

CHATS WITH YOUNG MEN

PRAYER

Pray not for wondrous knowledge, Pray not to be distinguished, For splendor, or for place; Or winner in life's race...

OUR BOYS AND GIRLS

AFFLICTION

God would not send you the darkness, dear, If He felt you could bear the light...

ASHES TO ASHES

Ashes to ashes, saith the moralist, and dust to dust. Out of the dust we came, back to the dust we go...

SOME WAYS OF KEEPING LENT

The Church has become quite lenient in the matter of fasting during the season of Lent and it is hardly necessary to emphasize very strongly the observance of the few regulations that are still left...

following out the rules and regulations of the Church because she commands it, greater, yes far greater, is the merit of practicing penance voluntarily.—The Echo.

THINGS TO FORGET

If you would increase your happiness and prolong your life, forget your neighbor's faults. Forget all the slender you have ever heard. Forget the temptations. Forget the fault-finding and give little thought to the cause which provokes it.

THE PATRON OF WRITERS

A VISIT TO THE FAMOUS COUNTRY OF ST. FRANCIS St. Francis de Sales, whose triduum of welcome was opened at Westminster recently, was one of the most modern and, one might say, topical of saints.

No wonder that Pope Pius XI, a sturdy mountain-climber in leisure, and an assiduous librarian and commentator at work, should have selected the valiant intrepid pioneer St. Francis de Sales as a patron of all writers, journalists, and thinkers.

THE SAINT'S DIOCESE

A visit to the district in which the saint ministered in inspiration and pleasure. The country of St. Francis has been so often written about that a day at sundown, is no reason why she does not require us to observe the obligations she still imposes upon us.

Each of us should decide what would be a real penance for us. And just here let us pause to remark that a penance is the performance of some disagreeable act or the practice of some form of mortification. That we are hungry because we have not eaten at our usual time, or of our usual food, is a penance and is just the condition that the Church seeks to have us reach.

For instance, if a man be a great smoker, let him give up smoking for the forty days of Lent; if a woman is fond of candy, let her refrain from eating it for the same period.

And just here it is a good suggestion to parents to have their children practice mortifications during Lent. The Church does not require it. No, but she does not object to it, and it is well to bring the child up to look upon Lent as a special season during which some little mortifications should be practiced.

You can see the way he went right over the Alps and on into Italy, until he reached Aosta. One can still hear the comments of the folk about "Disgraceful," "Oh, he is cruel," and so on.

Children should be impressed with the idea that salvation is for each of us an individual matter, and that they should practice their religion not because their parents say so, but because they are thereby obeying and showing their love for one infinitely more worthy of obedience and love than their parents.

And the fact that we are not required to practice certain austerities during Lent is the very best reason for practicing them, because great as is the merit of

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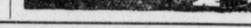
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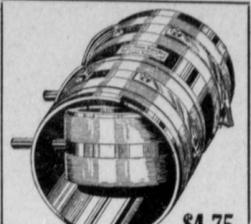
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Solve this puzzle and win a CASH PRIZE. There are 6 faces in the picture besides the two Gammas. Can you find them? If so mark each one with an X, cut out the picture, and write on a separate piece of paper these words: "I have found all the faces and marked them" and mail same to us with your name and address. In case of ties, handwriting and neatness will be considered factors. If correct we will advise you by return mail of a simple condition to full it. Don't send any money. You can be a prize winner without spending one cent of your money. Send your reply direct to: GOOD HOPE MANUFACTURING COMPANY, 275 CRAIG STREET WEST, MONTREAL, CANADA.