

CHATS WITH YOUNG MEN

DON'T YOU WORRY TOWN
There's a town called Don't-You-Worry.
On the banks of the River Smile;

OPTIMISM AND SUCCESS
Optimism is the kernel of the nut,
not the shell.
It's the fine traits of your friend,

OUR BOYS AND GIRLS
GOING TO BE A NUN
(AN IRISH MOTHER'S FAREWELL TO HER DAUGHTER)

HOW TO FACE THE NEW YEAR
In many respects Christianity has transformed man's outlook upon life and given to his whole way of thinking an entirely new orientation.

THE DEBT WHICH A BOY OWES TO HIS PARENTS
So you are twenty-one.
And you stand up clear-eyed,

A SERIES OF DONT'S
Don't slight a boy because his home is plain and unpretending.

STANDING GUARD
During the sojourn of a regiment stationed at Orleans, in France, the Curé of the cathedral noticed with surprise a soldier, who came day after day to the church.

DOES CATHOLICITY PRODUCE REAL MEN?
Nothing appeals so forcibly to the modern mind as success. Success sanctions everything.

his country, saved his people from bloody strife and restored to the nation a measure of prosperity.

On the occasion of a recent interview, the Premier of Italy has gone out of his way to pay a compliment to the Catholic religion.

But aside from any external authority, there are intrinsic reasons that bear out the contention that Catholic training makes for true manliness and that it produces a moral texture of the strongest fibre.

OUR BOYS AND GIRLS

GOING TO BE A NUN
(AN IRISH MOTHER'S FAREWELL TO HER DAUGHTER)
Child o' mine, you're bent on goin'
An' my thoughts are sweet an' sad;

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boil! There are sentries for everybody: the President of the Republic has four; the General two; the Colonel one. Surely the good God is more than they—and not one sentinel for Him!

NICE MANNERS
"Can you write a good hand?" asked a merchant of a boy who had applied for a position.

Such a fundamental change of attitude is deeply significant and must have a far-reaching influence on the whole of life.

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ROYAL YEAST CAKES

Good home-made bread is the finest food on earth—the one food that everybody eats—and that agrees with everybody.



MADE IN CANADA

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ON CONTROLLING OUR TONGUES
In the book of Proverbs there are observations about avoiding quarrels, and Solomon says: "A word fitly spoken is like apples of gold in pictures of silver."

SELF CONTROL IN SPEECH
Self control in speech is one of the most important things in life—one of the cardinal virtues.

this gossip consist? The latest scandal. Unkind words about persons whom they might greet with the warmest profession of friendship if they were to come in a moment after the gossip ended.

MOTHERS OF PRIESTS

In reviewing an interesting study on "The Mothers of Saints," by a French author, one of our Catholic editors brought out these points that ought not, we think, be lost on the mothers who are moulding the hearts and souls of their growing children.

That is the way to face the New Year. The golden age does not lie in the past. It is not dead and gone. It is not forever lost and irretrievably forfeited.

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VIROL has saved thousands of lives
This is not a mere claim. It is authenticated by doctors, who employ Virol in over three thousand hospitals and clinics, as well as in their private practice.

Roman Meal? I should say so! I never refuse Roman Meal. Its delicious and keeps me happy, peppy and fit.

"My Back Aches"
It is not much wonder that the mother in the home has backaches and headaches when you think of the multiplicity of work and worries she has from morning until night and from week to week.