

CHATS WITH YOUNG MEN

COULDN'T BE DONE, SO HE DID IT

Somebody said that it couldn't be done. But he, with a chuckle, replied: "That 'Maybe' it couldn't but he would be one. Who wouldn't say so 'til he tried. So he buckled right in with a trace of a grin. On his face—if he worried, he hid it. He started to sing as he tackled the thing. That couldn't be done—and he did it.

Somebody scoffed: "Oh, you'll never do that." At least no one ever has done it." But he took off his coat and he took off his hat. And the first thing we knew he'd begun it.

With the lift of his chin, and a bit of a grin. Without any doubting or "quiddit." He started to sing as he tackled the thing. That couldn't be done—and he did it.

There are thousands to tell you it cannot be done. There are thousands to prophesy failure. There are thousands to point out to you, one by one, The dangers that wait to assail you. But just buckle in with a bit of a grin. Then take off your coat and go to it. Just start in to sing as you tackle the thing. That "cannot be done"—and you'll do it.

GOOD MANNERS

Little points of etiquette distinguish the well bred young man from the poorly bred. An authority has formulated the following rules:

Hat lifting in saying "Good-bye" or "How do you do."

Hat lifting when offering a seat in a car or acknowledging a favor.

Keep step with anyone you walk with.

Always precede a lady upstairs and ask her if you may precede her in passing through a crowd or public place.

Hat off the moment you enter a street door and when you step into a private hall or office.

Let a lady pass first always, unless she asks you to precede her. In the parlor, stand until every lady is seated.

Look people straight in the face when speaking or being spoken to.

Let ladies pass through a door first standing aside for them.

In the dining room, take your seat last.

Do not take your napkin in a bunch in your hand.

Eat as fast or slow as others, and finish the course when they do.

Rise when ladies leave the room and stand until they are out. If all go out together, gentlemen stand by the door till the ladies pass out.

THERE IS NO SUCCESS FOR THE MAN

Who vacillates. Who is faint-hearted. Who shirks responsibility. Who never dares to take risks. Who thinks fate is against him. Who is discouraged by reverses. Who does not believe in himself. Who expects nothing but failure. Who is always belittling himself. Who is always anticipating trouble.

Who waits for something to turn up.

Who complains that he never had a chance.

Who is constantly grumbling about his work.

Who never puts his heart into anything he does.

Who blames circumstances or other people for his failures.

Who can do a poor day's work without a protest from his conscience.

Who assumes the attitude of a victim whom everybody is bent on "doing."

Who expects to eliminate from his work everything that is disagreeable or distasteful.

Who is forever wishing that he were doing something else instead of the thing he is doing.

Who clings tenaciously to old ideas and old ways of doing and is a slave of precedent.

Who shuts himself within his own little life so completely that he cannot take interest in anything outside of it.

Who thinks the times are always out of joint, and that he was not born at the right moment, or in the right place.—Success.

WHAT EFFECT HAS YOUR CONDUCT UPON YOUR FELLOWMEN?

No man lives unto himself alone. Whether or not he knows it, whether or not he admits it, every man has an influence on every other man with whom he comes into contact. Some men exert more influence than others, but all men exert some influence upon those with whom they live in the family circle, during working hours, in social intercourse, in all relations of human life.

To influence means to have an effect upon. The sun's heat has an effect upon all growing things. Influence does not mean force. It works

slowly, most always unconsciously, gradually shaping the thought and will and in the end the acts of another. It is part of life and cannot be escaped.

The big question is: what is your influence?

You may say that you are an humble man in a humdrum world, without influence. But if you stop to think a little while, you'll find that there are at least a few people whom you influence, the members of your family, the group of friends with whom you associate, the society of which you are a member, the men who work in the mill or factory or office in which you work. You may not know that you are influencing others, and those whom you influence may not know it, but it is true, just the same. Suggestion is a powerful force. Suggestion explains why books and plays can do so much good or so much evil. It explains why one man by what he says and does, or fails to say or do, influences his fellowmen.

Influence may be likened to seed. Plant some of it, often enough and some of it will germinate and spring up, flower or weed. Do you plant flowers or do you plant weeds in the soil of other people's minds. It is an important question for you to decide.—The Echo.

OUR BOYS AND GIRLS

THE SINGING GIRL

There was a little maiden
In blue and silver dress,
She sang to God in Heaven
And God within her breast.

If flooded me with pleasure,
It pierced me like a sword,
When this maiden sang: "My soul
Doth magnify the Lord."

The stars sing all together
And hear the angels sing,
But they said they had never heard
So beautiful a thing.

Saint Mary and Saint Joseph,
And Saint Elizabeth,
Pray for us poets now
And at the hour of death.

BOYS WHO COUNT

When I see a youth who is hungry for knowledge, whose soul thirsts for improvement, who has a passion to know things and to push farther and farther away from him his horizon of ignorance; when I see a youth absorbing knowledge, drinking it in at every pore, who is always trying to get the good things out of papers, magazines and books, who is always trying to make the most of his time, I know that he is bound to succeed, because he has all the earmarks of achievement. The passion for self-improvement, for self-enlargement, always indicates a noble soul. Knowledge is power. It is the best kind of capital. Intelligence always has the right-of-way.—Marden.

WHAT MACARONI MEANS

A wealthy Palermite noble owned a cook not only accomplished beyond compare in the practice of his profession, but gifted with inventive genius. One day, in a rap of culinary composition, this great artist devised the farinaceous tubes which all love so well, and the succulent accessories of rich sauce and grated Parmesan familiar to those who have partaken of "macaroni al sugo" in southern Italy. Having filled a mighty china bowl with this delicious compound, he set it before his lord and stood by to watch the effect of his experiment.

The first mouthful elicited the ejaculation "Cari," idiomatically equivalent to "excellent" in English, from the illustrious epicure. After swallowing a second modicum, he exclaimed "Ma cari" or "Excellent indeed!" Presently as the flavor of the toothsome morsel grew upon him, his enthusiasm rose to even higher flights, and he cried out with joyful emotion, "Ma, caroni!" Indeed, most supremely, sublimely and superlatively excellent!

In paying this tribute to the merits of his cook's discovery he unwittingly bestowed a name upon that admirable preparation which has stuck to it ever since.—The Monitor.

MORE KINDNESS OF HEART IS NEEDED IN THE WORLD

The train sped over the rails. In the coaches people of every walk of life sat and stood. Among the passengers was a boy, who sobbed and cried and would not be comforted. A lonely man held the boy on his lap, and although he spoke kindly and sought to comfort him, the little lad continued to cry. The other passengers became vexed. There was grumbling and complaining. They were angry looks and harsh words.

"Can't you compel the boy to be quiet?" asked a woman. Another said sharply: "Why don't you take the child to his mother?"

The man turned. There was a look of inexpressible sadness in his eyes. "You are quite right, madam," the man, evidently the father, replied quietly. "If only I could. But the mother is riding ahead—dead! She wanted to be buried near her old home."

If lightning had struck the train, the consternation could not have been greater. All harshness changed suddenly to sympathy, and everybody wanted to do something for the motherless boy. Yes, now! Why all the impatience and anger a few moments before? Must there always be great and overwhelming

SUFFER NO MORE WITH HEADACHES

"Fruit-a-lives" freed her from years of pain.

The Fruit Treatment seems to be the only way of completely ridding the system of the cause of Headaches. Miss Annie Ward, of 112 Hazen St., St. John, N.B., says: "I was a great sufferer for many years from Nervous Headaches and Constipation. I tried everything, but nothing seemed to help me until I tried 'Fruit-a-lives'."

After taking several boxes, I was completely relieved and have been well ever since."

Practically all Headaches come from poisoned blood—that is, the blood is laden with impurities which should be carried from the body by the kidneys and bowels.

"Fruit-a-lives"—made from the juices of oranges, apples, figs and prunes—regulate the vital organs of the body—insure a pure blood supply—and completely relieve Headaches. 25c. and 50c. a box—at druggists or Fruit-a-lives Limited, Ottawa.

SLY PROPAGANDA

When George Bernard Shaw proceeds to tell the world what it should think, believe and do, he makes skilful use of buffoonery. He sugar coats the bitter pills with which he doses society. And the world takes his medicine with a laugh. Men have become accustomed to this man's railings against religion, against marriage, against civilization, against everything. Because these railings are accompanied by clever witticisms and grimaces they are not resented as they should be. Consequently he is not merely tolerated but encouraged by those who should be the first to condemn him, and all because he enjoys the traditional immunity of the jokesmith.

To the unsophisticated reader Mr. Shaw's comments upon contemporary institutions seem like ravings. Yet Shaw is methodical. Like Hamlet he confesses himself that he is mad only nor-nor-west. And he admits that there is method in his seeming madness. That method is very deftly exposed in an article in the current Catholic World. It is to gain through ridicule what he cannot obtain by simple statement—the attention of the world to his insidious propaganda. He aspires to be the prophet of a new kingdom, and the leader of a rebellion against Christian morality. And so writes the editor of the Catholic World:

"His formula is to ridicule what the human race reverences and to extol what the human race abominates. For example, mankind has always held religion to be a blessing. Shaw says it is a curse. Poverty is generally considered a misfortune, but not necessarily a sin. Shaw protests that poverty is a crime. Most men and women think that the love of a child for its mother is beautiful. Shaw calls it 'horrible.' We believe marriage to be a sacrament and a safeguard of morality. Shaw blatantly protests that 'marriage is the most licentious of institutions.' Patriotism when genuine is admittedly noble. Shaw declares it disgraceful. Christians consider the martyrs to be the greatest heroes of the human race. But Shaw thinks martyrdom to be proof positive of asininity. He lampoons the martyrs and grossly caricatures them. Consistently he refused a chance to be a martyr. When the Great War was imminent, and even when it had actually begun, he was berating England and praising Germany. But for once England refused to laugh. So he first became silent, and then changed his views to conform with those of the multitude."

He had just written a play on St. Joan of Arc. It is the vehicle of some of his thinly disguised propaganda against belief in the supernatural. It is time for people to stop talking Shaw lightly and to consider him seriously, for he is one of the prime movers of the present revolt against Christian morality. "As for us," says the writer of the above article, "we consider Shaw a hopeless misanthrope, a satirist without a heart, a pessimist without a heart, and an atheist. If it be true that 'he does the thinking for half of Europe' that is if half Europe thinks with him, we may be compelled to admit that the jeremiads poured into our ears about the impending catastrophe of civilization in Europe are well founded. But our hope for the salvation of society is bolstered up by a belief that Shaw's importance is enormously overestimated. If it be true that 'when he speaks, all the world listens' we hope it is true also that the larger and saner part of that world, not only listens but condemns."—The Pilot.

A MAN'S MOTHER

Your mother's life has not been easy. Your father was a poor man, and from the day she married him she stood by his side, fighting as a woman must fight. She worked, not the eight or ten-hour day of the union, but the twenty-four hour day of the poor wife and mother. She cooked and cleaned and scrubbed and patched and nursed from dawn until bedtime, and in the night was up and down getting drinks for thirsty lips, covering restless little

SUFFER NO MORE WITH HEADACHES

"Fruit-a-lives" freed her from years of pain

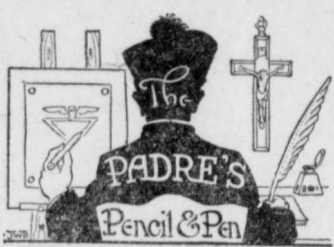
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sleepers, listening for croupy coughs. She had time to listen to your stories of boyish fun and frolic and triumph. She had time to say the things that spurred your ambition on. She never forgot to cook the little dishes you liked. She did without the dress she needed that you might not be ashamed of your clothes before your fellows. Remember this now while there is yet time, while she is yet living, to pay back to her in love and tenderness some of the debt you owe her. You can never pay it all.—Catholic Universe.



Answers to last week's Puzzle

Picture:
No. 1 must go with No. 6 to form the Gift of the Keys to St. Peter.
No. 2 must go with No. 5 to form the Sacrament of Penance.
No. 3 must go with No. 8 to form the Return of the Prodigal Son.
No. 4 must go with No. 7 to form the Annunciation.

The Angel Gabriel began the "Hail Mary" at the Annunciation; St. Elizabeth continued it at the Visitation (July 2) which is our picture this week.



Who are the four persons in the drawing? One of them sang a famous song on this occasion. Here is a poem telling you all about it:

"Soul doth agnif" starts a beautiful song.
With a short word in front. Oh MY, it's not long!
Add its halves, then, to "agnif" beginning and end.
There, I've told you the word! It joins what you lend.

Answers will be given next week. Be especially attentive at Mass next Sunday as I will ask something about it.



It aches and throbs with pain. The tonsils are so swollen that it hurts to swallow. And the chest feels "as tight as a drum."

If you follow these simple directions, you will feel better—very much better—in a short while. Get a bottle of

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Make a gargle of 1 part Absorbine Jr. to 9 parts of water and use three or four times a day. Also bathe the outside of the throat with full strength Absorbine Jr. Absorbine Jr. is simply invaluable for those subject to attacks of sore throat and colds. \$1.25 a bottle at most druggists or sent postpaid by W. F. YOUNG INC. 122 Lyman Building — Montreal

Gratitude for favors and gifts received is a thing loved and esteemed in heaven and on earth.—St. Ignatius Loyola.

The time fault-finding is justifiable is when you find fault with your own faults, so as to correct them.



Ontario's Minerals

The Province of Ontario contains 407,292 square miles, over three times the area of the British Isles. Seventy per cent. of this vast area is underlain by pre-Cambrian rocks, which are pre-eminently the metal-bearing formations of this part of Canada. Much the larger part of the Province lies to the west of Lake Huron. The goldfields of Porcupine, Kirkland Lake, the silver mines of Cobalt, South Porcupine and Gowanda, the nickel-copper deposits of Sudbury, which supply over 90 per cent. of the world's nickel, testify to the mineral richness of this vast region.

Much of this great stretch of territory is only partly explored and it is doubtful whether a more attractive field for prospectors can be found anywhere in the world. The climate is invigorating, there is plenty of wood and water, and though the country is broken, there are no mountains, the maximum altitude being about 2,000 feet. The prospectors can go anywhere in his canoe. Working conditions underground are most favorable, the rock is solid, water gives little trouble, and the temperature varies from about 43 degrees F. in winter to 48 F. in summer.

This vast area known to contain practically every commercially valuable metallic and non-metallic mineral, excepting coal and tin, only awaits development.

In 1923 Ontario's total mineral output was valued at \$68,284,652.

To the end of 1923 Ontario had produced metallic wealth worth \$718,500,000, the value of the principal metals in round figures being as follows:

Silver.....	\$227,700,000	Pig Iron.....	\$83,200,000
Nickel.....	186,500,000	Copper.....	64,300,000
Gold.....	128,400,000	Cobalt.....	11,000,000

Dividends and bonuses aggregated \$33,641,978 for gold companies and \$89,942,064 for silver companies.

For lists of publications, maps, geological reports on mining areas and other information, apply to:

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