

CHATS WITH YOUNG MEN

EATING MEAT ON FRIDAY

Most of our young men have been brought up in good Catholic homes, wherein the precept of abstinence from meat on Friday is faithfully observed.

When these young men go into business-life and eat some of their meals in restaurants or hotels they are frequently shocked to see other men who rank as Catholics eat meat regularly and knowingly on Friday.

It is readily understood that at times a Catholic business man, dining away from home, may be entirely forgetful of the fact that the day is Friday, especially if he be not accustomed to take meat at breakfast.

Do these men think that the precepts and observances of the Church do not apply to Mammon's favorites? Do they really wish to masquerade as non-Catholics? They should ponder deeply upon the words of our Lord: "Whoever shall deny Me before men, I will deny him before My Father Who is in Heaven."

To fit their case, it might be said: "Know all men by these presents I am the great Mr. S. and So, the premier of my race. I have acquired money—no matter how, have occasionally broken into blue-blooded society, which has invited me to its festivities because it can use me for its own purposes, but which fact I do not see; I am greatly exalted because I have flattered a little, and, therefore, no more Church nor precepts thereof for me. To rank with the Servants of Mammon I am willing to sacrifice my real friends, my conscience and my God. I have no king but Mammon, and am willing to give him not only all that belongs to him but also what I owe to my God."

This is a fair picture of the Catholic who in good health knowingly eats meat on Friday.

Men of this kind will say that the writer is old-fashioned and out of date, the inference being that the precepts of the Church must be changed or modified in order to be adapted to the cowardice or the unfaithfulness of the new Catholic, or in other words, of the Catholic modernist layman in social life.

We admit that we are so old-fashioned as to know that abstinence from speckled food was the first commandment given to Adam, and that his disobedience are primarily due to all the ills which have afflicted the human race. We know that all through the Old Testament the precepts of fasting and abstinence were numerous and strict. We know that from the very dawn of Christianity, Friday has been observed and commemorated as a day of abstinence in order to do homage to the memory of Jesus Christ suffering and dying on that day of the week.

It is, therefore, most appropriate as a weekly recurring act of meditation, recognition and partial imitation that every true follower of Christ should be willing to undergo this little act of self-denial.

It is hard to understand how the name Catholic or Christian can be justly applied to those who through cowardice or through contempt refuse to abstain from meat on Friday. Scarcely any other offense is regarded with more abhorrence by the faithful. In moments of passion or as a consequence of contin-

uous or powerful temptation men may commit sins of human frailty, but most of these lack the cool malice which characterizes the sin of unlawful use of meat on Friday. Condemnation is not so much for the material act as for the mind and disposition behind it.

We have some hope that true faith may exist in spite of sins of passion, but it is the general opinion of good Catholics that genuine faith has departed from the man who despises and rejects the precept which forbids him and all others to eat meat on Friday. He is regarded with suspicion and as one who has shown his faithlessness to God, and the deduction is drawn that he will not be true to his fellow-man.

In individual cases of severe ailments, and for good and sufficient reasons this obligation may be relaxed. But in spite of this fact there are multitudes of Catholics who would never eat meat on Friday even if the law were abrogated; and added to these are thousands of Protestants who observe this act of self-denial with far greater respect than do some of our pseudo Catholic business men and politicians.

St. Augustine says: "Abstinence purifies the soul, elevates the mind, subordinates the flesh to the spirit, begets a humble and contrite heart, scatters the clouds of conceit, extinguishes the fires of lust, and enkindles the light of true chastity." We are bold enough to think that most of these results would not be injurious to those who do not practice abstinence on Friday.

There are multitudes who use little or no meat on any day of the week, and somehow, they seem quite as vigorous in mind and body as do the recreant Catholics who feel that they must eat meat on Friday. Some of the greatest athletes, distinguished particularly for endurance, never use meat. They do not wish to make their stomachs a cemetery for dead animals.

In these days of plenty, when so many kinds of food are available, it is absurd that any one not seriously ill should attempt to stifle his own conscience, scandalize his fellow-man, whether Protestant or Catholic, despise the precept of his Church and sell his birthright as a Christian for a mess of food which he consumes on Friday as an act of servility to heretical ignorance or of obligation to his own conceit.—Pilot.

DESPONDENCY

If you are distressed in mind—live; serenity and joy may yet dawn upon you. If you have been happy and cheerful—live; and diffuse that happiness to others.

If misfortunes assail you by the faults of others—live, and be wiser in future. If you are indigent and helpless—live; the face of things, like the renewing seasons, may happily change.

If you are rich and prosperous—live; and enjoy what you possess. If another has injured you—live; the crime will bring its own punishment.

If you have injured another—live; and recompense good for evil. If your character be unjustly attacked—live; and you may see the aspersions disproved. If the reproaches be well founded—live; and deserve them not in future. If you be eminent and applauded—live; deserve the honors you have acquired. If your success be not equal to your merit—live; it thoughtfulness and humility.

If you have been negligent and useless in society—live; and make amends. If you have been industrious and active—live; and communicate your improvements to others.

If you have kind and faithful friends—live; to protect them. If you have been wise and virtuous—live; for the benefit of mankind.

MAGIC BAKING POWDER advertisement featuring an illustration of a woman in a kitchen and the text: 'Never any failure or disappointment when MAGIC BAKING POWDER is used. COSTS NO MORE THAN THE ORDINARY KINDS. MADE IN CANADA. E.W. GILLETT CO. LTD. TORONTO, ONT.'

If you hope for immortality—live; and prepare to enjoy it. If you ever expect to reach the mansions above, love everybody, whether they be enemies or not; and above all put trust in Him who will never desert His children in their hour of need, if they call upon Him in sincerity and love.—Great Thoughts.

GIFT OF SINCERITY

Take from a man every gift but sincerity; let him be blind and deaf and lame—let him stammer in his speech, lack education and good manners. Handicap him as you please, so you leave him sincerity, and he will command respect and attention. His work will endure. The world, which is always looking for the real thing, will gladly overlook all his infirmities.

In every relation of life sincerity is the secret of power. The salesman who does not himself sincerely believe in the merits of his goods will generally be a failure. The business man who sets about to fool other people, must end—as he has, in fact, begun—by making a fool of himself.

OUR BOYS AND GIRLS

Climbing up a Hill

Never look behind, boys, Up and on the way! Time enough for that, boys, On some future days. Though the way be long, boys, Fight it with a will; Never stop to look behind When climbing up a hill.

First be sure you're right, boys, Then with courage strong, Strap your pack upon your back. And tug, tug, tug along; Better let the lag loaf, Fill the lower bill, And strike the farther stake-pole Higher up the hill.

Trudge is a slow horse, boys, Made to pull a load, But in the end will give the dust To racers on the road. When you're near the top, boys, Of the rugged way, Do not stop to blow your horn, But climb, climb away.

Shoot above the crowd, boys, Brace yourselves and go! Let the blodding land-pod Hoe the easy row. Success is at the top, boys, Waiting there until Brains and pluck and self-respect Have mounted up the hill.

—JAMES WHITCOMBE RILEY.

POPULAR, BUT "BAD FORM"

Many girls are "bad form," without suspecting it. Here are a few things, little considered, that are popular but not in good taste:

Inquisitiveness. Have you never pried into personal affairs by questions? Boisterous. Noisy fun, especially in public, is common in both sexes of the world. A girl can have a good time without laughing and talking at high pitch.

Practical joking. What seems pure wit to the perpetrator, to the victim is stupid horse-play or downright malice. Intrusion. Some girls have no respect for privacy. They burst into a closed room without knocking, offer their society unasked, and will interrupt the most earnest conversation with a perfunctory "I beg your pardon."

Disloyalty. It is ill-bred if nothing else to run down those to whom you owe fealty or to betray a friend's confidence. Even worse is it to discuss family affairs with outsiders.

Blatting. Girls may not mean anything when they argue before a third person, but the listener is just as uncomfortable as though the disputants were at daggers drawn. Especially poor taste is for one to argue with her fiance or husband in public.

Braggery. What if you are a belle, have hosts of suitors and trunks full of fine clothes. The girl of good taste allows the world to discover her popularity and good fortune, she does not thrust them upon it.

Slang. There is a big reaction in favor of the girl who can enjoy life to the full yet keep her respect for good English. Sponging. Some girls have the notion that the world owes them a good time, and they snatch pleasure at the expense of their friends with no thought of return. The girl who is always out of change, who proposes gayeties for which others pay, who accepts favors and is cheerful about favoring, is worse than bad form, she is almost dishonest.

Fibbing. Truth is right, likewise well-bred. The girl whose word is worthless, who wriggles out of every uncomfortable situation, who tells you one thing and her next confidante another, is bad style.

THE LITTLE BOY THAT LIVES NEXT DOOR

When I was cranky every way, and tired of school and tired of play, and to feel that every day was just a nuisance and a bore, 'twas then my mother came to me and, taking me upon her knee, would softly ask me did I see the little boy that lived next door. That little boy lived in his chair; his mother used to set him there, and he

could only sit and stare at other happy boys at play. That little boy, you'd think was sad, and that he never could have had a reason to be bright or glad; yet he was laughing all the day. I always used to wonder why my mother would begin to cry, when I would ask the reason why that little boy was fashioned so. And then she'd smile so sad, and say she guessed it must be just God's way of teaching other boys that they must learn their gratitude to show; that when they thought things were so blue and tired of games that weren't new, they longed for other things to do, they ought to take and ponder o'er the lot that fell to other boys, who hadn't half their share of joys but never cried nor made a noise, just like the boy that lived next door. The little boy that lived next door, he died one day, and never more his little chair beside the door was placed there by his mother's hand. But somehow, though so long ago, his memory lives on, and so I think at last I've come to know the things I could not understand. Oh, you, whose psalm of life divine degenerates into a whine because some days the sun don't shine, this lesson heed and ponder o'er; the resignation to one's fate, that makes one's deepest cares abate, is taught by greater griefs that wait on some poor soul that lives next door!—Tablet.

KEEP YOUR EYES OPEN

A young woman who worked downtown, and who was out on the street more or less during the day, was a wonder to her friends because of her keen enjoyment of every day's affairs.

You are the greatest girl I ever saw for catching the amusing and interesting side of what's going on around you," one of her friends said one day. "I wish I had the knack, but I haven't."

"Cultivate it," was the other's laughing advice. "Oh, yes, you can," as her friend shook her head doubtfully. "My own knack, as you call it, is largely home-grown. You know Grandfather Tingley can't get out on account of rheumatism, and his eyes have grown so dim the last year that he can't read much if any. He's always been so interested in what was going on in the world, and it's pretty hard for him to be shut away from it altogether, so he is now. He's always so glad to have me get home at night, and so eager to know what I've seen and heard during the day that I've fallen into the habit of keeping my eyes and ears open for anything funny or interesting that I can tell him at night. And when you are looking for the amusing and interesting things, it's surprising how many you find."

For the sake of an old man whose active enjoyment of life was over, this young woman had cultivated the habit of looking for the amusing and entertaining side of everyday happenings, and the habit had made her an unusually interesting and attractive companion, and much in demand among her friends.

In her experience there is a hint for others. There are only a few people, comparatively, who have wonderful experiences, or great wit, or knowledge, to make them interesting to others. With most of us the little happenings of everyday make up a large part of life, and those who have the happy knack of catching the bright and amusing things of life, not only find entertainment for themselves, but oftentimes for others as well, and thus in a way help to make life bright as they go along through the days.

THE GENTLEMAN BOY

An eminent educator, addressing an assemblage of parents, said: "Let your boy with the first slipperings of speech be taught to speak accurately on all subjects, be they trivial or important, and when he becomes a man he will scorn to tell a lie."

"Early instill in your boy's mind decision of character. Undecided, purposeless boys, make bad husbands, and are useless to themselves and to every body else."

"Teach your boy to have an object in view, the backbone to go after it, and the stick-to-it-iveness quality."

THEN AND NOW

The contrast between the magnificent reception given by New York to Cardinal Farley and the hostility manifested on a similar occasion some sixty years ago has had a parallel not less remarkable in London. When in 1850, Pius IX. restored the Hierarchy to England, appointed Nicholas Patrick Wiseman Archbishop of Westminster and raised him to the dignity of Cardinal, there was an outburst of fanatical frenzy throughout England, more intense and universal than even the days of Know-nothingism had witnessed. Pope and Cardinals were burnt in effigy in town and village, a Prime Minister denounced this "insolent, Papal aggression," a Bill was rushed through Parliament forbidding Catholics to hold office, and even deans, to assume their ecclesiastical titles, priests and religious were prohibited from appearing in public in the dress of their order, and a leading parliamentarian declared, "the Anti-papery agitation has risen to such a height throughout the country that he was as unpopular as the Cardinal had not been burnt in person instead of in effigy." Cardinal Wiseman's entrance was made in the utmost privacy, his appearance was not seldom greeted with insult, and he narrowly escaped personal violence.

On January 20, 1912, Cardinal Bourne entered the Cathedral of Westminster amid the plaudits of cheering thousands. Accompanied by many bishops and hundreds of priests and religious, who were dressed in the insignia of their rank and the robes of their orders, the Cardinal was received by the Lord Mayor of London and the Mayor of Westminster, who were present in State in their robes of office, to pay London's official tribute of respect to a Cardinal of the Catholic Church, who by his elevation to the Sacred College, is now judged so have added distinction to the

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"Our cattle were troubled with caked udders, so bad in fact that they thought they would lose the use of them. We applied the Liniment but twice, and in twenty-four hours we could milk without any trouble."

"When anything goes wrong in our home or stable, this excellent Liniment it always called for, and never fails to give instant relief. It has healed, without blood poisoning or other complication, serious wounds, sores and bruises."

Besides quickly curing this trouble, Douglas' Egyptian Liniment has proved its worth in both human and animal disorders, such as rheumatism, sciatica, neuralgia, sprains, burns and inflammations. It has healed, without blood poisoning or other complication, serious wounds, sores and bruises.

25c. at all dealers. Free sample on request. Douglas & Co., Napanee, Ont.

"Teach your boy to disdain revenge. Revenge is a sin that grows with his growth and strengthens with his strength. Teach him to write kindness in marble, injuries in dust."

"There is nothing that improves a boy's character so much as putting him on his honor—trusting to his honor. I have little hope for the boy who is dead to the feeling of honor. The boy who needs to be continually looked after is on the road to ruin. If treating your boy as a gentleman does not make him a gentleman, nothing else will."

"Let your boy wait upon himself as much as possible. The more he has to depend upon himself the more manly a little fellow will show himself. Self-dependence will call out his energies, bring into exercise his talents. The wisest charity is to help a boy to help himself. "Happy is the father who is happy in his boy, and happy is the boy who is happy in his father."—True Voice.

THE LAYMEN WE NEED

The troubles that beset the Church today, it has been observed, are due not so much to the malice of her foes as to the apathy of her friends. The disadvantages under which she labors are caused less by the courage and activity of her enemies than by the cowardice and remissness of the laymen who should be her defenders. If we look abroad we see a noisy little band of anti-clericals seizing ecclesiastical property and proscribing divine worship. Here at home we often find the Church's progress hindered and her work left undone owing largely to the lack of a zealous and efficient clergy.

In proportion to their numbers American Catholics seem to have in their ranks far too few men of mark. In civil and commercial life, in the trades and in the professions, representative Catholics are not sufficiently conspicuous. More men are needed of high principles, lofty ideals and wide education. The Church can take little pride in having as her sons politicians who never receive the sacraments, labor leaders who are advocates of violent and even anarchical methods of reform, social climbers who make Protestant marriages, professional men who send their boys to non-Catholic colleges, or officials whose public utterances are often as wanting in good taste as in Catholic loyalty.

The Church regards with sorrow and anxiety children of hers who in their eagerness to attain wealth and position are deaf or indifferent to her pleadings when she urges them to be men likewise who can help her to face and solve the problems she now has to meet. For the Church in America must minister effectively to the spiritual needs of the Catholic immigrants that are flocking by thousands to our shores, she must protect the lambs of her fold from sectarian settlement workers, she must safeguard the faith of her little ones, maintain and defend against enemies countless charitable and educational institutions and build up against the forces of socialism, immorality and irreligion a bulwark of well-edited and well-supported papers and reviews.

But bishops, priests and religious cannot, of course, gain all these objects unaided. The co-operation and assistance of a devout, efficient and highly-educated laity are needed. These laymen, besides keeping the commandments, would also undertake works of zeal, besides being upright and energetic they would be men of trained and cultivated minds, besides being Christians and scholars they would be gentlemen.

Then there would not be wanting, if occasion offered, men for instance, who could write a trenchant letter to the press to correct public opinion on some Catholic question, who could make a strong and effective speech for some Catholic object, who would think little of devoting time and money and personal service to the promotion of Catholic causes. With such a laity to second or inspire the initiative of the clergy, and with union and co-operation among all the Catholics, in our land, whatever the race or tongue or origin may be, it would be rash to set limits to the progress that the Church would make in the United States during the coming century, or to venture predicting bounds to the power and influence she would have in strengthening and preserving our republic.—America.

greatest city in the world. Press and people were in accord with the civic heads of London and Westminster. Passion and partisan hate may ebb and flow, but the Catholic Church, divinely guarded, will always rise above worldly tides, and its beneficent influence will ultimately find its vindication.—America.

To study the Sacred Heart that we may love it; to love it and always try to love it more; and to live in conformity with this love,—is what Jesus asks of us, when He shows us and gives to us His heart. His love cries out for our love in return.—Abbe F. Manourant.

NA-DRU-CO Tasteless Cod Liver Oil Compound advertisement featuring an illustration of a fish and a bottle of the product. Text: 'THE "building-up" value of Cod Liver Oil is well known, but its drawbacks have been its nasty taste and indigestibility. Na-Dr-u-Co Tasteless Cod Liver Oil Compound has the nutritious qualities of the Cod Liver Oil, without the slightest disagreeable flavor. In it the Oil is skillfully combined with Extract of Malt, Extract of Wild Cherry, and Hypophosphites, making a splendid tonic as well as a valuable food. Na-Dr-u-Co Tasteless Cod Liver Oil Compound is particularly good for growing children who are puny or run-down. In 50c. and \$1.00 bottles, at your druggist's. 106 NATIONAL DRUG & CHEMICAL CO. OF CANADA, LIMITED.'

Kellogg's TOASTED CORN FLAKES advertisement featuring an illustration of a woman's face and a box of cereal. Text: 'Millions daily do enjoy Kellogg's TOASTED CORN FLAKES. Surpasses in popular favor as in tempting flavor—the cereal everybody likes and nobody tires of—luscious, feathery, golden-hued flakes, rich in the succulent sweetness of sugar corn's sweet hearts, with ninety per cent. nutriment in easily-digestible form, ready to eat and sure to satisfy. Order a Package of 10 Examine the Label. Kellogg's TOASTED CORN FLAKES. The backbone of the world.'

"Eastlake" Steel Shingles will save you money advertisement featuring an illustration of a man and a diagram of a roof. Text: 'The Experimental Farm at Guelph Ontario ranks as one of the best in the World. There, the farm buildings are roofed with Eastlake Steel Shingles. Some of these buildings were roofed 18 years ago—all are in perfect condition to-day. A pretty stiff durability test, don't you think? It's the "Eastlake" exclusive features, that no other metal shingles possess, that count. The single side-lock and gutter—the "Eastlake" counter-sunk cleat—and three-inch lap. The "Eastlake" single side-lock makes it the easiest and quickest to lay and permanently weathertight. No rain or snow, no matter how fine, can sift in under an "Eastlake" Steel Shingle. There is a full three-inch lap, and the counter-sunk cleat holds the bottom of the shingle as tight as though welded in place. The bold "Eastlake" Pattern is so deeply embossed that only the very best Steel will stand it. Let us send you our illustrated booklet, "Eastlake Metallic Shingles." Write to-day—just your name and address on a post card. We also manufacture Corrugated Iron, House and Barn Siding, Metallic Ceilings, Eave-troughs, Cornices, Conductor Pipe, Ventilators, etc. THE METALLIC ROOFING CO. Limited. 1188 King Street West TORONTO BRANCH FACTORY: WINNIPEG AGENTS IN PRINCIPAL CITIES'

IHC Manure Spreaders advertisement featuring an illustration of a horse-drawn manure spreader. Text: 'An IHC Manure Spreader Will Save Your Farm. THE whole future of American farming depends upon the farmers' attitude toward fertilizing. Already Middle Western farm lands are issuing a warning to their owners by producing smaller and smaller average crops. If the warning is not heeded, and fertility immediately restored to them, the lands of the West will soon be in the same list as some of those of the East—worn-out farms. Immediate action is imperative. If your farm has not yet shown signs of reduced production you are fortunate; you can save it without a long, tedious system of unloading. Whether your farm is "as good as new" or not, your duty to the soil and to your children—the farmers who will follow you—is: Practice rotation of crops, begin using an IHC Manure Spreader and spread once fresh manure each year to replace the plant food drawn from the soil by the previous crop. IHC Manure Spreaders Corn King, Cloverleaf are best for the work because they get 100 per cent efficiency out of the manure. When spread by an IHC Spreader, one ton of manure will produce more and better results than two tons spread by hand. IHC Spreader are constructed to completely pulverize manure and to spread it in an even coat, light or heavy as may be needed, over all the soil, at the same time requiring the least effort on the part of driver and horses. They are simple but effective, strong, but not too heavy; and exceedingly durable. The beater gears are held by a single casting which keeps them in line under every strain. The beater are cast in strong and chisel pointed. They pulverize the manure and do it thoroughly. The IHC local agent will show you the IHC Spreader and help you select the machine best adapted to your needs. Made in many styles and sizes. Get catalogues from the local agent, or, write the nearest branch house. CANADIAN BRANCH HOUSES INTERNATIONAL HARVESTER COMPANY OF AMERICA (Incorporated) At Brandon, Calgary, Edmonton, Hamilton, Lethbridge, London, Montreal, North Battleford, Regina, Saskatoon, St. John, Weyburn, Winnipeg, Yorkton. IHC Service Bureau The purpose of this Bureau is to furnish, free of charge to all, the best information obtainable on better farming. If you have any queries concerning soils, crops, land drainage, irrigation, fertilizer, etc., make your inquiries specific and send them to IHC Service Bureau, Harvester Building, Chicago, U. S. A.'