon of the Jews, but they might call the Four Gospels apo-cryphal for the same reason. Several crypnal for the same reason. Several chapters of this book, declared inspired by the Catholic Church, the guardian of Holy Scripture, review God's wonderful favors to His chosen people, Israel. The sixteenth chapter tells how He provided them with food in the desert, and in the twentieth verse of this chapter we read as follows: "Thou did'st feed thy people with the food of angels, and gaves then bread from heaven prepared without labor, having in it all prepared without lab or, having in it all that is delicious, and the sweetness of every taste." The words in italics are the English translation of the Latin with this article begins. The miracle to which they refer is recorded in the sixteenth chapter of the Book of Exodus. The Israelites having entered the desert which lay between them and the Promised Land began to fear that

the Promised Land, began to fear that they would starve therein, and to mourn for the flesh-pots of Egypt. "And the Lord said to Moses: Behold I will rain bread from heaven for you. . And in the morning a dew lay round about the morning a dew lay round about the camp. And when it had covered the face of the earth, it appeared like unto the hoar frost on the ground. And when the children of of Israel saw it, they said one to an-other: Man hu! which signifieth . What is this! . And Moses said What is this! . . And Moses said to them: This is the bread, which the

Lord bath given you to eat. . . . And the house of Israel called the name thereof Manna: and it was like coriander seed white, and the taste thereof like to flavor with honey. . . And the children of Israel ate manna forty years, till they came to a habit-able land; with this meat were they

fed, until they reached the borders of the land of Chanaan." (Exodus 16: 4 —35). Although the manna grew putrid if kept more than one day, there was an exception in favor of that portion which Moses caused to be gathered and laid up in the Tabernacle of the Ark of the Covenant as a memorial of

the wonderful manner in which God had fed His people in the desert.

How well the memory of this miracle was preserved we learn from the sixth chapter of St. John's Gospel. It was now the sixth chapter of St. John's Gospel. It was now the sixth chapter of St. John's Gospel. fifteen hundred years since it happened yet we find the people reminding Our Lord of it. It would seem that they had a tradition that when the Messias should come, a leader greater than Moses, He would give His people a food even mo e would give his people a food even in or wonderful than manna. The feeding of five thousand with five loaves was not wonderful enough, but it led them to think that there might be something better to come from the same source. So the very next day after the miracle of the loaves we find the multitude gathered around therefore dost thou gathered around therefore dost thou show that we may and thus addressing Him: "What sign Jesus in the synagogue at Capharoaum see, and may believe thee? What dost thou work?" (John 6: 30.) One would suppose that the multiplication of the loaves was sign enough, but no in their loaves was sign enough, but no, in their minds the Messias was associated wi ha still more marvelous food, for they go on: "Our fathers did eat manna in the desert." They expect the Mess as to give them something surpassing this. And they are right. For now Our Lord, taking up their words, goes on to tell them: "Your fathers did eat manna in the desert and are dead. This is the bread which cometh down from heaven: that if any man eat of it he may not die. I am the living bread which come down

I am the living bread which come down from heaven. If any man eat of this bread he snall live forever: and the bread which I give is my flesh for the life of the world." (John 6: 49 55.)

How did the Jews receive this message the very message which they had been looking for? They received it just as non-Oatholics receive it to-day, when delivered to them by Christ's when delivered to them by Christ's Church. They "strove among them-selves, saying: How can this man give us His flesh to eat? (John 6:53) And been spoiled by the facility which he produced.

Watted Energy.

Ninety-nine per cent of the sun-power of energy stored up in a ton of coal is lost on its way to the electric-light part of the possible light contained in a ton of coal. The other ninety-nine parts are dissipated in heat, are used up in friction in the engine or the electric apparatus, and never become light.

Balance of the universe, and Giles was a very happy one, and as he had a very large income he was able to gratify the very large income he was able to gratify apprehension of His teaching, act in this case? Did He explain to them this case? Did He explain to them this case? Did He explain to them this case? Bid He at least they were calmly shelved and setate they were c

say unto you: Except ye eat the flesh of the Son of Man and drink His blood, you shall not have life in you. He that inspection.

"I heard this morning from Florence, the villa is being put to rights."

"How nice." said Cora blushing a little, for they were to go there for their honeymoon. "What a lovely face this is, Giles."

"Yes; an Italian model. I picked him up one day near Tivoli, a most beautiful boy; I feel I haven't half done him justice. By the way, you see I have kept on my working clothes,"

eateth My flesh and drinketh My blood, hath everlasting lite; and I will raise him up in the last day. For My Flesh is meat indeed; and My Blood is drink indeed; he that eateth My flesh and drinketh My blood, hath everlasting lite; and I will raise him up in the last day. For My Flesh in meat indeed; he that eateth My flesh and drinketh My blood, hath everlasting lite; and I will raise him up in the last day. For My Flesh in meat indeed; he that eateth My flesh and drinketh My blood, hath everlasting lite; and I will raise him up in the last day. For My Flesh in meat indeed; he that eateth My flesh and drinketh My blood, hath everlasting lite; and I will raise him up in the last day. For My Flesh in meat indeed; he that eateth My flesh and drinketh My blood, hath everlasting lite; and I will raise him up in the last day. For My Flesh in meat indeed; he that eateth My flesh and drinketh My blood, hath everlasting lite; and I will raise him up in the last day. For My Flesh in meat indeed; he that eateth My flesh and drinketh My blood, hath everlasting lite; and I will raise him up in the last day. For My Flesh in meat indeed; he that eateth My flesh and drinketh My blood as drinketh My blood, and I will raise him up in the last day. For My Flesh in meat indeed; he that eateth My flesh and drinketh My blood, and I will raise him up in the last day. For My Flesh in meat indeed; he that eateth My flesh and drinketh eateth My flesh and drinketh My blood. had understood Him correctly. Even His chosen Apostles were staggered, but they did not go away, for when He jacket.

"That's right. I wanted you to, so that I could picture you at work, and you can smoke if you want to, aren't I kind? Yes, even that common looking pipe over there." And Cora, strip ping off her gloves, was taught how to till the pipe, and by the time they spent over it, one can only conclude that the business is more difficult one than it seems at first sight to be.

"But these are all small things," said Cora, looking round after viewing lovely faces, copies of Greuze, angels and cherubs, and feeling almost satiated with beauty. "Where's the mag thanks, broke and said: Take ye and thanks, broke and said: Take ye and

thanks, broke and said: Take ye and eat: this My Body which shall be de-livered for you: this do for the com-memoration of Me." This is the wonder-ous miracle which we celebrate on Holy Thursday, the anniversary of the day on which it was first accomplished. This is what we commemorate every time we assist at Holy Mass, for every time that Mass is said the miracle of transubstantiation, the change of bread and wine just the Bady and Blood of Christ. wine into the Body and Blood of Christ, wine into the Body and Blood of Christ, first wrought in that supper-room at Jerusalem, is renewed upon the altar. And every time we receive Holy Com-munion we eat the flesh and drink the Blood of Jesus Christ, to the end that we may not die the eternal death but after our exile on earth is ended, may live with Him forever in heaven. Well live with Him forever in heaven. has the Church applied to the Holy Eucharist the words first written of the manna. The manna supported bodily life for the children of Israel during their wanderings in the desert on the way to the Promised Land. The Holy Eucharist is to support the life of our suls while we are making a journey even more painful and dangerous towards Heaven, the true Land of Promise. wards Heaven, the true Land of Promise.
The manna was such that it suited every
man's taste. The Holy Euchar st,
worthily received, gives to every man's
soul just that strength which he espec
ially needs. Lastly, the manna in its
appearance bore no small resemblance
to the sacred elements under which Our
Lord hides Himself in the Holy Eucharist and heing laid up in the Tabernacle Lord nides Himself in the Holy Euchar-ist, and being laid up in the Tabernacle of the Ark of the Covenant was a strik-ing figure of the Holy Eucharist re-served in the tabernacle of the Catho-lie Church

Catholics the world over are crowding the churches to day, visiting the repositories of the Blessed Signament. This is excellent, but they should do more than this on Holy Thursday. Every one should resolve that if he has not made his Easter Duty he will do so before the Paschal time has expired. Every one shall resolve that he will never miss Mass through his own fault on Sunday or holyday of obligation. These resolutions are matters of strict obligation for all Catholics. But a fer-vent love for the Blessed Sacrament is not satisfied with fulfiling strict obligations; it is anxious to do more.
And therefore the fervent Catholic will and therefore the lervent Catholic will resolve to assist as often as possible in the week day Mass, and to make a daily visit to our Lord in the tabernacle. We have known men burdened with the cares of public life to hear Mass on their way to their office every morning and may a visit to the Blessed. Mass on their way to their office every morning, and pay a visit to the Blessed Sterament on their way home in the evening. We have known distinguished professional men to receive Holy Communion or at least visit the Church before undertaking any difficult case. May many of our readers to-day be moved to follow their example!

### THE WAIL OF SECULARISM.

"College atmosphere of the average institution of learning of to day is unfavorable to the origin and development of ministerial aspirations. Religion is practically ignored in the curriculum. The scientific spirit of the day so strongly represented in the college is not consistent with the re-igious spirit prevailing in the churches."

churches.

The foregoing statment has been made by President William R. Harper, of the University of Chicago, in his latest report of the condition of the midway school, written hurriedly before preparing for the operation for intes-tinal trouble to-day.

"It is an indisputable fact that the

percentage of young men looking for-ward to the ministry as their profession is decreasing," he writes. "Some of is decreasing," he writes. "Some of the elements contributing toward this alarming decrease may be indicated. One of these is the change in the rela-One of these is the change in the relative standing of the ministry among the professions. The position of the minister, for various reasons, has been steadily losing dignity and power, while the lawyer, physician, teacher, engineer, and others have rapidly strapped to the front. The feeling that professed illustrate of thought and expressions liberty of thought and expressions. perfect liberty of thought and expression is prohibited in a great majority of the pulpits hinders many young men from preparing themselves to serve the Church. Furthermore, inadequate sal-aries tend more than anything else to dismiss the influence and importance of the minister in the social and civic life of the community."—The Missionary.

There are two easy paths to Heaven. They shorten the distance immensely. The path for the poor is immensely. The path for the poor is patience, and that for the rich charity.

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Now is the time to secure the CHATHAM INCUBATOR

If you put it off until the last moment, the chances are that you will not be able to get them, as their past success has proven them to be the best in the market and this spring's sale promises to assume enormous proportions, and those who delay in securing Incubators or placing their orders may not be able to secure them. Come early and

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## A GUARANTEE TO MOTHERS.

There is only one medicine intended for use among infants and young chil-dren that gives mothers a guarantee that it is free from opiates and poison-ous soothing stuffs. That medicine is Baby's Own Tablets. Milton L. Hersey, Baby's Own Tablets. Milton L. Hersey, M. Sc., public analyst for the Province of Quebee, and demonstrator in chemistry for McGill University, says: "I hereby certily that I have made a care ful analysis of Baby's Own Tablets which I personally purchased in a drug store in Montreal, and said analysis has failed to detect the presence of any opiate or narcotic in them." These opiate or narcotic in them." These tablets cure all minor ailments of little ones, such as teething troubles, simple fevers, colds, constipation, diarrhoea, colic and worms ones sleep naturally because they re move the cause of sleeplessness. They are a boon to all mothers, and no home where there are young children should be without a box of Baby's Own Tablets. Sold by all medicine dealers, or by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Oat.

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cine.

To Know is to Prevent — If the miner who work in cold water m st of the day would rub their feet and legs with Dr. Thomas, Eccettric Oil they would escape muscular rhumatism and render their nother limbs proc fagains the ill effects of exposure to the cold. Thos setting out for mining regions would do wel to provide themselves with a supply before starting.

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