Whether they come

from bruises or over-

work, sore muscles

will quickly yield to

the soothing effect of

Rub briskly into the mus-cles a few drops of Absor-bine, Jr., and the inflam-mation which caused the pain will quickly disap-pear—and with it the pain Keep a bottle on hand and be prepared for emer-

and be prepared for eme

\$1.25 a bottle at most druggis

Absorbine.J

**CUTICURA HEALS** 

SKIN TROUBLE

In Pimples On Face, Itched

So Had To Rub Them.

Burned and Hurt.

"My face was a mass of pimples and I had an unusual amount on my forehead and chin. They were hard and red and later they came to white heads. They itched so I would

ub them, and then they started to

rub them, and then they started to burn and hurt.
"I saw an advertisement for Cuticura Soap and Ointment and tried them and found they helped me. I purchased more and when I had used three cakes of Cuticura Soap and one and a half boxes of Cuticura Chiestonet I was completely healed."

Ointment I was completely healed." (Signed) Miss Anna Fyalka, Carrolls,

Wash., Dec. 6, 1919.
Give Cuticura Soap, Ointment and
Talcum the care of your skin.

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Lymans, Limited, 344 St. Paul St., W., Montr Cuticura Soap shaves without n

Vapo- (resolene

Vapor Treatment for Coughs a

Est. 1879

W. F. YOUNG, Inc.

Absorbine, Jr.

sore muscles

#### FIVE MINUTE SERMON

BY REV. WILLIAM DEMOUY, D. D. FIRST SUNDAY AFTER EPIPHANY

OUR DUTY TOWARD OUR PARENTS "And He went down with them, and came to Nazarch; and wes subject to them. And His Mother kept all these things in her heart." (Luke ii, 51.)

We never can fully repay our parents what we owe them. We never can return them a gift that, in value, will be equal to their gift to us. What are all offerings we can make them compared to our-selves, and the possibilities that lie before us! We are the noblest of the creatures that inhabit the earth. Our great powers of mind are infinitely superior to the mere instincts of living beings. We are able to prepare ourselves for another world of eternal delights. Our soul is immortal and yearns for something everlasting. This we may have, if we remain faithful during life to the promises we made our Maker at baptism, and keep. His commandments, But had it not been for ments. But, had it not been for our parents, we would not have existed; we would not have this opportunity that is worth more to us than heart can conceive.

How much we owe our parents also, for the care they took of us during our childhood days! Then we were helpless, even more help-less than the young of the brute creation. Everything possible was done to develop us physically, and in most cases, to develop us intellectually. We need not speak of moral development, for it was the earnest wish of our parents that we be morally good. Riches, honor, fame, everything worldly great, they readily would have sacrificed, in most cases, to have us become good, useful people. And if good-ness and virtue adorn our souls, they are satisfied. It matters little what earthly possessions are, provided we be upright, honest, and God-fearing. For all of this our parents strove untiringly. Well has God told us explicitly in the commandment, to "honor thy father and thy mother;" and wisely did Christ teach us when He set the He. Christ, the God, the Creator of all thing, goes to Nazareth, the home of His earthly parents, and lives with them; but He does more, He remains subject to them. And for how long? Until He has arrived at mature manhood.

Oh, how guilty must many sons and daughters of the world today feel, in the face of the example that Christ has left to humanity! In this age of independence, of liberty, In rit of an unrestrained and deceitful world rather than the open and evidently just command of an all-wise God. The love of parents for their child, at least in a material the univers way, has not lost any of its intenthe Church. sity, but the child's love for its parents is no longer as sacred and sincere as it should be. Many people, joined in holy wedlock, are sinning the end intended by God when He created man and woman. But, to olic Standard and Times. those to whom children do come owing to their own honesty in the matrimonial' state, God sends the blessing of true, parental love. They love their offspring at once and forever, unless they become so degenerate as to be blinded and

hardened by continued vice.

Alas, this is not true of many father and mother and obeys them, but it should be at least implicit.

If this were always the case, many a parent, who is unhappy today, would be enjoying a great peace of mind and heart; many parents, suffering from the toil of venues.

"too much materialism, too much be emphasis on the purely social. It wonder why we can't establish institutions of the ethical standards of the Catholic convents?"

It was the first time I had suffered to make the protestant in the Protestant not in all parts. The Catholic and Protestant to gether believe certain texts are in the purely social. The protestant is the Bible. They both believe it to be inspired—the Catholic in toto; the Protestant not in all parts. The Catholic and Protestants is the Bible. They both believe it to be inspired—the Catholic in toto; institutions of the ethical standards of the Catholic convents?"

by the fact recorded in teday's and women most familiar with pleasure, and our joy to being ally and as far as we can, for their love and their sacrifice, let us be generous and kind toward them. If we have been negligent in the past, let us return like prodigal children and remain faithful to them and to their love for the rest of our days.

#### THE SECOND GREAT PICTURE

The "Last Communion of St. by Domenichino, is the Jerome," masterpiece of this master, and is second only to the "Transfigurbeing placed opposite to it in the Vatican.

The aged saint, emaciated and dying, is borne in the arms of his disciples to the chapel of his monastery at Bethlehem and placed within

He is represented as receiving his last Sacrament from St. Ephraim of Syria. A young priest sustains him; St. Paula, kneeling, kisses one of his hands; a deacon holds the cup, and an attendant priest the book

The lion droops his head with an expression of grief; the eyes of all are on the dying saint, while four angels, hovering above, look down upon the scene

A noticeable feature in the picture is that the candle is ingeniously bent, so as not to interfere with the architectural lines of the picture, while the flame is straight.

The lion, which always accompanies Jerome when he is represented in art, is said to have pined away after Jerome's death, and to have died at last upon his grave.

middle of the fourth century. As a scholar and an author he takes the first rank; as a theologian he is second only to his contemporary, St. Augustine, among the Latin Fathers. His chief work is his Latin translation of the Scriptures. In 374 he retired to the desert of Chalcis, where he spent four years in study, especially that of the Hebrew language. He was thus

prepared to produce a new version of the Old Testament. He commenced his work in 385 and completed it in 405; and he also this age of independence, of liberty, made an improved translation of of great learning, children obey the the New Testament: his two translations received the name the "Vulgate." About two hundred years after Jerome's death, in A. D. 420, the Vulgate became the universally received version of

Paula was one of St. Jerome's chief converts from among the wealthy families of Rome. She grievously because they are using and became so celebrated for her matrimony for other ends than for holy life, that after her death she was canonized as St. Paula.-Cath-

### CONVENT EDUCATION

WHY TWO PROTESTANT GIRLS WERE SENT TO A CONVENT SCHOOL

system. Afterwards, my two years will be good. The same must be said of a young man or young woman, or even those of ripe maturity, who still retain a love for their religious instructions that, rebel toward them. How much better would the world be if such conditions predominated. Nowadays children are scarcely out of their teens before they think they are free from the parental yoke. How little they realize what was done for them! Can they not be made to admit and to see clearly that remark to me about the relative value of her own university education. Nor did she approve altogether of the girl's school in which admit and to see clearly that parental supervision is a blessing rather than a burden? Freedom should not be a word to be admitted tion. Nor did she approve altoto the vocabulary of parents and children. Permission should be the one word in this respect. This permission always need not be explicit, "too much materialism, too much

mind and heart; many parents, suffering from the toil of younger days and from old age, would not be forced to Iabor as they do for their daily bread. What shame should be heaped upon a son or dependence of the Catholic convents?

It was the first time I had ever heard any one suggest that Catholic convents held any standard of education that non-Catholics should emulate. That my wife, who was one of the keenest students I have emulate. That my wife, who was one of the keenest students I have ever known, should make the remarks above his comprehension believes because it is inspired. The Protestant selects an interpretation that non-Catholics should believes because it is inspired. daughter, strong and vigorous, who is neither giving a helping hand to impressed me at the time The

Gospel. Let it be our delight, our pleasure, and our joy to bring comfort to our parents. They have labored and suffered for us after bringing us into the world. Thus far we have done little to repay them, But in future let us do more to show them our appreciation for their kindness to us; and, in order to recompense them, at least partially and as far as wa can for their kindness to us.

Abigali would eventually go to one of the women's colleges of the East. But in the meantime I had to fill four years for Ethel and six for I consulted my old partner, the Judge. "Send 'em to a Catholic convent," he growled characteristi-

"Sisters take care of girls That's their business. They're not working for the money, And 'Glory to God' work is the only kind where the other fellow," has a chance to sit in the game. Curiously enough, his words brought back to me my wife's remark about the ethical standards of Catholic convents. I took a mental review of the women in our town whom I knew to be convent graduates comparing them with women I knew to be the products of other methods of education. With a few exceptions the balance stood overwhelmingly in favor of the convent-bred women. "I'll send them," I said.

My girls have been for two years in one of the largest Catholic convents in the West. During their first visit home I studied them keenly, looking for evidences of any acquired traits I might consider undesirable. I did not find them. I had at least expected repression but I find my girls as heartily wholesome as ever. They are doing well with their work. I know their moral standards are being fused. I know they are safe. And, although I am a lonely, middle-aged man in a big house for nine months of the year, I am willing to make the sacrifice in the certainty that I am doing my duty to my daughters in giving them the best kind of an education for their needs. For I have lived long enough to see that the great need of America is men and women of moral strength and high standards and I can see that these are qualities the convent school is giving to my girls.—Denver Register.

#### OUR BLESSED LADY

PROTESTANT WOMAN SAYS NEGLECT OF MARY IS CAUSE OF VICE

The following letter in the Baltimore Sun of June 19 is the more striking as having been written by one who has not the happiness of being a Catholic. It reminds us of the saying of G. K. Chesterton, himself an Anglican, that "a young man can keep himself pure by thinking of disease; he can also keep himself pure by thinking of the Virgin Mary." May it not be that with all our search after scientific amelioration for modern conditions we have forgotten the great spiritual forces which alone can bring a real mitigation of vice, a real diminution of crime, a real peace, a really satisfactory social and economica! condition, and real happiness.

To the Editor of the Sun: Sir: Edison shot an arrow into the air on the subject of collegiate

which I hope will fly from Maine to Florida, and from the Atlantic to the Pacific and that they may remove the ignorance that surrounds

text books, but the text book of both Catholics and Protestants is spired, but explain them differently.
The Catholic sticks to the text and
what is above his comprehension

This is the terrible ignorance that my arrows are shot against, and the smallest child who honors the smallest child who honors the is bad, but moral illiteracy is far Mother of God and obeys her state- worse, and it is from moral illitment is really more learned in essential knowledge of what is good than Edison and all the scientists of the world who have not this knowl edge. And the Magnificat which the Roman Catholic Church believes and teaches is a more crucially important utterance than any dictum of science, so far as the moral elevation of the world is concerned, and never more necessary to be be lieved than now-for, taken as a model by all the women of America, the great wave of divorce and shocking immorality here-more than rivaling that in any other Christian country—would cease. Shutting out the light of the truth as to the Immaculate Mother of God helps to destroy souls and bodies that science can never save.

THE ORIGIN OF THE FORTY HOURS' DEVOTION

Our Lord's body lay in the tomb, was first instituted in Milan about

Somewhat later, it happened that for us to be here. a troupe of actors came to Loretto at the carnival time, with the purpose of performing a highly objectcollege to be most beautifully college to be most beautifully decorated, the high altar lighted up with countless tapers, and the Blessed Sacrament exposed during forty hours. Meanwhile at intervals, hymns and anthems were sung; there were spiritual readings and two or three short sermons each The people were moreover exhorted to approach the Sacraments.

This plan proved most successful; the sacred entertainment, if it may be so called, found more favor with the inhabitants of Loretto than the performance of the comedians. Almost the whole population repaired to the church, and the gain to souls was immense. Loretto this devotion spread to the whole Church; it was approved by the Holy See, and enriched with indulgences by several Popes.—The Sentinel of the Blessed Sacrament.

#### MORAL ILLITERACY AND ILLITERACY

in the public's heart as well as in many years, through ceaseless the public's eye, spoke some plain toil, through incredible sufferings, truths on the necessity of religion for the children of this country.

"If I had my way," he declared, "I would make every child in the United States attend church regularly." If all parents would make with them urging them onward and upward to the eternal participation in the Light of God's countenance.

What sustained the Apostles sustained hardened by continued vice.

Alas, this is not true of many Alas, this is not true of many and a Catholic. I am not a Catholic. I am a Judge. I was educated in the public school of my native town. I remember that my first orations due to this lack of love for parents. A child who loves its parents. A child who loves its were forensic in defense of this system. Afterwards, my two years arrows on another kind of ignorance in the subject of collegate in the public s morals ignorance; it fell and wounded would speedily result. For, as Mr. Marshall has more than once quoted would be seedily result. For, as Mr. Marshall has more than once quoted would be seedily result. For, as Mr. Marshall has more than once quoted would be seedily result. For, as Mr. Marshall has more than once quoted would be seedily result. For, as Mr. Marshall has more than once quoted would be seedily result. For, as Mr. Marshall has more than once quoted would be seedily result. For, as Mr. Marshall has more than once quoted would be seedily result. For, as Mr. Marshall has more than once quoted would be subject of collegate in the public s morals in the subject of collegate in the public s morals to live lives of toil, to be misunder. Marshall has more than once quoted would be subject of collegate in the public s morals to live lives of toil, to be misunder. Marshall has more than once quoted as the twig is bent the tree is in-leading to reforms.

Now I am using a quiver of arrows on another kind of ignorance; the first of the subject of collegate in the public s morals to live lives of toil, to be would speedily result. For, as Mr. Marshall has more than once quoted as the twig is bent the tree is in-leading to live lives of toil, to be would speedily result. For, as Mr. Marshall has more than once quoted as the twig is bent the tree is in-leading to live lives of toil, to be would be subject of the would be subject of the world in the subject of the would be subject of are in schools from which religion is the worlding is simply the differ excluded. Less than half of them attend a Sunday-school, and very many of these schools leave much to be desired in permanence of staff

Even to those who look upon religion as little more than an extenligion as little more than an extension of the police-force, effective in keeping people within bounds, but in no sense a revelation from on high or a need of the human heart. this is a serious matter. In plain statements as yet unchallenged, Mr. Raymond F. Fosdick has shown the growth of crime of every variety in the United States, and the unenviable position which we occupy compared with France, Italy and Great Britain. Nor has this dis-order been confined to the adult population. A-wr ter in the Chicago Trioune for October 10, calls attention to the increase of juvenile delinquency during the last three

years. "Juvenile courts in all big cities

It is a strange commentary on approving of it in the case of His legitimate authority, are fast makamerican education that the men mother.

Illiteracy, in the technical sense eracy that the country is suffering. There is no cure save in a return to reform must begin in the heart of every man, manifest its influence in the family, and from the family imbued with religious principles and feeling, spread throughout the community. And as for the child, if we wish to save the next generation for religion, and assure the survival of genuine Americanism, he must be taught in a school which gives him a knowledge of the claims of Almighty God, as well as some insight into the mysteries of profane science.—America.

#### TRANSFIGURATION

Only once in His thirty-three years of mortal life did Our Divine Lord openly manifest His Divinity to His Apostles. This was on Mount Thabor, when before Peter and James and John, His face did shine The adoration of Quarantore or Forty Hours' Exposition of the Blessed Sacrament, in commemoration of the forty hours during which as the sun, His garments became white as snow, and a Heavenly effulgence surrounded Him. Stunned at the sight of such glory the

The Feast of the Transfiguration commemorates this unusual event in the life of Christ, and teaches over her countenance such as I have ionable play. A pious Jesuit Father who was there did his utmost to prevent the acting of this play, but he failed in his object. He then Lord. They were His chosen friends motionless before her, persuaded to the failed in his object. He then Lord. They were His chosen friends motionless before her, persuaded to the failed in his object. He then Lord. They were His chosen friends the failed in his object. He then Lord. They were His chosen friends the failed in his object. He then Lord. They were His chosen friends the failed in his object. He then Lord. They were His chosen friends the failed in his object. He then Lord. They were His chosen friends the failed in his object. He then Lord. They were His chosen friends the failed in his object. He then Lord. They were His chosen friends the failed in his object. He then Lord. They were His chosen friends the failed in his object. He then Lord. They were His chosen friends the failed in his object. He then Lord. They were His chosen friends the failed in his object. He then Lord. They were His chosen friends the failed in his object. He then Lord. They were His chosen friends the failed in his object. He then Lord. They were His chosen friends the failed in his object. He then Lord. They were His chosen friends the failed in his object. He then Lord. They were His chosen friends the failed in his object. He then Lord. They were His chosen friends the failed in his object. He then Lord. They were His chosen friends the failed in his object. He then Lord. They were His chosen friends the failed in his object. He then Lord. They were His chosen friends the failed in his object. He then Lord. They were His chosen friends the failed in his object. He then Lord. They were His chosen friends the failed in his object. He then Lord. They were His chosen friends the failed in his object. He then Lord. They were His chosen friends the failed in his object. He then Lord. They were His chosen friends the his chosen friends the his chosen friends the his chosen friends the his determined to offer a counter attraction to the people, to present them with a spectacle of a very fine character, one calculated to raise the lives were spent in arduous toil, in heart and soul to God. Having obtained permission from the Bishop, he caused the church of his want.

The riches, pleasures, and honors

selves content to take whatever sufferings their Master deigned to send upon them. Their hope of an earthly kingdom was gone, yet they fastened their hopes on His promise of an Eternal Kingdom where suffering and trial should be no more, and happiness complete and unalloyed would reign forever.

What heartened and sustained them in all this? It was the glimpse they had received of Our Lord on the Mount of Transfigura-That brief moment of bliss tion. In a recent speech, Mr. Thomas R. Marshall, a man who by his wise and humorous utterances kept that obscure official, the Vice-President,

Mr. Marshall's way their way, an improvement in the public's morals would speedily result. For, as Mr. tains us also. We have to suffer many trials, to undergo hardships, to live lives of toil, to be misunderment of the riches and pleasures and honors of this world. To the world of today obsessed with the worldly ideal of temporal happiness, the Feast of the Transfiguration comes with its message of light and hope to bid us forget the things that are of earth, and to strive for the higher things, the things unseen, the enjoyment of God in Heaven for all eternity.—The Pilot.

#### CONVERTED BY A SMILE Now as many are visiting Lourdes

the following story, told by the Count de Bruissard, is interesting: 'I happened to be staying at Canterets at the time when the apparitions at Lourdes were attracting much attention. I must acknowl edge that I was at that period a stray sheep—indeed, I was some-thing worse: I was an Atheist. I had read in a newspaper that Berna dette had been favoured on the 16th of July by an apparition of the Blessed Virgin, and that Our Blessed Lady had smiled upon her. I therefore decided from curiosity dear old parents nor applying a soothing balm to their kind old hearts?

How guilty in the sight of God and man is the child that has sacrificed the love of mother and father for some worthless creature? What is such love—low and disorderly passionate—to the pure and elevent agree the love of the ones that gave him birth? One utterly destroys the other, for they can not exist together, Yet the country is full of such cases. Many poor, weak, heart-broker parents are longing for the return of a son or a daughter; but they will wait in vain, for many are in the clutch of Satan and heart-broker parents are length of the return of a son or a daughter; but they will wait in vain, for many are in the clutch of Satan and heart-broker parents are length agreement that the will have dragged them down into the depths of eternal perdition.

Memory of it impressed me again when I was struggling to think out the world was made, before man had fallen, God selected a young had fallen, God selected a young had fallen, God selected a young be world was made, before man had fallen, God selected a young be world was made, before man had fallen, God selected a young hear had fallen, God selected a young had fallen, God sel

# WELLANDSTRONG

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"I suffered terribly from Constipation and Dyspepsia for many years. I felt pains after eating and had gas, constant headaches and was unable to sleep at night. I was getting so thin that I was frightened.

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you untruths?' Somehow I felt disarmed. Bernadette was not Apostles fell on their faces to the earth and could only exclaim in rapturous ecstasy, "Lord it is good for us to be here."

| Mas on the point of kneel and the that I had seen the smile dette's face. I have never forgotten it. Since that day I have lost my wife and my two children but I do not feel alone in this world smile before me.-Exchange.

#### POPE'S REPLY TO GERMAN BISHOPS

but many hardships.

Disappointment, discouragement, disillusionment shattered many of their dreams. They were called upon to face their greatest trial in the crucifixion of their Master. Yet through it all they preserved a remarkable Faith and showed them-Cologne, Germany, Dec. 5 .- Pope

The Holy Father declares that religion must be the foundation of the family, the community and the State, and he urges them not to relax their work of defending the Church and of protecting the Christian family. The more they are attacked the stronger should be the

God will help and guide, the Holy Father says. The prayers of the Christian people will be heard in Heaven; and the Bishops' labor and sacrifices are sure to have

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