WHAT TO EAT

TELLS DYSPEPTICS

Avoid Indigestion, Sour Acid Stomach, Heartburn, Gas On Stomach, Etc.

ne bine times out of ten to an excess of hydro-hloric acid in the stomach. Chronic "acid tomach" is exceedingly dangerous and suffer-res should do either one of two things.

Either they can go on a limited and often sagreeable diet, avoiding foods that disagree

with them, that irritate the stomach and lead to excess acid secretion or they can eat as they please in reason and make it a practice to

ounteract the effect of the harmful acid and revent the formation of gas, sourness or remature fermentation by the use of a little distributed Magnesia at their meals.

There is probably no better safer or more reliable stomach antiacid than Bisorated Mag-nesia and it is widely used for this purpose. It has no direct action on the stomach and is not a

has no direct action on the stomach and is not a digestent. But a teaspoonful of the powder or a couple of five grain tablets taken in a little water with the food will neutralize the excess acidity which may be present and prevent its further formation. This removes the whole cause of the trouble and the meal digests naturally and healthfully without need of pepsin pills or artificial digestents.

Get a few ounces of Bisurated Magnesia from any reliable druggist. Ask for either

been the last straw. She saw he She raisee her head and he saw she been the last straw. She saw he didn't like it but she thought it was his mood,—yes, and the shoes. He just went away in a huff.

He'd be back, some day. She shrugged away from the subject and said briskly, "I believe I'll mix me up some biscuits for supper." And, humming a little, she began her task. But, as always, thoughts of Dan intruded, and before long, despite everything, she became aware again of the

she became aware again of the clock's loud, calm, inquisitorial tick . . . tick . . . tick Suddenly, with a driven, harassed look at her tormentor, she said, "I know what I'll do!"

If the old clock was surprised at finding itself in the out kitchen, so was the hobo who lifted the weak place to sleep. They couldn't want it, he argued reasonably enough, or they wouldn't a chucked it out here behind a pile o' wash tubs or something. Wherefore, sacrificing the sleep he made a way with the timepiece tion of other articles of more or less antiquity, the front window of a second-hand store on Town Street. Here Dan Somers, going home from work, spied it and stopped to stare and wonder. "Looks like the old fellow at home," he said to himself, with a pang. "Looks exactly like him," as he kept on staring. It a second-hand store on Town Street. with a pang. "Looks exactly like him," as he kept on staring. It brought back a vision of the kitchen

He blinked at the astounding reply. "Fifty dollars! Well, you know, the dealer explained politely "Gee, it's good to be home, he to the man who didn't look as to the man who didn't look as signed. "Believe I'll take a look at though he knew much about such the old barn and around." He things, it was an antique—that clock. It was nearly a hundred years old. Made in 1838. You can see the date and name of the first owner on the inside," he elucidated obligingly.

Who was the first owner ?" Dan | dren.

asked quickly.
"Somers, I think," said the dealer, walking toward the window. "Then," said Dan, staring after him blankly, "It's my clock!" And he proved it by telling what the old inscription was, word by word, where it was, and enumerated some other ear-marks. All the time he was thinking subconsciously, "She sold it. . . She sciously, "She sold it. . . She the last acts of the late beloved sold it. . . Because 'twas mine Holy Father was to urge the fitting -mygrandfather's-mine!" rogated, the dealer could not recall.

neat and smiling, could hear her clear, compelling voice. Bossy, Lyddy was, but she was good to him too, good as gold. And he was about ready to go back and make it about ready to go back and make it. Lyddy was, but she was good to him too, good as gold. And he was about ready to go back and make it up with his wife—(he knew quite well she'd never run after him)—and tell her in his slow jocose way that he had been a plumb fool to run away like that and "waste all that good ham." Oh, he knew what the service of the se that he had been a plumb fool to run away like that and "waste all that good ham." Oh, he knew what to say and how to say it! For, very comforting was the sneaking conviction that she must be lone-

another person's house. And like another part of the room into his all slow people Dan had reacted to the cumulative injuries of years in gone, whoever was there. Then he an altogether amazing manner.
So, on this bland afternoon, Mrs.
Somers going over again that last fateful conversation with her husband, had no idea that her arrogant "my house" that morning had been the last straw. She saw he

latch the same night in search of a Dan, Oh Dan, if you only knew! It

me, Lyddy!" he called, trying to get the choke out of his throat and which in the course of a few days voice, but it caught him again when ornamented, with a conglomera- his wife, clinging to the open door, gazed at him in wild-eye amaze-

ery—" Oh Dan! I'm sorry, Dan—' where it hung, high up beside the south window, brizht, cosy, warm in winter, swept by cool breezes in summer, and a picture of Lydia sold the clock he did not find him. in winter, swept by cool breezes in summer, and a picture of Lydia too, quick, capable, always busy and steady-like. Dan feltlonesome. He wandered into the shop and said to the proprietor aimlessly, "How to the proprietor aimlessly, in the sound the house, singing out of a sound the clock he did not find him-sold the clock he did not find him to the proprietor aimlessly, "How nothing else mattered. He roamed around the house, singing out of tune as he always did, poking into everything with beaming, inquisi-

> glanced doubtfully down at city-bright, foot-gear. "Where's m" bright, foot-gear. "Where's m' old shoes, Lyddy?" he demanded

unthinkingly.

Then they looked at each other and laughed joyously like two chil-

DOCTOR OF DEVOTION

The three hundredth anniversary of the death of St. Francis de Sales which occurs in December of this year has already turned Catholic observance of this tercentenary.

rogated, the dealer could not recall, so he said, from whom they bought it.

"Was it a woman?" Dan wanted to know. But he could not find out. A partner, it appeared, had been in the store at the time. In the end Dan got the clock, handing over what was paid for it by the dealer.

Dan Somers had been angrey when the said of the late Holy Father to diffuse a wider spirit of charity among men, he held up St. Francis de Sales as a holy model of sweetness, patience and goodness. A world withering up with the rancor and unduly familiar with violent passions cannot have too many passions cannot have too many passions of the milder virtues of In keeping with the benign pro-

Our Lord, Himself, when the occasion demanded it, could drive the money changers out of the Temple. St. Francis de Sales

work for souls.

Doctor of Devotion is St. Francis de Sales' title among the dactors of the Universal Church. In our age he is called to do a work of smooth-ing war's wrinkled front and warming the hearts of mankind by his lesson of patience, forbearance, and meekness. The coming of his ter-centenary celebration gives a fitting occasion to study his life and to read his fascinating and inspiring devo-

CAP DE LA MADELEINE

BY MARY E. JAMES

At the present time Ontario heart melted within him and he danced, around nervously on his toes, trying to see who she was talking to . . Ah—listen!

"—Serves me right," he heard again in a mournful voice, so unlike Lydia's crisp tones. "I didn't know I'd miss the clock so much . . . but it was Dan's. Now—"

At the present time Ontario people are very much concerned, and quite properly so, in preserving and squite properly so, in preserving the fearless and enduring efforts of these pioneer promoters of civilization—the Missionaries. It is becoming a matter of pride with us that our visitors find memorial crosses, shrines and centrals are the present time Ontario people are very much concerned, and quite properly so, in preserving and quite properly so, in preserving and enduring efforts of these pioneer promoters of civilization—the Missionaries. It is becoming a matter of pride with us that suddenly her face crumpled up again and she wailed out: "Oh Dan, Oh Dan, if you only knew! It isn't my house any more without you! Not without you, Dan—it isn't home, or anything!"

Dan knocked on the door. "It's me, Lyddy!" he called trying to quests over the barbarity and paganism in which the progressive young Canada of today was steeped out a few short centuries ago.

what may we expect of Quebec— that older centre of civilization? Naturally we will look there for still stronger evidence of past endeavor, and that we are justified

Quebec province it is known far and wide as the site of a famous sanctuary which bids fair to become the Lourdes of Canada—"Notre Dame au Cap de la Madeleine"—dedicated to the Holy Rosary, which Society was established in the parish in 1697, according to the old parchment hanging on the right hand side of the Sanctuary, and bearing the formula of admission dated May 11th. *1694, signed by the Superior General of the Dominicans, then at Which has for its dome wood taken from the original church built in 1659, as well as other chapels dedicated to Sacred Heart, St. Jean de Baptiste, au Pere Eternal, Chapel of Reliques, St. Anne's, St. Thomas and St. Angele de Merceci—all donated by grateful souls in memory of favors received. Here it is sand each to sacre deach to sacred Heart is sand each to sacred Heart, St. Jean de Baptiste, au Pere Eternal, Chapel of Reliques, St. Anne's, St. Thomas and St. Angele de Merceci—all donated by grateful souls in memory of favors received. Here it is sand each to sacred Heart is sand each to sacred Heart, St. Jean de Baptiste, au Pere Eternal, Chapel of Reliques, St. Anne's, St. Thomas and St. Angele de Merceci—all donated by grateful souls in memory of favors received. Here it is sand each to sacred Heart is sand each to sacred Heart is sand each to sacred Heart, St. Jean de Baptiste, au Pere Eternal, Chapel of Reliques, St. Anne's, St. Thomas and St. Angele de Merceci—all donated by grateful souls in memory of favors received. Here it is sand each to sacred Heart is sand each to sacred Heart, St. Jean de Baptiste, au Pere Eternal, Chapel of Reliques, St. Anne's, St. Thomas and St. Angele de Merceci—all donated by grateful souls in memory of favors received. Here it is sand each to sacred Heart is sand each to sacred Heart, St. Jean de Baptiste, au Pere Eternal, Chapel of Reliques, St. Anne's, St. Thomas and soul. It is the part of prudence to exercise a good degree of cattion during this time. It will not be amiss at this time to call attention not an dangers of the Capel of Reliques, St. Anne's, St. Thomas and soul. It will not be amiss at this time. during the summer months, and its | those of health. fame has even penetrated to the States at the south of the St. Lawrence, and annual pilgrimages are the result.

Cap de la Madeleine—or Cap Magdelaine, as the English guide books have it—is in itself a small village located on the shores of the St. Lawrence, in Champlain county, about four miles east of Three Rivers, or midway between Montreal and Quebec on the King's highway, on the C. P. R., and may also be reached by car from Three Rivers, where the first Mass was said in 1615. The Cap has a population of between six and seven thousand, civilization unmolested. On this site the Jesuits founded a parish in

blamed if he wasn't tired living in one at first. He moved to bring instrument of God to do a mighty and the cuisine good. The villagers another person's house. And like another part of the room into his work for souls. themselves are charming, and will

to say to the tourist, "Come in and rest awhile?" It is the shrine of Cap de la Madeleine, containing a wealth of beauty and evidence of Christian faith. The peaceful grounds, through which one may wander unmolested, are laid out in broad paths, flanked by verdure and loveliness on all sides—noble old trees, pretty flowers and beautifully kept lawns. At every few steps one's attention is attracted by groups of bronze statuary—"Les steps one's attention is attracted by groups of bronze statuary—"Les groups of bronze statuary—"Les groups of bronze statuary—"Les Mysteres du Rosaire"—representing the fifteen decades of the Rosary, and also spent some time in St. Joseph's Hospital, Three Rivers, but was Mysteres du Rosaire"—representing the fifteen decades of the Rosary, along with these is a beautiful representation of The Holy Rosary, to which devotion, of course, the shrine is dedicated. Across the ravine, on a plateau overlooking that older centre of civilization? ravine, on a plateau overlooking the St. Lawrence is to be seen "Le Chemin de Croix," another group of tablets and statuary portraying the life of Christ from Bethlehem to Calvary, and beyond—the Sepulchre

East of the old church, with its annex of chapels, is the splendid Monastery of the Oblate Fathers who have contributed so materially towards making this beautiful spot the centre of religious fervor that it is today. And close by the Monastery is the parochial church, the stone for which was so miraculously procured in 1879 and which gives to Cap de la Madeleine its legendary significance. The story is brief, but

of intense religious interest. The little church which had been used for worship from 1714 to 1878 Dan got the clock, handing over what was paid for it by the dealer.

Dan Somers had been angry when he left home, but that was as nothing to the fire and fury that consumed him now. In the fifteen months that had elapsed his exapperation had had time to cool, and very often he told himself that he had been just a little hasty and foloish. For his homesickness was times an actual pain. He ached to see the farm, to walk through the wet meadow and the barn yard, to see the chicknes running toward him with lifted wings for the corn he always kept in his pockets to throw to them, to semell the hay as he dickered around with the tools on wet days. Lydia too. In these softened thoughts he could see her, neat and smiling, could hear her clearly and portitude, which implies a clear than the start of the corn of the property—two miles frontage by twenty depth—to the Jesuits on the next in the season—and courage sorting to the fact that in late that they cannot have an adapt the most interest. It was originally at the more and seven thousand, and is of historic as well as religons that we originally a radius of the tondians and courage it and seven thousand, and is of historic as well as religons that the more and seven thousand, and is of historic as well as religons that the more and seven thousand, and is of historic as well as religons that the more and seven thousand, and is of historic as well as religons that the more and seven thousand, and is of historic as well as religons that the more decided to build a new stone one. Stone was very scarce on that side cided to build a new stone one. Stone was very scarce on that side cided to build a new stone one. Stone was very scarce on that side cided to build a new stone one. Stone was very scarce on that side cided to build a new stone one. Stone was very scarce on that side cided to build a new stone one. Stone was ve had grown too small and it was decided to build a new stone one. vowed that, if their request were granted, he would consecrate for-ever the old sanctuary, built by his ancestors nearly two centuries before, to "Notre Dame de la Tres Saint Rosaire." It was the 14th of March. The broad expanse of water extended for a mile to the shore tacles.

Idians gathered periodically to trun away like that and "waste all our Lord, Himself, when the chad here a plumb fool to run away like that and "waste all the conforting waste here where the money changers out of the them of the money changers out of the money changers out of the them of the money changers out of the money changers out of the them of the money changers out of the whole the money changers out of the money changers out of the money changes and the money changers out of the money changers out of the money changes and the money changers out of the money change the money changes and the money changes and the money change the money changes and the mone

and the cuisine good. The villagers themselves are charming, and will do their part to make your stay a pleasant one. If you speak French fluently,—eh bien! If not, they will, with true French courtesy, endeavor to make you feel at ease by meeting you halfway with their somewhat limited command of l'anglais. As for their modest stores, many a helpful lesson in salesmanship, which would be of material benefit to some of our larger Ontario stores, may be gleaned by the tactfulness with which they will try to understand and supply your requirements and be equally gracious whether you buy from them or not.

But what beautiful enclosure or park is this in our left, which seems to say to the tourist, "Come in and rest awhile?" It is the shrine of these cures to be recorded was on the Fesst of the Assumption this grant that of little Gisele Lamy was the content of the same that of little Gisele Lamy the Feast of the Assumption this year—that of little Gisele Lamy who, according to the testimony of her parents, Mr. and Mrs. Thos. Lamy, also the attending physician, Dr. Gideon Labarre, was stricken with paralysis in the autumn of 1921. The little girl had been treated by Dr. Labarre, and had 1921. also spent some time in St. Joseph's endeavor, and that we are justified in doing so a short trip through the French Province will convince us.

Everyone, of course, knows about Ste. Anne de Beaupre. Few, even of our non-Catholic friends, upon visiting historic Quebec City, but will find time for a fleeting visit to this wonderful old shrine. But to us in Ontario the name of Cap de la Madeleine is not so familiar. In Quebec province it is known far and wide as the site of a famous sanctive in the centre of all this is the old church, bearing on its facade the certificate accordingly.

IMMORAL READING

certificate accordingly.

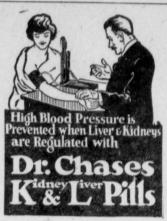
dangers are all about us. They exist in the written word as well as in the associations that one keeps.

It is by no means infrequent to see young folk, reared in good, God-fearing families throwing restraint to the winds and giving free reign to their minds to devour literature that can not be read without a blush, even secretly, aside from the gaze of decent people. The printing presses are grinding out tons of trash that is doing its evil work of ruining innocent souls. The flashy obscene novel is by no means left on the book shelves while the uplifting book is sought for. Quite

the contrary.
It would seem that the more

enemies in godless, base and indecent literature. Such stuff, if printed a generation ago, would earn the scorn and contempt of men. Today it is quite the vogue to know of these writings. In fact, to be in style, one must imperil body and

soul with this offensive rubbish.





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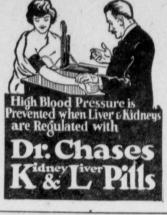
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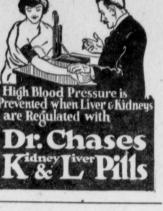
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