

him a good start in business or trade. As it is, he has nothing; and both of them are sadly put back, live in discomfort, and very likely will continue to do so the better part of their lives.

Study then simplicity and economy in your dress, for those things are suitable to your condition and station in life, and are pleasing to God. Avoid setting your heart on dress and fashion, for they will produce in your heart vanity and self-love, that destroy the love of God. « Let women in decent apparel adorn themselves with modesty and sobriety. » (1 Tim. 2-9.) Avoid everything tending in the least to immodesty in your dress, no matter if it be the fashion. It is never the fashion for modest women who fear God ; for such women never follow evil fashions. Love of dress often leads to worse sins ; for those who spend so much care on their person, lead a profane life and lose sight of their destiny. And oh, how foolishly ! for the honor and applause of men are like the morning dew, glittering with rainbow tints, but quickly disappearing in the sun. « The beginning of the pride of man is to fall off from God. »

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Proper Genuflection.

How very painful it is to see some Catholics, upon entering the Church, trying to genuflect. If they could but see how ridiculous they appear in the eyes of others, they would learn at once to do it properly and reverently. To genuflect is to bend the right knee to the floor. This is an acknowledgement on our part of our belief in the Real Presence of Christ in the Blessed Sacrament, of God's superiority, and our dependance. To genuflect properly is an act pleasing to our Divine Lord ; but it can hardly be termed aught but mockery to give that indescribable how we see so frequently in our churches. Remember it is Christ you salute ; try to be as polite towards Him as you are towards His creatures. Be as anxious to please Him in your salutation as you are to please man. Genuflect properly and reverently.