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zes for field, talogues and

Calgary, Regina,

an employee?

Do I give good example in word and

the parish? Do I offer an alms to the poor regularly?

Do I take proper care of my health, by exercise, by securing sufficient sleep, by bathing regularly, by eating only ligestible food? Am I absteadious or pluttonous in food or drink?

Am I advancing in business? Can't I

Am I advancing in business? Can't I

deed."

He read out the motto to Walter, and said:

"That's an unusual motto to find in a leady. Most of 'em are silly. I like the sound of that one."

"So do I," echoed Walter. "Read it again."

LEGEND OF THE ROSARY

gluttonous in food or drink?

Am I advancing in business? Can't I do anything further to better my condi-

classified of Am I abstractions or guitations in the control of th

OUR BOYS AND GIRLS

and chivalric in my dealings with
women? Has any one reason to condemn
me before God?

3. As regards self.—Am I making
the most of myself? Of my time? Of
my opportunities? Of my talents?

Is there anything I ought to know
that I don't know?

Am I sperfect gentleman in principles, in morals, in manners, in dress in
consideration for the rights and the
feelings of others?

Have I as much in my bank accounts
I should have saved?

Do I contribute my share to the support of religion? Do I offer an alms to the
poor regularly?

Do I take proper care of my health.

WILL'S NEW YEAR RESOLUTION
It all happened because Will found a
motto that stuck in his memory.
On Christmas day he had gone to the
home of his chune, Walter Bradford, and
at the tree he had been invited to help
himself to some candy. He took a small
connecpia. It contained almonds, raisins, chocolate creams, nut carnels, and
on the propermint drop, done up in
green paper, he found the peppermint
rolled in a slip of white paper on which
was printed these words:

"If you want to be happy to this give
heed—
Let no day pass you without a kind
deed."

He read out the motto to WolfWhere this toust as adaptable will never
criticise the customs of the place that
is to be her home. She will not an
nounce "We did so and so in Blanktown; she may disapprove and feel she
can improve as much as she likes, provided she keeps it to herself.

The girl who is adaptable will never
criticise the customs of the place that
is to be her home. She will not an
nounce "We did so and so in Blanktown; she may disapprove an deel she
can improve as much as she likes, provided she keeps it to herself.

The adaptable girl does not force her
opinion, outrude her will not an
incure of the paper on which
is to be her home. She will not an
nounce "We did so and so in Blanktown; she may disapprove an feel she
can improve as much as she likes, provided she keeps it to herself.

The adaptable girl does not force her
opinion, outrude her opinion, obtrude her opinion, obtrude her o

himself upon the grave, refused nourishment, pined away and died.— Sunday Companion.

BE ADAPTABLE

ann."

And Will read it out to his friend all wresthed Our Lady's statute with

CHATS WITH YOUNG MEN
STOCK TAKING
The coming of the new year is a special purport, so long appropriate time for every young many to take "an account of section of the section with this consistence. He can be to find a section of the section with the consistence. He can be to find the consistence of the can be to find the consistence of the can be to find the consistence. He can be to find the can be to find t

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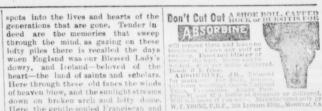
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A Snap

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