

RIGHT



THE PHILOSOPHY OF PENANCE

During this season of Lent which is devoted to works of penance and mortification it is very necessary that Catholics should understand the basis for the practices to which the Church attaches so much importance in order to be in harmony with Catholic teaching, and to be in a position to resent in the name of our holy faith the attitude of would-be cultured superiority that affects to sneer at mortification for penance. The fundamental reason for penance is found in the Testament, old and new, and the history of the Church shows that those who have reached the highest point in the scale of religious perfection are those who recognized the efficacy of penitential practices. Our Blessed Lord said, "Unless you do penance you shall all likewise perish," and the voice of conscience in every man not hopelessly depraved tells him that somehow or other sin is balanced and set right by repentance.

In ascertaining the philosophy of penance we shall always be greatly helped by keeping in mind the story of the prodigal son, for we have in the prodigal's going away from his father's house, in his sojourn in a distant land, and in his return to the bosom of his family, a perfect example of a young man giving up the life of innocence, living for years in sin, and finally returning to God through repentance.

Every man who sins knows that he cannot hope for pardon on any easier terms than those accorded to the illustrious penitents of the past, and whilst he may not be able to explain how mortification either of the soul or of the body atones for sin he knows that it is so, and that is enough for him. When sin is committed the first law of harmony is punishment and all the practices of the Lenten season are calculated to strengthen his hold on that salutary truth. It never occurs to him to fancy for a moment that the mere discomfit which mortification involves is pleasing to God, for if he undergo mortifications which involve discomfort it is that he may tame his rebellious flesh which he is only too apt to pamper, and bring it under subjection. The great Apostle St. Paul, was not merely indulging in a taste for sensationalism when he avowed that he chastized his body, and every man may without hesitation imitate his illustrious example. If the athlete deprives himself of certain things whilst he is training for an earthly contest surely a Christian should be willing to put aside for a season something which is otherwise lawful, whilst he is strengthening himself for a heavenly contest. And that is the philosophy of penance; that is the explanation of the Lenten season. Penance is an effort to secure self-control and Lent, which is a season during which distracting pleasures are set aside, is an admirable time to cultivate that self-control.—T. in The Guardian.

MEXICO

The Socialist Governor Alvarado of Yucatan, Mexico, appointed by Carranza, shocks even non-Catholic observers by the extreme injustice of his tyrannical laws. He has seized possession of all property and summarily executes citizens without trial.

In a letter to the Extension Magazine of January, written in September, 1916, from Yucatan, the author states: "Here you can not pray, hear Mass, or talk. There is not a priest, or an open church in any of the towns of the State. All the churches, except two in this city, were seized and all their furnishings were destroyed. The church of the Third Order is now a museum hall; and several of the others are stores, their balustrades and altars having been sold or destroyed. Other churches have been turned into halls for workmen or dwellings for soldiers' families. There is not one Catholic college or school open. The bishop's residence and the residences of the priests were confiscated by a decree of Alvarado, and as they fear being later obliged to restore them, they are selling everything—the marble, the doors, and even the plants in the gardens."

"Meat markets are not permitted, because Alvarado has bought 60,000 barrels of meat from the United States, so only he may sell meat. With this meat he pays many people. Everything is sold for the profit of Alvarado and Carranza. Every month we have 10,000 hens, 500 chickens, and 500 cases of eggs, besides the cereals; all are distributed through all the States, and the profits, they say, are to pay the expenses of the revolution. No one can purchase anything but through the Government. We have

where their children will learn to know God, that they may love and serve Him and be happy with Him hereafter. And now they are asked to support the fatherless and motherless orphan children of this big city, so that these defenseless babies left alone in the world may not be deprived of the only heritage they received from the mother and father who are gone, the most precious heritage of their Faith. Really, it is a rather expensive luxury in this city to be Catholic.

"The State is forbidden," the Archbishop continues, "we are told, to pay for the simple board of orphan children in our institutions where a love of God, a fear of punishment for wrongdoing and a craving for heavenly reward for a well-spent life are instilled in the child, which more than anything else will help to make it a law-abiding citizen. There is an orphan asylum in this city where religion is ridiculed, where the knowledge of God is stolen from helpless children where every vestige of God and of the supernatural is torn out of their childish hearts and yet that institution receives State-aid as 'non-sectarian'—(God save the mark)—and our institutions, which care for the children, even for their bodily welfare, more cheaply to the taxpayers and admittedly better than the State, are refused any subsidy from public funds, even as though we were teaching the children crime, rebellion, disrespect for the law."—The Monitor.

"THE POOR MAN'S POTATO"

AT PRESENT PRICES IT IS THE RICH MAN'S LUXURY—IT HAS LOW FOOD VALUE AND NOT WORTH THE PRICE

And now the meek and lowly potato—the poor man's friend—goes soaring skyward along with such aristocratic foods as meat and eggs! In fact nearly all the common garden vegetables have jumped beyond the reach of the purse. But the upward flight of these vegetables would not bother us if the good old reliable potato, friend of the common people, had not also taken its flight.

And this behavior of the potato has caused a sudden and widespread inquiry into its real food value. The consumer has discovered what he should have known long ago, that the food value of potatoes has been much over-rated; that the potato is about 75% water and about 20% starch. It is a good food at seventy-five cents a bushel when eaten with a certain quantity of protein and fats but it is not worth eight cents a pound.

Dietetic authorities in all parts of the country are calling on the people to substitute cereals and fruits for potatoes. Two shredded wheat biscuits (which cost two cents at the grocer's) eaten with milk, make a complete, nourishing meal, supply everything the human body needs for building tissue and for furnishing the necessary heat and energy for half a day's work. These biscuits are made out of the whole wheat grain which is steam-cooked, shredded and baked—a process that renders all their body-building material easily digested.

Shredded wheat not only supplies the proper amount of proteins, carbohydrates and mineral salts, but also contains the bran-coat which stimulates bowel exercise, thus keeping the intestinal tract healthy and active. While nearly all other foods have advanced in price, this standard whole wheat food sells at the same old price. These little loaves of shredded wheat are satisfying and sustaining when eaten with hot milk alone, or with sliced bananas, stewed prunes or other fruits.

THE ARCHBISHOP OF CHICAGO

BEGS FOR ORPHANS—STATE AID IS WITHDRAWN

By a recent decision rendered in the Circuit Court of Cook County, county and city authorities are prohibited from giving pecuniary aid to Catholic child-caring institutions. As a result, more than 2,000 dependent Catholic orphan children of Chicago will have to be put out on the streets unless Catholic charity supplies the funds which the county and city formerly furnished when committing children to Catholic institutions.

The gravity of the situation has prompted Archbishop Mundelein to issue an appeal to the faithful which was released on Friday. Graphically picturing the distress that would be in store for the children if they were left to their fate, he exclaims:

"No, my dear faithful Catholic people, the Archbishop is not going to desert the orphan children, he will not abandon them to the cold soulless care of the State, he will take the place of father and mother to them until they grow old enough to take care of themselves. Even if the great State of Illinois and the rich city of Chicago do not contribute a penny toward their support, he will manage somehow. If he needs them, for their little souls are on his conscience and for each of them he must one day answer at the judgment seat."

ARCHBISHOP MUNDELEIN'S APPEAL  
"The great mass of our Catholic people are poor, barely earning their daily bread, just managing to keep a roof over their head, and doing without comforts in order to rear their children to be good, decent, honest like themselves. Already do they bear a heavy burden for the sake of their Church. Besides paying all they owe to the State—to Caesar the things that are Caesar's; they render generously to God and God's cause; they support their Church and their clergy; they pay a double tax for their school, for after paying just as much for the State school system which they do not use as their neighbor who does use it, they must also pay for the erection and maintenance of their own schools

THE STATE AND THE CONFESSIONAL

Under the strain and stress of war many foolish things are said and done by people who are ordinarily quite reasonable. An illustration in point is contained in the following dispatch taken from the New York Globe and Commercial Advertiser for February 7.

There are no secrets from the State in war time. Lawyers, doctors, priests in the confessional, all are included in the phrase "person or persons of any class or description," who must tell on demand, under the British Defense of the Realm Act. The issue has been pointedly raised in Ireland, where the military authorities have arrested a lawyer, H. O. Moran, and his client, James Ryan, for refusing to state how certain documents read in a Limerick law case came into their possession.

In a statement justifying the position of Parliament in abolishing the hitherto inviolable secrecy which has surrounded the relations of lawyer and client, doctor and patient, or priest and parishioner, Sir William Bull, one of the leading legal lights of the House of Commons says:

"The safety and defense of the realm override everything. There can be no question of privileges or places far distant from New England. He has a long and varied experience as a writer. For seventeen years he was associate editor of the Sacred Heart Review, and he has been contributor to some of the leading publications here and abroad."

He is widely known in the literary and educational circles of Boston; and in his work of editing the "American Teacher" he will have the aid of a corps of educational experts. The subscription price of the magazine will be \$1 a year. Address: The American Teacher Co., Box 2248, Boston, Mass.

FOREIGN MISSIONS

WHO WILL HELP OPEN AN OFFICERS' SCHOOL

From time to time I have tried to place catechists in different villages but with poor results. The people accepted a little instruction willingly enough but would not enter seriously into the Christian spirit. The catechists themselves were only beginners having had very little instruction. Now, thank God, I have three catechists who promise to give satisfaction. One is Francis Borgia, who providentially found his family in a village of this neighborhood after he had been separated from them by the slave traders. After many adventures he has at last begun work with his wife, whom he found at Mirara. Yesterday he wrote me he has twenty catechists already. Camillus whom I have written to you about is the second. The third is Noah. All three are getting results presenting me from time to time persons for baptism whom they have instructed. This is not at all brilliant, I know; but you must remember when I came here there was nothing whatever. Besides the blacks of these parts take less kindly to Christian civilization than any I ever met with. These catechists are working without pay except for an occasional present I give them. And my only resources are what we have on the cultivation of our fields and there are years like the present one that yield is a minus quantity on account of the exceptional drought. One thousand dollars would solve the catechist problem once for all (who will give a mite toward that sum?)—Father Torrend of the Kasasi Mission.

Address cancelled stamps of rare denominations (write for directions) tin foil, old jewelry and other donations to American Headquarters of the Sodality of St. Peter Claver for the African Missions, Fullerton Bldg., 7th & Pine Streets, St. Louis, Mo.

DEATH OF MR. PATRICK McGRATH

The death occurred in Stratford, on Feb. 17th, of Patrick McGrath at the age of eighty-eight years. He was born in County Clare, Ireland and came to Canada in 1849, settling in the Township of Hibbert, where he lived for over fifty years. He has been a resident of Stratford for about twelve years and was highly respected by all who knew him. He was a fervent Catholic and was fortified by all the rites of Holy

Mother Church in his last illness. Besides his widow, a family of four sons and four daughters survive: Matthew of Ottawa; Hugh of Omaha, Neb.; John and Patrick of Dublin; Sister Katharina McGrath, Sacred Heart Convent, Vancouver; Mrs. John Murphy, Cayuga; Annie and Bridget at home.

The funeral took place on Feb. 20th to St. Joseph's Church, where Requiem High Mass was celebrated by Very Rev. Dean McGee, after which the remains were taken to the Grand Trunk Station, and thence to Dublin.

A large number of old friends and neighbors were assembled at the station to pay their last tribute of respect to the deceased.

The remains were taken to St. Patrick's Church where Rev. Father Noonan held a short service, after which interment took place in St. Patrick's Cemetery. May his soul rest in peace.

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THE HOME BANK OF CANADA

The great lesson this war teaches is the necessity for thrift, and unless that lesson is taken generally and seriously to heart a part of the sacrifice involved will have been in vain.



"There is no gain so certain as that which arises from sparing what you have." Johnson

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close to her historic home of Arundel Castle. This is a small hospital for incurable soldiers and sailors, men who are paralyzed or so maimed that they are helpless for life. Although the Star and Garter at Richmond has been opened for this object, there is no provision there for the peculiar needs of Catholic men. The Duchess's home is for Catholics only, and is the sole home of such a kind in England at the present time, although it is hoped this effort may result in others.

The hospital is situated in a charming and roomy house at Littlehampton, a salubrious sea-side resort. There is an adequate staff and only a few cases are accommodated. Each patient has his own room, which is made as homelike and Catholic as possible. The patients can be easily transported. Everything is done to brighten the terrible lives of these wrecks of the war and above all to give them those spiritual aids which alone save them from despair.—The Monitor.

the Canadian Dental Corps, only son of Martin Morkin, and the late Ellen Morkin, in his nineteenth year. May his soul rest in peace.

DADEY.—At Ottawa, Ont., on Saturday, Feb. 24, 1917, Harold Dadey, in his thirteenth year. Funeral on Monday morning at 8:30 from his father's residence, 166 Rochester St., to St. Mary's church, thence to Notre Dame cemetery. May his soul rest in peace.

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WANTED BRIGHT, HEALTHY BOY, AGE fifteen or eighteen only, for light work with priest in country parish in province of Quebec, near Ottawa, Ont. Preferred—ambition for study and knowledge of music. Best of care, board, clothing and comfortable home. Reply immediately, giving particulars to CATHOLIC RECORD, Box E, London, Ont. 2063-2

WANTED, YOU G MARRIED FARMER, Agr. 1st to Nov. 1st or longer, man must be good willing farmer and wife good plain cook. Free furnished house. Give age, nationality, experience, references and salary expected in first letter. Apply to John T. Edwards, Lockwood, Sask. 2063-2

WANTED GENERAL HOUSEMAID, BY Catholic family, on farm in Sask. No outside work. Must be good with children; \$20 a month year round if satisfactory. Address Box H, CATHOLIC RECORD, London, Ont. 2060-4

WANTED  
Wanted a young man for the position of a Catholic newspaper reporter in the province of Quebec, near Ottawa, Ont. Preferred—ambition for study and knowledge of music. Best of care, board, clothing and comfortable home. Reply immediately, giving particulars to CATHOLIC RECORD, Box E, London, Ont. 2063-2

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Adventures of Four Young Americans, by Henrietta E. Delamare. This book describes the stirring times during their trip abroad and the experiences of Johnny who was lost in the Catskills. \$2

Althea, by D. Ella Nirdlinger. A delightful story giving some of the author's own experience and the plays of her happy childhood. It is a merry companion of four brothers, a sister, and their beloved parents.

Brownie and I, by Richard Aumelle. Brownie is a college dog who chums with the new boys as soon as they arrive and with them in all their sports. He even succeeds in winning the decisive basketball game of the year. Boys, girls, and grownups will follow with deep interest this gossamer record of two years of a college boy's life.

Catholic Princes of America, by John O'Kane-Murray. New edition revised. A story of Christopher Columbus 1435, to the death of Father Bado, 1835.

Clarence Belmont, by Rev. Walter T. Leahy. This is a fine college story, full of healthy vitality, and it will cause all who are lovers of the adventures of a college boy.

Dear Friends, by D. Ella Nirdlinger. A home story, and in that lies its special charm. There are dear days and bright days pictured, just as they come to every home, and low the source of the moral sunshine gleaming through the story.

Five of Diamonds, by Mrs. Guthrie. An interesting novel full of exciting incidents. The suspense is laid in England, afterward drifting to Russia and Siberia.

Forlidas, by Anton Giulio Barril. A Quasi Italian Tale, describing the hardships of an artist who finally won his way to a beautiful young Italian maiden in marriage.

Five Birds in a Nest, by Henrietta Eugenia Delamare. The scene of this story is in a little village of France, of which the author knows every inch of ground. It is the story of five children, and incidentally introduces many of the local customs.

Flourage, by Madame Augustus Creaven. This charming novel has been translated into twelve languages, which moves in an atmosphere of delicate refinement.

Golden Manner, by Frances Noble. This charming novel has been regarded as a model love story, showing the true romance of a pure wholesome convent-school girl, secured of a pure wholesome conversion of her mind.

Legends of Lancelotti, by Maurice Francis Egan. There are eight stories and every one of them has a very interesting plot worked out with dramatic skill.

Lost Lode, by Christian Reid and Stella's Discipline, by F. X. O'Rourke. "The Lost Lode" is a story of Mexico, strong, interesting and like everything from the same pen, charmingly written. The second story is another story of wholesome light literature, and we deem it judiciously coupled with the former beautiful story.

Nelly Kelly, by Henrietta E. Delamare. Nelly is a little mother to her brothers and sisters and succeeds wonderfully well in meeting the difficulties that arise.

Philip, A Tale of the Cool Regions, by Rev. Patrick Justin McMahon. A stirring and interesting story of the days of the Mollie Maguire, well written and containing an admirable unity of plan, the story is arranged so as to intensify the interest as the reader passes from chapter to chapter.

Round Table of American Catholic Novelists, A delightful symposium of short stories by representative American Catholic novelists. A pleasing collection of stories by eminent Catholic authors of England and Ireland.

Round Table of French Catholic Novelists, A charming selection of stories by the foremost French Catholic writers.

Reverend's Marriage, from the French of Martha Leach. By Mrs. F. X. O'Rourke. An admirable story to be read with both pleasure and profit, as well as the unusual and interesting pages of convent education are clearly shown.

Ronald's Mission, by Henrietta E. Delamare. Ronald is a boy of twelve years of age, who has boys and girls are sure to be interested. A household. The story is a thrilling one, and a thrilling rescue of a child from a burning building by Billy and an exciting trip on a sailing vessel to the West Indies. "It is a rattling good boy's story."—Pilot

Sealed Packet The, by Marion J. Brunow. A cleverly contrived story which carries an unexceptional moral and some delightful incidents. School Life. An excellent book for either school or home library.

Storm Bound, by Eleanor C. Donnelly. A Romance of Shipwreck. A story telling of the experiences of a young man who was separated from his family during the time they were storm bound. Woodman, by Colonel Jos. Mayo. A Novel of the Revolutionary Times in Virginia and Maryland.

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Acolyte. The story of a Catholic College Boy. Ambition's Contest. By Father Faber. The story of a young man who starts out in life to be a student, loses his religion, but finally, through the prayers of others, regains the grace of God and is called to the priesthood.

Billy Glen of the Rockies. Shuttles, by Anthony York. Illustrated. A story of boy life in the downtown section of New York, narrating the adventures of Billy Glen and his companions. The Broken Shutter, a boy's club of their neighborhood. The story is a thrilling one, and a thrilling rescue of a child from a burning building by Billy and an exciting trip on a sailing vessel to the West Indies. "It is a rattling good boy's story."—Pilot

Boys' Own Book. A complete encyclopedia of sports, containing instructions on the games of fencing, baseball, football, gymnastics, rowing, swimming, and some of the other games, etc., and how to play over fifty other games.

Burton of Honor. By Christine Faber. A story of mystery and suspense, containing some of the most difficult in rapid succession. As in a Christian's Father's book, the action is dramatic sudden and severe.

Chivalrous Deed. A. By Christine Faber. "Kindness Begets Kindness." A story of a young man who, in the name of the law, intervenes with delightful delicacy of child life and child character. Con O'Regan. By Mrs. James Sadler. A story of the experiences of Con O'Regan and his sister "Winnie" in an interesting and wholesome manner.

Elmo. Preston. By Mrs. James Sadler. A story following a young girl through her sorrows and joys. Fatal Resemblance. A. By Christine Faber. This is an entertaining romance of two young girls, and shows how uncertain are the smiles of fortune.

Gerion Lodge. By Agnes M. White. A fascinating Catholic novel, narrating the adventures of an orphan left in the care of a relative. Guardian's Mystery. The. By Christine Faber. This is a capital story, well written, containing an unusual amount of mystery, and a thrilling rescue of a child from a burning building by Billy and an exciting trip on a sailing vessel to the West Indies. "It is a rattling good boy's story."—Pilot

Herbert. A very interesting tale by Mrs. James Sadler. Liberty. The Story of a First Communion. By Mary T. Wagoner. A story of great interest, strong faith and earnest spirit. Margaret Roper. A very interesting historical novel by Mrs. James Sadler.

Mooney Joe. By John Boyle O'Reilly. A thrilling story of heroism and sacrifice, containing the action takes place in the Penal Prison in Australia to which Mooney Joe has been sentenced for political activity, and from which he escapes through a series of dramatic adventures. Mother's Sacrifice. A. B. T. In Dale. A thrilling story of the trials of a widow who only son is mysteriously accused of murder, and a thrilling rescue of a child from a burning building by Billy and an exciting trip on a sailing vessel to the West Indies. "It is a rattling good boy's story."—Pilot

New Lights. A very interesting tale by Mrs. James Sadler. New Lights. A very interesting tale by Mrs. James Sadler. New Lights. A very interesting tale by Mrs. James Sadler.

Refining Fire, by Alice Danes. In this novel Miss Alice Danes, favorably known through her stories of Irish life, has ventured on a new field, and in "Refining Fire" she tells a story of moral, edifying her best book, sets before us the life and fortunes of two French families, the Mauvoisines and the De Baris. The plot is well thought out, the story is remarkably well told, and it is sure to hold the attention of the reader from the first page to the last.

South in California. By Minnie Mary Lee. A novel full of interest and example. Strayed from the Fold. By Minnie Mary Lee. A splendid Catholic story, a very good moral. Towers of St. Nicholas. The. By Mary A. A. Gray. A story of the persecution of Catholics during the reign of Queen Elizabeth. Trinity of Friendship. The. By Gilbert Guest. A new story, full of interest and example. Inquiries for Gilbert Guest, let them not forget that this effort will know as much about girls as Father Fun knows about boys. Within and Without the Fold. By Minnie Mary Lee.

The Catholic Record LONDON, CANADA