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FIVE-MINUTE'S SERMON.

Fourth Sunday In Lent.

CONSTANT PRAYER.

"Watch ye and pray, that we enter not into temptation: the spirit, indeed, is willing, but the flesh is weak." (St. Matt. xxvi. 41.) Not unfrequently, my dear breth-ren, a priest is told when he asks his penitents about their prayers, that they have been too much put out to say them; that they have had so much trouble, so many anxieties and disappointments that they have had no satisfaction in praying. Something or other has gone wrong, and, as a consequence, their prayers have been In not a few cases matters go farther than this, and on account some reverse or trial a man will leave off going to church altogether. Now, I wish this morning to point out the mistaken notion persons who act

in this way must have of the necessity

and purpose of prayer.
Some people think, or at all events act, as if they thought that prayer is a kind of spiritual luxury, a thing to practice as long as things go well and pleasantly, but to leave off when the times are dark. Others do not go so far as this, but look upon prayer as a duty to be done, a command to be obeyed, and if they grow careless about their other duties and obligations, this must share the same fate I wish to point out, however, that prayer and its necessity stand in an entirely different position. While it is perfectly true that prayer is a duty, yet the necessity of prayer is greater even than the duty of observing God's commands. To understand this you must remember the difference which exists between those things which must be done because God commands us to do them, and those things which must be done, or which we must have, because God has made them means to obtain our salvation. Perhaps the best way to make this clear is by a few examples.

Now, we all know that to tell a lie is a sin: that Almighty God has com-manded us not to depart from the truth. Yet there are many persons so dull, and possessed of so little sense and intelligence, as to think that in some difficult circumstance it is right to tell a lie; for example, to save a friend from death or even from getting into small troubles. Well, suppose a man were to act in this way, thinking he was doing right, would he commit a sin and offend God? By no means, if he did it in good faith. His ignorance would excuse him; it would not be a sin in such a case.

Take another example, and a more important one. All Catholics know, owing to the advantages of their birth and education, that God has founded His Holy Catholic Church, and that He preserves it in the world in order to teach His truths and to administer the sacraments which He has instituted as the means of grace and sanctification. He has commanded all men to enter this Church, and that they may be able to know that it is His Church, He has given to it certain notes of which o other body of men is in possession But now, let us suppose that there are some men who, owing to their dullness of apprehension, their bad education, their prejudice or any other reason, are unable to see that the Catholic Church is really and in truth the Church of God; would they commit a sin on account of the mere fact that hey do not do that which they did not know they are bound to do? By no

Ignorance in this case also excuses. It brings with it many disadvantages and entails many evils, but it is not sinful in itself.

But when we come to those things which are necessary, not merely because God has commanded or forbidden them, but because they are made by Him means to the end, then the omis sion of such things involves more seri ous consequences. If a thing is a mean to the end, the end cannot be attained unless the means is made use of; and if we could suppose a case in which a person were even in unblamable gnorance of such a means, that ignor ance would not excuse him; he would not, and could not, without the means get the end.

Now there are some things which are necessary to salvation, not merely because God has commanded them but as means to attain it, and among these things is prayer. If we wish to be saved, prayer is so necessary that even ignorance will not excuse us from it. How foolishly, then, do those people act who leave off their prayers for every little misfortune or contradic tion, when our Lord bids them pray at such times.

Maltine With Cod Liver Oil and Hy pophosphites for Lung and Throat Diseases.

pophosphites for Lung and Throat Diseases.

Perfectly well established is the value of cod liver oil in the various diseases of the air passages, and combined with maltine and the hypophosphites, its remedial value is vasily enhanced. In the elegant and palatable preparation, Maltine with Cod Liver Oil, are combined the valuable tissue building oil, and that sustainer of vitality and digestive, maltine. No emulsion can compare in remedial value with this preparation, for in addition to disguising the unpleasant taste of the oil and rendering it more easily digested, the maltine plays a most important part in maintaining adequately the process of nutrition so essential in wasting and pulmonary diseases. This it does by rendering the starchy foods in a form which assures its assimilation, with the result that emaciation gives way speedily to plumpness, the irritated bronchial tubes are soothed, rest grows natural and health becomes an assured fact. Maltine with Cod Liver Oil and Hypophosphites is a good medicine and digestive.

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OUR BOYS AND GIRLS.

A Boy Who Was Wanted. "Well, I've found out one thing, said Jack, as he came to his mother, hot, tired, and dusty.

'What is that ?" she asked. "That there is a great many boys in the world."

Didn't you know that before?' "Partly, but I didn't know there were so many more than are wanted. "What makes you think so?"

"Because I've been 'round and round 'till I am worn out trying to find a place to work. Wherever I go there are more boys than places. Doesn't that show that there are too many boys

"Not exactly," said his mother, with a smile. "It depends entirely on the kind of boy. A good boy is always wanted somewhere." "Well, if I'm a good boy I wish I

knew where I'm wanted. "Patience, patience, my boy. such a great world as this is, with so many places and so many boys, it is no wonder that some of them do not

find their places at once. But be very sure, dear," as she laid a caressing hand on his arm, "that every boy who wants a chance to do fair, honest work, will find it. "That's the kind of work I want to do," said Jack. "I don't want any-

body's money for no hing. Let me see -what have I got to offer? All the schooling and all the wits I've been able to get up in thirteen years, good stout hands and feet, and a civil

tongue."
"And a mind and heart set on doing faithful duty," suggested his

mother. "I hope so," said Jack. "I remember father used to say: "Just as soon as you undertake to work for any one you must bear in mind that you have sold yourself to him for a given time. Your time, your strength, your energy are his, and your best efforts to seek his interests in every pay are his due!

The earnest tone in which the boy spoke seemed to give an assurance tha he would way good heed to the words of the father whose counsel could no

nore reach him. For two or three days longer Jack wanted, at the end of which time he met with a business man, who, after questioning him closely, said :

"There are a great many applica tions for the place, but the greater number of the boys come and stay for short time and then leave, if they think they can do a little better When a boy gets used to our routes and customers we want him to stay If you will agree to remain for at leas three years, we will agree to pay you three dollars a week as errand boy.

"That is just what I want to do sir," said Jack, eagerly. So he was installed, and proud enough he was at bringing his wages home every Satur day night, and realizing that, smal as they were, the regular help was of great value to his mother.

It is not to be wondered at that the faithful carrying out of his father's admonition, after a while attracted the attention not only of his employers, but of others with whom he was brought into contact in the pursuit of his duties.

One day he was asked into the office of Mr. Lang, a gentleman to whom he frequently carried parcels of value. "Have you ever thought of chang-

ing your situation?" asked Mr. Lang.

"No sir," said Jack. "Perhaps you could do better," said the other. "I want to get a boy who s quick and intelligent, and who can be relied on, and from what I see of you I think you are that sort of a boy.
I want you to drive a delivery wagon, and I will pay you five dollars a week.

Jack's eyes opened wide. "It's wonderful good pay, sir, for a boy like me, I'm sure. But I promised to keep on with Mr. Hill for three years, and the second year is only just

"Well, have you signed a regular agreement with Mr. Hill?"

"No, sir ; I told him I'd stay "You have a mother to assist, you told me. Couldn't you tell Mr. Hill that you feel obliged to do better when you have a chance?"
"I don't believe I could," said Jack,

looking with his straight frank gaze into the gentleman's face. "You see, sir, if I broke my word to him, I shouldn't be the kind of a boy to be relied on that you wanted.

"I guess you are about right," said Mr. Lang with a laugh. "Come and see me when your time is out; I dare say I shall want you then.'

Jack went home very much stirred by what had been said to him. After all, could it be wrong to go where he could do so much better? Almost double the wages! Was it not really his duty to obtain it, and to drive a wagon instead of trudging wearily along the streets? They never had felt so hot and dusty as they did just now when he might escape from the

tiresome routine. Might, but how? By the sacrifice of his pledged word. By selling his truth and his honor. So strongly did the reflection force itself upon him that when he told his mother of the offer he had received, he merely

added: "It would be a grand, good thing if I could take it, wouldn't it, mother?"
"Yes, it would."

"Some boys would change without thinking of letting a promise stand in

their way."
"Yes, but that is the kind of a boy who, sooner or later, is not wanted.
It is because you have not been that sort of boy that you are wanted now. Jack worked away, doing much

work, as he became more and more

accustomed to his situation, that his mother sometimes wondered that Mr. Hill, who seemed always kindly inthink of raising his pay. This, how-ever, was not Mr. Hill's way of doing things, even though he showed an in creasing disposition to trust Jack with

So the boy trudged through his three years, at the end of them having been trusted far more than is usually the case with the errand boy. He had never forgotten the offer made him by Mr. Lang, and one day, meeting that gentleman on the street, ventured to remind him of it, telling him his pres ent engagement was nearly out, add

ing:
''You spoke to me about driving the

wagon, sir."
"Ah, so I did; but you are older now and worth more. Call round and

see me. One Saturday evening soon after, Jack lingered in Mr. Hill's office after the other errand boys had been paid, and had gone away.

"My three years are up to night sir," he said.
"Yes, they are," said Mr. Hill look-

fng up as if he had remembered it.
"Will you give me a recommendation to some one else, sir?" "Well, I will, if you are sure you

want to leave me. 'I didn't know you wanted me to stay, but," he hesitated, and then went on, "my mother is a widow, and I feel as though I ought to do the best I can for her, and Mr. Lang told me

"Has Mr. Lang ever made you an offer Jack told him of what Mr. Lang had said to him nearly two years ago.

"Why didn't you go then?" asked Mr. Hill. "Because I had promised to stay with you; but you wouldn't blame me

for trying to better myself now?" "Not a bit of it. Are you tired of running errands?" "I'd rather ride than walk," said

Jack with a smile. "I think it was about time you were doing better than either. Perhaps you think you have been doing this had reason to hold to his opinion that faithful work for me through these there were more boys than the world years for next to nothing, but if so, you are mistaken. You have been doing better work than merely running errands. You have been serving an apprenticeship to trust and honesty. I know you now to be a straight forward, reliable boy, and it takes time to learn that. It is your capital, and you ought to begin to realize on it. You may talk to Mr. Lang if you wish but I will give you a place in the office, with a salary of six hundred for the first year, with the prospect of a raise

Jack did not go to Mr. Lang, but traight to his mother, with a shout and a bound.

"You're right, you're right, mother!" he cried. "No more hard work for you, mother. I'm wanted, you see! Wanted enough to get good pay, and all the hardest part is over.

A Foolish Notion of Some Mothers.

Many mothers entertain the notion that it is a good thing for children to have measles, whooping cough, and some other childish diseases while they are children. They have an idea that the system is then better qualified to throw off what they regard as children's ailments. Some mothers go so far in this belief as to expose their children to contagion for the purpose of "getting it over while they are

A recent bulletin of the Iowa State Board of Health frowns upon this prac-

tice unreservedly. "No good reason," it says, "can be rendered for desiring any child to be sick with any disease, and what may be deemed right and safe in one case may be fatal in another. Because one child is rugged enough to throw off the disease easily is no reason why he should be turned loose and attend and be the means of communicating thus inflict pain, expense and possible death. An ounce of prevention is worth a pound of cure. Measles is a preventable disease. Statistics show a large percentage of deaths from it, and this is abundant reason for the efforts being made to prevent its spread and exterminate it whenever t makes its appearance.

THE ONLY True Blood Purifier promi nently in the public eye to day is Hood's Sar-saparilla. Therefore get Hood's and ONLY

Scrofula is a word you don't quite understand, but if you talk with your doctor, he will tell you that it is generally believed to be due to the same cause which gives rise to Consumption. It appears mostly in those who are fat-starved and thin, usually in early life. A course of treatment of Scott's Emulsion with he Hypophosites wherever Scrofula manifests itself, will prevent the development of the disease. Let us send you a book. Free.

SCOTT & BOWNE, Belleville, Ont.

Do not be ashamed of doing the smallest thing that is helpful to others. terested in him, never appeared to The opportunities for great usefulness come rarely, but the smaller things are always at hand, and he who does them constantly is of great usefulness; and sometime, when the great opportunity comes, it is only the one wh trained himself in the little things that have come before him who is master of the situation. Be kind, be true, be faithful to all who have a claim upon you.

Live up to Expectations

Somehow the world expects Catholics to be better than other folk. If one of us goes wrong, instantly the finger of derision is pointed at us and the sneer is uttered against us, "There's a Catholic for you!" Is not that so? Catholic for you !"

The world does right to hold us to tricter accountability than others Why? Because we have more light and more grace. Our religion is more practical than others, and we receive more training in it. We are taught to abstain and to fast, to make a habit of self denial, to act on the theory that faith without works is dead.

Next, our ideals are higher. We put down sensuality and the pride of life, we promise to reject the pomps of the world, and we exalt humility, obedience, poverty, and purity. The Cross is our treasured emblem. It is the sign of sacrifice, of suffering, of love in its highest form of charity.

Again, we have better models and

more of them. Not to speak of the Divine Model, we are accustomed to reverence the Immaculate Virgin, and to emulate the legion of other saints who in all ages, in all climes, in all conditions of life, have glorified the Church with heroic sanctity and made proof of its claim to be holy.

Besides, we have the life giving sacraments-the Flesh that is meat in deed and the Wine that makes virgins The world does well, therefore, to expect that Catholics shall be virtu-

It applies the same test to young men as to other members of the Church. It looks to our young men to e pure, to be temperate, to be honest to be truthful, to be patient, to keep holy the Sabbath, to refrain from pro fanity, and to observe every other re quirement of the Christian life. I

ought not to be disappointed. Our young men have a responsibility to live up to the expectations of the world in their regard. give scandal by drunkenness, by anger, by impurity, or by other transgressions, they do more harm than do other young men who commit the same offenses but of whom less is exacted by

the community.

Happily our young men who do practise their religion — and who go for strength at least once a month to our dear Lord and Master in holy Communion - are worthy of their high estate, they do stand without peers in all the highest characteristics of Chris tian manhood, and they do fulfil with edification the expectations of their neighbors. They are a comfort to the Church!—Church Progress.

A Son's Promise.

The following true incident is from the lips of Capt. Henry H. Ayer of the third regiment of New Hampshire vol unteers:

"We were lying on Morris island, that God-forsaken place, digging trenches, watching, fighting, taking our chances from bullets, shells and fever, but our men were patient and brave, heroes, every one of them, with the granite of their hills in their blood. To show you what stuff they were made of, I will tell you of one of

the boys, a member of my company.

One day this fellow, not more than nineteen years old, was brought in from the picket line badly wounded. A painful surgical operation was necessary. The surgeon examined him and prepared a glass of brandy, which he offered him. He refused to school or mingle with other children and be the means of communicating the disease to those less vigorous, and the disease to those less vigorous, and the disease to those less vigorous, and the vitality is low. If he does not take this, I cannot answer for his life. I said, 'Frank, to oblige me you will

drink this brandy.' "He said, 'Captain, I would do almost anything to oblige you, but

" Frank, you have never disobeyed me. You must not now. I command

you to drink this. '
"He looked up at me, his blue eyes dim with the anguish he endured, and replied, 'Captain, when you command me to go to the cannon's mouth I will do it if I can, but this I will not do.' "I was getting excited, for I loved

CHATS WITH YOUNG MEN. this brandy. My father died a drunkard, and she has told me I may have inherited this terrible appetite, and I promised her never to taste the deadly poison that made her a widow and me an orphan. If I die tell her I kept my

promise. By that time we were both crying

like girls.
"Did he die?" I cried.

"Ch, no; he made a rapid recovery. From that time my faith in brandy has been growing less.

Chat by the Way.

Be your own best friend.

If some men were to have all there s, they would hanker after more. Many a would be statesman was in tended by Providence for a splendid laborer The man who can solve a nation's

nancial problems while he whittles a shingle is often hard pressed to secure pound loaf to keep his family from tarving.

Never be afraid to own the truth, let the consequences be what they may. Ever keep truth for your motto and

guide, and you will surely be the gainer in the end. "Truth crushed to earth shall rise again." It will be for the general good of the at his home to hear from him percommunity if employers would give a little time to putting the boys they hire on the right track. They require teaching. With the right boys, this is profitable work. Too many of the

boys are allowed to pick up all they know. A young man once picked up a gold piece lying in the road. Ever afterwards as he walked along, he kept his eye fixed steadily on the ground, in hopes to find another. And, in course of a long life, he did pick up at different times, a goodly amount of gold and silver. But all these years, while he was looking for them, he saw not that the heavens were bright above him, and nature beautiful around. He never once al lowed his eyes to look up from the mud cure. Mr. Taylor is an engineer on and filth in which he sought the treas-ure; and when he died-a rich old

up money as you walk along.

Why do you begin to do good so far said: off? This is a ruling error. Begin that I had a severe attack of kidney at the centre, and work outward. If trouble, brought on by continuous runyou do not love your own, do not pretend to such love for the people of the antipodes. If you let some family motive. It affected me but slightly at grudge, some peccadillo, some under first, but gradually grew worse. I congrudge, some peccadillo, some unde-sirable gesture, sour your visage to-sirable gesture, sour your visage to-sirable gesture, sour your visage toward a sister or mother, pray cease to teach beneficence on a large scale. Begin not at the next door, but within your own door; then with your next neighbor, whether relative, servant testimonials in the papers concerning or superior. Account the man you Dr. Williams' Pink Pills, and reading meet the man you are to bless. Give him such things as you have. "How with my own I decided to give them a can I make him or her happier?" This is the question. If a dollar will do it, give the dollar. If advice will for I was completely cured by the use do it give advice. If a look, a smile, or a warm pressure of the hand, or a with my kidneys since. I can theretear, will do it, give the look, smile, hand, or tear. But never forget that the happiness of our world is a mountain of golden sands, and that it is that there is absolutely no disease due atom upon every moment.

\$100,000 For Catholic Historical Works. The Holy Father has set aside a sum of nearly £20,000, the interest on which will be employed in constitut ing a certain number of prizes for the best Catholic historical works which may be published in Italy or abroad. With this object His Holiness has appointed an official commission in order liams' Pink Pills cure when other to examine the works, and has himself sketched out the programme of the

competition. They serve God best who do well their simple duties—not some fanciful sacrifice at a distance, but the plain, homely, every day task that lies before

One Hundred Dises One Dollar is peculiar and true only of Hood's Sarsaparilla. It is conomy to buy Hood's.

to and true only of Hood's.

A Life Savel.—Mr. James Bryson, Cameron, states: "I was confined to my bed with Inflammation of the lungs, and was given up by the physicians. A neighbor advised me to try Dr. Thomas' ECLECTRIC Oil., stating that his wife had used it for a throat trouble, with the best results. Acting on his advice, I precured the medicine, and less than a half bottle cured me; I certainly believe it saved my life. It was with reluctance that I consented to a trial, as I was reduced to such a state that I doubted the power of any remedy to do me any good."

Cucumbers and melons are "forbidden fruit." to many persons so constituted that the least indulgence is followed by attacks of cholera, dysentery, griping, &c. These persons are not aware that they can indulge to their hearts content if they have on hand a bottle of Dr. J. D. Kellogg's Dysentery Cordial, a medicine that will give immediate left, and is a sure cure for all summer complaints.

A Dinner Pill—Many persons suffer ex-

"I was getting excited, for I loved this boy as if he had been my brother, and tears I could not restrain began to flow. I Cried: "Why do you pain me so? You are putting your life in peril. You have no right to do it. Drink this for your mother's sake."
"He trembled, and tears his agony had not wrung from him came to his eyes as he replied: "Captain, it is for my mother's sake that I will not drink". The your past the medicine to take if troubled with Indigestion or Dyspepsia.

AN ENGINEER'S STORY.

Life on a Railroad Conductve to Disease—Mr. Wm. Taylor, of Kentville.
Attacked With Kidney Trouble—So-Called Cures Proved Useless, but Williams' Pink Pills Restored His Health.

From the Kentville Adviser.

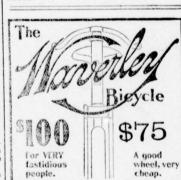
There are very few employments more trying to the health than that of a railway engineer. The hours of labor are frequently long, meals irregular, and rest and sleep hurriedly snatched "between runs." One of the troubles which very frequently at tack railway trainmen is kidney disease, which up to a late period has been looked upon as a disease difficult, not impossible, to totally cure. Although there exist numerous remedies claimed to be cures, the truth is that nothing had been found to suc-cessfully cope with this terrible disease until the advent of the now world famed Dr. Williams' Pink Pills. Chancing to hear one day that Mr Wm. Taylor, a resident of this town, had been cured of kidney trouble through the agency of Dr. Williams Pink Pills, a reporter called upon him sonally what he thought of



the Dominion Atlantic Railway, his run being between Halifax and Kentman-he only knew this fair earth of ville, and he is one of the most popular ours as a dirty road, in which to pick | drivers on the road. When asked by the reporter concerning his illness he said: "It was in the spring of 1896 trouble, brought on by continuous run ning on the road, and I suppose it is caused by the oscillation three varieties of so called cures. Some helped me for a time, but after stop-ping the use of them I grew worse trial, and purchased four boxes at a cost of \$2. But it was \$2 well spent, of the pills, and have not been troubled fore recommend them to others sim ilarly afflicted.

The experience of years has proved your part to cast some contributory to a vitiated condition of the blood or shattered nerves, that Dr. Williams Pink Pills will not promptly cure, and those who are suffering from such troubles would avoid much misery and save money by promptly resorting to this treatment. Get the genuine Pink Pills every time and do not be persuaded to take an imitation or some nedicines fail.

WONDERFUL are the cures by Hood's Sar-saparilla, and yet they are simple and natural. Hood's Sarsaparilla makes PURB BLOOD.



The success of the Waverley Bicycle in '96 places it at the head of the leaders for '97. This year we produce a new and expensively made wheel, equipped with the only perfect bearings yet made-\$100

Last year's famous model, greatly improved, has been reduced to \$75. The saving is in the cost of machinery.

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