London, Ont.

Poultry & Eggs Wanted

Top Prices Paid

C. A. MANN & CO.

THICK, SWOLLEN GLANDS

that make a horse Wheeze, Roar, have Thick Wind or Choke-down, can be

ABSORBINE

so other Bunches or Swell

reduced with

CHATS WITH YOUNG

WELCOME, NEW YEAR

I have written a welcome, a rhyth-A message glad hearted and true. I want you to read it, perhaps you

may need it For it was intended for you. have written a greeting, a versi-fied greeting,

With every word pertinent, true. To welcome the glad year, the merry, the sad year, The wonderful year that is new.

I have written a welcome, a loveinspired welcome, Read on 'till the story is through. This new year advancing, inspiring,

entrancing, This New Year depends upon you. Vill you make it a treasure and fill

it with pleasure, Its skies of heavenly hue,
Will your earnest endeavor enshrine

it forever, This wonderful year that is new?

I have written a greeting, a widescattered greeting.

The best that my pencil could do,
But the joy and the glory of making

But the joy and the glory of making its story
A blessing, reverts unto you.
If at last you have crowded it with good deeds and bound it
With kindly intents not a few,
Then through your endeavor you've hallowed forever
This wonderful year that is new.

—The Echo

GOOD RESOLUTIONS

A good resolution, unless it has been made in a spirit of utter frivolity, is a power for good in a man's life. It has a bracing effect upon the will and acts like a moral tonic. It stiffens our moral back-

bone and is a source of strength.

The man, who faces the future without making any resolutions as to the course of action he intends to to the course of action he intends to pursue, acts planlessly and will infallibly take the wrong direction at the critical moment. He will become a prey of his impulses and the mere sport of external circumstances. A good resolution puts design, order and definite purpose into our conduct and consecrete. into our conduct and consecrates our life to some noble, worthwhile end. The practice of making good resolutions on the threshold of the new year, therefore, in spite of the many silly jokes in its regard, is very laudable and decidedly con-ducive to moral improvement.—

Catholic Standard and Times. IF I WERE TWENTY-ONE

If I were twenty-one years of age and standing at the opening gates of life again, with the morning sunlight in my face, what would I try to do and be?

1. If I were twenty one, I would take every reasonable care of my health. Vitality is as definite as a bank account and like it in some other respects. And needless draught on health or vitality is more foolish than squandering money. I would learn to play as well as work.

2. I would unite with some church where plain, intelligent people worship God, and where a gospel based implicitly upon the gospel based implicitly upon the Bible is preached with earnestness and sincerity. I would endeavor in etter and in spirit to be true and faithful to my religious vows.
3. I would try to secure an educa-

tion that would fit me for what I desired and expected to do, and supplement it by reading good books and papers. I would omize my time, the most precious thing in the world.

4. I would choose a profession or business which is honorable and useful, and which would not render me dependent upon the will of others. I would avoid any course which contemplated living by my wits or involving cant, cunning, injustice, insincerity or which purchased comfort, or power at the

expense of others.

5. Whatever my income, barring misfortune, I would spend less than I earned, and adhere rigidly to this policy. I would avoid cultivating a desire for things which I could not have within the above limit.
6. I would not spend all I had to

have within the above limit.

6. I would not spend all I had to spare on myself nor my family, but give a tithe to the church and other good causes and to worthy people.

Kindness and good will should not be reserved merely for the Christmas season but should be practiced throughout the year. good causes and to worthy people less fortunate than myself.

7. I would cultivate the acquaintance of strong, good people who are successful and would study their principles, habits and characters.

8. I would not boast nor swagger, nor try to impress others with my wisdom or importance. I would think kindly and speak favorably of others when truth and justice permitted. I would be respectful to old people and courteous to all.

9: I would strive to deserve the respect and confidence and good-will of all right-minded people, especially little children and others who

to agree with me on politics, religion, business nor any other subject, and would try to appreciate and properly value their point of view. 12. I would not cultivate hate, nor cherish sorrow nor harbor ill-

18 I would not speculate, nor gamble, nor go security. I would not use strong drink, profanity, nor

14. I would not assume that I was smarter nor strenger nor more clever than other people, nor would I try to answer every witty remark made at my expense. In short, I would not be a "smart alec." 15. I would be honest and truth-

ful, exact and precise. The essence of falsehood is the attempt to deceive. I would cultivate sincerity.

16. I would treat all women as I would wish my mother and sisters treated by other men. I would cultivate and enjoy the company of good, intelligent, refined young women of worthy ideals, both for the pleasure and profit of their com-panionship, and with a view to establishing a home of my own.— Charles Scanlon, in Christian

OUR BOYS AND GIRLS

THE BOYLESS TOWN

A cross old woman of long ago Declared that she hated noise;
"The town would be so pleasant, you know,
If only there were no boys."

She scolded and fretted about it till

She scoled and fretted about it the Her eyes grew heavy as lead, And then, of a sudden, the town grew still; For all the boys had fied.

And all through the long and dusty street, There wasn't a boy in view;

The baseball lot where they used to Was a sight to make one blue.

The grass was green on every base And the paths that the runners made;

For there wasn't a soul in all the place knew how the game was Who

The cherries rotted and went to

one— To speed as such messengers can If people wanted their errands done They sent for a messenger man.

There was little, I ween, of frolic

and noise; There was less of cheer and mirth; The sad old town, since it lacked its boys, Was the dreariest place on earth.

The poor old woman began to weep, Then awoke with a sudden scream; "Dear me!" she cried, "I have been

And, oh, what a horrid dream !".

GIRL IN BUSINESS

The girl who enters business life buoyed up with the idea that her talented or influential friends will assist her, and in a very short space of time place her in an enviable, high salaried position, should immeendeavor, and only the fittest survive for any length of time. Influence, we must admit, often does prove the golden key that opens wide the door to coveted situations, but all the influence in the world will not keep any girl or woman retained in a position for which she has no aptitude.

Therefore, the really practical young woman will, as soon as she takes her place in the ranks of wage earners, resolve to put her very best efforts into the duties that have been assigned her, and this regardless of how ordinary or com-monplace those tasks may be. If she becomes a bit discouraged now and then—and every girl does to whom promotions come few and far between—she should devote the major portion of her spare time to study and thus fit herself for a more luggity position—The University position—The Universit more lucrative position.-The Uni-

HABITUAL KINDNESS

Our matter-of-fact world needs all the kindness that can be put into

9. I would strive to deserve the respect and condence and good-will of all right-minded people, especially little children and others who might be influenced by me.

10. I would read to quicken my mind and increase my fund of knowledge, write to clarify and crystallize my thought and speak in public to learn to express myself readily and think on my feet. I would avoid slang, but cultivate humor and reverence.

11. I would not expect all people to agree with me on politics, religion by mentally and think on my feet. I would not expect all people to agree with me on politics, religion by mentally and think on the protestant faces, glowing and grateful hearts."

It is easy to prove this to be true in our own experience with life. It is easy to prove that kindness is a little seed from which there often comes a golden harvest. No one ever yet saw a truly great man who did not have the element of kind-not have the would not waste time in applying to the Protestant Episcopal Church. "I would go over to madison Avenue." he told his little seed from which there often comes a golden harvest. No one ever yet saw a truly great man who did not have the element of kind-not have the protestant Episcopal Church. "I would go over to madison Avenue." Catholics will humbly pray that this made the would not waste time in apply-not the protestant Episcopal Church. "I would go in the very poor and humble, and themselves if God could possibly that is where it is often found in have committed the sacred deposit

bestowed.

Kindness always pays. Its dividends are sure, and often we never know how large they are because of the way seeds of kindness have of blooming in their hearts.-The Echo.

HOW TO FEED A GROWING

CHILD IN WINTER

To keep growing children well in winter, feed them properly. "Excess Acid" foods are "denatured" white flour, refined cereals, sweets, and meats. These make the sweets, and meats. These make the blood acid and lower the body vitality of the child. The blood gets rid of these food acids through the skin and lining of the nose, throat, lungs, stomach, etc. In winter the skin is sluggish and the linings of the nose, throat, lungs, etc., have to do it all. These parts become irritated in the process and adenoids, tonsils, bronchitis, pneumonia, diphtheria. bronchitis, pneumonia, diphtheria,

ear disease, etc., find an easy victim in the child fed largely upon "Excess Acid "foods.
Feed your child richly alkaline foods, like Roman Meal, milk, eggs, nuts, beans, potatoes, leafy vegeta-bles, and fruits. These keep the blood normally alkaline or non-acid. There will be no acids to irritate the nose, throat, lungs, etc. in winter, and your child will feel better,

be better, and remain free from Roman Meal is the most alkaline (opposite of acid), food known. It makes normal non-acid blood, nour-ishes better than meat, prevents indigestion, positively relieves con-stipation, and "Keeps the Family

Roman Meal is not only very nutritious and especially delicious, but it can be made into delightful baked products, as well as porridge, puddings, etc., and, with one exception

it is the lowest priced cereal sold, and by far the best. Your child deserves the best and Roman Meal is the best food money

can buy. At all grocers. RELIGION IN THE

HEADLINES

An enthusiastic New England clergyman writes that when re-ligion is headlined in the New York press, we may be quite sure that the public is genuinely interested in religion. There is more enthusiasm than good judgment in that observation. New York is not particularly interested in religion, but it is deeply interested in the prospect of a good fight in which the of a good fight, in which the principal contestants will be Dr. Manning and his aged but belligerent spiritual son, the venerable Dr. Leighton Parks.

The public rarely finds orthodoxy interesting. It is a platitude, like the multiplication-table. A gentleman walking down Broadway on his hands, to pay an election bet, will attract a large crowd of reporters and photographers. A Brother of the St. Vicent de Paul, intent upon his work of charity, will attract no attention at all as long as he reattention at all, as long as he remains in a horizontal position. When, some weeks ago, General Pershing proceeded to France, no particular importance was attached to the fact that he was obeying orders. But had he engaged a press-agent to inform all and sundry that he intended to disobey the President, or that he was visiting France because he and not the President wished it, he would have found himself more than a ninedays' wonder in the headlines. Virtue is not necessarily humdrum, but public disorder always draws a crowd. Before he could capture the ear of the public, even Chester-ton was forced to write of ortho-

doxy as though it were heresy.

The real interest in New York is not whether Dr. Manning is preaching the truth or Dr. Parks. It is centered on a group of perhaps a dozen clergymen, some notorious and all well known. All are accredited teachers in the Protestant Episcopal Church, and all are in flat disagreement with their ecclesions. astical superior, Dr. Manning. The Protestant Episcopal Bishop has been writing as though he were a Bishop in the Catholic Church, by appealing to "Catholic tradition." The public is now interested in it. Nothing that costs so little can give greater return. Nothing is more limitless and nothing has a finer grace. It is the symbol of a good heart. It makes one a member of a certain fine aristocracy, the aristocracy of the kind. There is a world of truth in these words: "Kindness is like the sun. Everywhere the kind man goes, he brings into being priceless things—golden sympathies, radiant faces, glowing and grateful hearts."

The public is now interested in knowing whether Dr. Manning will also act as if he were a Bishop in the Catholic Church by protecting his flock from those shepherds whose preference is for poisonous pastures. Dr. Parks will have no "Catholic traditions," at least none from Dr. Manning. The venerable Doctor went to the heart of the controversy by telling his people that when he wished to know anything about "Catholic traditions" he would not waste time in applycontroversy by telling his people that when he wished to know any-thing about "Catholic traditions" he would not waste time in apply-

would try to appreciate and berly value their point of view.
I would not cultivate hate, cherish sorrow nor harbor ill, nor write in anger. A letter be almost immortal in its tence.

That is where it is often found in the greatest abundance. It is as of the Faith to the keeping of an ecclesiastical association which tolerates the price of the property of the property of the precise as a young person can acquire. We would look with suspicion upon a woman with a reputation for being habitually unkind.

We think that kindness may be reckoned among the "durable satis-"

CRIPPLED BY RHEUMATISM

Began to Improve After Taking "Fruit-a-tives"

The Medicine Made From Fruit You can get rid of Rheumatism. You can be free of pain—of swollen hands and feet—of aching arms, legs

and back.
"Fruit-a-tives" will drive the cause

"Fruit-a-tives" will drive the cause of Rheumatism out of the system and give you permanent relief.

"For over three years, I was confined to bed with Rheumatism. Finally I decided to try "Fruit-a-tives". Before using half a box, I noticed improvement. I continued taking "Fruit-a-tives" improving all the time. I can now walk about two milesand do chores around the place".

ALEX MUNRO, Lorne, Ont.

ALEX. MUNRO, Lorne, Ont. 50c. a box, 6 for \$2.50, trial size 25c. At dealers or from Fruit-a-tives Limited, Ottawa, Ont.

Bethlehem lead them from the night

of darkness and illusion into the perfect day of truth and peace.—

THE LITTLE FLOWER The London Universe, in A War

Echo, narrates an ex-army Chap-lain's story of a wonderful deliverance. "The story of how troops belong-ing to the 17th London Regt. re-turned without a casualty from a terrible twenty-four hours in the front line, after their chaplain had interceded for them with the 'Little Flower.' was told by Father Benedict Williamson at St. Thomas' Church, Royston, Herts.
"Fether Williamson had just

"Father Williamson had just blessed a shrine to Blessed Teresa, the principal donor of which was Sergt. Peter Doherty, who was closely connected with Father Wil-

liamson in France. "Father Benedict then addressed the congregation and told how, in April, 1918, the 17th London Regt. eceived orders to re-enter the line. They had already had many long weeks of fighting in a desperate rear guard action, and when he heard the order, Father Williamson asked the 'Little Flower' to take care of them. 'Sister,' he said, this is too much. You must take the Regiment into the line and out

again without a single casualty.' "Eventually the Regiment moved forward and came within range of the enemy's guns, and, just as they neared some crossroads, he heard the roar of a huge shell straight for them. Father Williamson was at the rear with Sergt.
Doherty and the doctor, when the shell burst in the road behind them was hurt.

"'We held the line, and the following night the relief came; as it happened a very difficult operation. Some companies wandered about in the darkness and were lost, but, just as the light broke through, the relief was completed, and we came out after twenty-four hours in the line without one single casualty.

We approach perfection in proportion as the divine love animates and rules us.—Archbishop Keane.

Over Chinand Cheek, Large and Red. Was Discouraged

"The pimples I suffered from w scattered over my chin and cheek.

They were large and red
and after a day or two
festered over. They
itched and when I
scratched them the scratched them the tops would come off and a watery fluid would come from them. The trouble lasted several months and I was aw-

lasted several months and I was awfully discouraged.

"I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. After using it there was a marked change so I purchased more, which healed me." (Signed) Miss Edna Provse, Nonpariel Farm, Cluny, Alberta.

Use Cuticura for all toilet purposes. Sample Each Free by Mail. Address: "Lyman ited, 344 St. Paul St., W., Montreal." Sold where, Soap 25c, Ointment 25 and 50c, T





Wonderful Egyptian Remedy "Samaria" Prescription for drunkenness, which science has proved is a disease and not a habit and must be treated as such. Prohibition legislation does not help the unfortunates. "Samaria" may be

given in Tea, Coffee, or any liquid food. Send stamp for trial treatment.

SAMARIA REMEDY CO. 142 MUTUAL STREET, TORONTO, ONT.

TEA - COFFEE

Finest Importations always in stock at lowest market prices.

Kearney Brothers, Limited

TEA - COFFEE. IMPORTERS and SPECIALISTS

33 St. Peter Street Ble Established 1874 Montreal, Que.

BONDS OF THE

HIGHEST GRADE

HARRIS, FORBES & CO.

21 ST. JOHN ST.

MONTREAL

Samples and quotations sent promptly upon application.

Special attention given to requirements of institutions.



GORDON MILLS

Louis Sandy HABIT MATERIALS

Religious Communities

Black, White, and Colourse Serges and Cloths, Veilings Cashmeres, Etc. Stocked in a large variety of widths and qualities. Samples forwarded on application.

LOUIS SANDY STAFFORD, ENGLAND

Telegrams-Louisandi, Sta PHONE No. 104

also other Bunches or Swellings. No blister, no hair gone, and horse kept at work. Economical—only a few drops required at an application. \$2.50 per bottle delivered. Book 38 free. \$85083INE, JR., the antiseptic liniment for mankind, reduces Cysts, Wens, Painful, Swollen Veins and Ulcers. \$1.25 a bottle at dealers of delivered. Book "Evidence" free. W. F. YOUNG, Inc., 199 Lymans Elde., Montreal, Can. Bookhander, Inc., 200 Apraels, 200 Apraels, Inc., 200 Apraels, 200 Ap Absorbine and Absorbine, Jr., are made in Ca

amount has been Given Away

1st Prize, \$50.00 in Cash 2nd Prize, \$40.00 in Cash 3rd Prize, \$35.00 in Cash 4th Prize, \$25.00 in Cash 5th to 9th Prizes—Each \$10.00



GOOD HOPE MANUFACTURING COMPANY

ENGINEERING.

C. P. R. BUILDING

Health and Comfort

AS age advances our wants are not many and with reasonably good health we can enjoy the peaceful period of life in comfort and happiness. But unfortunately there are certain ills which conspire to destroy the pleasure of

this time in life and they are usually of a

decidedly painful nature.

The kidneys are often the first of the bodily organs to fail. Then the poisonous acids which should be eliminated by the kidneys circulate in the blood and cause backache, rheumatism, lumbago and the many ailments which make life so miserable.

There has, perhaps, never been a medicine so well suited for people of advancing years as Dr. Chase's Kidney-Liver Pills. This statement is founded on the many thousands of cases reported to us from

The success of Dr. Chase's Kidney-

Liver pills is due to their direct and specific action on the liver, kidneys and bowels whereby the accumulating poisons are quickly swept from the system and the cause of pains and aches promptly removed.

Dr. Chase's Kidney-Liver Pills do not lose their effect on the system as do so many medicines but can be depended on absolutely to bring about the desired results. Used one pill a dose at bedtime as often as is necessary to keep the bowels regular, they relieve indigestion, biliousness and constipation and keep the system in healthful condition.

You will notice that while the price of Dr. Chase's Kidney-Liver Pills has been increased to 35 cents, the box now con-

Likewise the price of Dr. Chase's Nerve Food is now 60 cents a box of 60 pills instead of 50 cents for 50 pills. Edmanson Bates & Co., Ltd., Toronto.

