Free to Mothers

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NESTLE'S FOOD

We send a generous FREE SAMPLE enough for eight meals) to any mother, fry it—and see how this perfect food igrees perfectly with baby.

THE LEEMING, MILES CO., Limited, MONTREAL

mind that God, ever the Protector,

is watching over us and guiding our footsteps. And if we thus bend all our energies towards this great virtue every

drop of sweat which we shed in striving to become self reliant will be turned

into gems and pearls for our crown of

OUR BOYS AND GIRLS.

Work of a Girl Farmer.

York Correspondence Baltimore Sun.

Miss Ada Glatfelter, seventeen years

Some Famous Boys.

low who amused himself making draw-

A Little Girl's Experience

Japanese Girl Baptized.

took place on last Monday evening in the chapel of the Mission of the Immac-

Jones street, when a Japanese girl re-ceived the sacrament of baptism at the

Japanese exhibits and in serving visi

An unusual and interesting ceremony

those things?

CHATS WITH YOUNG MEN.

Luck means rising at 6 o'clock in the morning, living on a dollar a day if you earn two; minding your own business and not meddling with other people's. Luck means appointments you have never failed to keep; the train you have never failed to catch. Luck means trusting in God and your own resources. own resources.

More Than Money. There is nothing that gives such pure delight as helping a fellow crea pure delight as neiping a fellow creature. It is a great mistake to think that this can be done only by means of money, food, or raiment. Invaluable as these may be in certain cases, they are after all, but a very small pro-portion of our available resources. Sympathy, encouragement, hope, advice and experience may all come under the head of gifts which can be advantageously bestowed upon a struggling fellow

Not a few essays have been written to show young men how they may become rich, but it is very doubtful whether they serve the purpose in a single instance. A more practical subject for essayists is, "How to keep a ject for essayists is, How to seep a situation." It is quite a common thing for an intelligent clerk to be dismissed, while a more stupid one is retained. This may seem strange, but it is true: nor is the cause difficult to discover. It is the result of a disposition of the contract of tion of the one to do as little work as possible, while the other not only per-forms his allotted task probably not so intelligently, but faithfully, and in addition does not lose an opportunity to convince his employer that he believes the interest of one to be the interest of both. What System Will Do.

It will produce more work and of a better quality.
It will clear the mind of cobwebs and

of brain ash. It will increase your business and de-

crease your expenses.

It will increase effectiveness, lengthen life, and make it worth living. It will foster the habits of prompt.

ness, thoroughness and det ision.

It will increase the respect of your employees and your popularity with It will enable the mediocre man to

accomplish more than others of much greater ability.

It will make you happier, because your life will be more orderly and

ore harmonious. It will increase your efficiency, be-

at will increase your emiciency, because it will increase your self-confidence and self-respect.

It will simplify a mass of perplexing details and give you freedom for larger execution work. creative work. It will save the results of your labor, so that you will not have to do things

over and over again.

over and over again.

It will increase your self respect, self-faith, and hence will increase others' respect and confidence in you. It will increase others' confidence in you, because everybody believes in the man of system and of order.

It will enable you to make better use of your experience, and save you from

of your experience, and save you from pitialls and business disasters.

It will enable you to find anything you want immediately, instead of losing valuable time hunting for it.—Suc-

Busy Lives Are Pure Lives. Busy lives Are Pure Lives.
Busy lives, like running water, are generally pure. Nothing will do more to improve the looks than sunshine in the heart. Endeavor to keep your life in sunshine—the shadows will catch it soon enough. A child's mind is often much like a piece of white paper upon soon enough. A child's mind is often much like a piece of white paper upon which anything may be written. Don't blot it. Those who have the "best times" when they are young begin the soonest to nurse their rheumatism. soonest to nurse their rheumatism. Happy is he who learned this one thing toil for it. Toil is the law. Heaster comes through toil and not by self-in-dulgence and indolence. When one gets to love work his life should be happy and useful. Therefore learn to enjoy your work. "Triumph and toil or its stool of the law." enjoy your work. "Triumph and toil are twins." — Pennsylvania School Journal.

Make This a Day. Make This; a Day.

Make this a day. There is no gain,
In broeding over days to come;
The message of to day is plain,
The future's libs are ever dumb.
The work of yesterday is gone—
For good or ill, let come what may;
But now we face another dawn,
Make this a day.

Though yesterday we failed to see
The urging hand and earnest face
Inat men call Opportunity.
We failed to know the time or place
For some great deed, what need to fret?
The dawn comes up a silvery gray,
The go den moments must be met.
Make this a day.

This day is yours; your work is yours;
The odds are not who pays your hire,
The thing accomplished—that endures,
If it be what the days require.
He who takes up his daily round,
As one new armored for the fray,
To-norrow steps on solid ground.
Make this a day.

-The Talisman.

A New Recruit.

In an article on "Frequent Communion," which is the general intention for June, the Canadian Messenger of the Sacred Heart tells the following tory, which cannot fail to interest our

young men.
"St. Philip Neri, who devoted his life to the sanctification of the young men of Rome, and whose testimony comes to us with the double weight of sanctity and exceptional experience used to say that frequent Communion together with devotion to the Blessed together with devotion to the Blessed Virgin, were not only the best, but that they were the only means of preserving the faith and morals of young men and of helping them to rise again after their falls. How he carried out this prin ciple in practice will be seen by the following example:

"A student came to him one day and begged his assistance in ridding him.

begged his assistance in ridding him-self of some evil habits to which he had self of some evil habits to which he had long been a slave. The saint encour-aged the young man, gave him good advice and after hearing his confession absolved him and sent him on his way happy, with the permission to receive work. Let us wield our own sword and said of Holy Communion on the morrow. If carry our own shield, always bearing in

you should be so unfortunate as to fall you should be so unfortunate as to fail again, 'come and see me at once,' he added, 'and in the meantime put your entire confidence in God.' The next evening the youth returned to the saint to confess a relapse. Philip treated him exactly as before, encouraged him to struggle bravely, absolved him, and allowed him to approach the holy table the next day. The student, harrassed by the tyranny of the evil habit, and yet eager to return to God, from this compassionate direction and from the reception of the Holy Eucharist such an energy and constancy of purpose that for thirteen days in succession he re-turned daily to the saint's confessional. Finally charity carried the day, and Our Lord gained a new recruit. The young man made such rapid strides in the way of perfection that St. Philip soon judged him worthy of aspiring to soon judged him worthy of aspiring to the priesthood. He eventually became an Oratorian, edified all Rome by ris zeal and his virtues, and died still young in the odor of sanctity. To the end of his life he never wearled of tell-ing the story of his conversion in order to encourage sinners and to make young to encourage sinners and to make young men understand that their only hope lay in frequent Communion.

Self-Reliance. One of the most important virtues to One of the most important virtues to be cultivated by every man who would be successful in his undertakings is self-reliance—that determination to be ones own helper and not to look to others for aid. This virtue has been defined as the secret of all individual growth and vigor and as the master key which unlocks all difficulties in every profession or calling. The French saying, "help yourself and God will help you," is as true now as it was in the time of the Ancients, and should be the motto of our young men of to-day.

St. Jerome's College. one of the greatest evils than can befall a man is to be continually looking to others for help. He who becomes a prey to this evil is like the child learning to walk; it must cling to a chair, a table or some other means of support, before it can pluck up courage to move from its resting place. An observation grounded on widespread An observation grounded on widespread experience is that "help from within always strengthens, but help from without invariably enfeebles those who receive it." We well know that it is on the Alpine cliffs, where the storms blow fiercely all year around, that the toughest plants are reared; not in the blow fiercely all year around, that the toughest plants are reared; not in the sheltered het house where every possible care is given. We have observed that in learning to swim, more rapid progress is made by plunging into the water and buffetting it, than by the use of cerks or other artificial means. The man who, instead of following his own independent judgment, continually runs to others for advice, becomes in a short time a moral advice, becomes in a short time a moral weakling; his channels of individual effort and lofty ambition are stagnated,

and his intellect is undeveloped.

No doubt you have often heard the story of the lobster, which, when washed high among the rocks, has not sufficient instinct to work its way back. and his intellect is undeveloped. It lies there waiting for a wave to toss it into the sea. If such does not hap-pen there it remains and dies, although with slight effort it could reach the with slight effort it could reach the water which is perhaps but a few feet away. Now, there are many human lobsters existing to day. They lie dormant on the rocks of life waiting for some one to lift them off. If aid does not come, there they remain stranded to their own destruction.

In walking through the streets of our

A Little Girls Experience.

Among the children who made their First Holy Communion at the church of Our Lady of Angels, in Los Angeles, California, was a little girl who expected to have made it in San Francisco, in St. Patrick church. But fate In walking through the streets of our cities, what do we observe? Countless young men, with broad shoulders and young men, with broad shoulders and healthy looking faces, standing with their hands in their pockets sadly lacking that initiative which bids them be up and doing. Their friends suggest, in vain, some independent endeavor, but, no! that will not do, they want a place where they not do, they want a place where they are not obliged to depend on them are not obliged to depend on them selves; they have a dream, or as it were, a vivid imagination that some day a rich uncle or aunt will die and leave them an immense fortune; for hisppy is ne who learned this one thing —to do the plain duty of the moment quickly and cheerfully, whatever it may be. If you want knowledge you must toil for it, Toil is the law. Pleasure the postman would bring him news in the postman would bring him news in the postman would bring him news a dream, or as it were, a vivid imagination that some day a rich uncle or aunt will die and leave them an immense fortune; for know you—dependency lies in bed wishing the postman would bring him news ing the postman would bring him news of a legacy. Self-reliance gets out at 6 a. m., and with busy pen or ringirg hammer lays the foundation of a com-Now Gol never intended these young men to cling to others for help, He meant them to hew out their own passage, through the rocks of stern opposition, with the chisel of self integrity, the same as all our young men who become successful in life.

All the difficulties, trials and hardships, which obstruct us on our course through life, are indeed blessings. At first approach they seem very odious, but after we have once overcome then but after we have once overcome them
they are to us as it were a bulwark of
strength; they teach us to be self
reliant, and render us gigantic in will.
In glancing about the mart of the
world's commerce, what men do we
observe holding the highest positions?
Are they the sons of wealthy men, who

observe holding the highest positions? Are they the sons of wealthy men, who never knew what it was to struggle for themselves? Are they men of leisure, who were never in pecuniary want? Indeed No! They are men of poor parentage, men who have buffeted against the storms of adversity and the whilelying of appreciation; who have whirlwinds of opposition; who have often stumbled over the rocks of fate whilst trodding the path of life, but quickly regaining their footing started forth again with a more determined

will.

Whilst this is an age of phenomenal industrial progress, and even claimed by some to be a period of remarkable social development, nevertheless it is not all advancement; and individual retrogression is by no means an unknown quantity. So now, be not one of those who are always awaiting some usual good luck; be not ranked with such as are continually raise to determine the source to the source good luck; be not ranked with such as are continually going to do this or that great deed, if they were only in better circumstances. Be not of the subjunctive mood, but of the imperative. Brace up, convince yourselves that you are fit to battle with fortune; believe that you can conquer if others have conquered, for what man has done man

can do. Make your pass word "I'll do what I car." I can is a hero, never afraid of exer-tion. I can't is a luggard, too lazy to work. Let us wield our own sword and

The gentleman wished he had some thing in his pocket, but it was empty. At the next stopping place he went self and bought something for the

children to eat.

When he handed it to the child, "I knew it would come," she said, looking up with a blush of joy on her face.
"Did God send you, sir?"

"Did God send you, sir?"
Yes, God sent the gentleman. The child did not see how the cars were to furnish the "daily bread," going so fast and no pentry. But the Son of God taught her to pray, "Give us this day our daily bread," and the little girl believed it. She asked Him, and God well knows ever so many ways to answer our knows ever so many ways to answer our prayers. You see he let a kind gentle man bring her some. A Little Girl's Adventure.

A pretty story of the Duke of Norfolk is related by the Catholic Herald of India. It is only one of many stories showing how simple and kind hearted the Highlengished Catholic continuous. this distinguished Catholic gentleman is, and how fully he deserves the title of nobleman. He is noble by rank and noble by nature. A woman residing at Brighton took

her little girl on a cheap excursion to see some friends in Arundel. The train see some friends in Arundel. The train was full, and the woman and child who had third-class tickets, were hastily placed at the last moment in a first-class compartment. The little girl lost no time in getting into conversation with a gentleman who was the only other occugentleman who was the only other occur pant of the carriage. The gentleman put his paper down and seemed so very kindly disposed that finally the child opened her luncheon basket and offered him a banana which he took and ate. Just as the train drew up at Arundel, he handed the mother a card which he success, and we will plant within our-selves the elements of usefullness and honor.—T.J. C. ('08) in the Schoolman, said would admit her and her little girl to see all parts of the castle. After he had alighted, the woman looked at the card, and the little girl opened big eyes of wonder when told that the gentleman who had eaten her banana was the Duke

Boys do not judge as boy by his clothing. An incident occurred on one of the street car lines of this city a few days since which is worthy of notice. A poorly clad woman entered the car carrying an infant in her arms. As she sat opposite I observed she seemed troubled about something. When the conductor passed through the car for the fares she said, in a very low voice;—
"Please, sir, I have no money; let me ride this time and some other time I will pay you." Do Not Judge By Clothing. Miss Ada Glatfelter, seventeen years old, has just completed the task of planting thirty five acres on the farm of her father. She is the daughter of the late A. H. Glatfelter, who was killed a short time ago by being caught in the wheels of a threshing machine. The only male member of the family is a crippled brother, and the work of farming one hundred and fifty acres was left to the young man and young woman.

A boy used to crush the flowers to get their color and painted the white side of his father's cottage in Tyrol with all sorts of pictures, which the mountaineers gazed at as wonderful. He was the great artist Titian.

An old painter watched a little fellow who amused himself making draw. time I will pay you."
"I can hear that story every day."
said the conductor, in a loud, rough
voice. "You can pay or get off."
"Two fares please," said a pleasant
voice, as a toil worn and sun-browned
hand passed the conductor ten

cents.
"Heaven bless you sir," said the woman, and long and silently she wept the language of the heart so elequent to express our hidden thoughts.
This man in worn and soiled garments was one of God's noblemen. He possessed a heart to feel for the woes of others, and although the act was but a trifle, it proves that we low who amused himself making drawings of his pot and brushes, eacel and stool, and said, "That boy will beat me some day." So he did, for he was Michael Angelo.

A German boy was reading a blood and thunder novel. Right in the midst of it be said to himself; "Now, this will never do. I get too much excited over it. I can't study so well after it. was but a trifle, it proves that we can not, with safety, judge a man by his clothing "for many a true heart bears because a second lacket." over it. I can't study so well after it. So here goes!" And he dung the book out into the river. He was Fichte, the great German philosopher.

peats beneath a ragged jacket.'

THE CATHOLIC CHURCH AND CHURCHLESS CHRIS-TIANITY."

pected to have made it in San Francisco, in St. Patrick church. But fate decided otherwise. She went through the terrible ordeal of fire and earthquake, but in all the peril and exeitement, she did not forget that she was going to make her First Communion some time, if she lived. So, while every one else was running away, the little maiden, with commendable prud ence, gathered up her First Communion dress and her crucifix and beads, which she carried with her until she reached Los Angeles. Don't you know that little girl will always treasure those things? fact, and not wishing to brand the people of the United States as altogether unreligious, have sought out different loopholes, in their efforts to with this He will be fully satisfied. We show our love for one another by our necessary deduction from conceded premises. "Religion," it is said, "is ing more and more differentiated m church-going; our people have ased in great measure to be churchalate Virgin, Lafayette place and Great ceased in great measure to be churchgoers, but religion is as deep as ever
in their hearts." Following on the
heels of this statement, to the startling and oft - repeated question "Is
Christianity Dying in Our Midst?"
the answer is glibly and unhesitatingly
thrown back "Dogmatic Christianity,
yes; real Christianity, no." Now
what are we to think about this
churches, undogmatic Christianity?
It cannot be denied that religious ques
tions do arouse a certain amount of interest, and many persons there are
who really wish to have near at hand
some ready-made opinion on such topics. hands of the rector, the Rev. Malick J. Fitzpatrick.
The girl, Minnie M. Abbi, twenty years of age, was one of the many geisha girls sent by the Japanese government to the St. Louis Exposition. These girls were employed in explaining the tors with dainty cups of tea. Among the official visitors from New York was Dr. Daniel C. Potter, of the Department of Finance Dr. Potter sought the privilege of putting some of the geishagirls in American institutions, and, one ready made opinion on such topics. ut as the great mass of our people, after much opposition he was successful must toil for a living, who have no in placing two or three, and was made their legal guardian. Miss Abbi was me to think out their religious holdings or themselves they turn in many cases the daily newspaper. Travellers in ar fast express trains—fliers they are alled—are much interested in our orthod of filling the water tank of the in placing two or three, and was made their legal guardian. Miss Abbi was sent to St. Elizabeth's Home, Mount Loretto, Staten Island, immediately after the closing of the Exposition, and after the closing of the Exposition, and for the past year and a half has applied herself to the study of the Catholic faith, under the careful direction of the Sisters of St. Francis. She proved thod of filling the water tank of the nethod of filing the water tank of the ocomotive without the inconvenience of stopping the train. By an ingenious levice, the water along side the track plashes up the inclined plane into the eservoir. A somewhat similar proto be a very bright pupil and has made wonderful progress, not in the study of religion, but in the English language. reservoir. A somewhat similar process, along mental lines, we see going
on every day, morning and evening
in the subway. Live men and women
are being hurled to their places of
business and back; but not wishing to
waste time, they are anxious to secure
a so-called thought-supply for the occasional cent of the morning and the a so-catted thought-supply for the occa-sional chat of the morning and the longer talks of the night. Hence they do their best to have a few ideas splash in upon them from several watery journals. No lone, however, will dig-nify this process by the name of think-ing; and vet it is precisely such an

Her baptism was witnessed by Dr. Potter and many of the priests and Sisters connected with the mission. The Answered Prayer. A gentleman saw two children before him in a car, a boy and a girl. Both looked tired. They were dressed poor-ly, but neatly, and were travelling alone. Toward noon the little girl got alone. Toward noon the state of the found up from her seat; presently he found her kneeling on the floor, with her head her kneeling on the gloon. Was she sick? Did she find this an easy way to sleep?

No, she was praying.

"What are you doing my little girl?"
he asked when she got up.

"I was saying 'Our Father, Who art
in heaven,'" she said. in heaven," she said.
"And what are you saying it for

now?" he asked again.
"I'm so hungry," she said.
"We've been travelling two days," said the boy, "and our luncheon is all said the boy, "and our luncheon is all certain stripe to be "highly intellect-

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Now we consider it might that of the halt on such shallow talk and writing, and to ask the men and women of our day to demand proof of what they hear and read and not to be satisfied with mere assertion. Before forming a serious and asservion. Defore forming a serious and thoughtful judgment on the connection between a church and christianity, we must have a clear idea of what is meant by Christianity, and of the function which a Church is called upon to fulfill in such an organization. If Christianity in such an organization. If Christianity in such an organization. If Caristianty is only another name for humanitarianism, and if a church differs from a lecture-hall only by its peculiar style of architecture, then the whole question is easily settled. If man and women frequent their churches only in order to have transferred from pulpit or platto have transferred from pulpit or plat-form to the occupants of the pews some body's comments on the passing events of the day, then indeed have the churches outlived their destiny and hereafter the great cathedral of nature may do away with all more elaborate and more expensive ecclesiastical edifices. But if the Church is the real House of God, if it is the hallowed spot where God's life giving sacramen's are dispensed to His loving children, if it is the school of divine truth where, not man's views but the unchangeable word of God is proclaimed with authority, then indeed Christianity must not be churchless."

From Sermon of Rev. Father Pardow S. J. in St. Patrick's Cathedral, New

DEVOTION TO OUR LORD'S SACRED HEART.

York.

It is the heart of our divine Lord that nt is the heart of our divine Lord that most appeals to us, for it was from it, as a centre, flowed that burning and consuming love that prompted Him to die for us. "Behold," says our Lord, "the heart which hath loved men so much that it hath consumed itself with "the heart which fath loved then so much that it hath consumed itself with My love for them." There is nothing appeals to us like the heart, for it is the organ of feeling and affection; it is the centre whence proceed the good acts and good thoughts men do atd acts and good thoughts men do at d think for one another, and their worth is in proportion to the feeling and dis position that reigns in their hearts. And so we often excuse the mistakes and faults of the judgment, because the heart is all right. Our Lord's love for us is a perfect love—there is noth-"No one who has kept abreast of the times can have failed to remark the great change that has come over the teeming millions of our country, in the matter of religious belief. We were, not many years ago, a reverential, church going people; at present, the great majority of those who are not "churchless" multitudes. Writers of various shades of belief, misbelief and unbelief have not failed to notice this fact, and not wishing to brand the de what would seem to be show our love for one another by our deduction from conceded goodness and kindness, and so we show goodness and kindness, and so we show our love of our Lord by being good and well disposed to Him and to all His in-terests. We love Him for His infinite perfections and His perfect lovableness, and we interest ourselves in all that in-terests Him, and help to advance these terests Him, and neip to advance these interests in any way we can. As the greatest interest of God is the salvation of man's soul we show our love of Him by doing all we can to save our souls and the souls of our brethren. True love must be acted out in deeds. It cannot be a mere sentiment. a pass It cannot be a mere sentiment, a pass i g word, a thoughtless look; it must be I g word, a thoughtless look, it must be something that has life and vigor and shows it by good deeds, noble words and gracious acts as occasion gives the opportunity. Let us, then, practise our love for our Lord by our

FATHER KOENIG'S
NERVE TONIC

Was In Untold Misery.

Was In Untold Misery.

ANTIGONISH, N.S.

I should have written before now about that precious Pastor Koenig's Nerve Tonic, but I thought I would first see what effect it would have. I have used only one bottle this time and im happy to state that I have improved wonderfully. I was notable to leave my bed and could not sleep nor eat, and was in untold misery. Now I care sleep the whole night and am feeling better, and getting stronger every day.

Had it not been for my faith in Pastor Koenig's Nerve Tonio my life would be too much to bear for the last while, but having used it before I know its value too well to doubt the God-sent redef it brings. Would that the world knew more about it, for it is just wonderful. nify this process by the name of thinking; and yet it is precisely such an
un-atisfactory mode of proceedure
that gives rise to the many superficial views concerning churches and
undogmatic Christianity of which we
hear the echoes on all sides of us. This
absence of real thinking also explains
how it comes to pass that the moment

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ual"; and how it is continually insinuated that if some of us still hold to the faith—once delivered to the saints—it is only because our reason has become partially or entirely atrophied. Now we consider it high time to call a halt on such shallow talk and writing, and to such shallow talk and writing, and to such shallow talk and writing, and the such the means of our day of the such that the such shallow talk and writing, and the such that the such shallow talk and writing, and the such shallow talk and writing, and so make the such states of the saints—the such shallow talk and writing, and so make this loveliest of all the months of the year all the lovelies all the months of the year all the lovelies and brighter by our goodness to all men in return for our goodness to all me and Times.

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