

says it is not; are both true? This is an impossibility, my friends; all cannot be true. Who then is true? He who has the true meaning of the Bible...

FIVE-MINUTE SERMONS.

Septuagesima Sunday. BODILY MORTIFICATION. "I chastise my body," says St. Paul in the Epistle of to-day...

OUR BOYS AND GIRLS.

Waking Grandma With a Kiss. A lady says: "I once asked a little boy, 'Have you called your grandma to tea?'...

GOOD THOUGHTS.

Visions, visits and favors from heaven are only for the humble.—St. Teresa. God only holds back His gifts for a while, in order to bestow them in yet fuller measure.

THE CATHOLIC CHURCH SAYS the Bible is the book of God, and that God has appointed an authority to give us the true meaning...

And there is a great deal more need of taming our own bodies than there is of breaking horses. For the horse can only kill our body, but our bodies can kill our souls...

That is the Catholic and true doctrine, as taught by the Church, and put into practice, in some degree at least, by all the faithful who obey her laws.

But I know, my dear brethren, that you do not think that the mortification of the body required by the Church is useless or superstitious; I give you too much credit for faith as well as for reason to imagine that.

The Guest. Ave Maria. In a certain orphan asylum the words of the grace said before meals were: "Lord, Jesus, come and be our guest at this time."

Monthly Prizes for Boys and Girls. The "Sunlight" Soap Co., Toronto, offer the following prizes every month...

A Wonderful Change. For twenty years I suffered from rheumatism, dyspepsia, poor appetite, etc., and received no benefit from the many medicines I tried...

Learn to Smile. Is not that a funny thing to tell you? But if you know how happy it makes those around you to see a smile on your face, you would never frown.

The Camel and the Miller. Did you ever hear the fable of the camel and the miller? One night a miller was waked by his camel trying to get his nose into the tent.

Saved by the Angelus. In Spain, as is well known, at the first sound of the bell, morning, noon, and night, everybody kneels down and recites the Angelus.

Knowing How. A certain man in a large city owned some valuable machinery used for the manufacturing of a useful article.

The Doctor sets a broken bone. It is not the work of a few minutes, or half hour we pay for, but the knowing how, and the better one knows how to do his work...

It is not what its proprietors say, but what Hood's Sarsaparilla does, that makes it sell, and wins the confidence of the people.

They who are not of the unity of the Church do not believe in the intercession of Mary. Because they have never made trial of it. But the whole Church is pervaded by a consciousness of her love and power now, as it was in the beginning.—Cardinal Manning.

Many persons criticize in order not to seem ignorant; they do not know that indulgence is a mark of the highest culture. It is the little learning, the narrow culture, that is carping and censorious, and mistakes fault-finding for criticism.

Senator E. D. White, of Louisiana, who succeeds Mr. Eastis in the upper House of Congress, is a devout Catholic. He is a man of commanding presence, robust talent, and an eloquent and profound orator.

DEAR SIR:—I have been using B. B. B. for cancer of the breast during the last two years and four months, both externally and internally, and have been greatly benefited.

Good health without pure blood is simply impossible, and to secure pure blood is therefore absolutely necessary, especially in spring when bad blood is very prevalent.

Mr. Henry Macombe, Leyland St., Blackburn, London, Eng., states that his little girl fell and struck her knee against a curbstone. The knee began to swell, became very painful and terminated in what doctors call "white swelling."

PALE, WEAK WOMEN need a tonic, to strengthen giving, flesh building medicine like Milkmaid's Beef, Iron and Wine.

When it is finished what will it be—success or failure, faith or despair; a talent multiplied or buried deep beneath the dust and dross of earthly follies; reward or punishment; hell or heaven?

THE room in which a number of friends pass the evening smoking either cigars or inferior tobacco will have an unpleasant odor next morning.

THE Blood is the Life. Good health without pure blood is simply impossible, and to secure pure blood is therefore absolutely necessary, especially in spring when bad blood is very prevalent.

Mr. W. Thayer, Wright, P. Q., had Dyspepsia for 20 years. Tried many remedies and doctors, but got no relief. His appetite, side and stomach, and gradual wasting away of flesh, when he heard of, and immediately commenced taking, Northrop and Lyman's Vegetable Discovery, and began taking it according to directions, when I soon found the headache leaving me, and I am now completely cured.

Mr. Thos. Bell, of Messrs. Scott, Bell & Co., proprietors of the Wingham Furniture Factory, writes: "For over one year I was not free one day from headache, I tried every medicine I thought would give me relief, but did not derive any benefit."

Minard's Liniment is the Hair Restorer. It is not what its proprietors say, but what Hood's Sarsaparilla does, that makes it sell, and wins the confidence of the people.

Small, Sugar Coated Burdock Pills do not gripe or sicken. They are mild and effectual.

The SURPRISE Way. READ the directions on the wrapper. 1st. Commence by dipping one of the articles to be washed in a tub of luke-warm water.

ECONOMY. EQUITY. STABILITY. PROGRESS. THE ONTARIO MUTUAL LIFE ESTABLISHED 1870. DOMINION DEPOSIT, - \$100,000. Assurances in force, January 1st, 1892, \$14,934,807.

THE PROVINCE OF QUEBEC LOTTERY AUTHORIZED BY THE LEGISLATURE. Next Bi-Monthly Drawings in 1892—Jan. 7th and 20th and Feb. 3rd and 17th.

JOHNSTON'S FLUID BEEF. Supplies all the elements of PRIME BEEF needed to form "Flesh," "Muscle" and "Bone."

HOLLOWAY'S PILLS & OINTMENT. Purify the Blood, correct all Disorders of the LIVER, STOMACH, KIDNEYS AND BOWELS.

A LITTLE GIRL'S DANGER. Mr. Henry Macombe, Leyland St., Blackburn, London, Eng., states that his little girl fell and struck her knee against a curbstone.

WORMS CAUSE SERIOUS SICKNESS. Dr. Lee's Worm Syrup destroys and expels all worms from the system.

THE CATHOLIC RECORD

Table with 2 columns: Item and Amount. Includes 'Branch No. 4, London', 'Grand Council of Canada', and 'MEMBERSHIP REPORT FOR THE YEAR ENDING DEC. 31, 1921'.

Table with 2 columns: Item and Amount. Includes 'NEW BRANCHES' and 'Starting the year as follows' with a list of branch numbers and dates.

Branch No. 171, C. M. B. A., was organized at St. Laurent, P. Q., on Saturday, February 6, 1922, by District Deputy A. H. Spedding...

Branch 172 was organized by District Deputy A. J. Chabot at Collingwood, Ont., on the 9th inst. It starts with eighteen charter members...

THE AIMS AND END OF THE C. M. B. A.

READ AT MEETING OF ST. BASIL'S BRANCH, NO. 145, TORONTO, ON FEBRUARY 15, 1922. St. Basil's Branch, No. 145, Toronto of this association, in order to make its meetings more interesting and instructive...

It is taught to invoke the blessing of God on all his undertakings. It is to be sufficiently plain, but when taught they need enforcement, and enforcement by sign and action appropria...

Life assurance in companies of any nature is certainly one of the greatest blessings of modern times, and the extent to which it has been made available may be judged by the enormous sums for which they are...

What a double blessing, therefore, to the Catholic community citizens of this locality, and numbers on the roll three of the Rev. clergy, and some fifteen more is expected shortly...

It is high time a better knowledge of the merits of our great and noble religion should be spread abroad that Catholics may be informed of the great benefits to be derived by becoming members...

Now let us pass on from this pure and noble ideal of benevolence, charity and fraternal affection to the more practical side...

Every member of the association notified to attend the meeting of the association...

At a regular meeting of the St. Patrick's Branch of the C. M. B. A., held in the hall of the association...

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At a regular meeting of Amherstburg Branch, No. 3, the following resolution was moved by Recording Secretary Barron...

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Advertisement for Scott's Emulsion featuring a man carrying a large fish on his back. Text includes 'Children always enjoy it', 'SCOTT'S EMULSION', and 'A MARVELLOUS FLESH PRODUCER'.

Advertisement for Guinness Baking Powder. Text includes 'GUINNESS BAKING POWDER', 'THE COOK'S BEST FRIEND', and 'LARGEST SALE IN CANADA'.

Advertisement for Pater-Koenigs Nerve Tonic. Text includes 'PATER-KOENIGS NERVE TONIC', 'Had the Desired Effect', and 'I recommend Pastor Koenig's Nerve Tonic'.

Advertisement for Koenig Med. Co. Chicago, Ill. Text includes 'Koenig Med. Co., Chicago, Ill.', 'FREE Valuable Book on Nervous Diseases', and 'Solely by Druggists at 61 Cent per Bottle'.

Advertisement for Catarrh Remedy. Text includes 'Catarrh Remedy for the Eye and Cheek', 'Solely by Druggists or sent by mail', and 'E. T. Haseltine, Warren, Pa.'.